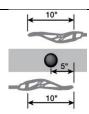


2-Person Crew - Pre-Game (NFHS Rules)

ADMINISTRATIVE (Referee leads)

- 20min before game time Be on the field
- Coaches Spend equal amount of time w/ each
- Captains Emphasize sportsmanship
- Faceoff Men Check contrasting color on shafts
- Check Goals No balls or nets in them
- Balls 6 on sidelines and 4 on end lines and table



FACEOFFS (Top to stop, parallel to midline, ball in the center, clear neutral zone)

- Mechanic Plce Down, [adjust sticks] place ball, "set," [back out] whistle
- Faceoff Official Back out to your sideline and toward your goal
- Wing Official Stop sign until the field is set, when ready then point
 - Violation No play-on! Trail restarts
- Count Either a 10- or 20-count upon possession

CREASE PLAY

- Lead Has It All Trail may drop into the box to assist if Lead goes to end line
- Dive/Jump Can never score if a player leaves his feet and lands in the crease
- Sequences:
 - o Dive, illegal push [flag], scores, lands in the crease = No goal, foul
 - o Dive, legal push, scores, lands in crease = No goal, crease violation
 - o Grounded, illegal push [flag], scores, lands in crease = goal, wipe foul
 - Grounded, illegal push [flag], lands in the crease, scores = no goal, foul
 - o Grounded, touches crease, scores = no goal, a crease violation
 - Grounded, scores, touches crease = goal, faceoff



LEAD OFFICIAL

- Position Step above or below GLE
- Transition Stay one line ahead of the ball
- Coverage One-man game until Trail gets into position
- End Line Be on or near the line for contested plays
- Count Has the initial 10 count on the offensive half
- Goals Strong whistle, run closer, stop & signal, eyes on bodies

TRAIL OFFICIAL

- **Position** At the top of the box
- Transition Stays behind the ball
- Coverage Shooter, shooter!
- Far Goal You are the Lead on the opposite half
- Offside count offense first, then defense
- WATCH THE SHOOTER!

ADVANCING THE BALL / OVER AND BACK (OAB)

- Trail has the 20-second clearing and the 4-second crease count
- Both must be aware when the count is satisfied (one hand in air)
- OAB only when count satisfied and offense was last to touch
- Turnover when ball breaks the plane (immediate whistle, rare play-on)
- Old Trail stops play, runs toward GLE, New Lead restarts play

TARGETING HEAD/NECK & DEFENSELESS PLAYER

- If it's close, it's high! Call from anywhere
- Do not miss anything after Keep your eyes on the players
- Shooter, shooter, shooter Stay with him as Trail
- If called early Probably not going to have to worry about these later
- 2min non-releasable MINIMUM

TIME OUTS (Called by the head coach or field player)

- Called When Must be in possession or during a dead ball
- Timer On 1:40 seconds + 20 seconds to restart = 2 min total
- Reassess Confirm score with partner, timeouts remaining, AP

Discuss - How is the game going? Any adjustments we need to make?

RESTARTS (Quick: not rushed)

- No running from out of bounds, tell player to slow down
- Defense must obtain 5 yards of separation or flag down
- All Defender 5 or more yards away when play resumes may defend.
- Teammates cannot be within 5 yards



2-Person Crew - Pre-Game (NFHS Rules)



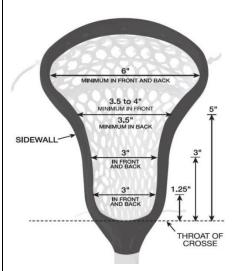
GET IT IN/KEEP IT IN (Outside the Last 2-Minutes of Game)

- The crew agrees to put the stall warning on
- Everyone signals and says:
 - Get it in (if outside the box)
 - Keep it in (if inside the box)

Get It In/Keep It In (Inside the Last 2-Minutes of Game)

- Automatic if:
 - o The leading team has possession
 - o 4 or less goal differential
- 2nd defensive flag thrown stops play immediately unless there is an imminent scoring opportunity

Shot = Hits pipe, goalkeeper, or a goal is scored above GLE





GOODIES (when to end a flag down, slow whistle)

- **G**oa
- Offense commits a penalty
- Out of bounds
- Defense gains possession
- Injury in the scrimmage area or a timeout
- End of the period or the game
- Second defensive foul (not during a scoring opportunity)



2023 NFHS POINTS OF EMPHASIS

- Sportsmanship and Conduct
- 2. Player Safety Properly Worn Helmet
- 3. Eveshade
- 4. Face-offs
- 5. Running Clock Penalty

GAME MANAGEMENT - ADVANCED

- Remember the plays a coach may want to talk about later
- Create allies with goalies, captains, and assistant coaches
- Ghosting Imagine you are transparent and negative comments pass through you

GAME MANAGEMENT - HELPFUL PHRASES

- "Coach, I want to work together."
- "I understand that; I 'appreciate that, but here is what I saw on that play..."
- "I need you to rein in your assistant before he puts you man down."

FINAL CHECKLIST

- Whistles, flags, timers, scorecards, coins, measuring tape
- Do our uniforms match?
- Remember we have to call the ROUC!
 - o ROUGH, OBVIOUS, UNNECESSARY, CHEAP

WHEN THE BALL IS DEAD, WE BECOME ALIVE

REMINDERS

- Crease Calls Get in and sell the call!
- Sub Area Stay aware and count ahead
- Man Down Face Vacated wing, release waits on possession
- End of Quarter Shot is not possession
- Goalkeeper Gets 5 seconds on any restarts