





Student Notes



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WELCOME

- Congratulations on taking the first step to becoming a men's lacrosse official
- Instructor Introductions
- Let's get to know you and your classmates
- PAIR/SHARE
- Present to Class

2

LEARNER OBJECTIVES

- Gain an understanding of the "basics" of a lacrosse game.
- Knowing the minimum requirements for teams/players to participate in the game safely.
- Learn your responsibilities as an official for facilitating a game.




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Student Notes

RULE 1- THE GAME, FIELD AND EQUIPMENT

A	A	A	M	M	M	D	D	D	G
A	A	A	M	M	M	D	D	D	G

2 teams of 10
Legally equipped GK

Class Discussion Questions

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STANDARD FIELD

Class Discussion Questions

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UNIFIED FIELD

- Created to minimize the need for additional lines
- 120y field is used for international

Normal field size:
Restraining Boxes = 35 x 60 yds

Unified field size:
Restraining Boxes = 40 x 60 yds

Class Discussion Questions

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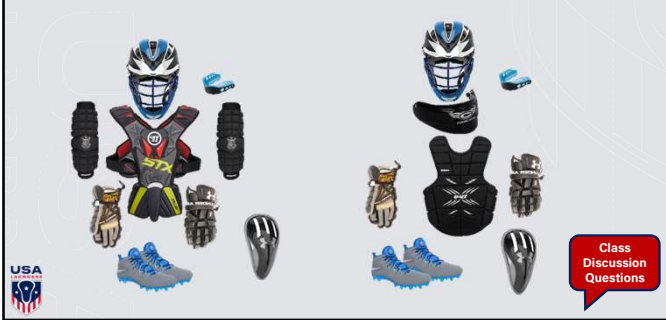
Student Notes

THE STICK (CROSSE)



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REQUIRED PLAYER EQUIPMENT



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REQUIRED EQUIPMENT- RECENT CHANGES

- Added requirement for protective cup or pelvic protector



- Added Chest Protector Requirement that adds protection for comio-cordis



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Student Notes

UNIFORMS



Jersey covers the shoulder pads



NO Tinted Visors




Sweat pants one solid color

Class Discussion Questions


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UNIFORMS- RECENT CHANGES

Jersey Color
Home wears WHITE



Number Restrictions
0-99 ONLY



Class Discussion Questions

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EQUIPMENT- PROHIBITED & ALLOWED

Prohibited



Allowed



Class Discussion Questions

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Student Notes

RULE 2 - GAME PERSONNEL

- Officials
- Timekeeper
- Scorekeeper
- Players
- Captains
- In-Home
- Coaches
- Sideline Manager



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GAME OFFICIALS

- Minimum 2
 - Referee
 - Umpire
 - Recommended 3
 - Referee
 - Umpire
 - Field Judge
- } EQUAL



Class Discussion Questions



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TIMEKEEPER



Class Discussion Questions

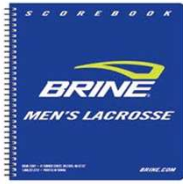


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Student Notes

SCOREKEEPER



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PLAYERS

STANDARD

- 1 Goalie
- 3 Defensemen
- 3 Midfielders
- 3 Attackmen

SPECIALISTS

- Faceoff (FOGO)
- LSM



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COACHES

- Head Coach
 - Certifies
 - Responsible for everyone
 - Acts in courteous manner
- Other coaches
 - Answer questions if asked respectfully



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Student Notes

IN-HOME

- Starting Attackman
- In pre-game lineup

ACTIVITY ALERT

Class Discussion Questions

USA LACROSSE

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CAPTAINS

- At least one per Team
- If more than one, designated speaking captain
- Closest to Referee
- Visitor calls the coin toss before the toss



Class Discussion Questions

USA LACROSSE

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BALL RETRIEVERS

- Must wear:
 - Helmet
 - Contrasting uniform


Not Permitted Behind Goal!



Class Discussion Questions

USA LACROSSE

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Student Notes

GAME LENGTH

- FOUR, 12-minute, stop-time Quarters for NFHS high school Varsity games
- JV games can vary from location to location
- Youth Games vary by league
- 2-minute breaks
- 10-minute half



Class Discussion Questions

Last 2 min. – Stall rules for leading team if 4 or fewer goals



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STOPPING THE CLOCK

- Out of Bounds
 1. 1 long blast
 2. Hand in the air for dead ball
 3. Point direction of play
 4. Hand back in the air
- In-bounds or Unusual Play
 1. Several short blasts
 2. "ta-tweet, ta-tweet, ta-tweet"
 3. "Cicada" Whistle
 4. Hand in the air for dead ball
 5. Explain the call
 6. Point direction
 7. Hand back in the air

Class Discussion Questions



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STARTING THE CLOCK

- Hand in the air
- Solid whistle blast for 2-count
- 1.5 winds backwards (no half winds)
- Hand finishes at side



Class Discussion Questions



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Student Notes

SIGNALING A TIMEOUT

- **Dead Ball:** on-field player or head coach
- **Live Ball:** on-field player or head coach with possession
 1. Several short blasts
 2. "ta-tweet, ta-tweet, ta-tweet"
 3. "Cicada" Whistle

Class Discussion Questions

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TEAM TIMEOUTS

- Two per half for each team
- 1:40 + 20 seconds

Class Discussion Questions

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OFFICIALS TIMEOUTS

Class Discussion Questions

ACTIVITY ALERT

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Student Notes

INJURIES

1. Stop play
2. Call trainer
3. Report unconscious players/n injuries*

DO NOT rush an injured player off the field






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MERCY RULE

- 2nd half only
- 12-goal difference
- Running Clock
- Continues through end of game
- Starts on next whistle
- Clock does NOT stop if differential becomes less than 12 goals



Penalty time is NOT time-and-a-half!

1 minute = 1 minute
2 minutes = 2 minutes
3 minutes = 3 minutes



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OVERTIME

- 4-minute periods
- Call one captain from each team.
- Visitor calls coin toss for choice of goal only
- 1st goal wins (sudden-victory, golden goal)
- One Timeout per overtime period per team

Class Discussion Questions

Flip coin for goal



Alternate Possession stays the same



1 Timeout Each





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Student Notes

INTERRUPTION OF PLAY



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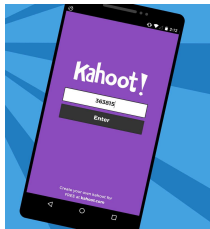
KAHOOT!

GAME-STYLE LEARNING

Kahoot! is a digital learning platform that uses quiz-style games to help students learn by making the information engaging in a fun way.

As one of the biggest names in quiz-based learning, it's impressive that Kahoot! still offers a free-to-use platform, which makes it highly accessible for teachers and students alike. It's also a helpful tool for a hybrid class that uses both digital and classroom-based learning.

The cloud-based service will work on most devices via a web browser. That means this is accessible for students in class or at home using laptops, tablets and smartphones.



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KAHOOT INSTRUCTIONS

PLAYERS

- On your smartphone, tablet or laptop, go to www.kahoot.it
- Wait for the instructor to give you the **Game Pin**
- Enter your first name and last initial **ONLY**



INSTRUCTORS

- A Kahoot account can keep track of results, otherwise, you can play without an account
- <https://create.kahoot.it/auth/login>
- Create a free BASIC account (up to 50 users) or paid PRO account (up to 100 users)
- Click on the link below
- Game will open in an internet browser window

[USA Lacrosse Officials Development Program – RULES 1-3](#)



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Student Notes