



USA LACROSSE

Instructor Notes



Time: Approximately 60m

Trainer Instructions:

MATERIALS NEEDED

- Projector or TV to present
- "Rule 6" PowerPoint presentation (this one)
- Copies of Student Notes (can send ahead via PDF)
- Copy of Instructor Notes



Instructor Notes

RULE 6 - TECHNICAL FOULS

T.P.O.A.D.

THE
PRINCIPLE
OF
ADVANTAGE
DISADVANTAGE

In most situations, your judgement, the level of play and game situation will determine how you call technical fouls. Some fouls, you **MUST** call. These are "line calls" such as offside and crease violations.



RULE 6 – TECHNICAL FOULS - TPOAD

- Generally, about advantage with a few exceptions
- Advantage differs based on level
 - A college player can play through a "soft push" more than a 14U player
 - Sometimes, the defense can DISadvantage themselves by fouling
 - Don't bail them out with a call when the offense can benefit



Instructor Notes

RULE 6 - TECHNICAL FOULS

MOTION vs. CONTACT vs. GAME MANAGEMENT

Motion

- Offsides
- Crease Violations
- Illegal Procedures
- Illegal Screens/Warding Off

Illegal Contact

- Holding
- Interference
- Pushing

Game Management

- Conduct Fouls
- Stalling



RULE 6 – TECHNICAL FOULS - TPOAD

- Motion Fouls
 - Generally, MUST be called regardless of perceived advantage
 - Use play-on when possible (loose-ball crease violations)
 - Moving picks/screens are a “hot button” call in today’s game
 - Warding-off is another “hot button” due to the 2-hand change
- Illegal Contact
 - Lots of judgement for these
 - Experience and skill level of players determine what should be called.
- Game Management
 - These are minor calls that are technical fouls only because of their lower level of adjudication
 - Use these to control the game speed as well as behavior



Instructor Notes



MOTION FOULS

- Title Page



Instructor Notes

OFFSIDE LINE CALL

Offside

- Not always an advantage
- MUST be called due to a line violation
- Must be 7 in the offensive half

How to Count Offside

- 2-man Mechanics
- Trail has responsibility
- Look for “toe-touch” in transition and then count forward to 7
- Settled – count BOTH teams after crossing midfield



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OFFSIDE

- Arguably, the one we miss the most that EVERYONE sees but us. The camera doesn't lie!
- This take practice to get it right on a consistent basis.

How to Count Offside (2-man trail, 3-man single and/or trail)

- Basic coaching rule of clearing is that the far-side player has to stay back, so offsidings happens most when that player forgets his responsibility.
- You know the near side player is over, so start counting with him as #1.
- Next, start counting the field and work from MIDFIELD down and see if you get to 7
- Tough to do quickly if it's a contested clear, so make sure you have an idea of where everyone is prior to restart
 - Count Attack and D at the side of field where the play is heading
 - Do you have 3A and 3D/G deep and can “forget” about them for a minute?
- Rides are transactional – keep a running tally of how many are in the offensive end
- Use video to practice on your own. Watch games and replay offside calls!

Word Choice Matters!

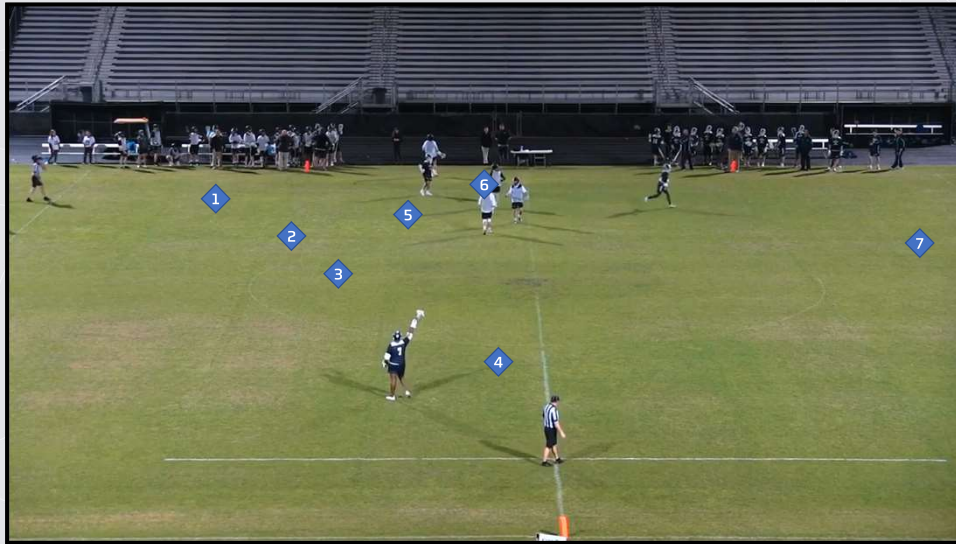
- “<Far-side> or <The other middle> was the seventh, Coach”
- “We count forward”



Instructor Notes

OFFSIDE

VIDEO EXAMPLE - OFFENSE



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OFFSIDE – Video Example

- Whose call is this?
 - Settled offense most likely will fall on the Trail
 - The single should be watching the goal and scrimmage area at this point



Instructor Notes

OFFSIDE

VIDEO EXAMPLE - DEFENSE



Class
Discussion
Questions

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OFFSIDE – Video Example

- Whose call is this?
 - Transition most likely will fall on the Single (3-man) or Trail (2-man)
 - The Lead has all of the scrimmage area at this point
 - The Trail should be watching for this as well and can call if missed by Single

CLASS DISCUSSION

- What is the call if #10 goes over and participates in the play after the flag?
 - He is already offside and can only be offside once
- What is the call if #44 goes over and participates in the play and #10 stays back onside?
 - Second flag for offside in #44



Instructor Notes

CREASE VIOLATIONS

LINE CALL

Crease Violations

- Not always an advantage
- MUST be called due to a line violation
- Can use Play-On if no goal is scored



Class
Discussion
Questions



CREASE VIOLATIONS

- Two Different Occurrences
 - Shots/Dodges by Offense
 - Should be called IMMEDIATELY
 - Solves problems and ends potentially dangerous follow-up fouls
 - This call must be BIG and animated!!
 - Loose balls
 - Give the goalie a reasonable change to get the ball and play the advantage
 - Talk the offender through it
 - “Goalie’s got it, get out”
 - Say “play-on, play-on, play-on” so EVERYONE knows you see it



Instructor Notes

ILLEGAL PROCEDURE

THE CATCH-ALL CALL

It's a Category, Not a Call!

- Always explain what actually happened
- Get play started and offer additional explanation if needed
- Delay of Game
 - You will be tested for tolerance level
 - Keep the game going
 - Call it early if you have issues to set tone
- Mouthpiece
 - Discuss as a crew and be consistent
 - Game Management



ILLEGAL PROCEDURE

Equipment

- Mouthpiece – Warn>Take Ball Away>Flag

Lines

- Improperly Marked Field – Midline, Endline
- Restraining – leaving early before possession on a faceoff
- Substitution – leaving early before a penalty is finished
- Boundary – playing the ball, which is inbounds, while your feet are out-of-bounds

Numbers

- Long Poles – more than 4
- Too Many Men

Delay of Game

- Subs during faceoff setup (can't call violation, must be DoG)
- Failure to give 5yds to offense on a restart before engaging
- Not immediately dropping ball on quick turnover

Word Choice Matters!

“Coach, your player took away their advantage”

“Quick AND clean restart, Coach”



Instructor Notes

ILLEGAL SCREENS

MOVING OR NOT?

- Usually called “moving pick”
- No more than shoulder-width
- Hands/arms/stick inside body frame
- Common Issues
 - Leaning
 - Not being set BEFORE contact
 - Wide stance



Class
Discussion
Questions

ILLEGAL SCREENS

- Very common now due to the influence of the 2-man game and box
- This is an ABSOLUTE call. It cannot be “waived-off” due to lack of advantage
- Can happen ON or OFF ball
- Use “interference” if you can’t sell an off-ball pick

CLASS DISCUSSION

- Does a player have to face the person he is screening?
 - NO...he can face any direction (back-screen is legal although rare in field lacrosse)



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ILLEGAL SCREEN VIDEO EXAMPLE



Class
Discussion
Questions

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OFFSIDE – Video Example

- What is the problem with this pick?
 - Last-second lean

CLASS DISCUSSION

- Would you have called a Delay on the restart had the white player not been able to pick up the ball immediately?



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ILLEGAL CONTACT



Instructor Notes

HOLDING

POSSESSION vs. NO POSSESSION

- Possession
 - Simple advantage/disadvantage
 - Sometimes a “no-call” is OK to keep the FLOW going
- Loose Ball
 - Get the ball off the ground
 - Control Call
- Level of Play Matters
 - Can the player being held play through with no advantage lost
- Context Matters
 - A1’s body/stick contacting B1’s body/stick
 - Contact and Pressure



HOLDING

- Context Matters
 - A1’s body/stick contacting B1’s body/stick? – stick on stick contact is LEGAL.
 - Officials should look for:
 - A1 using his stick to “hold BACK” B1 (failed OTH check that results in dragging a player down, hooking a player impeding his progress to a loose ball, etc)
 - A1 using his arm to “chicken wing” B1’s crosse
- Contact & Pressure – A1 applying equal pressure to



B1 is LEGAL

- Officials should look for:
 - UNEQUAL PRESSURE – A1's stick dragging down B1's arm, A1's stick holding down B1's shoulder



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HOLDING

VIDEO EXAMPLE



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HOLDING

- Several of the more obvious examples that **MUST** be called



Instructor Notes

PUSHING

POSSESSION vs. NO POSSESSION

- Possession
 - Simple advantage/disadvantage
 - Sometimes a “no-call” is OK to keep the FLOW going
- Loose Ball
 - Get the ball off the ground
 - Control Call
- Level of Play Matters
 - Can the player being held play through with no advantage lost
- Context Matters
 - Front or side is LEGAL
 - Within 5y on a loose ball is LEGAL



Context Matters

Contact from the front or side is LEGAL

Officials should look for:

UNEQUAL PRESSURE from behind

Extension of arms from defender into the back of A1

B1 trails A1 and feet get tangled up causing A1 to fall – PUSH

Was it Violent Contact? – If so, then it shouldn't be a push. It should be Cross-check or Unnecessary Roughness

Word Choice Matters! – only use “push” to describe ILLEGAL contact. Use “contacted from the front/side” to describe LEGAL contact. Avoid “hit” to describe a LEGAL play.



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PUSHING VIDEO EXAMPLE



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PUSHING

- Great example of a push near the sideline
- What call would you make?
 - Was ball loose?
 - Does this deserve a flag?
 - Did push occur before ball going out of bounds?



Instructor Notes

INTERFERENCE

NON-GOALKEEPER

- Catch-all Rule
 - Can't Interfere w/Free Movement
 - Usually Occurs Off-Ball
 - Off-Ball = More than 5-yards
- Loose Ball = Possession
 - More than 5y away bodycheck/push
- Offense = Turnover
 - Off-Ball Screens
- Defense = Flag Down
 - Off-Ball Pushes
 - Off-Ball Stick-Checks
 - Off-Ball Pushes into Crease



INTERFERENCE

- Can't interfere more than 5y from ball
- Off-ball stick checks usually mean stick must be dislodged
- Defense illegally pushes offense into crease



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INTERFERENCE

VIDEO EXAMPLE



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INTERFERENCE

- Great example of a stick checked out of the hands of a player off-ball
- Must be called!!



Instructor Notes

INTERFERENCE

VIDEO EXAMPLE



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INTERFERENCE

- Off-ball Push into Crease
- Go over procedure
- NOT a play-on due to crease violation
- Immediate Whistle
- Adjudicate Foul



Instructor Notes

GAME MANAGEMENT FOULS



Instructor Notes

CONDUCT FOUL

CONTROL CALL

- Use to get coaches and players under control
- Can be called on coach, player or any non-playing personnel
- CANNOT be called on fans!
- Generally used as a first-level before going to Unsportsmanlike Conduct
- Be consistent with both teams



CONDUCT FOUL

- Use it to keep from losing control
- Make the call and restart play
- Give an explanation when you can



Instructor Notes

STALLING

DISCUSS IN PREGAME

- Require to Call
 - NFHS – Last 2m of Game
 - 4 goals or less
- Subjective Call
 - When team in possession is NOT attacking goal
 - Consider the following:
 - Score differential
 - Zone vs. Man-to-Man



STALLING

- This is why the shot-clock exists in college
- Most likely will NOT happen in NFHS lacrosse until adopted by basketball
- Cost prohibitive
- Discuss in pregame
 - Crew Chief must provide direction
 - Consider 60, 90, 120 seconds after possession
 - Be consistent with both teams



Instructor Notes

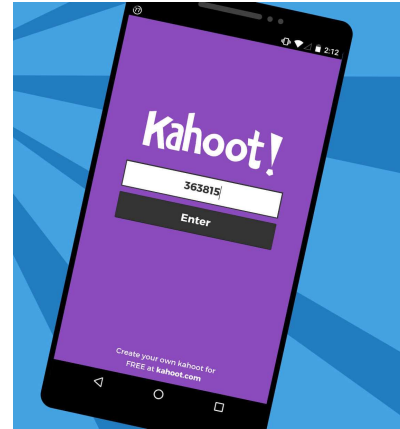
KAHOOT!

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.



KAHOOT (You need to be connected to the internet to Play Kahoot!)

- Practice this before the class starts
- Open the link and have it sitting in a browser window waiting
- No app or login is required



Instructor Notes

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



You need to be connected to the internet to Play Kahoot!



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Instructor Notes

THANK YOU TO THE MEMBERS OF THE
2023 MENS OFFICIAL'S EDUCATION
DEVELOPMENT TEAM



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