



Student Notes



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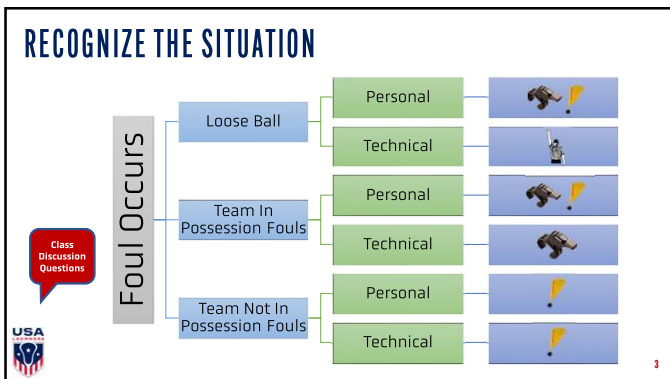
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## Student Notes

### FLAG DOWN-SLOW WHISTLE

FDSW

- FDSW is used when a team is possession is fouled
- If you see a foul:
  - Throw the flag high
  - Yell "Flag Down"
  - Remember the number!
- Know the rules of when to stop the play
  - GOODIES



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### WHAT IS GOODIES?

AN ACRONYM TO HELP YOU REMEMBER

- **G**oal
- **O**ffense commits foul
- **O**ut of Bounds
- **D**efense gains possession
- **I**njury stoppage
- **E**nd of period/equipment loss
- **S**econd foul by defense



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### FLAG DOWN, SLOW WHISTLE STEPS



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## Student Notes



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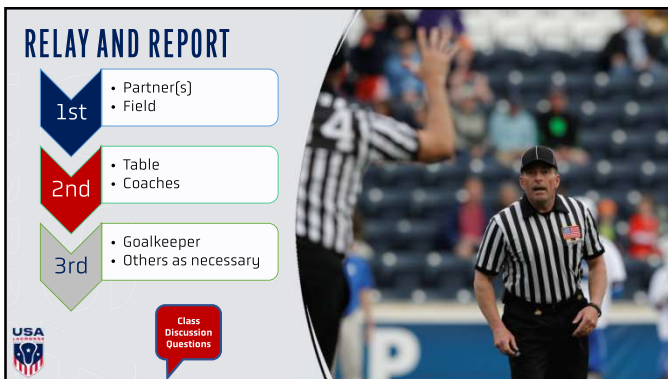
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## Student Notes


### REPORT PENALTIES (C-NOTE)

Blue




**C**

Two




**N**

Slashing



**O**

1-minute



**T**

**Class Discussion Questions**

USA LACROSSE

Explanation is optional, use when needed:  
"Dead ball foul, Team A ball at Center X"

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### PROPER PENALTY REPORTING

WATCH THE BEST DO IT CORRECTLY



USA LACROSSE

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### PENALTY REPORTING PRACTICE

PRACTICE TIME


Throw the flag
Yell "Flag Down"


Report a penalty
Personal fouls  
Technical fouls

ACTIVITY ALERT





Give your phone to a neighbor and have them videotape you reporting fouls.

USA LACROSSE

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## Student Notes

### WHEN TO USE THE IN-HOME

? No Number and/or Coach ?

Class Discussion Questions

CAPTAINS		CAPTAINS	
STOCK CHECK	POSITION	POSITION	STOCK CHECK
	2	14	
TEAM SQUARE		TEAM SQUARE	

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### PLAY-ON

KEEP THEM SHORT

Play-On!

Class Discussion Questions

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### PLAY-ON PROCESS

Team B commits loose ball technical

"Play-On"

Team A Does Not Gain Possession

- Stop play
  - Eyes on any extra action
- Signal penalty
  - Push
- Award Possession
  - "Red Ball"

Team A Gains Possession

Play-Off!

ACTIVITY ALERT

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## Student Notes

**PLAY-ON VIDEO**  
LOOSE BALL INTERFERENCE



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**TECHNICAL FOUL DRILL**  
DEMONSTRATE THE SIGNALS

- Push w/Possession
- Holding
- Offside
- Illegal Procedure
- Conduct Foul
- Interference

ACTIVITY ALERT



USA

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**CORRECTION OF ERRORS**  
WE ALL MAKE MISTAKES

- Take Your Time
  - Clock stops when you blow whistle
- Understand the Mistake
  - What happened?
- Inform Everyone of Error AND Correction
- Give teams time to sub personnel
  - Do not advantage a team by restarting too fast.



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## Student Notes

### 2023 RULES CHANGES

**YOUTH RULES ONLY**

- Starting 2023 Youth all fouls served full time
- Rationale
  - Increases the impact of penalties called, ensuring commitment to safe and legal play
  - Eases penalty administration for officials and table personnel.

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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](http://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 – RULE 7 – PENALTY ENFORCEMENT](#)

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## Student Notes



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