



USA LACROSSE

Instructor Notes



UNIT LENGTH: 60-90M

MATERIALS NEEDED

- Acquire and test A/V equipment
- “Rule 1–3” PowerPoint presentation
- Whiteboard
- Markers
- Lacrosse Ball
- Tape measure(s)
- Long and short crosses
- Whistle(s)
- Timer
- Scorecard



Instructor Notes

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



WELCOME

- Start w/ and Icebreaker since this is probably your first class
 - Share/Pair
 - Put in groups of 2 or 3
 - Take notes on another partner in the group and give their background in lacrosse or officiating
 - One unique detail about each person
 - Present to class



Instructor Notes

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.

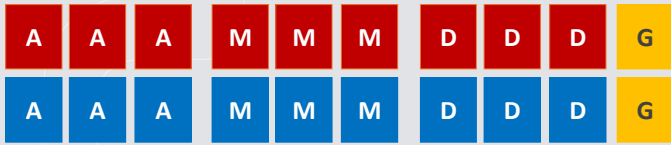


LEARNER OBJECTIVES

- What are we trying to accomplish?
 - Basics of lacrosse
 - Minimum requirements
 - Learn your responsibilities as an official



RULE 1- THE GAME, FIELD AND EQUIPMENT



2 teams of 10
Legally equipped GK



Class Discussion Questions

RULE 1 – THE GAME, FIELD & EQUIPMENT

Teams

- 2 teams of 10
- Must have legally equipped goalie

Goals

- 6x6'

Ball

- White – Orange, Green, Yellow if Coaches Agree
- “Meets NOCSAE standard” stamped on ball

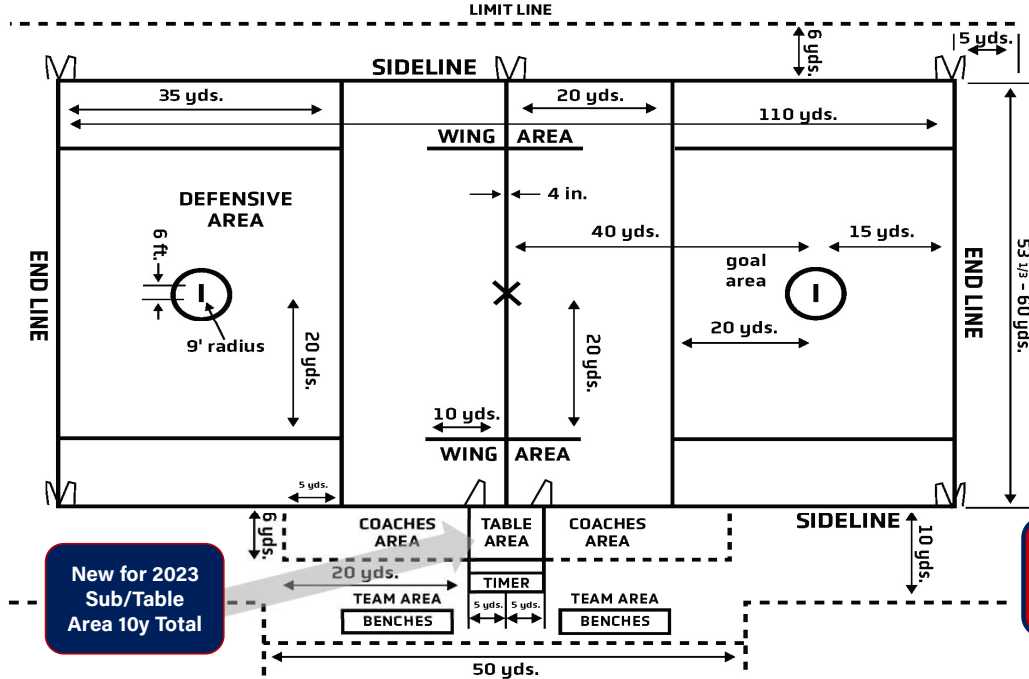
Class Questions

- Does the ball have to be stamped “NFHS” to be legal for play?
- No, just “Meets NOCSAE Standard.”



Instructor Notes

STANDARD FIELD



STANDARD FIELD

- 110 yards long X 53 1/3 – 60 yards long
- Shorter than a football field, less wide than a soccer field
- If on a football field the end lines go through the middle of the endzones and must be visible or penalty in 2023

Midline – only line that is 4" long

- A line must go through the midfield logo
- Home team responsible
- If no midfield line the home team loses the first faceoff

End lines – 15 yards behind GLE

Goal crease – 9' radius

Goal line – 2" wide (same width as the goal pipes)

Table and bench areas – 6 yards behind sideline

Restraining Line

Wing Line

Substitution Box – 5 yards each side of midfield

Alley

Faceoff line, square or "X"

Class Discussion Question:

- What is the call for endlines or midline that you can't see?
- How do enforce this?
- Will you have support from your assignor?



Instructor Notes

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

UNIFIED FIELD

- Rare but becoming more common
- Athletic Director friendly to minimize lines through football end zone
- Basic Difference is that distance from restraining line to goal is 5+ yards

CLASS DISCUSSION

- Has anyone seen or played on a unified field?



THE STICK (CROSSE)



ACTIVITY ALERT



THE STICK

- Short crosse: 40-42"
- Long crosse: 52-72" (max of 4 per team not including goalkeeper)
- 6" is minimum width of field player head (widest point)
- End caps - Must be manufactured for a lacrosse stick
- Ball stops - Not required but may not have more than one if used
- Deep pocket & strings (best demonstrated by showing a legal and illegal crosse to the class)
 - Pocket is illegal if the top of the ball can be seen below the lowest point of the sidewall
 - Strings and leathers are limited to 2" hanging length – No penalty the first time, tell player to fix it.
 - No strings permitted past 4" from top of head
- A broken crosse is considered no crosse
- 2 minute Non-releaseable penalty on all infractions

DEMONSTRATION: Stick Check

- Go through the proper procedure of a stick check in front of the class. Discuss the different dimensions you check while completing it for both a long and short crosse. Be sure to include hints such as marking tape measure with important dimensions, use of score card, etc. Mention penalty time associated with an illegal crosse and process.

PRACTICE: Stick Check

- Break participants into groups and have each participant complete a full stick check with crosse. Feel free to have an illegal one or two to help with recognition of an illegal crosse. Bring group back together for break down discussion afterwards.

Class Question:

- Can a player use an NCAA head in a game under NFHS rules?
- Yes, The rules are now consistent.



REQUIRED PLAYER EQUIPMENT



REQUIRED PLAYER EQUIPMENT

- Helmet – NOCSAE approved
- Mouth guard (not clear or white)
- Gloves
- Shoulder pads NOCSAE ND 200
- Arm Pads
- **All players required to wear a protective cup/pelvic protector (covered during coach's certification)**

Goalkeeper Required Equipment:

- Throat protector
- Chest protector NOCSAE ND-200
- NFHS – may choose to not wear shoulder or arm pads

Class Questions:

- Is there a width requirement for shoulder pads?
- No. The rules only state that a shoulder pad is required, but does not specify a minimum width.



Instructor Notes

REQUIRED EQUIPMENT- RECENT CHANGES

- Added requirement for protective cup or pelvic protector



ACTIVITY ALERT



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



RECENT CHANGES TO EQUIPMENT

DEMONSTRATION: Random Equipment Check Practice

- Groups of 3
 - Player, Ref and Observer
- Teach students to check from head-to-toe
 1. Helmet (NOCSAE logo)
 2. Mouthpiece (make sure it's a FULL mouthpiece)
 3. Shoulder Pads
 4. Armpads
 5. Gloves
 6. Shoes
 7. DO NOT Check or Ask for Cup (covered during coach's certification)



UNIFORMS



Jersey covers the shoulder pads



NO Tinted Visors



Sweat pants one solid color

Class Discussion Questions



UNIFORMS

Jerseys – single solid color w/trim

- Must cover the shoulder pads
- Home team MUST wear white jerseys
- Away team MUST wear non-white

Options items:

- Under jerseys – same solid color; number restrictions (0-99 only)
- Compression shorts
- Sweatpants – solid team color
- Eye shield – clear/molded/non-rigid, must be 100% clear (no shading or mirroring permitted)
- **Doctor's note does not permit a player to wear an eye shield that is not 100% clear**

Class Question:

- Why are shaded visors not allowed?
- Lacrosse facemasks are not designed for quick removal like football helmets. In the event of a head/neck injury medical personnel must be able to clearly see the player's eyes.



Instructor Notes

UNIFORMS- RECENT CHANGES

Jersey Color
Home wears WHITE



Number Restrictions
0-99 ONLY



UNIFORMS- RECENT CHANGES

- Home team wear white
- 0-99

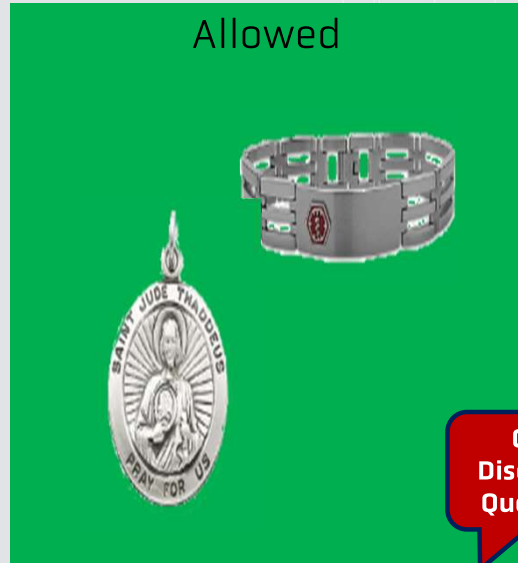


EQUIPMENT- PROHIBITED & ALLOWED

Prohibited



Allowed



Class
Discussion
Questions

PROHIBITED EQUIPMENT

- Non-lacrosse helmets (hockey, box, football)
- Football leg pads
- Electronic equipment
- Jewelry

Allowed

- Medical alerts – may be visible but taped down
- Religious medals – taped down and not visible

Equipment Certification

- Head coach must affirm with a “Yes” that all of his players are legally equipped, have been informed what constitutes legal equipment, and know what to do if they become unequipped during play

Game Administration

- Home Team provides a scorebook, table, working horn, timing equipment

Class Question:

- Are GoPro cameras allowed on a player’s helmet or chest if securely mounted?
- No, this is electronic equipment which is not permitted on the field.



RULE 2 - GAME PERSONNEL

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



RULE 2 - GAME PERSONNEL

Intro Slide



GAME OFFICIALS

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

Referee
final say on all disputes



GAME OFFICIALS

- Referee (R), Umpire (U), Field Judge (FJ).
- May suspend play for any reason.
- Authority begins when they arrive, ends when they leave immediate playing area

Class Question

- What kind of situation could come up in a game where the Referee would have to decide a dispute?
- When the scorekeeper and the officials cannot agree on how many timeouts each team has or what the official score is. The Referee has final say.



TIMEKEEPER



Class
Discussion
Questions

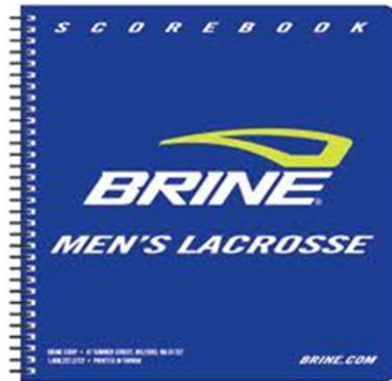


TIMEKEEPER

- Home Team Provides
- Introduce yourself BEFORE the game
- Check clock and horn for operation
- Keep accurate time and penalty time.
- If no automatic horn, sound horn at end of quarter.
- Start/stop clock on whistle unless running time.
- Sound double horn at dead ball requested coaches long pole count and when A player enters the field of play from the penalty area before being permitted by the rules.



SCOREKEEPER



ACTIVITY ALERT



SCOREKEEPER

- Home team scorer provides official scorer
- CANNOT be the same person as timekeeper
- Get Roster of Opponent
- Keeps records of goals, assists, T.O.s, name, number, violation and time of penalties.
- Notify nearest official when team exceeds T.O.s or when a player accumulates 5 minutes of personal fouls.

Class Question:

- Since the scorekeeper is keeping the timeouts and the score, do you really have to keep track of that on your scorecard?
- Yes! Do not assume that the scorekeeper is paying attention or that they have the correct number of remaining timeouts or an accurate score. It is the responsibility of all officials to keep track of this information.

Class Discussion:

- Discuss who is a qualified scorekeeper; what guidelines you give them
- Timer/scorer sheet activity



PLAYERS

STANDARD

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

SPECIALISTS

- Faceoff (FOGO)
- LSM



PLAYERS

- Begin game with 10 players one of whom MUST be legally equipped goalkeeper. Attack, Midfielders, Defensemen, Goalie.
- 10 starters listed in this order, top to bottom in book with name position and number; first player listed is the in-home.
- Maximum of 4 long crosses on field (except goalie). Game continues if fewer than 10 (stalling and on sides rules remain in effect).

Class Question

- Can a game begin with fewer than 10 players?
- No, the game must start with 10 players otherwise the game does not start and the team without enough players forfeits.



COACHES

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



COACHES

- Head coach makes all decisions and is the only coach allowed to communicate with officials.
- Home Coach: Field should be ready for play , properly lined, with goals, cones, balls. Timer and score keeper provided with proper equipment.

BREAKOUT GROUP ACTIVITY: Coaches Meeting Practice

- Divide class into groups of 3
- Role play the coaches meeting. Each individual should rotate into the referee, coach and captain role at least once to experience different perspectives.

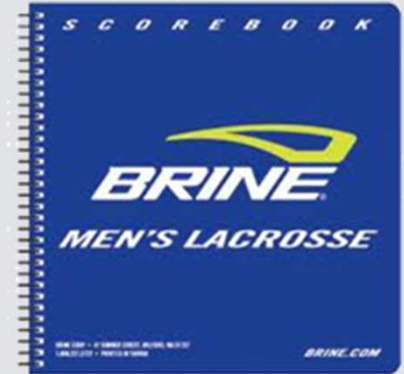
Class Question

- If the assistant coach gets a penalty, is that charged to the head coach?
- No, whomever is penalized will be the individual that the penalty is assessed to.



IN-HOME

- Starting Attackman
- In pre-game lineup



IN-HOME

- Serves any penalty on a non-player or when the official cannot determine the number of the player who committed the foul.

Class Question:

- What happens if the in-home is not in the pre-game lineup at midfield prior to faceoff?
- Send one of the players off the field and have him replaced by the in-home or have the coach choose an attack player in the lineup.
- The in-home may be subbed out after the first whistle.



CAPTAINS

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



TEAM CAPTAINS

- Each team designates a captain who serves as team representative on field.
- Only one is speaking if co-captains.
- May be replaced during the game.
- No right to argue with or criticize an official.
- Official may designate an acting captain, if no captain available.

Class Question:

- Is there a limit to how many captains a team may have?
- No.

BREAKOUT GROUP ACTIVITY: Captains Meeting Practice

- Divide class into groups of 5 (2 players per team and R)
- Role play the captains meeting.
- Each individual should rotate into the referee to practice
- Include Coin Toss!



BALL RETRIEVERS

- Must wear:
 - Helmet
 - Contrasting uniform



Not Permitted
Behind Goal!



Class
Discussion
Questions

BALL RETRIEVERS (Ball Boys)

- Home team must train, protect and provide for safety of ball retrievers.

Class Question:

- **Is the home team or sponsoring authority required to provide ball retrievers?**
 - No, only the placement of the minimum number of required balls along the end lines and sidelines is required, HOWEVER, the balls should be replenished at the beginning of each quarter
- **Who is responsible for balls at a NEUTRAL site game?**
 - Sponsoring authority (usually the home team) must provide balls and all game required equipment.
 - Common during playoff games



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



GAME LENGTH

- **Change of Goals:** Teams switch goals after periods, except the first overtime period which is determined by coin toss.
- **Final Two Minutes of Play:** Stalling rules in effect for team ahead even if team ahead is man-down.

Class Question:

- Who keeps track of how much time is left between the quarters and the halftime?
- The officials should keep track of the 2-minute intermissions.
- Usually, the 10-minute halftime is displayed on the scoreboard. If it is not, then the officials should track the time.



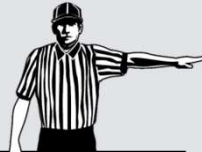
STOPPING THE CLOCK



- 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



Dead Ball



Point Direction



Dead Ball



Class Discussion Questions



STOPPING THE CLOCK – WHEN?

- Ball or player in possession goes OB.
- To end a play on.
- Foul by the offense.
- Flag Down Slow Whistle (FDSW) ends.
- Horn sounds to end period.
- Goal is scored.
- Injury in scrimmage area.
- Goalie loses required equipment.

Exception: The dead ball signal is not given when stopping the clock on a goal. DO NOT raise a single arm prior to your goal signal.

Class Question:

- **Does play stop if the goalkeeper is OUT OF THE CREASE and loses his stick?**
- No, the goalkeeper is treated as a field player when he is OUTSIDE of the crease.



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

STARTING THE CLOCK

- Clock starts and stops with a whistle.
- Long blast to start that is at least a 2-count

Class Question:

Is it okay to pump the arm or do the “front stroke” when winding the clock?

No. The correct mechanic is to wind the arm backwards 1.5 times with the hand starting at the top and finishing at the bottom, while whistling the play to begin.

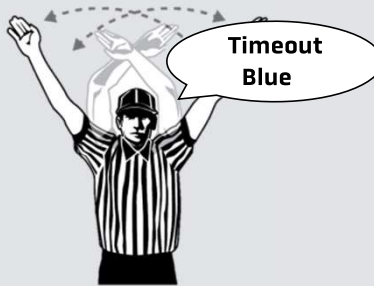


SIGNALING A TIMEOUT



- **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



1:40



SIGNALING A TIMEOUT

- Determine whether the time-out can be legally granted.
- Blow the whistle
- Wave both arms overhead
- Point to the bench of the team calling the time-out, and announce the time-out (e.g., "Time-out, Blue!").

Class Question:

- **Do you have to look behind you to see if the head coach is the coach calling the timeout?**
- It is not recommended that any official turn away from live ball play to confirm who on the bench asked for a timeout.



TEAM TIMEOUTS

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

Class
Discussion
Questions

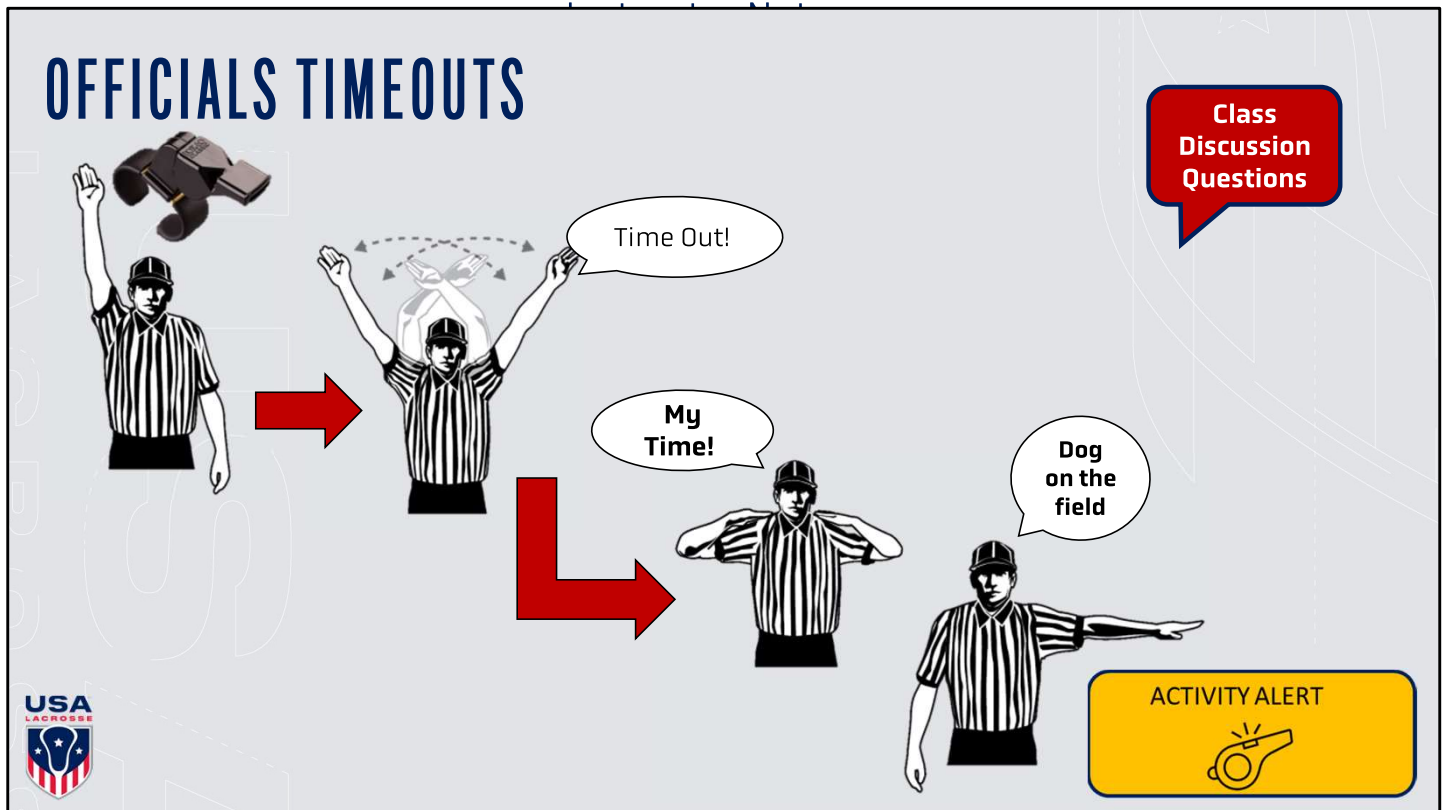


TEAM TIMEOUTS

- Two minutes including the 20 second warning.
- If the team that called TO is ready early, opponents are given 20 second warning.
- Coaches must remain in the coach's area.
- Explain timeout and how to administer it properly

Class Questions:

- What do you say to inform the teams that they must take the field?
 - "Timer's on!"
- If the team that called the timeout is ready to go before 1:40 has elapsed should the officials say, "Timer's on" and make the opposing team get back on the field?
 - Yes, the team that called the timeout does not have to use the entire allotted time.
- What is the call for failing to be ready on the field before the timer runs out?
 - This is a delay of game penalty. A flag if it is on the team not entitled to possession, a turnover if committed by the team entitled to possession. This should ONLY be used if there is an egregious violation



OFFICIALS TIMEOUTS

- Officials may suspend play at their discretion:
 - harsh weather conditions
 - during dead ball
 - loss of player equipment (especially goalie)
 - injured player (immediately if in scrimmage area)
 - excessive blood, open wound or blood on uniform.

Demonstration: Starting and Stopping Clock

- Using the proper mechanics demonstrate the correct procedure for stopping and starting the clock, calling a team or officials time out during a live or dead ball.

Activity: Starting and Stopping Clock

- Participants demonstrate how to stop/restart clock. If space allows, go outside for this activity to understand how loud the whistle needs to be blown for others on the field to hear.

Class Question:

- Who gets the ball if the officials stop play while the ball is loose?
- The officials will award the ball via AP. In these situations, if time permits, it is recommended that the officials wait until a team gains possession of the ball. That is not always acceptable as in the case of an injured player in the scrimmage area.



INJURIES

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

DO NOT rush an
injured player off
the field



INJURIES

- If possible, delay whistle if no team in possession until gained.
- If ball is loose, use Alternate Possession unless loose in crease; award to Defense.
- Teams may go to sideline; substitutions may be made.
- Officials should restart play as soon as the injured player has been removed from the field.
- The injured player shall be replaced before the restart but can substitute back into the game **after the next dead ball** following the resumption of play.

Class Question:

- Should the official attend to the injured player?
- Absolutely not! The officials should make sure the appropriate medical personnel attend to the injured player.



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



MERCY RULE

- Score difference of 12 goals in second half.
- Remains running clock even if goal differential becomes less than 12
- Running clock stops for TO and injury only.
- Penalties begin with whistle resuming play and are running time.
- Call out release time upon restart if using visible clock



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



1 Timeout Each



OVERTIME

- 2-minute intermissions.
- 4-minute period until a goal.
- Change goals after each 4-minute overtime period.
- Repeat until winner.

Class Question:

- **Can the losing team coach call for an equipment check after the winning goal in an overtime period?**
- No, the game is over and no equipment check is permitted.



INTERRUPTION OF PLAY



INTERRUPTION OF PLAY

- Appendix E of Rulebook for Lightning or Thunder
- 30m after last flash
- Unless conference, association or state rules supersede.
- Periods can be reduced due to unusual circumstances if both coaches and Referee agree.
- Discuss “what-ifs” during the first suspension with Athletic Trainer, Game Manager and Coaches

Class Question:

- **What if the coaches do not agree to reducing the game time due to unusual circumstances?**
- The game time remains the same, but the officials may suspend play again at their discretion if they judge the game must stop due to safety concerns.



Instructor Notes

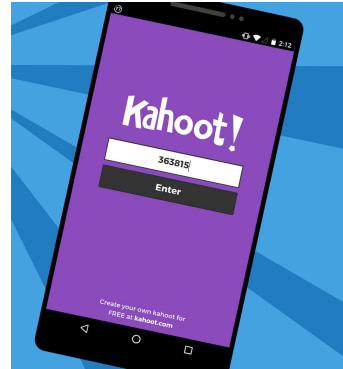
KAHOOT!

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



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

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



USA LACROSSE

Instructor Notes



Please let us know if you have any questions or comments on this presentation.
Thank you for taking your time to develop the next crop of officials!
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