



Student Notes

OFFICIALS EDUCATION



USA LACROSSE

RULE 7: PENALTY ENFORCEMENT

MEN'S OFFICIALS DEVELOPMENT | 2025 SEASON

PENALTY ENFORCEMENT







YOU SEE IT...NOW WHAT?

- First, recognize the situation
- Second, make the call!
- If you hesitate, that's OK. This will come with experience
- Talk to your partners if you are not sure to get the call right
- Put the ball back in play and move on!





RECOGNIZE THE SITUATION

Foul Occurs

- Loose Ball
 - Personal 
 - Technical 
- Team In Possession Fouls
 - Personal 
 - Technical 
- Team Not In Possession Fouls
 - Personal 
 - Technical 

Class Discussion Question





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



Class Discussion Question

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



Class Discussion Question

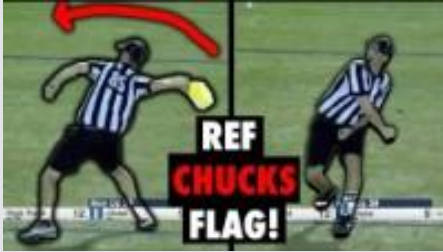
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Student Notes

FLAG TOSS

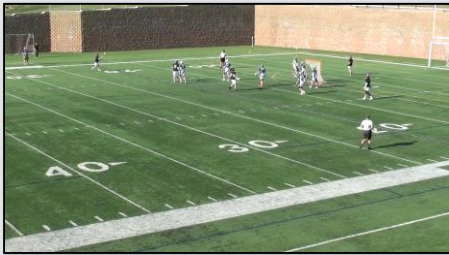
GO BIG OR GO HOME!



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FLAG TOSS

LET'S TRY THIS AGAIN



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RELAY AND REPORT

1st

- Partner(s)
- Field

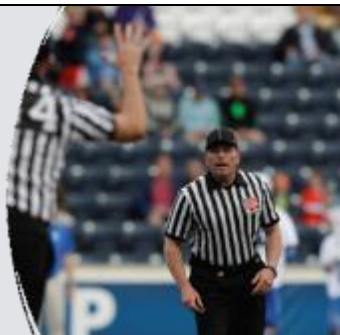
2nd

- Table
- Coaches

3rd

- Goalkeeper
- Others as necessary

Class Discussion Questions





Student Notes

REPORT PENALTIES (C-NOTE)

Class Discussion Questions

Blue C Two N Slashing O 1-minute T

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

PROPER PENALTY REPORTING

WATCH THE BEST DO IT CORRECTLY



PENALTY REPORTING PRACTICE

PRACTICE TIME

Throw the flag Yell "Flag Down"

Report a penalty Personal fouls Technical fouls

ACTIVITY ALERT

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





Student Notes

WHEN TO USE THE IN-HOME

? No Number and/or Coach ?



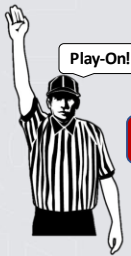
Class Discussion Questions

CAPTAINS		CAPTAINS	
NAME	NUMBER	NAME	NUMBER
	2		14



PLAY-ON

KEEP THEM SHORT



Play-On!

Class Discussion Questions



PLAY-ON PROCESS

Team B commits loose ball technical



"Play-On"

Team A Does Not Gain Possession

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

Team A Gains Possession

Play-Off!





Student Notes

PLAY-ON VIDEO

LOOSE BALL INTERFERENCE



TECHNICAL FOUL DRILL

DEMONSTRATE THE SIGNALS

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



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.





Student 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 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 – RULE 7 - PENALTY ENFORCEMENT](#)



THANK YOU TO THE MEMBERS OF THE
MENS OFFICIALS EDUCATION
DEVELOPMENT TEAM



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