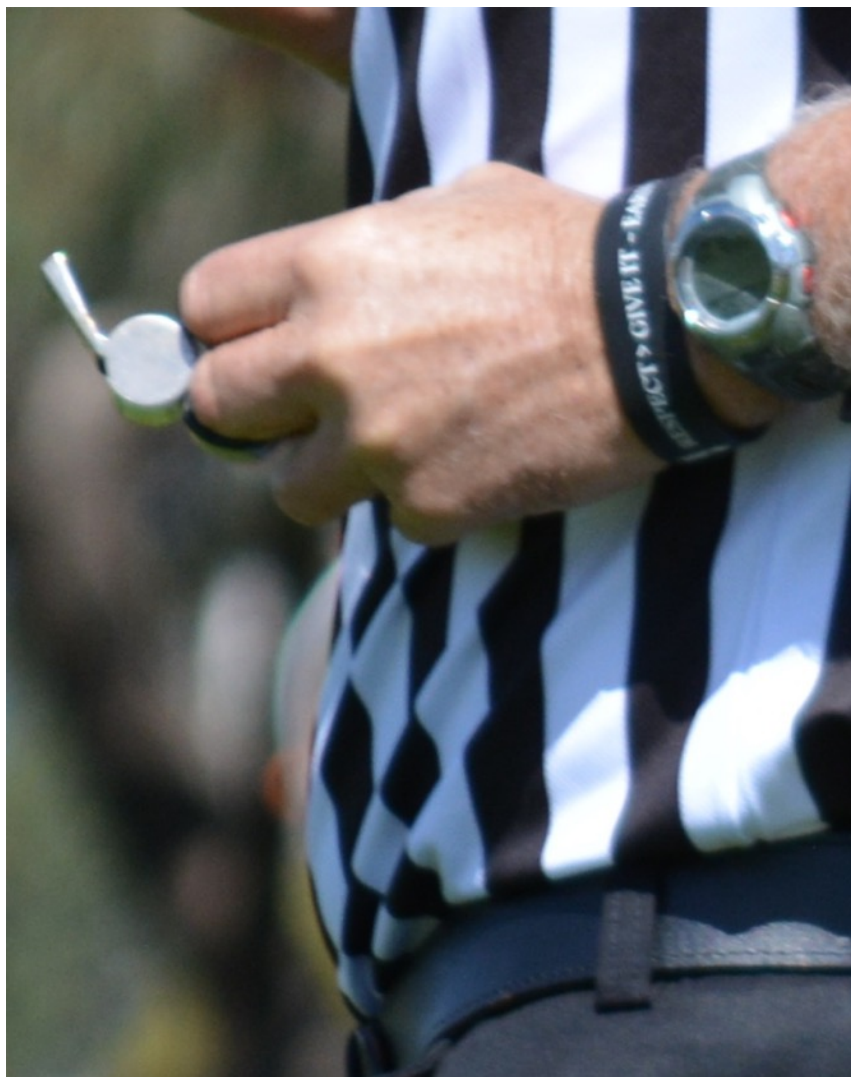


Men's Field
GAME DAY - CLUB REFEREE
2023



“Sport can't happen without Officials ”



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INTRODUCTION

Lacrosse as an international sport is developing at a rapid pace and the obligation to provide competent officials is indispensable to maintain that pace.

While some states operate with three officials, many club lacrosse matches are officiated with two Officials and this booklet sets out the mechanics and endeavours to provide a simple resource for new officials to have a clear picture of what is required of them in games with two Officials.



This manual is not the end-all-be-all of lacrosse officiating, but more of a guide and resource for beginning officials to officiate a game in a safe and fair manner.

To development further the individual Official must:

- Stay current with the game by participating in training opportunities.
- Always consider the level of play when officiating.
- Promote the safety of participants.
- Promote fair play and sportsmanship.
- If desired, work to improve their certification level and qualify for higher level games and “move up” to higher levels of officiating.

We record our thanks, to World Lacrosse, USA Lacrosse and Georgia Lacrosse Officials Association in allowing the use of material contained in their Officials’ Training Program materials.

Goals and Objectives of Game Day - Club Referee

The Game Day Club Referee guide is targeted at officials with little or no experience in officiating men's lacrosse. The objective is to introduce the basic rules and mechanics, to enable them to manage a game in a safe and fair manner.

- ✓ Properly prepare individually and with a partner in advance of contests.
- ✓ Maintain a safe playing field and a safe level of play at each contest.
- ✓ Establish an assertive and confident presence on the field.
- ✓ Communicate effectively using voice and hand signals:
 - With a partner • With the scorer's table • With coaches.
- ✓ Conduct the pre-game coin toss and line-up procedures.
- ✓ Understand and correctly demonstrate basic field positioning.
- ✓ Properly administer a face-off.
- ✓ Understand and recognise differences between personal and technical penalties.
- ✓ Recognise and assess safety penalties accurately and fairly.
- ✓ Correctly identify a penalty situation, if a team has possession of the ball in a penalty situation and how to apply the slow whistle ('Flag down') technique.
- ✓ Who receives possession of the ball following a penalty and their re-starting position.

Game Day - Club Referee requirements

- Obtain a pass grade in the Lacrosse Australia - Club Referee Online Theory Test.
- Annual re-certification. Officials who are Club Referee Certified and wish to remain at that level must meet annual recertification requirements. These requirements are:
 - Be a registered member of their Club.
 - Meet their State's Working With Children requirements.
 - Obtain a pass grade in the Lacrosse Australia - Men's Field Level 1 online theory test.
 - Pass any State based age variation online theory test for the grade being officiated.

THE ROLE OF THE OFFICIAL

Originally there was no Officials at sporting or gaming contests; the players made up their own rules and relied upon each contestant to honour those rules. But nature being what it is, soon put paid to this idealistic concept.

A neutral person, conversant with the rules of the game or sport was co-opted to sit at the sidelines and arbitrate when contestants referred their grievances to them.

This then was the birth of the Referee / Umpire and that is still their role today - to arbitrate between two contestants and decide when and if the rules are being broken.

The Official does not make the rules they just make sure that the rules of the competition are enforced, within the spirit of the game.

Therefore, the primary role of the Official in any sport is to permit the game to progress within the rules, with as little interference as possible on their part.

Good officiating enhances the presentation of the game, adds to the enjoyment and pleasure of players and spectators and contributes to the safety of players. On the other hand, poor officiating detracts from the game, mars the enjoyment of participants, can put the safety of players at risk and, in the worst case, lose members and potential members from the sport.

To the players, coaches, theirs is the most important match playing that day. They expect the Official to manage it accordingly.

This is the challenge of officiating! To take on a demanding and critical task and at the conclusion of the match for all participants to say that the officials had no bearing on the outcome of the game.

Being an official is not for everybody. It's only for those who like to take on challenges, to strive to be better and to keep on doing it. Every match provides its own unique and special challenges.

The importance of the role of the Official cannot be overstated.

There are a great number of factors that make a successful Official. Firstly, we need to understand the role of the Official, which can be very simply put as follows:

- ☞ **P**romote fair play and sportsmanship.
- ☞ **E**nsure safety of players, coaches, bench personnel, officials, and spectators.
- ☞ **A**pply the rules and their interpretations according to the spirit of the rules.
- ☞ **C**onsider the level of play and respond accordingly when officiating.
- ☞ **E**ncourage the growth of the sport and honour the game.

PROFESSIONALISM

BEING A PROFESSIONAL MEANS MORE THAN BEING ON TIME AND ATTIRED IN THE CORRECT UNIFORM.

Mastering the following areas will help you present yourself professionally:

Conditioning: Be in shape to meet the demands of the game, in terms of speed and endurance. You can't make the right calls if you can't get into position to make them, or if physical strain is affecting your decision-making ability.

Rules knowledge: It can take years to fully understand the rules. Continual review of the rules as an official will help you to develop more quickly.

Mechanics: Officials need to know more than the rules: they also need to know where to go on the field and what their responsibilities are.

Game management: There are many times that officials can keep the game running smoothly without using their flag and whistle. *See the game management manual for tips and techniques.* If you master them, you'll find that officiating becomes much easier.

Communication: Communication is a key aspect of game management. Communicate with your partner, the coaches, and the bench personnel in a clear and efficient manner.

Conduct: Demonstrate the appropriate demeanour; treat your partner, the table personnel, athletes, and coaches with the respect that you desire to receive. Aloofness, indifference, boredom, and disdain are worse behaviours than nervousness; strive to be engaged at all times.

Confidence: Confidence comes from preparation and experience. You must know the rules, interpretations and mechanics in order to be prepared for any situation.

Focus: Concentrate on what you are doing, and do not lose your focus on the game. Block out distractions and move on to the next situation that is happening in front of you. Don't let thinking about a call you might have missed interfere with getting the next call right.

Consistency: Your judgement should be the same from the beginning of the game to the end, from one end of the field to other, and match your partner(s).

Courage: You must have the courage to do what is right. Whether it's a difficult call or a difficult "no-call," you won't be a successful official without the fortitude to "get it right!"

Presentation = Impression

Players, coaches and spectators have certain expectations of Officials.

The first impression created by an Official's personal appearance and bearing can play an important part in their acceptance by players, coaches and others. Therefore, good presentation is important for the Official and officiating in general.

Uniform standards exist to communicate the level of professionalism Officiating Associations aspire to maintain.

As an official you should have the proper uniform, and it should be neat, clean and in good repair. You must also have the proper equipment for your level of play. If you don't, you'll be battling a negative impression from the start.

Recommended minimum Australian uniform standard.

Hat	<ul style="list-style-type: none">• Black cap with white piping.
Shirt	<ul style="list-style-type: none">• Shirt with black and white vertical stripes on the body and sleeves with black collar and cuffs.
Undershirts	<ul style="list-style-type: none">• Black shirts may be worn beneath the Black/White shirt but should not be visible below the sleeve cut-off.
Shorts	<ul style="list-style-type: none">• Black shorts with about an 130mm in-seam. with pockets and belt loops
Belt:	<ul style="list-style-type: none">• Black leather belt 40mm-50mm wide with a plain modest buckle
Under shorts	<ul style="list-style-type: none">• If worn - plain black and no longer than the leg of the shorts.
Socks	<ul style="list-style-type: none">• Short black socks.
Shoes	<ul style="list-style-type: none">• Any running shoe suitable for the field type (natural grass or artificial surface) provided the colour is predominately Black.
Flags	<ul style="list-style-type: none">• Two solid gold in colour and measure 200mm square, weighted in a safe manner in one corner or in the middle.
Whistles	<ul style="list-style-type: none">• Black, finger grip whistles. Carry a spare in your short's pocket or a lanyard whistle worn around your neck, under your shirt.• All match officials, in that game, must use the same style whistle.
Tape Measure	<ul style="list-style-type: none">• A small tape measure.
Score card	<ul style="list-style-type: none">• Each official shall carry a score card that they can record the captains, in-home, nominated defender and the scorers by period for the game.
Watch	<ul style="list-style-type: none">• Digital wrist watch, capable of timing in seconds.

MATCH RESPONSIBILITIES / BASIC GAME MANAGEMENT

Sport often derives its value and enjoyment from its speed, physical exertion and, sometimes physical contact between participants.

Lacrosse is a physical game and by their participation, players 'consent' to a degree of physical contact within the 'ordinary course' of a match. They do not, however, consent to intentional 'physical assaults' in breach of the rules or the safety codes of the sport, or due to carelessness by the Official.

Injury is a possible occurrence during the normal course of play. However, injury from actions, which could be deemed avoidable by the initiator is unacceptable and should be penalised accordingly.

The younger the player - the greater the responsibility for safety!

The Official has a responsibility to ensure that the physical environment in which the game is to be played is safe. Therefore, take all reasonable steps to see that injury is avoided by:

- Controlling the game by enforcement of the rules e.g.:
 - Penalize illegal or dangerous plays or tactics.
 - Remove participants who persistently breach the rules.
- Protect the participants, e.g.:
 - Ensure that facilities are safe, such as the scorer's bench being clear of the substitution area, any on-field sprinkler outlets are covered.
 - Stop a match should participant or spectator behaviour threaten player safety.
 - Enforce safety policies/guidelines regarding blood and infectious diseases.
 - Stop a match if conditions become hazardous (e.g. lightning).
 - Direct spectators who are encroaching onto the field to move back.

Whilst Australia has adopted the International rules of Lacrosse, each state has introduced various rule modifications and requirements to facilitate the administration and conduct of their local competition. Officials should be aware of the modifications applicable to the grade they are officiating.

One of the responsibilities of an Official is to report reportable occurrences / offences, in a timely manner, to the appropriate authority so that they may action / rectify the problem.

RULE KNOWLEDGE

Just because you play does not mean you know the rules. There are different facets of the rules that once known can improve your own game and reduce the frustrations that you may have encountered with your own penalties.

Learning requires your active commitment. What you gain is exactly what you are willing to put in.

Get Involved - Be inquisitive - Ask questions - Gain Knowledge - Gain Confidence!

No matter what direction you take in your lacrosse journey, be it as a player, coach or match official, rules knowledge will help you.

As a player you believed that you knew the rules, as a Match Official you know that you didn't.

There are two parts of learning the rules - knowledge and application. The first is critical for whatever level of lacrosse you officiate. The second evolves the longer you officiate and is never complete.

As an official you will be expected to clearly understand and be able to explain the rules of the game. Also, knowing the rules well (a point often overlooked) is the amount of self-confidence that you will develop.

The rules can be classified into three categories - procedural, safety and fairness.

- Procedural - how the game is controlled or impacts on other rules.
- Safety - Players are protected from aggressive/dangerous play.
- Fairness - the game is played within the rules.

LEARN the BASIC rules FIRST - Technical and Personal

Study the description of the rule and try to remember a time that you incurred that penalty in a game and reflect on what you did or didn't do. Never incurred that particular penalty, think of a teammate - you know the one, never out of the penalty box. When you are watching other games, see something and think about why / why not something was called.

"Rules rule!"

"You must have a reverence for the rules." Digging into the rulebook and knowing when to apply the right rule in the correct situation are qualities of top officials in every sport.

Knowing the rules does not make you a good official (there's a whole lot more to it than that), but not knowing the rules does make you a bad official

SCORECARD

If there is a dispute between the table personnel and the officials, the Official, by the rules, has the official game score and the official record of time-outs.

- GAME MANAGEMENT**
- ☞ At every charged time-out and between quarters confirm all game information with your partner.
 - ☞ At the end of each quarter confirm all game information with the scorer.

What should be recorded on your scorecard?

1. Your partner's name somewhere on the scorecard. It is best to do this prior to game time
2. Write the colour of each team as you have chosen to call them (Home team first)
3. The team Head coach's name (and if a playing coach, number).
4. Captains' numbers.
5. The number of the "in home".
6. The number of the nominated defender, if being used.

CHECKLIST

Throughout the game:

- ☞ Record the **number** of the player who scored, under the correct team on the card (separate it by a dash or circle it!).
- ☞ At the end of each quarter, record the cumulative score for each team in the bottom corner of the quarter's space.
- ☞ Confer with your partner and then confirm the correct score with the Scorekeeper.
- ☞ Record any timeouts taken under the proper team and in the correct quarter.
- ☞ Record coach requested stick checks - those that do not uncover any violations.

<i>Blue</i>				<i>Red</i>			
<i>Captains</i> 17 - <i>Smith</i> 12 - <i>Brown</i> 22 - <i>Jones</i>				<i>Captains</i> 20 - <i>Robinson</i> 4 - <i>Weaver</i> 5 - <i>B. Robinson</i>			
In Home		Nom. Defender		In Home		Nom. Defender	
First Quarter				First Quarter			
Second Quarter				Second Quarter			
Third Quarter				Third Quarter			
Fourth Quarter				Fourth Quarter			
Time Outs				Time Outs			

VISUAL SIGNALS

Communication amongst the Officials, between the Officials and the Bench, between the Officials and players and even (via signals) between the Officials and the spectators is a vital component of maintaining control of a match.

To communicate effectively, the signals and the penalty communication procedures must be learnt so that they become automatic. They must be performed purposefully and clearly, even at the risk of being over-dramatic.

Where appropriate, the official's hands should be held high when signalling.

The Goal Scorers and Penalties should be capable of being understood from the signals alone.

C. N. O. T. E. D.











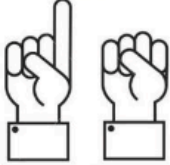
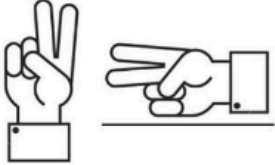
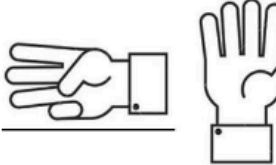
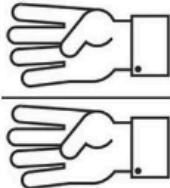
The standardized way of reporting the foul is as follows:

1. **Colour** of the team fouling.
2. **Number** of the player who committed the foul. (use finger counting)
3. **Offense** committed including verbalisation. (Pushing, Slashing, etc.)
4. **Time**, duration of penalty.
5. **Explanation**, if required for multiple and simultaneous fouls.
6. **Direction** of play signal, toward the goal the team in possession of the ball will be attacking.

Signalling Player Numbers by Hand






The playing number of the player receiving the penalty or scoring the goal will be indicated with one hand.

- The numbers **1 to 5** are indicated by raising the hand up to head height or above,
 - with the required number of fingers pointing upward and spaced apart, (so that the number of fingers can be seen from a distance).
- The numbers **6 to 9** are indicated by:
 - holding the arm out laterally from the body,
 - with the hand raised to head height or above, and the
 - required number of fingers pointing laterally and spaced apart.
- The number **0** is indicated with a closed fist.

0	1	2	3	4	5	6
						
7	8	9	10			
						
27	85	99				
						

- Two-digit numbers will be indicated sequentially and pronounced separately:

Signalling Penalty Time by hand

		
Technical Penalty (30 seconds)	One minute	Two minutes
		
Three minutes	Expulsion	

Relaying Signals

When the relay is done correctly, it becomes a very quick process.

By always relaying goal scorers and penalties in the same manner, the scorers and timekeepers will have an easier time recording, and the other officials and the coaches will be kept fully informed.

- Move into an open area - stop - look to the Bench Officials - give the call and signal.
- Watch the Bench Officials to ensure that they acknowledge receipt and understanding of the signal.
- If the call has been made by the Single Side Official the Bench Side Official can confirm receipt of the signal with the Bench Officials.

MECHANICS

Employing proper mechanics is an important part of game management. There are two components of mechanics –

- ☞ Positioning
- ☞ Checklists.

Positioning has evolved from years of trial and error and the locations described will put you in the most suitable place to observe the play as it progresses, so that you can make the correct call. While there may be times when you deviate from these mechanics, it should only be done for a specific reason.

Checklists are designed to guide you through a situation, e.g. pre-game, coin toss, face-off, simultaneous fouls or a stick check.

For the purpose of all diagrams in this manual:

- The Officials are shown working toward their left and thus normally being responsible for the goal and end line toward their left.
- Where a game scenario is used to illustrate a point, the competing teams are referred to as Blue and Red.
- The following symbols are used throughout the illustrations to indicate the various Official positions:

For illustrations depicting a situation not during the play of the game:

'HR' - Head Official; **'O2'** - Official #2.

For situations involving a face-off:

'FO' - Official handling the face-off; **'O2'** - Official #2

For illustrations depicting a situation during the play of the game:

'L' - Lead Official; **'T'** - Trail Official.

PRE-GAME RESPONSIBILITIES

RESPECT THE GAME -

Allow time to prepare before the first whistle.

Personal preparation:

- Uniform and equipment - clean and in good order.
- Review the rules and any modifications covering that game.
- Arrive at the game site with an adequate time cushion. Be ready both physically and emotionally.

Game management:

What you do in the twenty minutes before the game can have a tremendous impact on your game management. Showing up to the field with plenty of time to spare in a neat, clean uniform, carrying yourself professionally as you inspect the field, and introducing yourself to the coaches, all create the feeling that you know what you're doing. The coaches have come to expect this routine, and if you deviate from it they will be scrutinising your abilities before you get the opportunity to make your first call.

The pre-game period is also a time for officials to communicate with each other. Review mechanics, discuss any new rules interpretations, and determine if there are any special circumstances they need to consider:

- Decide field positions - it is recommended that the Official with more experience should run on the bench side of the field.
- Would the inexperienced official be feeling confident enough to run part of the game on the bench side of the field?
- In the closing minutes of a tight game, will the experienced official ensure he is on the bench side of the field?

Establish a rapport with the table personnel.

Make sure the table is properly equipped with working timing devices. Confirm that the timekeeper understands the 'Stop Clocks' rule and the signalling procedure for the end of the period.

Make sure they know how to call you over if they are unsure of anything.

Field inspection:

Never assume that a field is safe! Even if a game has just finished.

If you catch a problem early, inform the home team's Head Coach so any issue can hopefully be addressed before the start of the game.

Walk the field with your partner and check for any potential safety hazards, such as: holes, debris, sprinkler heads, immovable objects near the field.

Examine the field markings, especially if you are on a field lined in a variety of colours for multiple sports. Be sure to check that the pylons/cones are in their correct positions and at the correct intersections of the lacrosse lines.

Check both goals:

- Goal is centered within the circle.
- Goal is upright and does not lean back.
- Rear of goal posts are on the back of the goal line.
- Goal netting is not damaged. Holes can be easily fixed with string or zip ties.
- Goal netting is secured to posts, ground bar or ground.



Adjacent areas:

- Team benches/chairs should be well behind the coaches' areas.
- The table should be at least 4.5 metres from the sideline.
- No spectators behind the end line.

Meet the coaches

Approximately 10 minutes before the advertised start time request each team's Head coach to meet with the Officials at the middle of the field, where the bench side wing restraining line meets the centreline.

The Officials should introduce themselves to each coach and after the introductions only the Head Official speaks with the coaches, one voice is all that is required.

The Head Official will then ask the team Head Coaches to provide the following information:

- The playing numbers of their Team Captains.
- The playing number of any Player-Coaches.
- The playing number of their "In-Home", who may be ANY player in the team.
- The playing number of their "Nominated Defender", who must be a starting defending player (long pole), who will serve the goalkeeper's time-serving penalties.

The Head Official will ask each Head Coach to confirm that all their team's equipment is legal "*Coach are all your players properly equipped and is all your equipment legal?*"

The Head Official should ask the coaches to remind their captains and players that the game cannot be restarted after a stoppage until all flags have been picked up, the Bench Officials have been informed of the decisions made, and the officials are ready.

The coaches should also be informed that, if:

- The opposition team wish to discuss any matter with the officials, during a time-out for example, then they or a representative is entitled to be present.
- They want to discuss any matter with the Officials during the half-time break, this is to be done when three minutes of the interval remain.
- The Head Official will ask each Head Coach if they have any questions or concerns and offer answers to any reasonable questions.
- The Head Official will synchronise their watch with the Head Coaches and tell them how much time they have before the coin-toss.

COIN TOSS

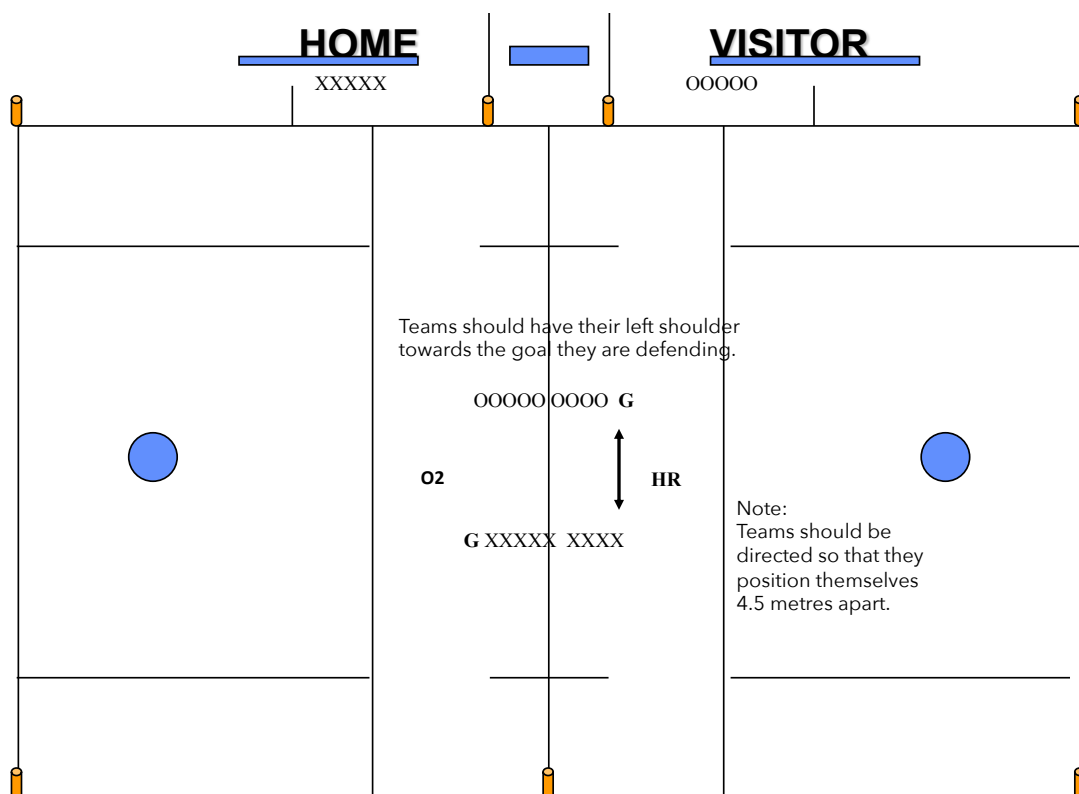
At approximately Five minutes before the start of the game, the Officials prepare to meet with the Team Captains for the coin toss.

1.
 - The match Officials go to the centre of the field.
 - The Head Official normally stands with their right shoulder to the team benches, facing the goal but, if bright sunlight would be directly in their face, this should be varied.
 - 'O2' stands opposite the Head Official.
 - The Head Official blows their whistle and calls the captains to the centre.
2. Home captains face the bench.
Visiting captains face away.
3.
 - The Head Official shows each team both sides of the coin.
 - The 'speaking' captain of the visiting team is asked for his choice of heads or tails.
 - The coin is flipped, and caught in the palm of one hand, (if it is dropped the coin is flipped again).
 - The 'speaking' captain of the team who won the toss is asked to nominate the goal they will defend.
 - The captains of each team are then moved so that their backs are to the goal they will defend.
4. The Official then directs the captains to return to their teams / benches.
5. Both Officials record which direction the winning team will defend.

- 'O2' moves to their position on the goal restraining line, and immediately holds both hands up in the air signaling 'wait', while counting the players on both teams, making sure all is ready for the opening face-off.

When certain all is ready, gives the ready signal by dropping their hands and then raising one arm horizontal pointing down the wing line.

- When the Head Official ('HO') gets the "ready" signal they conduct the face-off.



6

Line-up

INITIAL FACE-OFF




In the above diagram, the bench-side Official (HR) is taking the face-off, and will back out so that the goal to their left can be covered and they still have maximum sight of the ball and the sticks.

Set expectations - Talk to the players and find out if they have done face-offs before; especially at the beginning of the season!

Explain to them how the face-off will be conducted and what is expected from them - and, most importantly, allow them to ask questions.

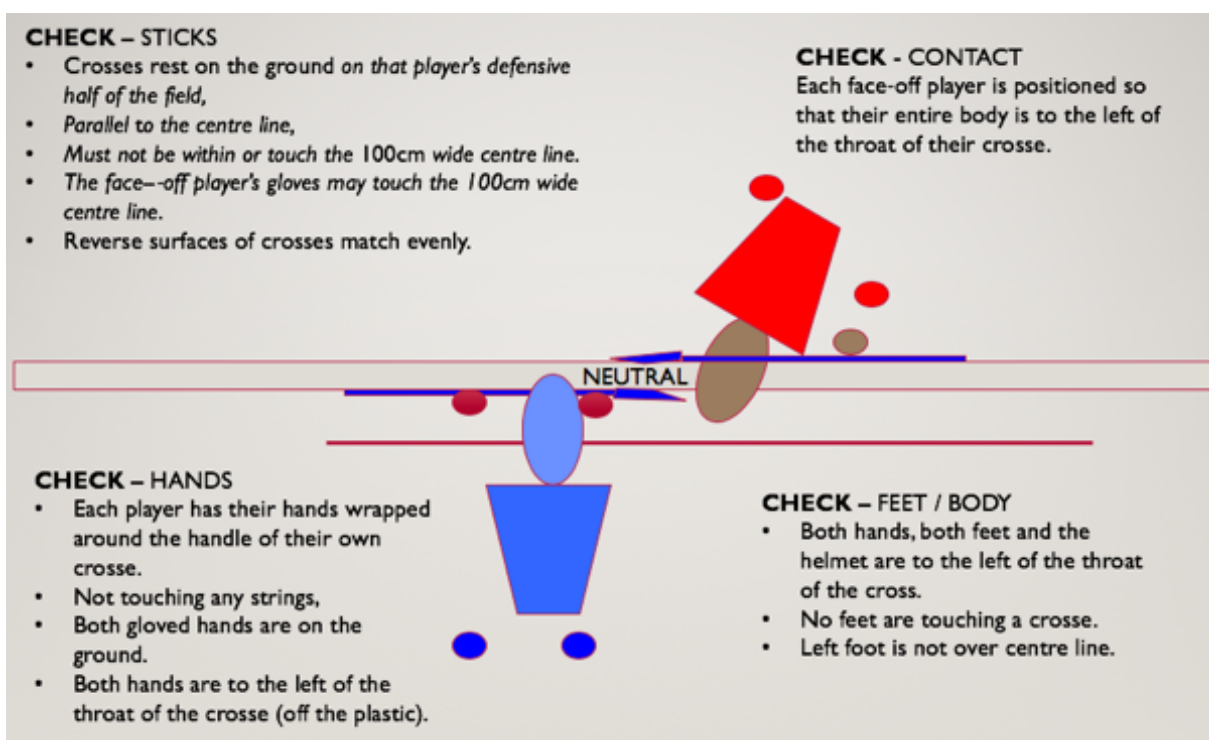
Set the field - In younger grades help the coaches by taking time to ensure that the correct number of players are on the field (as the season progresses this should not be necessary).

Official at Face-off (FO)

Face Off Position	Advantages	Disadvantages
 <p data-bbox="405 707 517 741">Angled</p>	<p data-bbox="746 320 948 353">Can easily see:</p> <ul data-bbox="746 360 1062 779" style="list-style-type: none"> • Players hands on the plastic. • Most of the players bodies. • A player grabbing the ball with their hand (as your view on the ball is not obstructed as much as the other face off positions). 	<ul data-bbox="1088 320 1394 779" style="list-style-type: none"> • Cannot see the bottom hand of the player next to you, • It is difficult to visualize the neutral zone. • You may interfere with the player on the other side of the midfield line if he wins the face off by directing the ball forward.
 <p data-bbox="368 1140 560 1173">Straddle line</p>	<p data-bbox="746 813 863 846">Can see:</p> <ul data-bbox="746 853 1062 1122" style="list-style-type: none"> • Players hands. • Whether or not the sticks are parallel to the line. • Whether or not heads of the sticks are angled forward. 	<ul data-bbox="1088 813 1394 1429" style="list-style-type: none"> • Cannot see the rear foot of the player furthest away, • Cannot see the wing players running in from directly behind. • While in this position the official could get struck with the stick of the closest face off player (this may occur if that player is a long stick taking the face off).
 <p data-bbox="363 1715 564 1749">Straight back</p>	<p data-bbox="746 1462 863 1496">Can see:</p> <ul data-bbox="746 1503 1062 1883" style="list-style-type: none"> • Rear foot of both players. • You have good line of sight to the ball. • Both players hands. • You have a solid view of whether or not players are leading into the neutral zone. 	<ul data-bbox="1088 1462 1394 1843" style="list-style-type: none"> • You are in the way of a fast break if the ball comes towards you. • You are also unable to see where the stick of the player closest to you is along the midline.

CHECKLIST

1. Place ball on the ground at the centre of the field; stand over the ball.
2. Ensure each centreman has their back to the goal they are defending.
3. Look to partner for the 'ready' signal.
4. Ask and signal the centre men to both take up their face off position so they arrive on the ball at the same time.
Step away from the ball.
5. Check:



Don't take forever - It shouldn't take more than a couple of seconds between the time the field is ready and blowing your whistle to start play.

6. Once the centre men have assumed their positions and are set, the Face-off Official shall say, "Set".
Once this signal is given, the hands and gloves of both players must remain motionless until the whistle sounds to start play.
7. The Face-off Official blows their whistle to start play (*A slight pause and then blow your whistle. This will minimize the amount of pre-whistle violations you have in a game.*)
8. When a team gains the ball in area between the two goal restraining lines, the Officials rotate an arm and both call "possession".
9. If the ball crosses a goal restraining line without a team in possession call "free ball".

GAME MANAGEMENT Any delay in setting up the players for a face-off is critical with a running game clock and even more critical when a penalty clock is running. Remember, you only have 30 seconds from signalling the goal to the re-start of play.

At junior or beginner levels It is possible to make a BRIEF correction to a player's positioning at a face-off, but a player who repeatedly transgresses should be penalised by the awarding of the ball to his opponent.

CHECKLIST **Non-Face off Official** (O2)

1. Take up position on the goal restraining line level with the wing restraining line. Give the 'Wait' signal.
2. Count the players in all parts of the field.
3. When teams are ready give the 'ready' signal by dropping both hands and then pointing toward the Face-off official.
The "Ready" signal may be dropped when the FO has acknowledged it.
If a team is not ready within the stipulated time signal 'delay of game'.
4. Check that wing players are not touching the line with their feet and on the whistle are still behind the wing line.

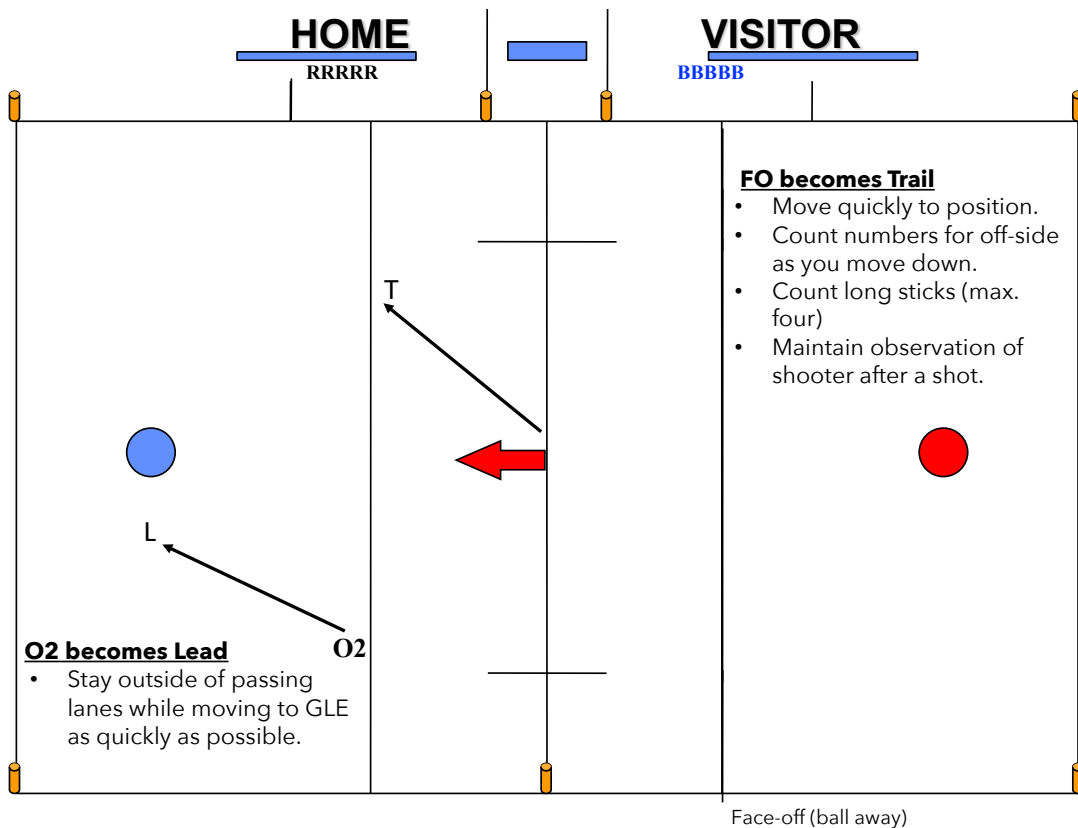
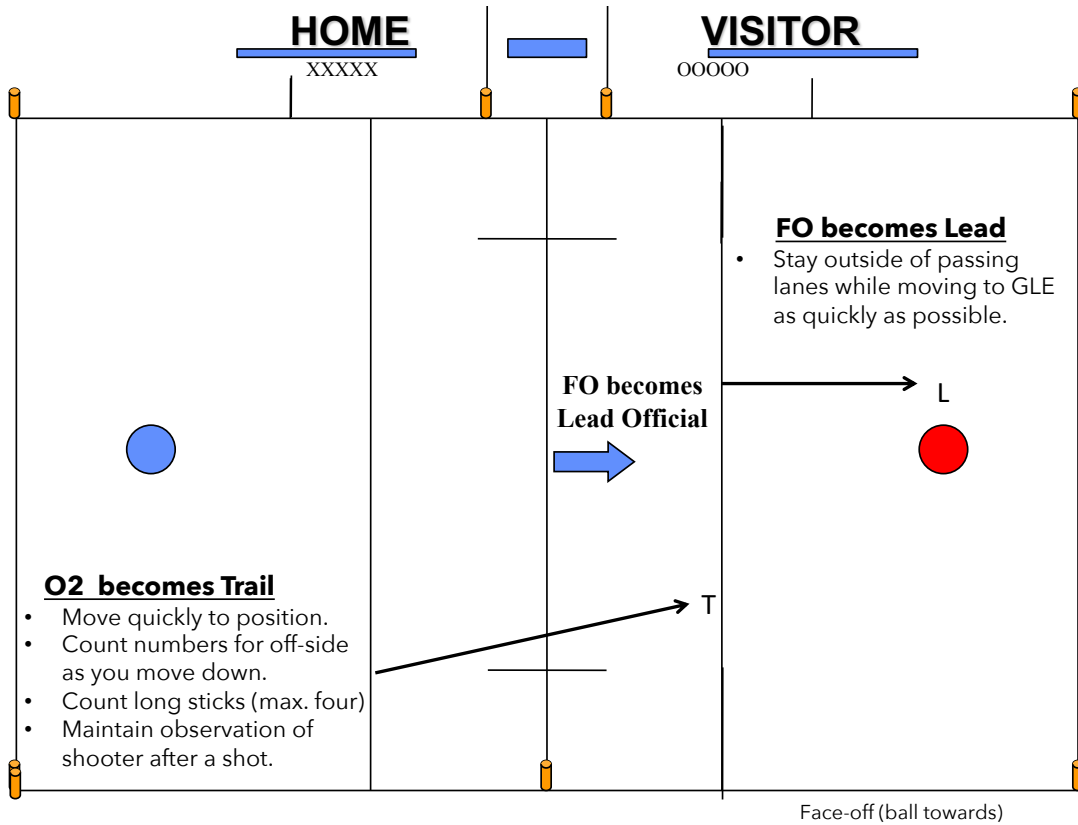
NOTE: A wing player may be over the line at the time the whistle sounds BUT a foot / body cannot be touching the ground over the line.

5. Once the whistle is blown, observe:
Wingmen:
 - a) No interference on run in.
 - b) No illegal pushing or body-checking around the centre men whilst they are in face-off position contesting the ball.
 - c) No interference of centre men while they are in the face-off position with the ball between their sticks.
 - d) Possible collision by players on Face-off Official

Goal area lines: (If the ball/play moves towards a goal restraining line)

Attack and defence players must remain behind the goal restraining lines until possession has been gained or until the ball has touched or crossed the line.

6. When a team gains the ball in area between the two goal restraining lines, rotate an arm and call "possession".
7. If the ball crosses a goal restraining line without a team in possession call "free ball".



PLAY IS SETTLED AROUND THE GOAL

MECHANIC **Lead Official**

- Covers the goal line, so that both goal posts can be seen and thus determine whether the ball has crossed the plane of the goal.
- Be as close to the crease as possible (approx. 5 metres) without interfering with play and without allowing players to get behind.
- Maintain a position relative to the ball and strive to be in good position to call a close play in the crease.
- Has end line responsibility on any shot (pursue shots to the end line).

MECHANIC **Trail Official**

- Be approximately 5 metres towards the goal from the end of the wing restraining-line.
- If the Lead is forced down to the end line move closer towards the goal, if necessary.
- Be ready, in case the defending team gains possession and makes a fast break towards their goal, or to cover offside /over and back, if the ball moves towards the centreline.
- Maintain observation of the shooter after a shot (for late hits).
- On a tight play watch the crease for violations.
- No need to signal the goal, unless absolutely necessary.

'ON' / 'OFF' OFFICIAL

As the ball and play moves around the field each officials' responsibilities will change, taking an "on ball" or "off ball" responsibility as appropriate.

As the ball moves around the goal, each Official adjusts their positions, to ensure that they have good angles to clearly observe the play and players.

They need to be mindful of maintaining distance (as if they are attached by a piece of string) so the distance between them will not change significantly.

SAFETY

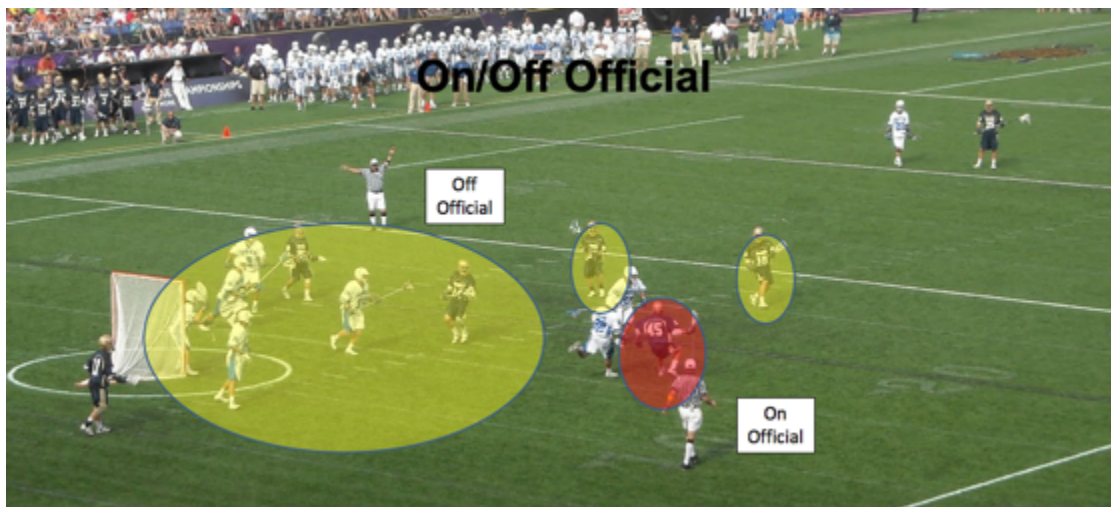
Each Official must be mindful of his own safety, and of not interfering with the play.

'ON Official'

The official who is closest to the ball is the 'On' Official and watches the 'primary action', that is, the player with the ball, the team mates who are in close proximity to him and the defenders playing them, looking for fouls which involve players in the 'primary area'. The 'on' official usually has a narrow focus on the player with possession and the surrounding 5 metres.

'OFF Official'

The "Off" Official looks for fouls such as illegal picks, pushing, interference and holding involving players outside the 'primary area'



A good rule of thumb - If the player is in a questionable area and is facing you - YOU are the 'on' official.

If there is any doubt, communicate with your partner, verbally or by pointing out, who is the 'on' and who is the 'off'.

TRANSITION - Fast break

A fast break occurs when there is a turnover of possession and the ball is moved rapidly towards the other goal.

In the following description, the Officials are referred to using the designations of the new positions they will be going to.

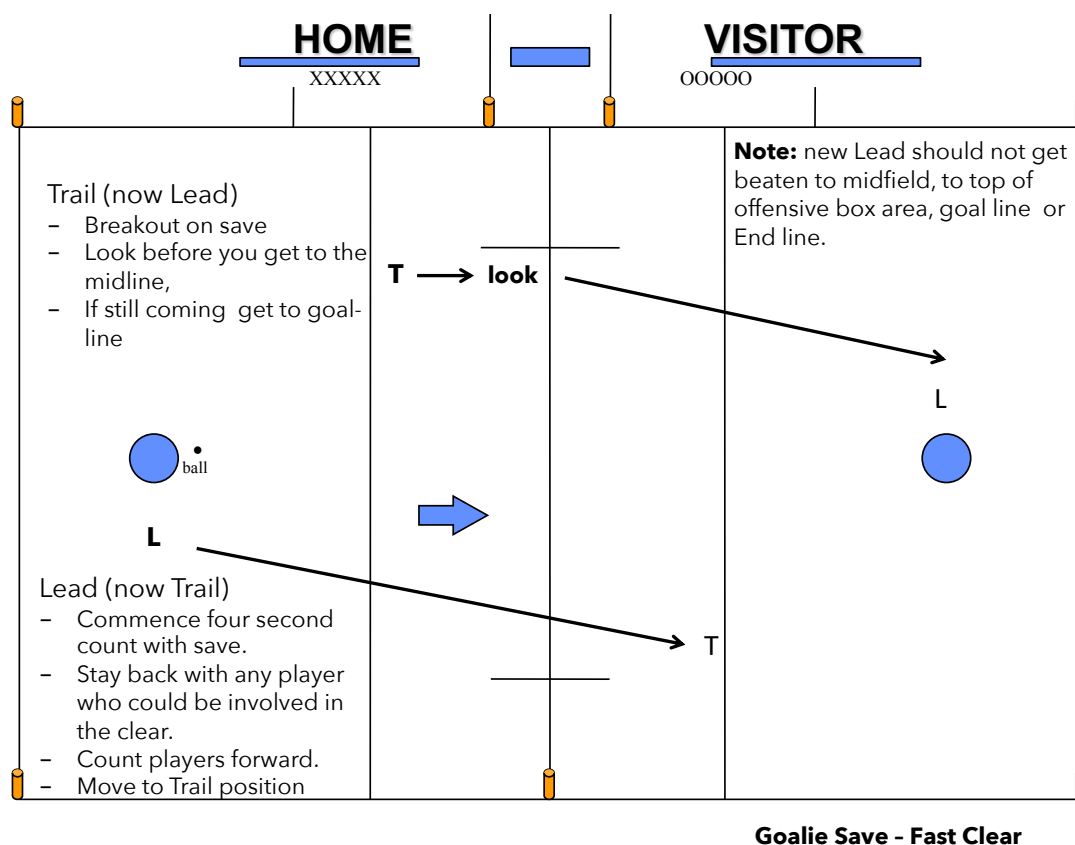
CHECKLIST **Trail (old Lead)**

1. Responsible for Four second count if goalkeeper has ball in crease. This should be audible and visual.
2. Stay back with any player who could be involved in the clear, while following the play up the field.

3. Be prepared for transition back anytime to return quickly to the goal line should there be a turnover of possession.
4. Count players forward, into the new attack area. Quick stop at cone to check penalty area.
5. Move down to Trail position.

CHECKLIST **Lead (old Trail)**

1. Break towards centreline when the goalkeeper makes a save.
2. Keeping an eye on the ball determine what type of breakout it is developing into.
3. If it is a fast break, endeavour to reach a position where you can cover your goal line and end line adequately.



TRANSITION - Slow clear

In a Slow Clear the defending team moves the ball slowly up field. This is generally a designated team play and may involve substitution by the clearing team in order to set up the play.

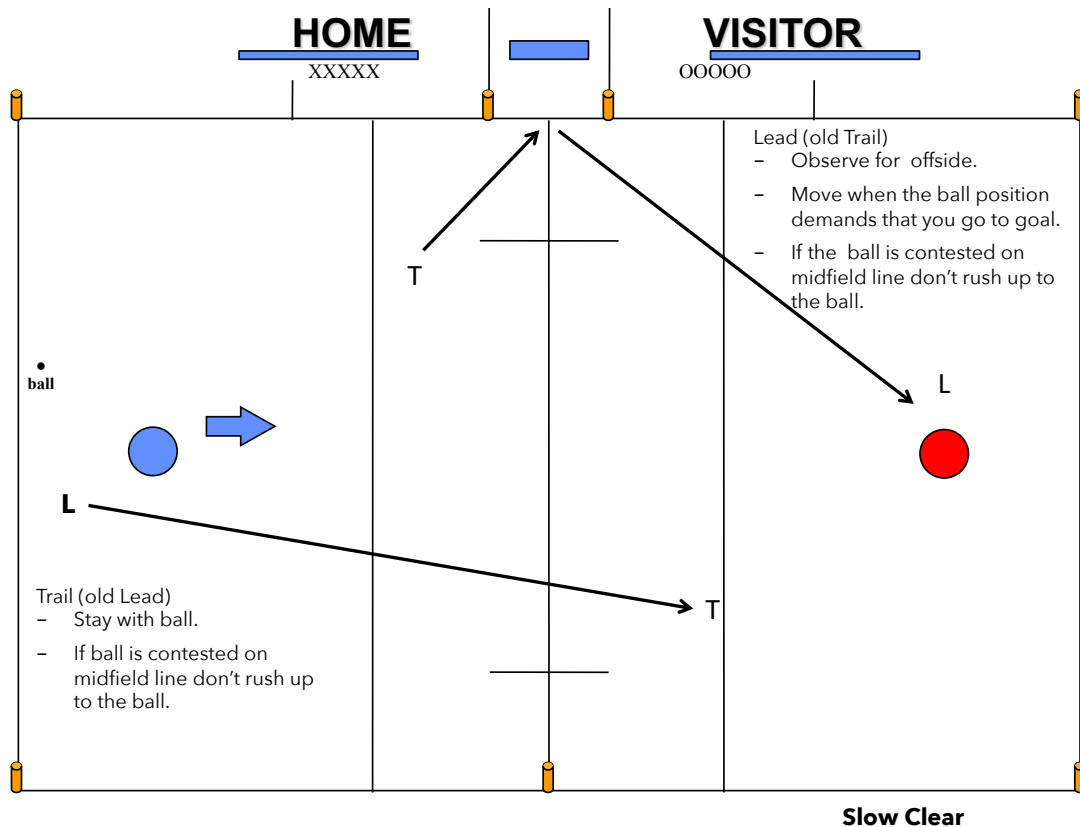
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5. Move down to Trail position.



OUT OF BOUNDS

When a player with the ball in his possession, steps on or beyond a boundary line or any part of his stick or body touches the ground or something on or beyond the boundary line, then the ball is out of bounds.

When a loose ball touches a boundary line or the ground outside a boundary line, or when it touches anything on or outside of a boundary line, then it is out of bounds.

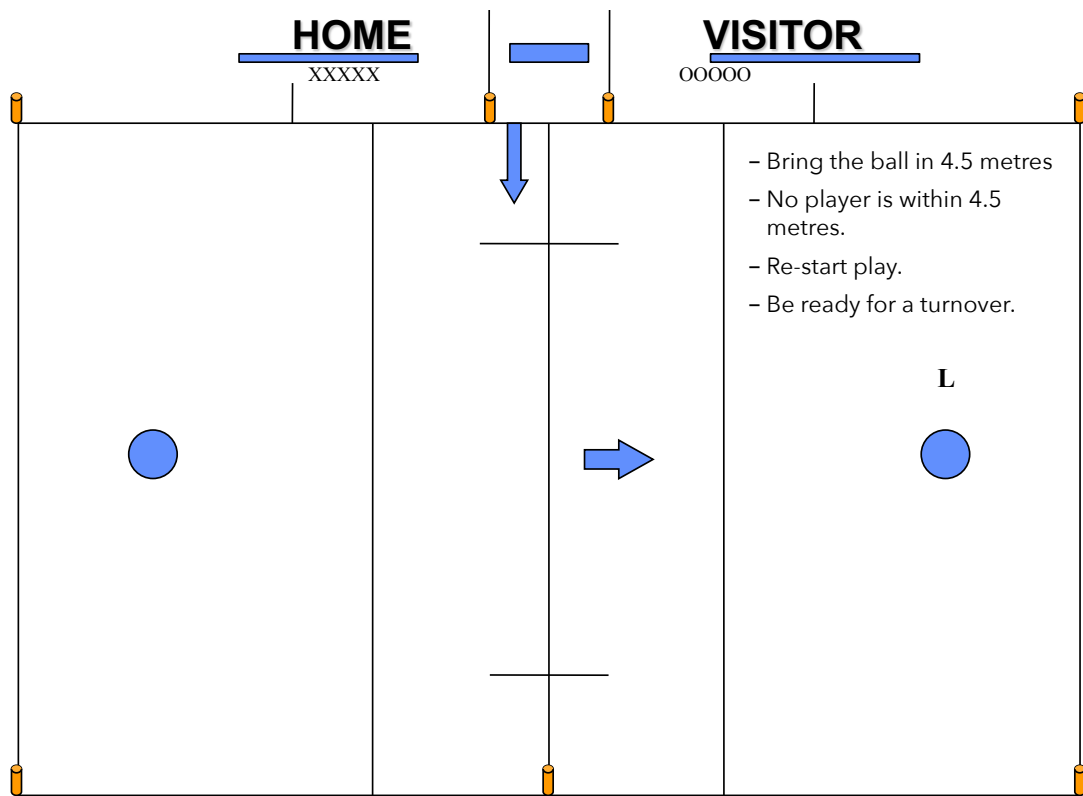
MECHANIC

- ◆ Always attempt to position yourself as close as possible to the point where the ball exits the field when it exits the field.
- ◆ Remember, stay to the outside of the play and endeavour to be in the best position but maintain your safety.

CHECKLIST

1. Sound whistle to stop play.
2. Visually signal direction that play will resume and call the colour of the team that will re-start. Call only one colour - "Blue ball".

3. The player of the team awarded possession, closest to the ball, should take the ball.
4. Ensure that they are in the field of play, and that no other player is within 4.5 metres
6. Look to your partner to make sure they are ready.
7. Sound whistle to restart the game and simultaneously give visual signal that play has recommenced.



- Bring the ball in 4.5 metres
- No player is within 4.5 metres.
- Re-start play.
- Be ready for a turnover.

Out of bounds within 4.5 metres of substitution area

PENALTIES

GAME MANAGEMENT

1. When a flag is thrown, it should be thrown high, so that all can see it.
2. As the flag is thrown, the Official should also audibly call the "Flag down".

TIP: Say to yourself, the player's number and the penalty, (such as "Red 17; Slashing"), as it fixes the situation in your mind, so that you are able to recall the detail later when the play finishes, perhaps after other fouls have occurred.
3. The audible call also clarifies the situation in multi-flag situations: were two flags from different Officials for the same or for different offences?
4. In multi-flag situations, the Officials may need to quickly determine the circumstances. If appropriate the clock(s) should be stopped.
5. Where multiple flags are for DIFFERENT fouls, the Official closest to the Bench Area relays all of the penalties.
6. The other Official retrieves the ball and sets up play for an immediate restart, once all flags have been retrieved.

MECHANIC

The attacking team are in their offensive half of the field, and they inflict a foul on the defensive team, who have the ball in their possession.

Call "Flag down" and hold the flag above your head and while you carry it until you reach your settled position or they lose possession of the ball, and then drop it on the ground WITHOUT repeating the call.

(This prevents long delays when the scoring play has ended, as the flag is not at the other end of the field).

RE-START POSITIONS AFTER A PENALTY

- When a penalty occurs in the offended Team's defensive half of the field and penalty time is to be served, the ball shall be awarded to any Player of the offended Team on the offensive side of the centreline.

Must be at least 4.5 metres from the substitution area.

- In all other cases, the ball shall be awarded to any Player of the offended Team at the point where the ball was when play was suspended.

The exceptions being as follows:

Ball is within 18 metres of the goal.	Ball is moved to a position laterally across the field 18 meters from the goal and awarded to any player of the OFFENDED Team.
Goalkeeper or a defending player offends against the crease rules.	Ball is moved to a position laterally across the field 18 meters from the goal and awarded to any player of the ATTACKING Team.
Attacking player offends against the crease rules, which does not involve penalty time.	Ball is moved to a position laterally across the field 18 meters from the goal and awarded to any player of the DEFENDING Team.
If a goal is not scored during a slow whistle play, and then a time penalty is given.	The ball is awarded to the attacking Team at the place where it was when play was suspended, subject to above rules.

On any restart, no team-mate may be within 4.5 metres of the player with the ball.

- An opposing player may be within 4.5 metres of the player starting with the ball, HOWEVER when the official blows the whistle to restart play, the opposing player is not allowed to defend the ball until he reaches a distance of 4.5 metres from that opponent.

THE GOALKEEPER

SAFETY

If any required goalie equipment becomes broken or dislodged, from its protective position during play, play should be stopped immediately!

For the purpose of these rules, a player is considered to be within the goal crease area when any part of his body is touching the goal crease area.

The line and inside of the line is the goal crease area.

While in his own goal crease, the designated goalkeeper shall have the following:

Privileges and Protection.	Restrictions
<ul style="list-style-type: none"> ☞ May stop or block the ball in any manner with his stick or body. ☞ May block or bat the ball away with his hand. 	<p><u>May not catch</u> the ball with his hand, nor may he pick it up with his hand.</p>
<ul style="list-style-type: none"> ☞ He or another member of his team may receive a pass whilst in the goal crease area. 	<p>Any defending player in the goal crease area, with the ball in their possession, may not remain for more than four seconds (see next page).</p> <p>A player may not try to circumvent the 4-second rule by deliberately dropping the ball.</p>
<ul style="list-style-type: none"> ☞ The goalkeeper, outside and behind the crease, with possession, may throw the ball onto the back of the goal net, step into the crease and pick up the ball. 	<p>The goalkeeper may not repeat this procedure before his opponents have had possession of the ball.</p>
<ul style="list-style-type: none"> ☞ An opposing player <u>may not</u> initiate contact with the goalkeeper or his stick, whilst the goalkeeper is within his crease. 	
<ul style="list-style-type: none"> ☞ Whilst in his crease he may contest a loose ground ball outside the crease. ☞ IF the ball is in his stick when it is extended outside of the goal crease it cannot be checked. 	<p>Any defending player in possession of the ball cannot enter the goal crease.</p>



The Cylinder

The protection of the goal crease extends upwards as demonstrated by the shaded area opposite.



Extending his protection

While the goalkeeper is in possession of the ball and touching the crease in any way, he can essentially extend the crease and his protections.

In the photo the crease “surrounds” the goalkeeper because his rear foot is still touching inside, therefore he is still protected, even though most of his body is outside the crease.

GOALIE PLAYING WITHOUT HIS STICK

Within the crease	Outside of the crease
<p>The designated goalkeeper, whilst within his crease, can play without holding his stick.</p> <p>This means:</p> <ul style="list-style-type: none"> ☞ He can verbally direct his defenders and that he can save a shot, even if he is not holding his stick, provided that he is in his crease. ☞ The goalie is INSIDE his crease, <u>without his stick</u> and a shot on goal misses and goes out-of-bounds. If the goalie is the nearest to the ball as it goes out-of-bounds, then the goalie’s team is awarded the ball. 	<p>A goalie commits a foul if he is OUTSIDE his crease <u>without</u> his stick and he:</p> <ol style="list-style-type: none"> i. Verbally directs his defenders. ii. Saves a shot. iii. Tries to play an opponent. iv. Tries to go back into his crease without his stick. <p>Once a goalie has lost his stick, he must pick it up BEFORE doing anything else.</p> <ul style="list-style-type: none"> ☞ If a shot on goals goes out-of-bounds, and the goalie, without his stick, is OUTSIDE his crease, he is not counted as a player, and the ball is awarded to the team of the next-nearest player.

MECHANIC

The four second count:

- The Lead Official makes the 4-second count.
- The count starts when **the goalkeeper or a defensive player** with any part of his body in the crease gains possession of the ball **OR** when a ball, which is touching any part of the crease, including the line, is being raked back by the **goalkeeper** who has one or both feet in the crease.
- The player in possession has four seconds to clear the ball or leave the crease with the ball.
- The count should be audibly and visually and **must** take four seconds - "1001, 1002, 1003, 1004" Whistle.

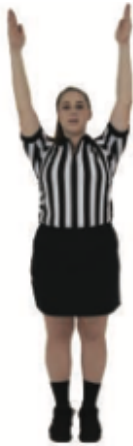
SHOT ON GOAL / GOAL



"Flag Down" - Shot on goal

During a flag down situation a shot remains a shot until:

- ☞ Goal is scored.
- ☞ It is clearly obvious that a goal will not be scored.
- ☞ Any member of the attacking team gives added impetus to the ball.
- ☞ A member of the defending team obtains possession.
- ☞ After hitting the goalkeeper and / or the pipe(s) the ball touches any player of either team other than the defending goalkeeper, at such time the ball shall be declared dead immediately.
- ☞ Ball comes to rest on the field of play.
- ☞ Ball goes out of bounds.



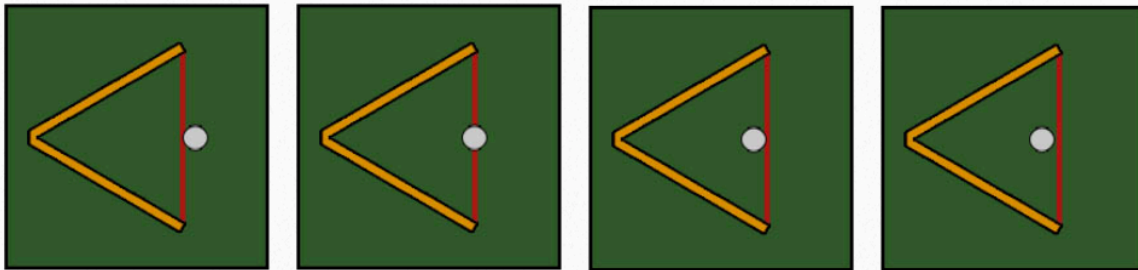
Goal Scored

A GOAL IS SCORED -

When the **ball**, whether loose or not, passes from the front completely through the imaginary plane formed by the rear edges of the goal line as a base, the cross bar as the top and the goal posts as the two sides.

Resting on the line or hitting two or more pipes means the entire ball did not fully cross the rear edges of the goal line. The diagram below illustrates that even if the ball touches on the line it still isn't a goal until the entire ball crosses the entire line.

Figure 5.1 - No Goal **Figure 5.2 - No Goal** **Figure 5.3 - No Goal** **Figure 5.4 - Goal!**



MECHANIC - Goal Official (Lead)

- ☞ When the entire ball has passed through goal line sound your whistle immediately.
- ☞ Run to the edge of the crease - Look to Trail to determine if they have seen any fouls.
- ☞ Turn to face Scorer and give 'goal' signal.
- ☞ Relay scorer's details - colour; number.

GAME MANAGEMENT Retrieve ball from the goal, glance at watch and make a mental note of the time.

The teams have 30 seconds after the ball has been in the possession of the Lead Official to be ready for the next face-off.

The 'new' Trail is responsible for 'Delay of Game' call.

- ☞ Jog to the top of the attack area and hand ball to the new Face-off Official.
- ☞ Run to your new position on the restraining line, in line with the wing line.

CHECKLIST

1. Record number of the player who scored the goal onto your scorecard.
2. Count the players in all parts of the field.
3. When prepared give the 'ready' signal.

MECHANIC - Goal Official (now Trail)

If teams are still moving into position when the 30 seconds has elapsed give the 'ready' signal to signify that time has expired.

The Face-off Official should call delay of game on the offending team.

MECHANIC - Trail

- ☞ Give a small "goal" signal to Lead to confirm no fouls by attacking team.
- ☞ Whilst observing players move closer to the top of the attack area.
- ☞ Receive the ball from Goal Official, jog to centre and place ball on "X" ready for face-off.
- ☞ Stand with feet either side of the ball, facing the goal that was just scored upon.
- ☞ Record the scoring player's number on your scorecard.
- ☞ Proceed with face-off on receipt of 'ready' signal.



A GOAL DOES NOT COUNT

- ☒ After the period has ended, regardless of whether or not an Official's whistle has sounded.
 - ☒ After an Official's whistle has sounded for any reason, even though the sounding of the whistle was inadvertent.
 - ☒ When any part of the body of any attacking player is touching the goal crease area at the time the ball crosses the plane of the goal.
-
- ☒ When the attacking team has more players on the field of play (including the penalty box) at the time.
 - ☒ When the attacking team has more players than it should have on the actual field of play (excluding the penalty box) at the time.
 - ☒ When the attacking team or both teams are offside at the time.
 - ☒ When the head of the shooter's stick comes off during the shot or the follow-through.
 - ☒ If a goal has been scored by an attacking player and, before the next live ball, that player's stick is declared illegal for any reason.

TIME OUTS

Official's Time Out

Either official may stop play at any time during the course of the game for safety; proper enforcement of rules; table personnel queries; conduct issues involving players, coaches, spectators; weather.

There is no time limit on how long an Official's Time-out may last.

Major Reasons to Stop Play:

Loss of required gear	Ball carrier or are near the ball.	Stop the play and get the player properly equipped.
	If away from the ball.	Allow play to continue and allow player to adjust gear while play is going on. Or substitute off for a properly equipped player.
	Be ready to stop play immediately if active play comes near the ill-equipped player.	
Injured player:	Player is in the scrimmage area and , in the opinion of an official, the injury is serious, or there is bleeding or blood evident.	Stop play immediately. Do not touch the injured player.
	If in the opinion of the official, the injury is not serious and the attacking team is in possession of the ball and, in the opinion of the Official, a scoring play is imminent.	The Official shall delay the sounding of their whistle.
Officiating mistakes	Mistakes should be corrected as quickly as possible.	Notify the coaches and the table. Allow a short time for teams to adjust.

If the ball is loose, then the Official may delay the sounding of his whistle until possession is secured and, if a scoring play is imminent, the play completed.

If you have to stop play for an official timeout make sure both teams (especially the Head Coaches) know why the game was stopped, who is getting the ball, and where they are getting the ball.

NOTE: A coach may not use an Official's Time-out as a team time out and may not go onto the field unless given permission of an Official.

Team Time Out

Be aware of the game situation; anticipate the request for a time-out.

A team may request a time-out provided:

- A player from their team has possession of the ball in their attack half of the field.
- The ball is dead.

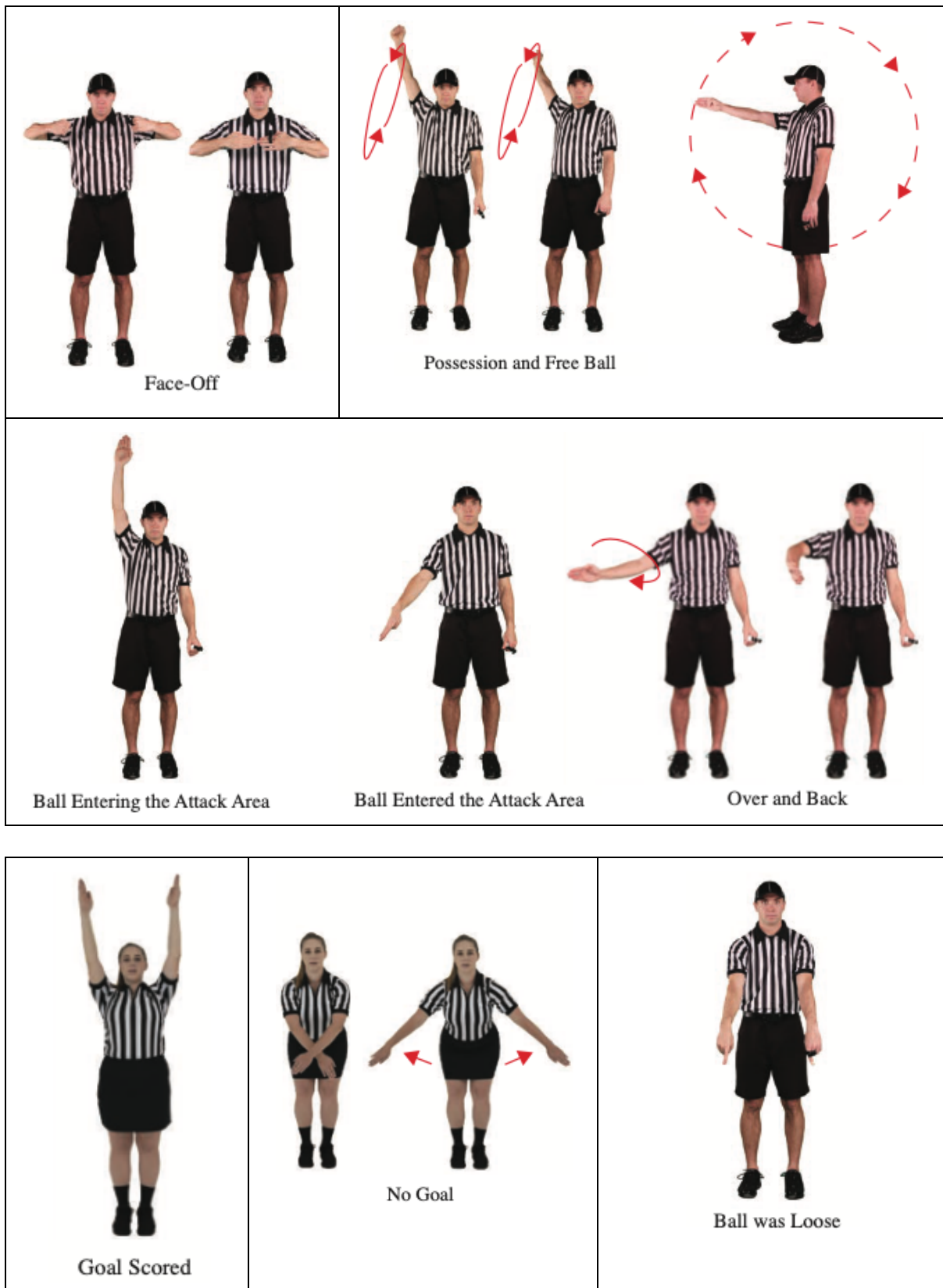
The time-out can be called by:

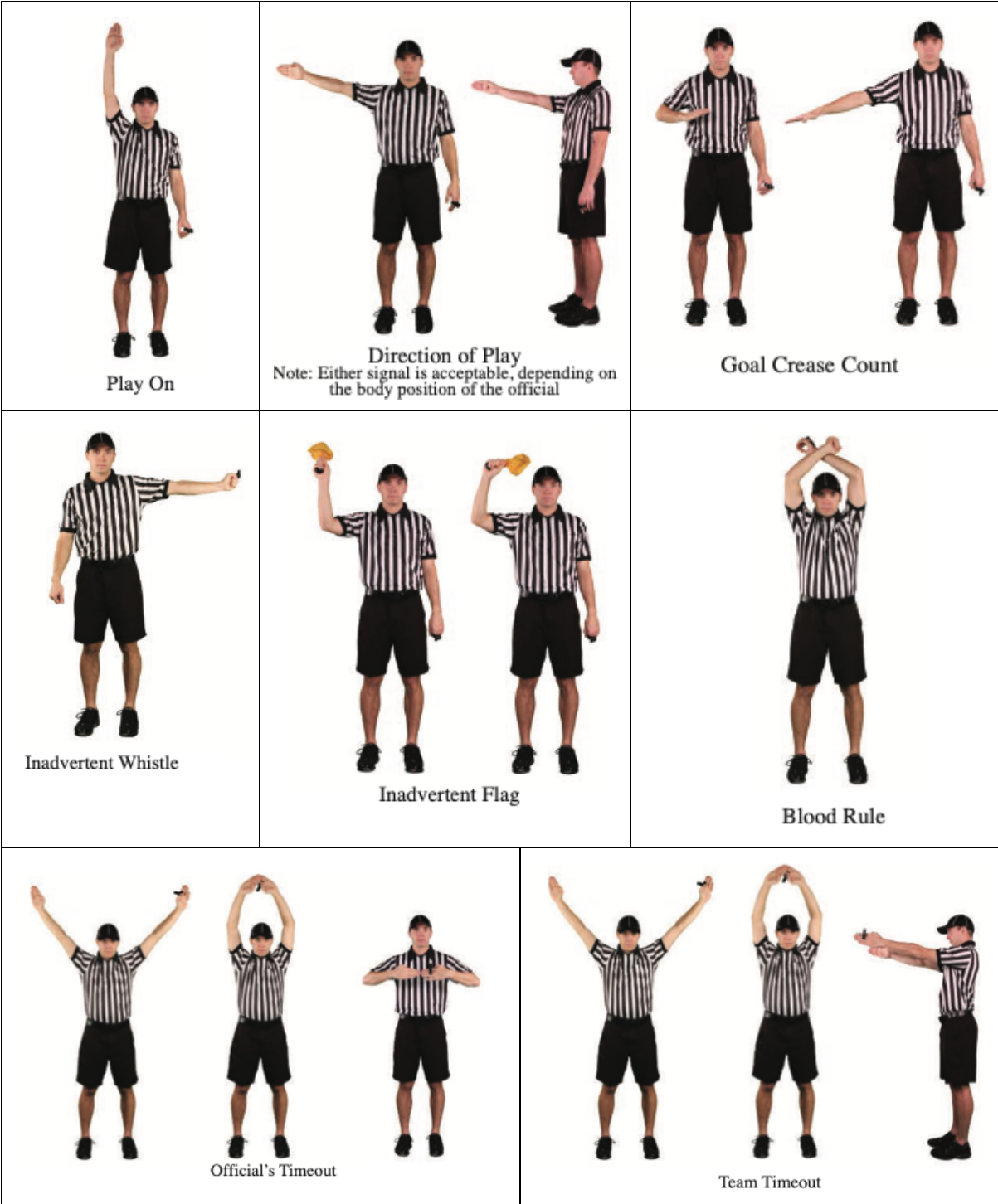
- A coach.
- A captain.
- The player who has possession of the ball

A team time-out shall be 90 seconds long, but if both teams are ready to re-start before the full 90 seconds have elapsed, play can be re-started early.


APPENDIX B - OFFICIALS SIGNALS

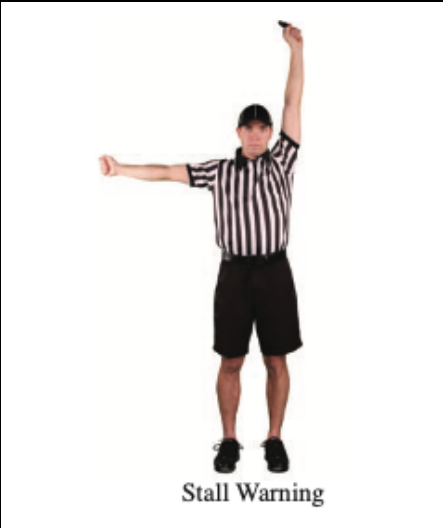
PROCEDURAL SIGNALS





TECHNICAL FOULS

 <p>Offside</p>	 <p>Interference</p>	 <p>Illegal Pick</p>
 <p>Pushing</p>	 <p>Holding</p>	 <p>Goal Crease Violation</p>
 <p>Handling the Ball</p>	 <p>Withholding the Ball from Play</p>	 <p>Kicking an Opponent's Stick</p>



FOULS - Technical

Technical fouls are of a less serious nature and the re-start is determined by the status of the ball at the time of the penalty.

Technical Penalty time expires:

- At the completion of 30 seconds on the penalty clock or
- By the scoring of a goal by the opposition team.
- Whichever occurs first.

GAME MANAGEMENT View the incident in the light of the effect it creates.
If there is no apparent disadvantage to the opponent, then in reality, no rule violation has occurred.

If the incident does not warrant a penalty call the Official should warn the offender so that both players know that the incident has been seen. "Blue 20, let him move." If the offender continues to repeat the same offence in later game situations, then call the penalty.

Ball Status	Action	Penalty served:	Re-start from:
<u>Offending</u> team in possession of the ball	<u>WHISTLE</u>	Loss of possession	Where the foul occurred but no closer than 20 yards laterally from goal
<u>Offended</u> team in possession of the ball	<u>FLAG</u>	Offending player serves thirty (30) seconds	<ol style="list-style-type: none"> From centre line if foul occurred in defensive half. From where the penalty occurred or no closer than 18 metres laterally from goal if in attack half.
Loose ball	<u>"PLAY ON" or WHISTLE</u> Allow play to continue but if advantage is not quickly gained blow whistle.	No send off.	From where the foul occurred but no closer than 18 metres laterally from goal.

Read the entire rule to gain a full understanding

INTERFERENCE

- ◆ A player may not guard an opponent, who is not in possession of the ball or within 2.75 metres of a loose ball, so closely as to prevent the opponent's free movement.
- ◆ A player may not push, thrust or flick his stick at the face of an opponent.

HOLDING (rule modified to make it clearer)

A player shall not hold off an opponent or hold an opponent's crosse except:

- ☞ When the opponent has possession of the ball or
- ☞ The opponent is within 2.75 metres of a loose ball or
- ☞ The ball is in flight within 2.75 metres of the opponent.

Holding off - (legal)

- i. Both hands of the player who is doing the holding off must be on his crosse.
- ii. He may use either closed gloved hand(s) on the handle of his crosse, or with either forearm.

Holding off (Illegal) - He may not use the portion of his stick between his hands.

Holding - (legal)

- i. Both hands of the player who is doing the holding must be on his crosse.
- ii. A hold may only be applied on opponent's stick or the opponent's gloved hand holding the crosse
- iii. The player applying the hold must use his own crosse or his own-gloved hand holding his crosse to execute the hold.

Holding (Illegal) - A player may not grasp his opponent's crosse or body at any time.

ILLEGAL PICK

No member of a team in possession may move into and contact a defensive player who is playing or in pursuit of the player in possession.

For a screen to be legal, the screening player must be motionless before and when contact occurs and in his normal stance.

A player may not stand with his stick held rigid or extend his crosse rigid to impede the normal movement of a defender.

PUSHING

- A player may push an opponent who has possession of the ball or who is within 2.75 metres of a loose ball. Contact must be initiated from the front or side.
- A player may not push an opponent with his stick nor from the rear.
 - Pushing is considered to be force applied after contact is made. (The action of the player being hit is often an excellent indicator of what has occurred).
- If the push is excessive or contact is punch then push, consider applying the Unnecessary Roughness personal foul.

Areas of the body that can be legally Pushed. (or Body Checked)



FRONT
LEGAL



OFFICIALS JUDGMENT REQUIRED

BACK
ILLEGAL

WARDING OFF

- A player in possession of the ball may use his hand, arm or other part of his body to block a stick check.
- He may not hold, push away or control the direction of the movement of the defender's stick or body.
- If a defender puts the head of his stick under an offensive player's arm and the offensive player lifts his arm over the defender's stick - that does not constitute a ward unless he subsequently uses that arm to push or direct the defender's stick.

OFF-SIDE

Provided that the ball is in play, a team is offside when:

The ball is in that **team's attack half** of the field and they have more than six (6) men (including players in the penalty box) in their attack half of the field, between the centreline and the end line; or

The ball is in that **team's defensive half** of the field and they have more than seven (7) men (including players in the penalty box) in their defensive half of the field, between the centreline and the end line.

ILLEGALLY TOUCHING THE BALL

A player shall not touch the ball with his hand(s) while it is in play, except the goalkeeper in his crease.

(58.3) A player with the ball in his possession may not grasp any portion of the head of his stick with his hand so that it becomes more difficult for the opponent to dislodge the ball from the ball carrier's stick.

The intention of this rule is to prevent a player from gaining an illegal advantage it does not apply to a player who, for example has just won a face-off and with the ball in his stick, grasps the top of the head of his stick in order to straighten it (so long as he is not being challenged by an opponent).

WITHHOLDING THE BALL FROM PLAY

- ☞ *A loose ball may not be withheld from play in any manner:*
- ☞ *A player may not lie on a loose ball on the ground.*
- ☞ *A player may not trap a loose ball on the ground with his stick longer than is necessary for him to control the ball and pick it up in one continuous motion.*
- ☞ *A player with the ball in his possession shall not hold his stick in close proximity to his body with the purpose of preventing an opponent from dislodging the ball.*
- ☞ *If the ball becomes caught in any part of a player's stick, (This Rule shall not apply to the designated goalkeeper when he is within his goal crease).*

CREASE VIOLATION

- ☞ *Attacking player - shall not be in his opponent's goal crease area, nor shall he touch the cage with his body (with the exception of his gloved hand, holding his stick), at any time while the ball is live in his opponent's half of the field.*
- ☞ *No opposing player may initiate contact with the goalkeeper or his crosse while the goalkeeper is within the goal crease area whether the goalkeeper has the ball in his possession or not.*

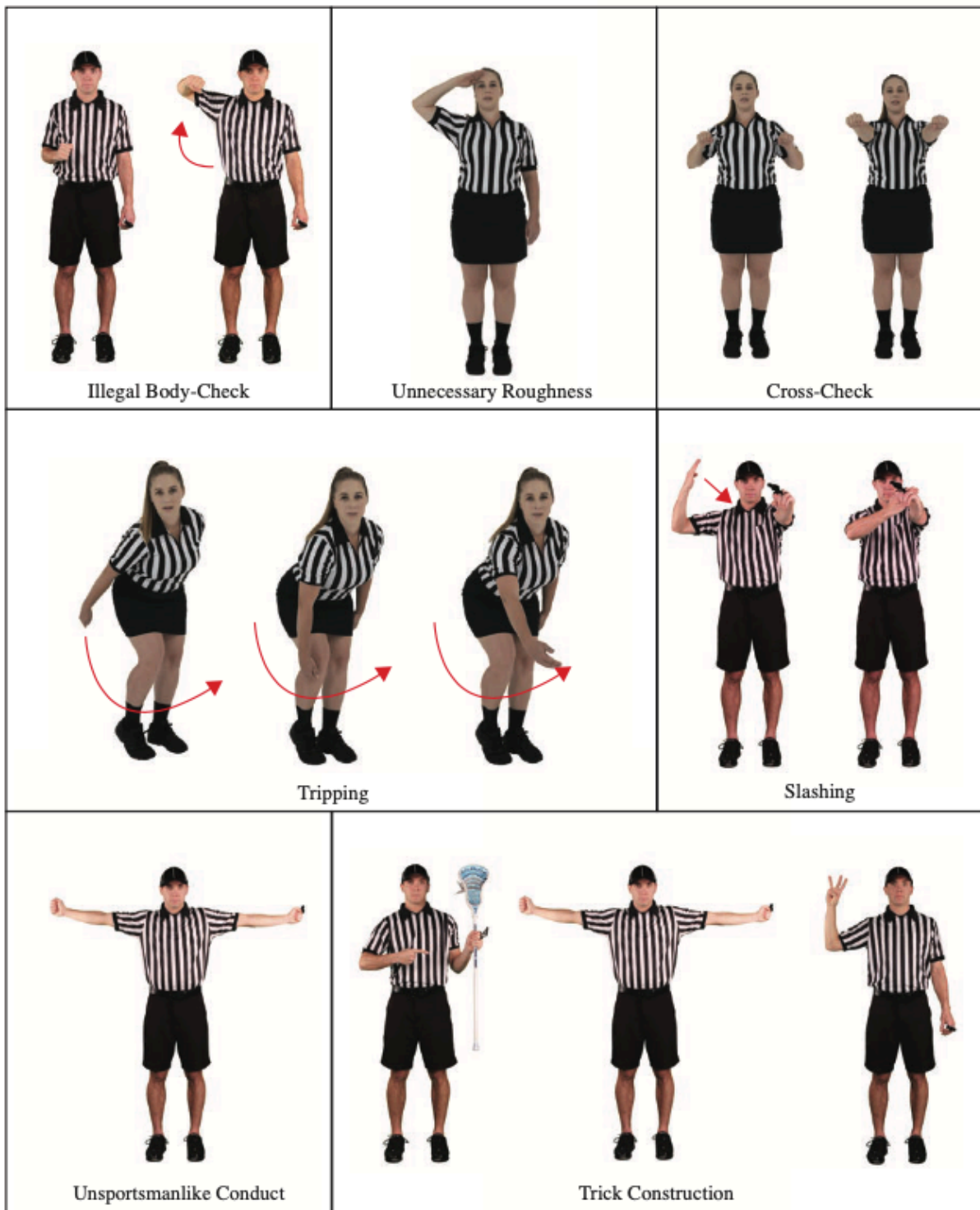
RE-ENTRY OF THE CREASE

- ☞ *A goalkeeper or defending player who is outside the goal crease area and who has the ball in his possession may not enter the goal crease area.*

ILLEGAL PROCEDURE (examples)

- ☞ *Delay of game.*
- ☞ *Failure to be at least 9 metres away from a face-off when the whistle sounds.*
- ☞ *Illegal action by team official.*
- ☞ *Illegal stick exchange.*
- ☞ *Incorrect substitution.*
- ☞ *Kicking an opponent's stick.*
- ☞ *Taking part in the play without a stick (broken stick = no stick) (Refer Goalkeeper Privileges)*
- ☞ *Throwing a stick.*
- ☞ *Time out incorrectly called.*
- ☞ *Too many men on the field.*
- ☞ *Too many long sticks on the field of play (maximum of 4 allowed, excluding the goalie's stick), while the ball is live.*

PERSONAL FOULS



Read the entire rule to gain a full understanding

Personal fouls are of a more serious kind and are committed only by an individual, and will result in that player, or the team's first home being suspended from the game for a period of 1, 2 or 3 minutes or expulsion, depending on the referee's judgment of the severity and intention of the infringement.

The team that was fouled receives the ball in their offensive half of the field [just over the midfield line] or 18 metres laterally from the goal if it occurred within 18 metres of their attack goal.

The following is a guideline to help decide the potential duration of a personal penalty.

- One (1) minute personal foul: (Incidental)

Anything that happens with reasonable force in the regular occurrence of the game in the scrimmage area. Basically, these are the events that happen while players are making efforts to play the game, but accidents happen.

- Two (2) minute personal foul: (Intentional)

A foul that occurs with reasonable force but occurs away from the scrimmage area.

The fact that the fouled player had no expectation of getting fouled due to his distance from the play elevates the consequence.

Late hits (shooter/passers after ball is gone) and players in vulnerable positions (face-off position, on the ground, back turned).

A foul that occurs in the regular course of play that has excessive force.

- Three (3) minute personal foul: (Intentional to cause injury)

A foul that is both excessive and away from the scrimmage area. (Same guidelines as for a 2-minute personal foul).

A foul that is extremely excessive with apparent malice.

A foul that endangers a player's safety.

If deserved, the official should consider expulsion of the player from the game.

BODY CHECKING - legal play

- ☞ A player in possession of the ball may be body checked.
- ☞ A player who is within 2.75 metres of a loose ball, on the ground or in flight may be body checked.
- ☞ Contact is to be initiated from the front or side, below the neck, but not below the hip.
- ☞ See "Pushing" in technical fouls for hand contact in the back.

BODY CHECKING - illegal play

- !! A body check on a player not in possession of the ball or not within 3 metres of a loose ball, on the ground or in flight.
- !! An avoidable body check after the opponent has thrown the ball.
- !! A body check in which the initial contact is from the rear, below the hip or above the neck. (Unless the player body checked turns or jumps in such a manner so as to make a legal body check appear illegal).
- !! Spearing (blocking) an opponent with the head.
- !! Body checking an opponent who is lying on the ground or who is down on one or both knees.

CROSSE CHECK

A player may not check an opponent with that part of the handle of his stick, which is between his hands, either by thrusting his stick away from him or by holding it, extended from his body.

CONTACT BY STICK - legal play

- ☞ Opponent is in possession of the ball.
- ☞ Opponent is within 2.75 metres of a loose ball.
- ☞ Check may be on opponent's gloved hand provided that hand is in contact with stick.
- ☞ After initiating the check on an opponent in possession of the ball, he uses his hand, arm or other part of his body to protect his stick.
- ☞ A strike by the stick on the helmet, or neck, when done by a player in the act of passing or shooting.

CONTACT BY STICK (SLASH) -illegal play

- !! For the purpose of this rule, mere contact is not a strike.
- !! The contact must be a definite blow and not merely a brush.
- !! Under no circumstances shall a player swing his stick at an opponent's crosse with deliberate viciousness or reckless abandon, and a foul is committed whether or not the opponent's stick or body is struck.
- !! A check on any part of the body, other than the gloved hand holding the stick.

UNNECESSARY ROUGHNESS

- !! An excessively violent infraction of the rules against holding or pushing.
- !! A deliberate and excessively violent contact by a defensive player against an offensive player who has legally established a pick.
- !! Any avoidable act by a player which is deliberate and excessively violent, whether it be with the body or stick.

TRIPPING

A player shall not intentionally trip an opponent with any part of his body or stick.

UNSPORTSMANLIKE CONDUCT

No player, substitute, non-playing member of a squad, coach or anyone officially connected with a competing team shall: -

- !! Enter into argument with an official as to any decision he has made.
- !! In any way attempt to influence the decision of an official.
- !! Use threatening, profane or obscene language or gestures to an official or any member of the opposing squad.
- !! Commit any act considered Unsportsmanlike by the referees.
- !! Repeatedly commit the same technical foul.
- !! Deliberately use the hand or fingers to play the ball or interfere with the opponent's stick at the face-off.
- !! Use a stick with trick construction or stringing which has been designed to hold the ball and to retard the normal and free dislodgement of the ball by an opponent.
- !! Use a stick that is constructed or strung or tampered with so as to confuse an opponent into believing that the ball is in the stick when it is not, or that the ball is not in the stick when it is.
- !! A player whose stick is to be the subject of a legally requested stick-check or a teammate or any member of his squad, coach or anyone officially connected with the team touches the head or the stringing of the stick or carries out any action which is an attempt to circumvent the stick-check or an attempt to alter the result of the stick-check, prior to the stick check's being carried out, then each of those involved shall be given a 3-minute penalty.
- !! A team, which repeatedly abuses [Rule 34](#) by breaking from a restricted zone at a centre face-off, shall be guilty of unsportsmanlike conduct.
- !! A team, which repeatedly abuses [Rule 34.1 iii\)](#) by delaying the game at a face-off may be guilty of unsportsmanlike conduct.

BEST PLAYER VOTING

Whilst lacrosse is a team sport, there are often individuals who by their skill and determination enable their team to win the game. Lacrosse WA has in place an annual trophy, for each grade, to recognise the player(s) adjudged to have had the best performance in each game over the season. Points are allocated at the end of each game for three players from either team who are adjudged to have met the following principles:

- Consistently functioned at a high level of performance.
- Demonstrated a consistent work ethic throughout the game.
- Demonstrated a respectful attitude to all participants
- Made a valuable contribution to the team's performance.
- Demonstrated leadership qualities and excellent team spirit.

There is no cardinal rule on how the Best Player votes should be awarded. In an extremely close and hard-fought match a player from the losing side may be selected, just as in a one-sided match all 3 players may come from the same team.

For guidance, at the end of each quarter, each referee should jot down the numbers of the players who they consider had the most impact during that quarter. At the end of the match you can then easily see which players have been contributing throughout the match.

- Don't simply look at the top goal scorers!
- How has the ball been getting to them?
- Has a defender been defeating his opponent and gaining possession of the ball?
- Is a centreman dominating the face-offs?
- Is the goalkeeper stopping many of the goal shots and gaining possession of the ball?
- Be aware of the players coming from the bench for only a brief moment, but when they do they have an immediate impact on the game.

POST-GAME REVIEW

Officials can't learn from mistakes unless mistakes are made.

You will make plenty of mistakes as you learn how to officiate the game. The trick is not to repeat them. But because mistakes are part of the game, you will want to learn as much as you can from the ones that occur.

Post-game analysis is often difficult to conduct immediately after the game, when people have to get back to their families or other obligations. However, try to make a small amount of time (10 – 15 minutes) available to review your performances – individually as well as a crew.

- √ “What two things did we do well today and what two things could we have done better?”
- √ What transpired for that situation to occur. Critique the action not the person. Make sure that you don't use words that will trigger defensiveness.
- √ Accept the critique professionally. Confidence and competence come by post gaming.


Start and maintain a [logbook](#) (a sample is on the next page).

If you are fortunate, a Coach/Assessor has observed your game and will take the time to provide you with feedback.

- √ Pay attention to what is being said.
- √ Accept you may have made an error, and do not blame others for your mistakes.
- √ The point being discussed may not be an error, but a discussion to work through a situation, from a different perspective.
- √ Do not add your comments to the Assessor's when he is talking to another official.

GAME DAY SNAPSHOT

Date: Grade: Teams:

What was one thing that you did well today?	

Rule Review - What one rule did you want to focus on this week?
How did you go?

What one situation did you feel could have worked better?
Why?

Rule Knowledge - Rule to check / Ask Official's Coach

Signals		
Whistle loud and confident?	Yes	No
Penalty signals clear to all?	Yes	No
Voice loud and confident?	Yes	No
Was there any signal that you were not sure of? What was it?		