



USATM
LACROSSE



Two Person Position

USA LACROSSE OFFICIALS DEVELOPMENT

MECHANICS

Me·chan·ics /mə'kaniks/

noun

noun: **mechanics**; plural noun: **mechanics**

The way in which something is done or operated;
The practicalities or details of something.

"The mechanics of lacrosse officiating".

How we move with purpose and signal for clarity.



THE Mission of our Mechanics



WHY CLEAR MECHANICS ARE

Three basic things all coaches need to know

1. What's the call ?
2. Who is getting the ball ?
3. Where will the ball start ?



GAME ADMINISTRATION ME



Coaches



Table Staff, Game Clock & Penalties



Captains coin toss



Face Off Players



Pre-game team line up, in-home on the field



Time outs and between quarters

PREGAME MECHANICS

Coaches introductions and important to set the tone of the game, be professional, brief, address coach's questions

Avoid spending more time with one coach than the other.

Communicate any special circumstances such as if/when player introductions and/or National Anthem will be played.

Coordinate a time for the Captains to meet for the coin toss.

COACH INTRODUCTIONS

The **Head Referee** does most of the talking.



The **Referee & Umpire** write down the Captains and In-Home players numbers, maintains a professional demeanor and eye contact with the Coach.

Remind **Coaches**

10 yard midfield pregame warm up buffer area.

Time Outs should be held in bench area not on the field

PREPARATION WITH TABLE

The home team must provide the official timer and the official scorekeeper.



PREPARATION WITH TABLE STAFF

Penalty Clock
and
Scorekeeper

Prefer to use the
game clock
for penalties.

Know who we will
be communicating
penalties to.

Ask the penalty
statistician to
acknowledge our
signals.

Go over the
conditions for a
penalty
to release.

Penalties released
AFTER possession
on a face off.

Penalties usually
released after a
goal by the man up
team.

Non
releasable penalty
situations

Review “early”
release
procedures.

FACE OFF PLAYERS PREGAME ME

If time allows it is a good idea to meet with the face off players after the Captains coin toss meeting.

The Head Referee will briefly remind the players what is expected from them to be in a legal face off position.

If there is a violation, the team awarded possession needs to wait until the official blows his whistle to start play.

Post faceoff restarts are controlled restart. The officials need to get in position to properly restart play.

PLAYER PREGAME LINE UP



LINE UP



POSITIONING



QUESTIONS TO ASK YOURSELF



Why do I need to be where I am?(What is my job)



What am I looking at and why? (No ball-watching)



Am I the ON or OFF official? (Where is the Ball?)



Where might I need to go or get to next?(Anticipate)

KEY CONSIDERATIONS

Know your physical ability

Anticipate the play

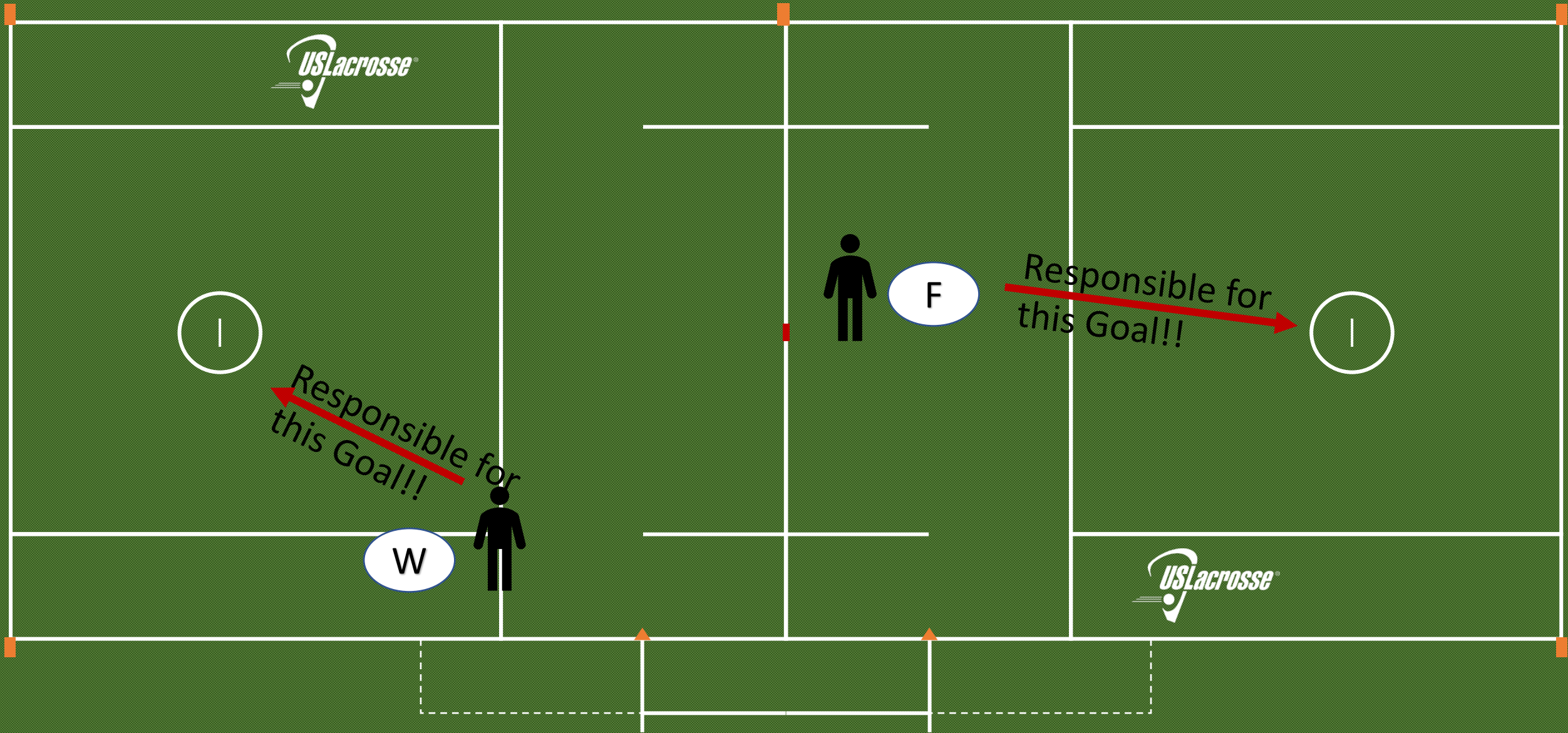
Put yourself in the best position to make the best decision



FACE OFFS



Face-Off Positioning-Responsibilities



FACE OFF OFFICIAL'S RESPONSIBILITIES

Face Off players are set-up legally.

Adjusts players if needed.

Know where the far side wing players are before you put the ball down.

Back out diagonally to be clear of all players paths.



CHECK PLAYERS FOR LEGAL POSI

- Both hands around the shaft and touching the ground.
- Right hand positioned off the head of the stick and facing up.
- Sticks parallel to center line.
- Sticks up to, but not touching, the center line.
- Heads of sticks are vertical and evenly matched (top to stop) and centered on the ball.
- Neutral zone is clear, bodies and helmets to the left of the throat.

FACE OFF PROCESS

May physically adjust the players' positioning (including crosses).

Gives "Set" command

Avoid "swistles".

Back away and sound the whistle while concentrating on the faceoff players' actions, moving with the play as necessary.

FACE OFF: WING OFFICIAL RESPONSE

Watches both sets of wing players for proper position behind the wing line.

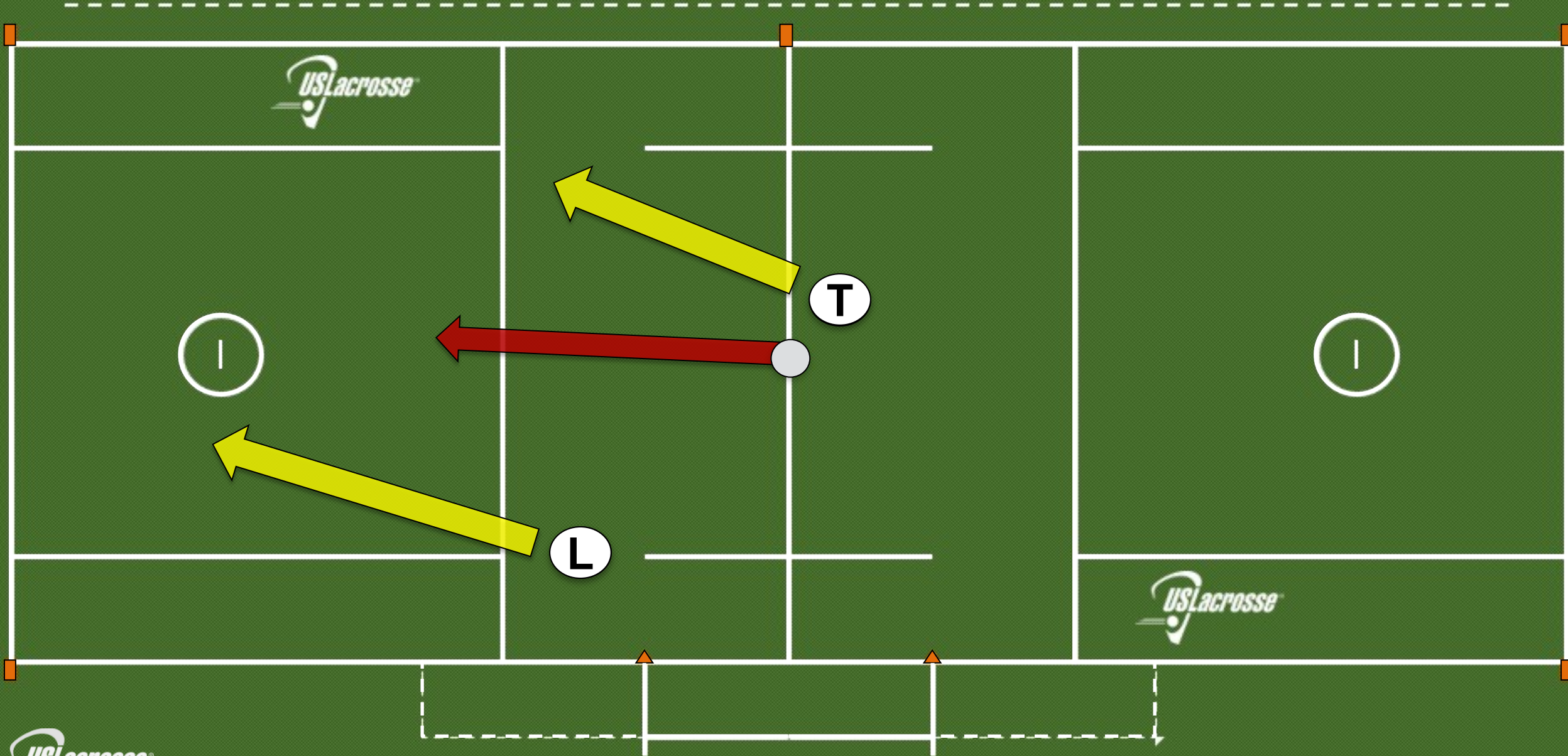
Pay special attention to players lined up next to each other for possible off ball interference

Aware of players behind defensive restraining line waiting to release after possession is established.

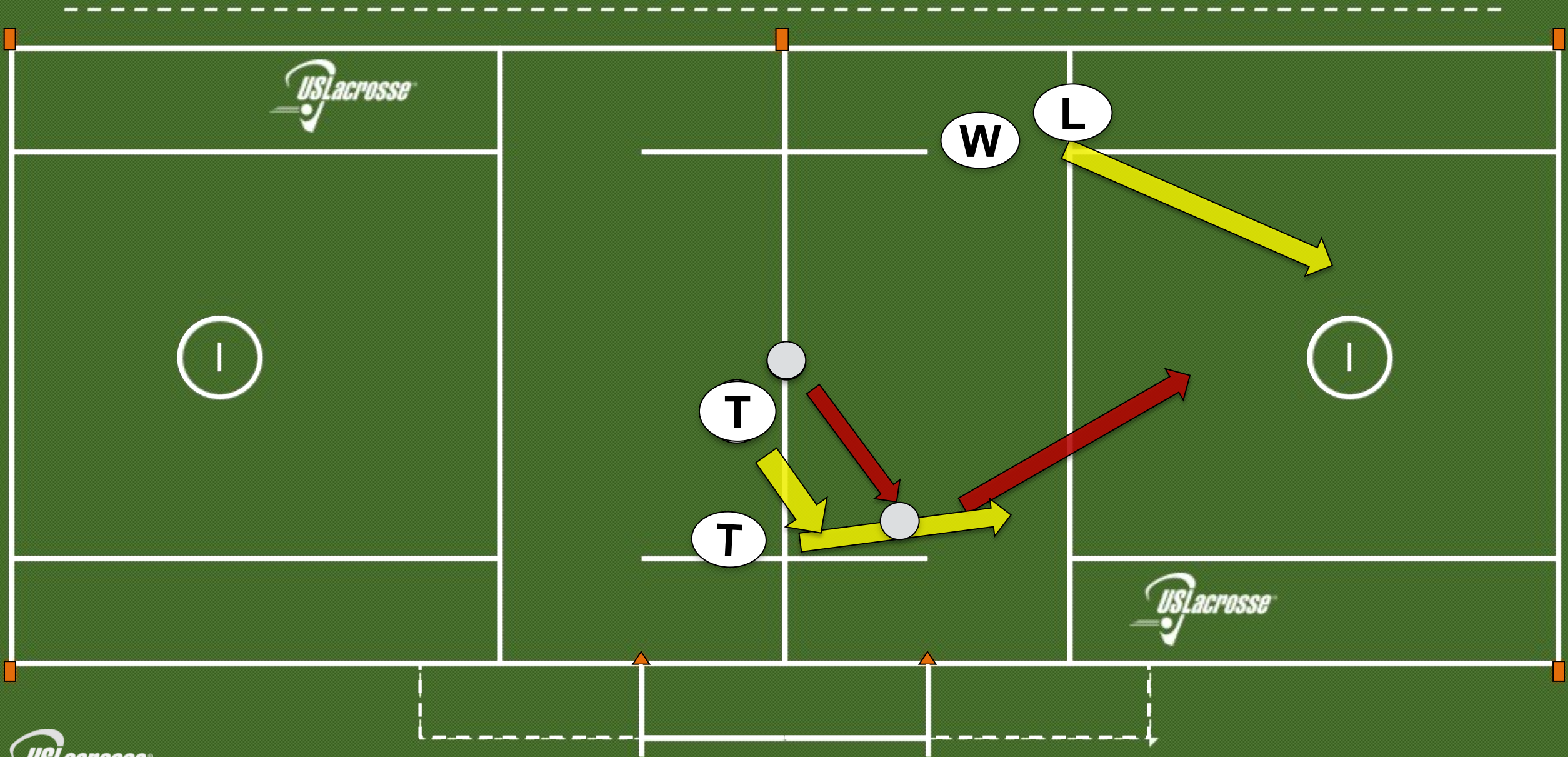




Ball Away from Faceoff Official



Ball toward Faceoff Official



FACE OFF VIOLATIONS

Pre-whistle

- Stand the players up without a whistle.
- Signal/state the violation.
- Point in the direction of the team who is awarded the ball.

Post-whistle

- Blow the whistle immediately.
- Signal/state the violation.
- Point in the direction of the team awarded the ball.



FACE OFF VIOLATION RESTARTS

Trail Official



Restarts play at
point of violation



Takes the 20 or 10
count.



Waits to start play
until the Lead
Official is in
position

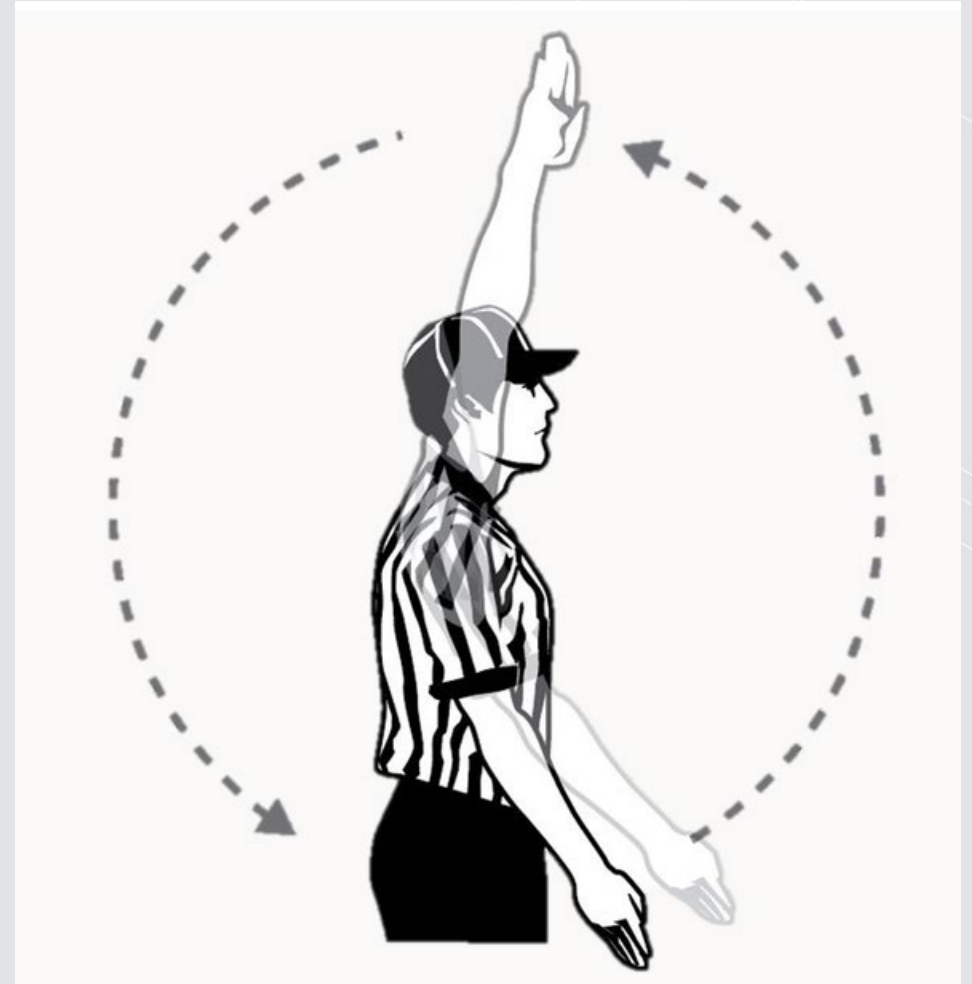


POSSESSION AFTER FACE OFF

When a player gains possession of the ball the "on" official winds his arm backwards and yells "Possession"

The "off" official will echo his partner's call by winding his arm backward and yelling "Possession"

If a loose ball crosses the restraining line the "on" official will wind his arm back and yell "Play" and the other official will wind his arm and echo the "Play" call.



POSSESSION AFTER FACE OFF

Once possession is established:



Trail takes the 20 second clear count and points forward when the ball crosses the center line.



Lead takes the 10 second count.



Both Official signal "in the box" by raising hand and pointing to the ground.



SETTLED SITUATIONS



Both officials must pay constant attention to their positioning and responsibilities. ("On official/Off official)



Keep your eyes on the field and players.

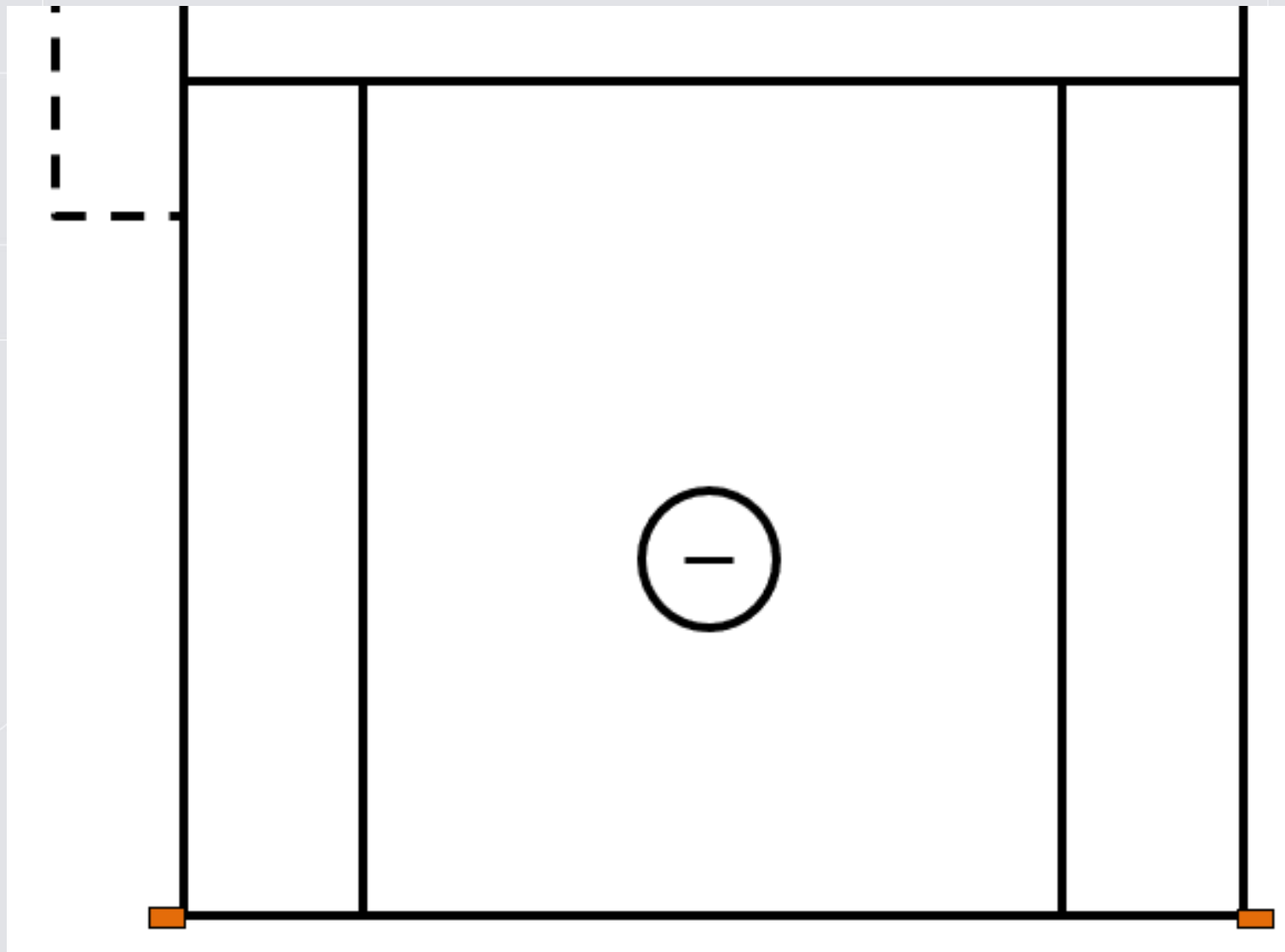


Avoid turning your back to the goal and the field of play.

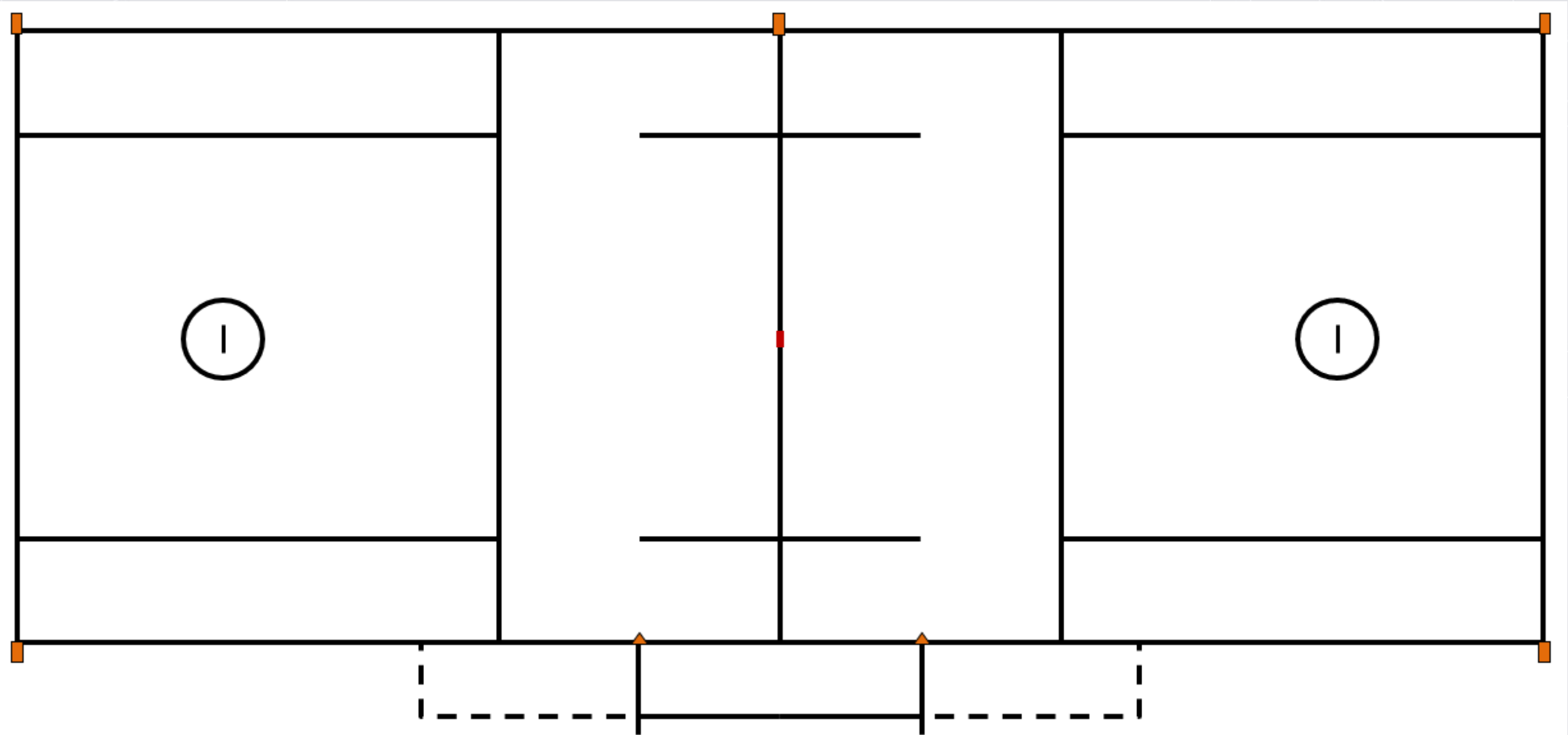


Awareness of on and off ball responsibilities. Do not get caught ball watching.

SETTLED SITUATIONS OFFICIAL

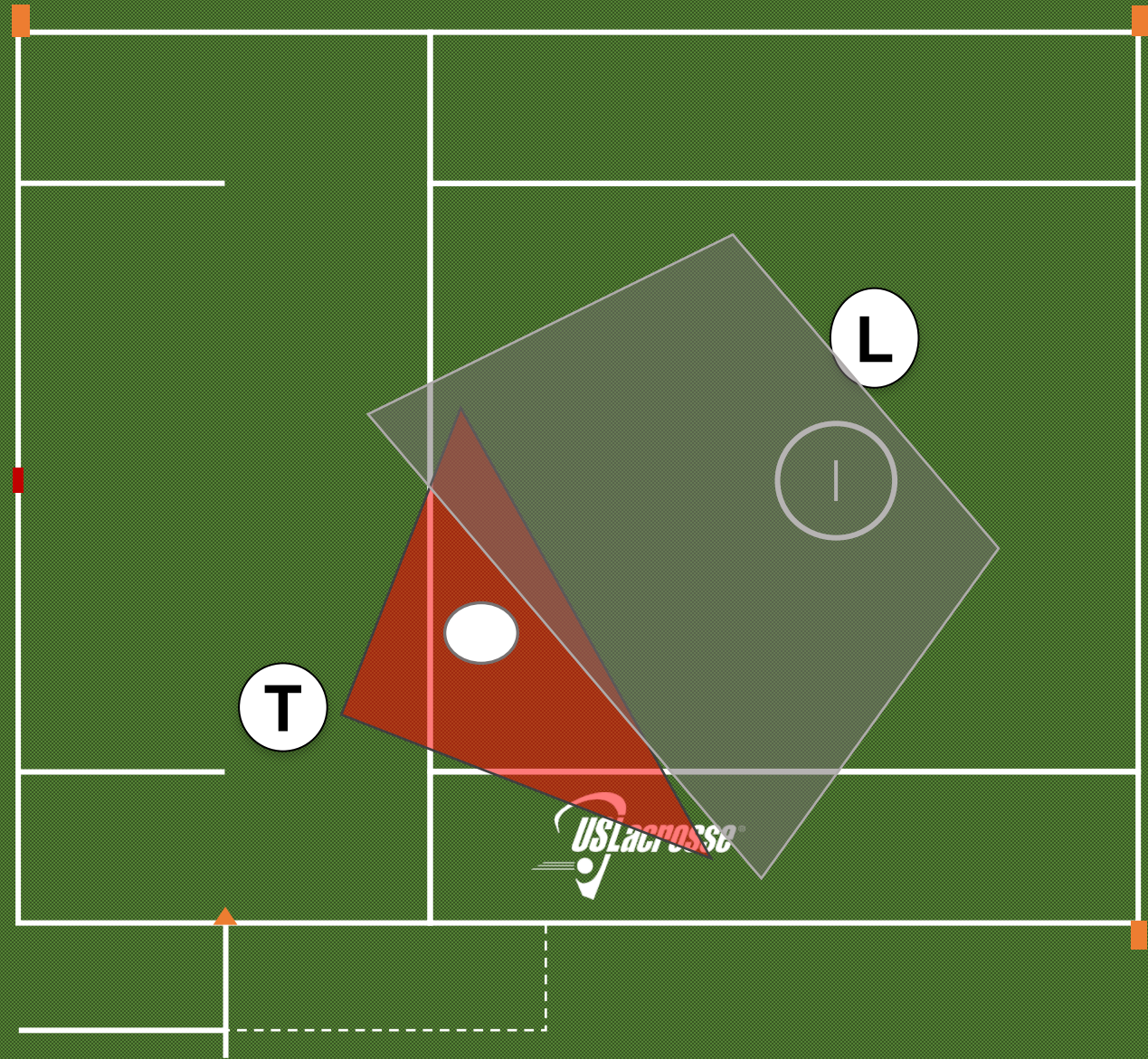


ON & OFF GREY AREA

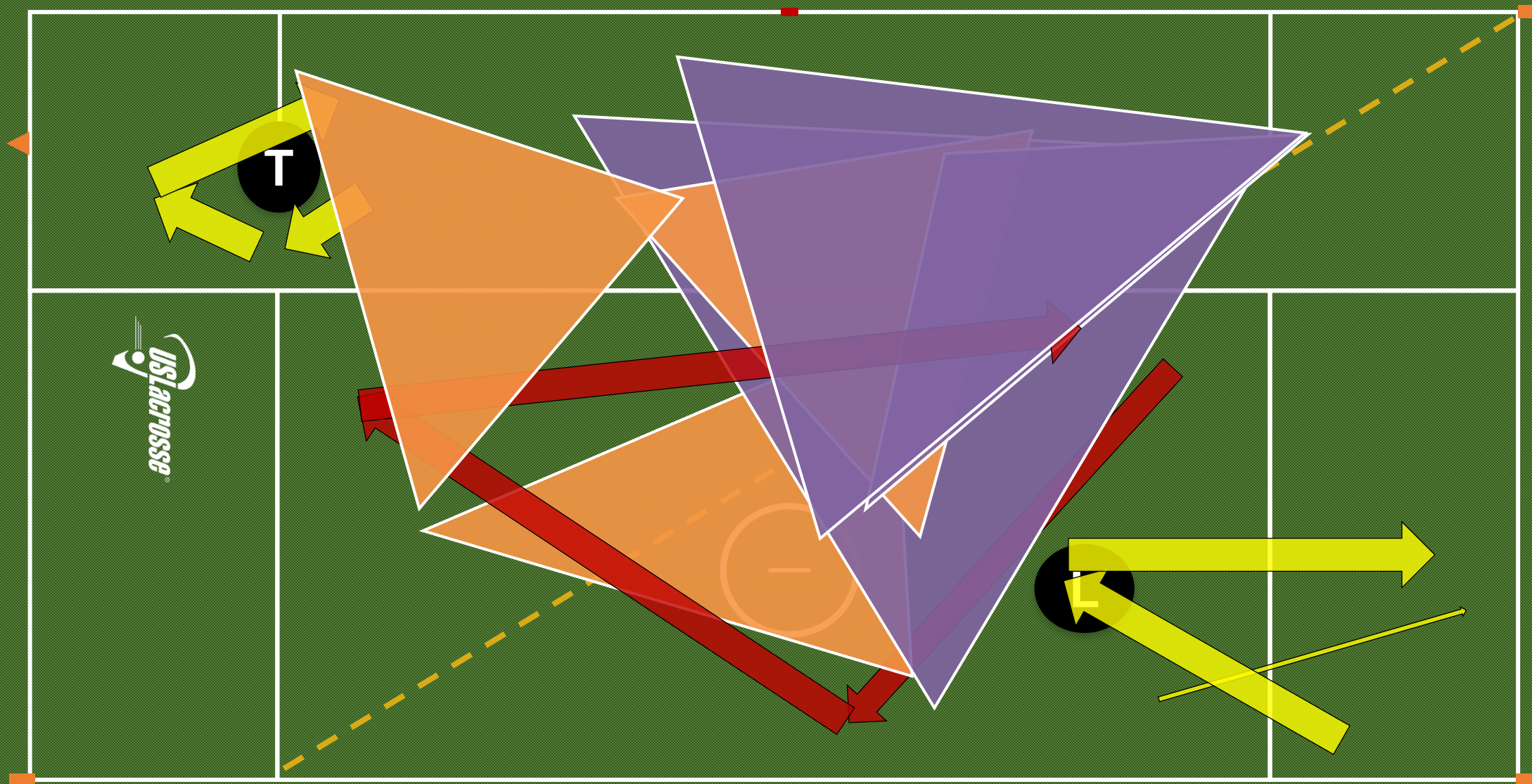


On and Off Grey Areas

- Lead
 - Everything Else
 - Illegal Screening
 - Interference
 - Off Ball Personal Fouls
- Trail
 - Player with Ball
 - Warding
 - Holding
 - Pushing
 - On Ball Personal Fouls



Field Coverage – On and Off

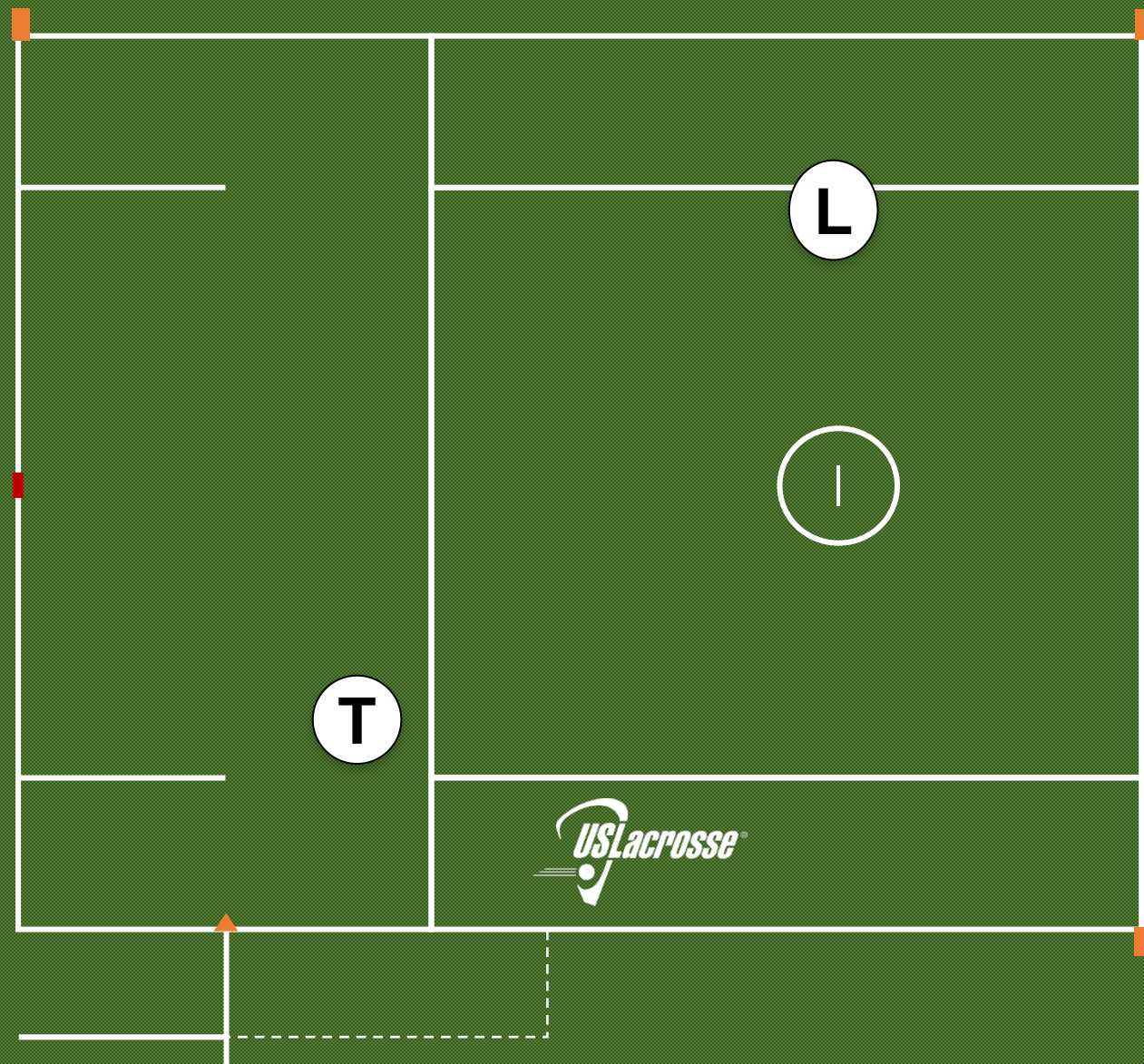


SETTLED SITUATIONS ON AND OFF

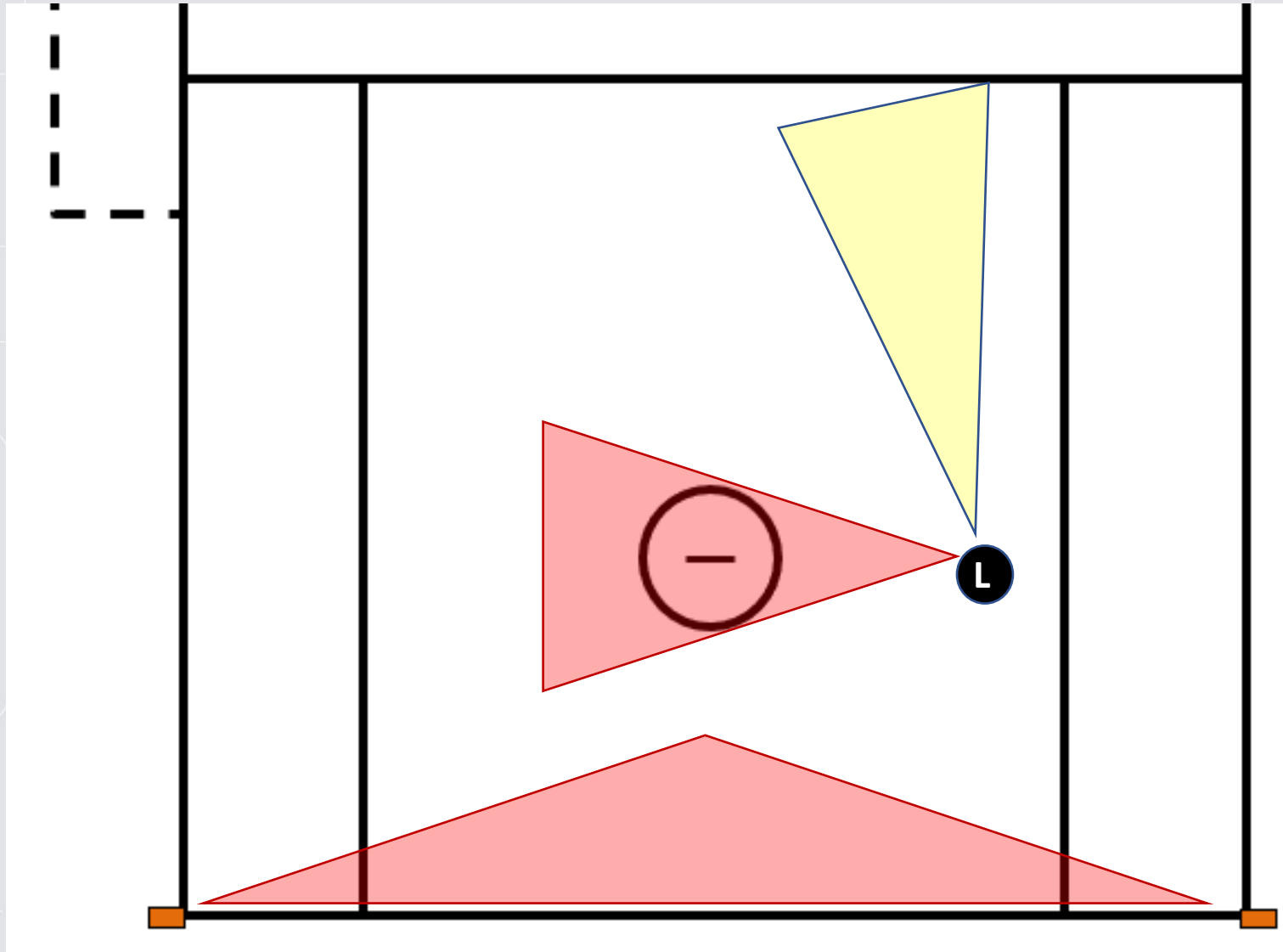
INSERT NEW VIDEO

Lead and Trail – settled situation positions and responsibilities

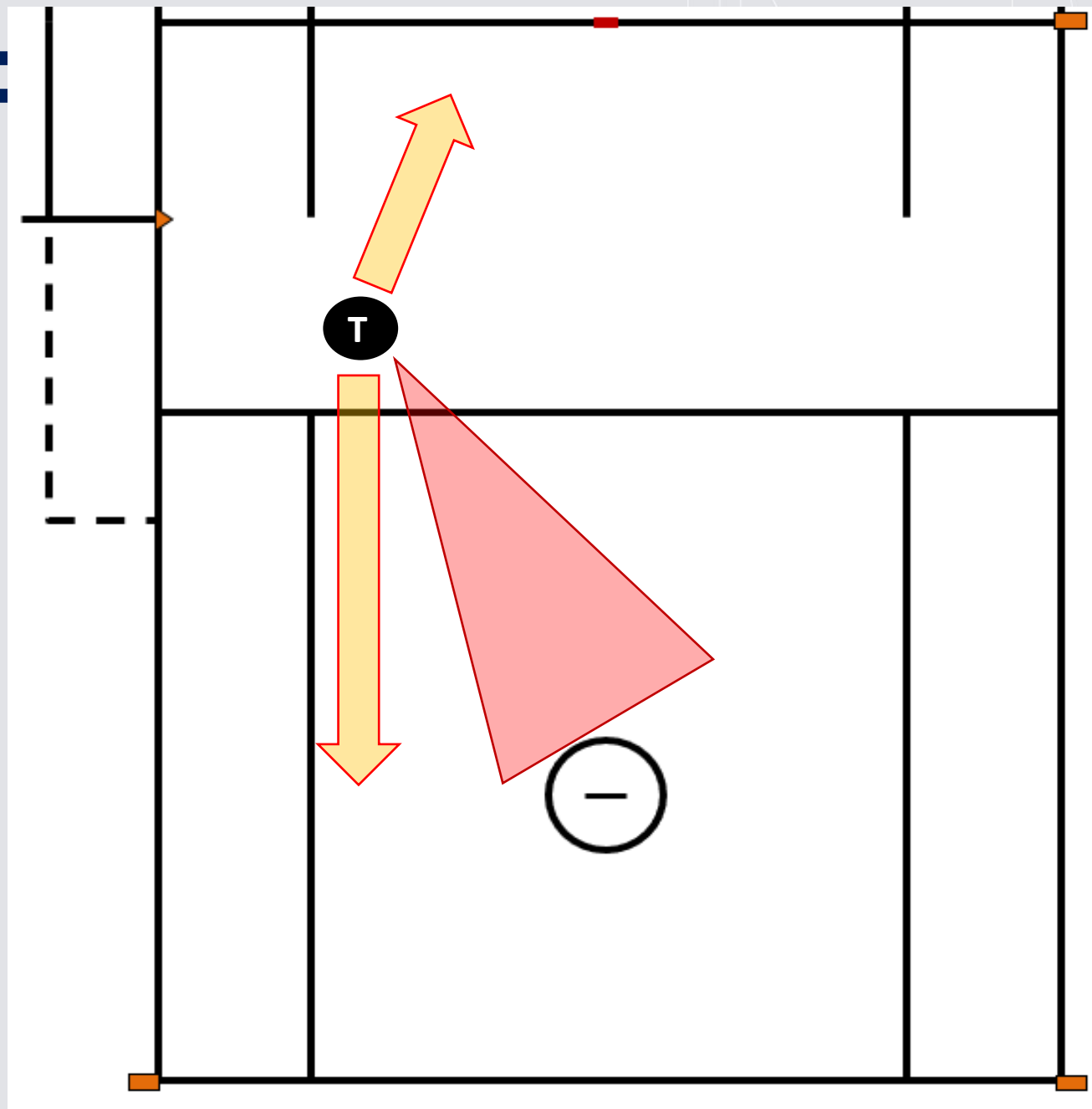
- Lead
 - Goal
 - End Line
- Trail
 - Shooter
 - Far Goal
 - Over and Back



THE LEAD OFFICIAL



THE TRAIL OFF



OVER AND BACK

Trail Official is best position to make this call.

NEW Trail should restart play.

You can never over-communicate getting into the attack box or assessing a potential over & back situation.

Don't allow for an unfair advantage on a restart.

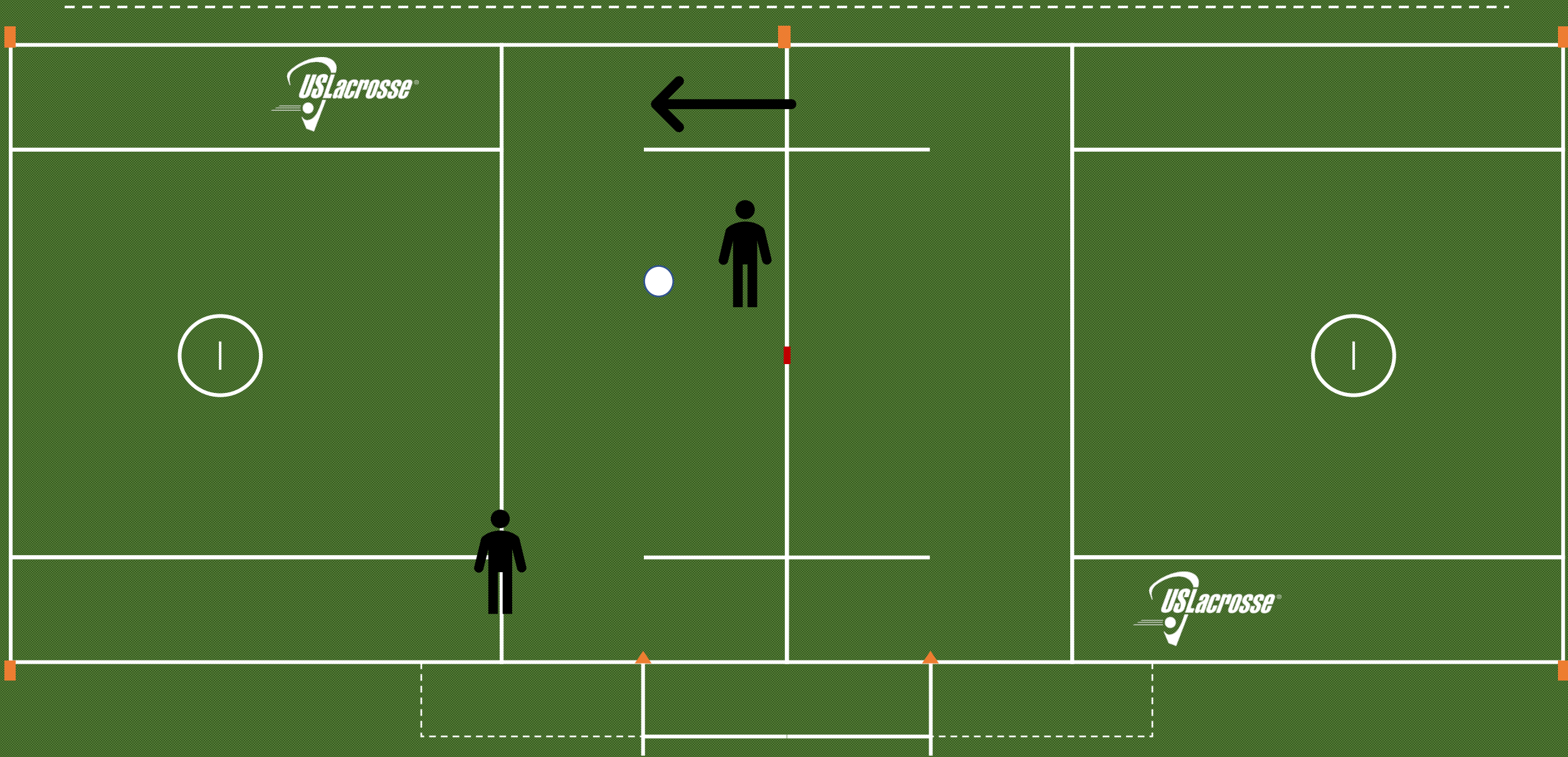


OVER AND BACK

video



OVER AND BACK RESTART POSITIONING



TRANSITION MECHANICS

LEAD Sprints

Stay ahead of play (2 lines ahead)

Have play come towards you

10 second count



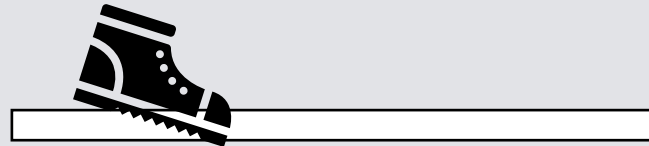
TRAIL Jogs

Crease 4 second count

20 second clear count

Follow the play

OUT OF BOUNDS



Blue Ball





RESTARTING PLAY

Video example.



RESTARTING PLAY

Where the ball will be restarted on the sideline determines who will restart

LEAD starts play on their sideline closest.

TRAIL starts play on their sideline closest

- EXCEPT for transition deep sideline clear restarts, the new Trail restarts play to allow for the new Lead to get ahead of the play.



The New Lead can help with a smooth restart by signaling when the ball is ready for play by pointing.

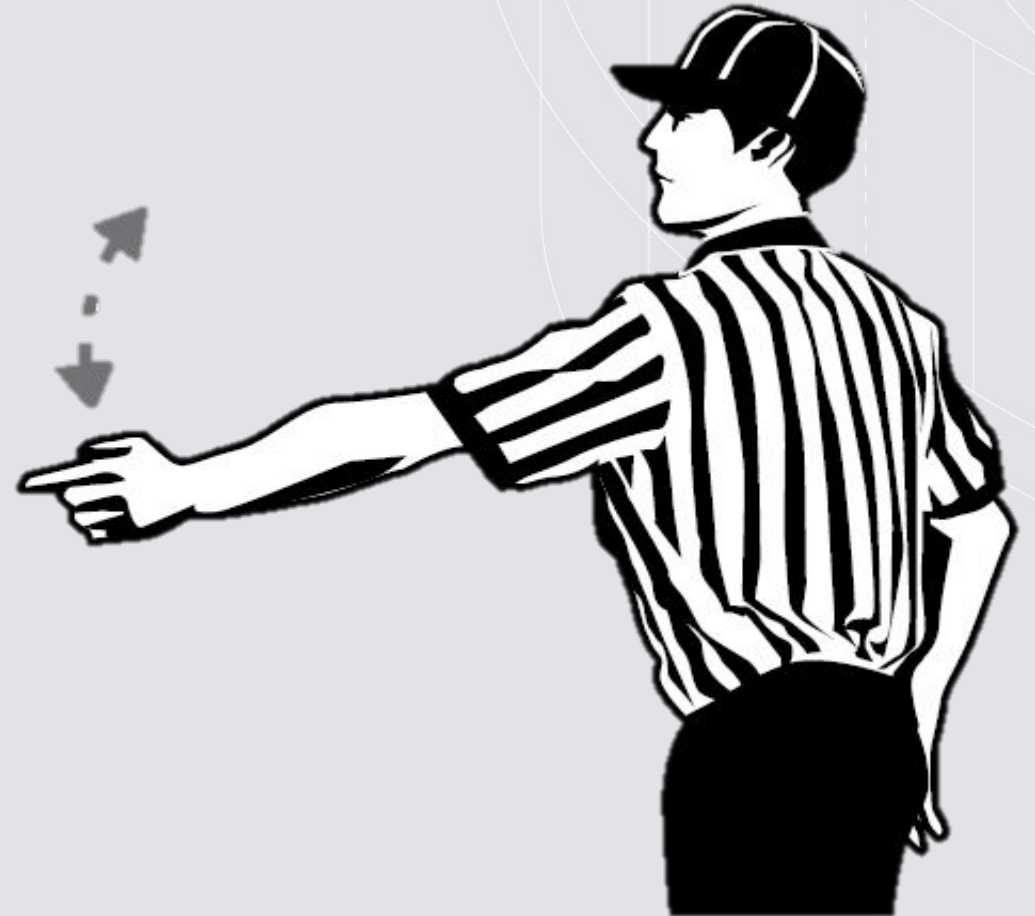
Substitution box restart-5 yards out

DEEP RESTARTS



CREASE MECHANICS

The Lead official has the primary



CREASE VIOLATIONS

Crease violation
because of a
defenseman's penalty

Lead official will
whistle, signal the
penalty, award
possession outside of
the box

If a flag is thrown, stop
play, lead official
should relay the
penalty to the Trail and
get the ball ready
outside the box

CREASE VIOLATION RESTARTS

Keys to successful restarts after a crease violation



Do NOT start play until the all players on the team awarded possession are at least 5 yards away from the ball



You MAY restart play if the offending team is within 5 yards of the ball

GOAL SCORED TO FACE OFF MECH

-
- Entire ball crosses plane of goal
 - Lead enter side of crease
 - Lead signals goal
 - Trail watches shooter and others
 - Lead retrieves the ball and jogs to Trail
 - Trail goes to center for face-off

GOAL SCORED TO FACE OFF MECH

Remain alert and aware of players at this time



GOAL SCORED TO FACE OFF MECH

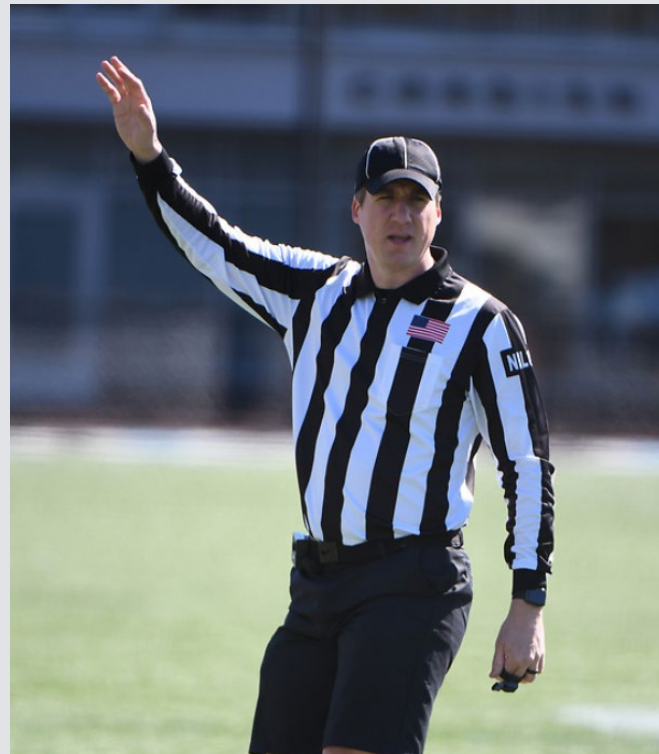


PENALTY RELAY

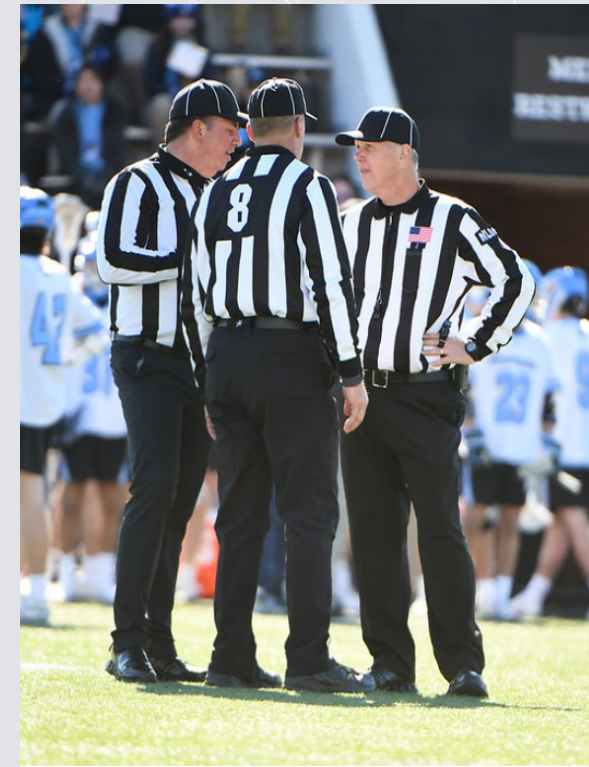
The Trail official will report the penalties. "CNOTE"

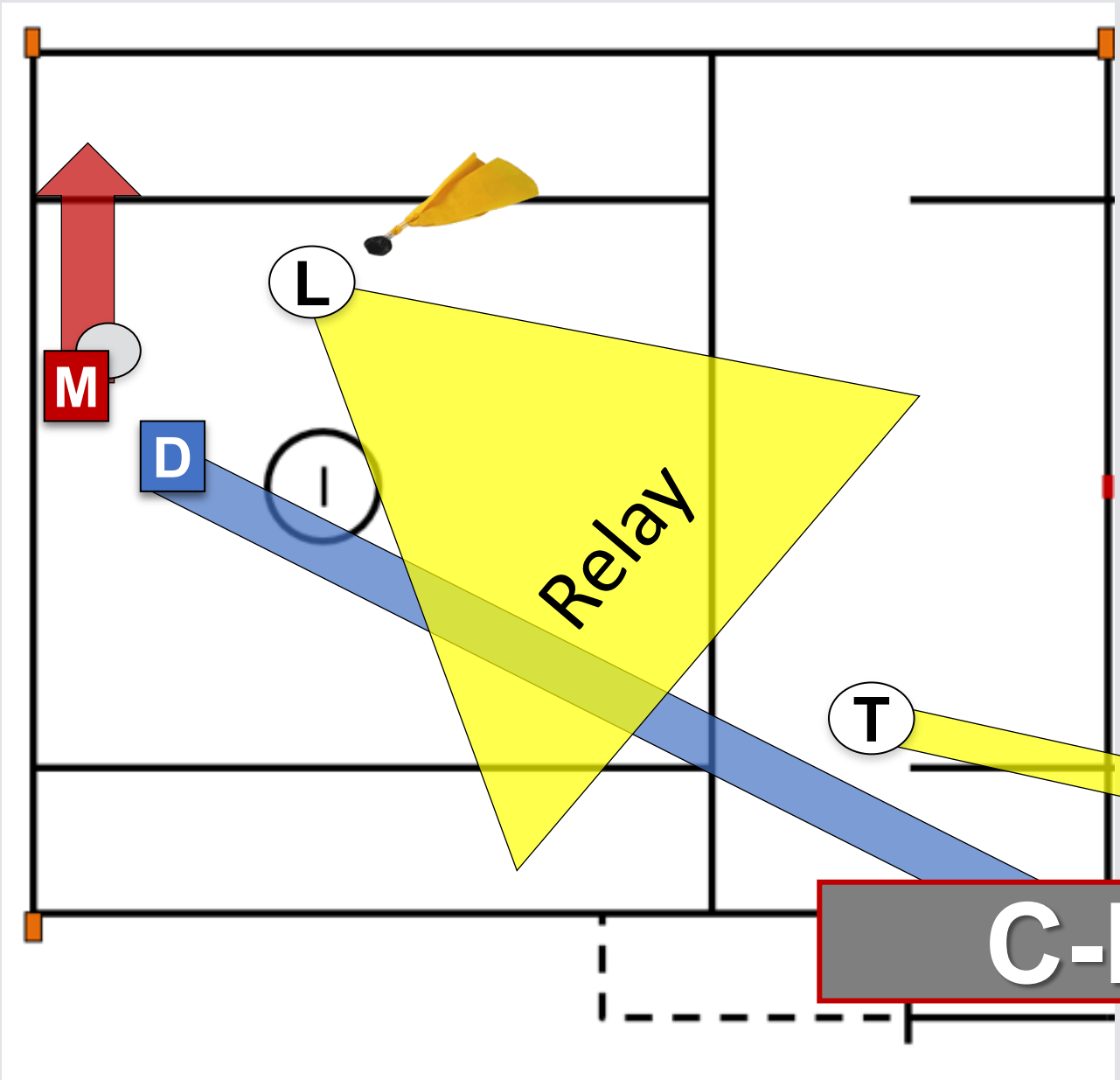


The Lead official is getting the ball ready to start play when trail is ready



A brief conference may be needed





PENALTY RELAY

U
S
A

CORRECTING MISTAKES BY OFFIC

ADMIT YOUR
MISTAKES

MISTAKE
+
CORRECTION
=
LEARNING



END OF GAME

Have end of game exit strategy.

Sign the scorebook.

You job ends when we leave the immediate playing facility.

Leave the field together.

Acknowledging the coaches is ok.