

USATM
LACROSSE



THREE PERSON POSITIONING

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 IMPORTANT

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 ?



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?)



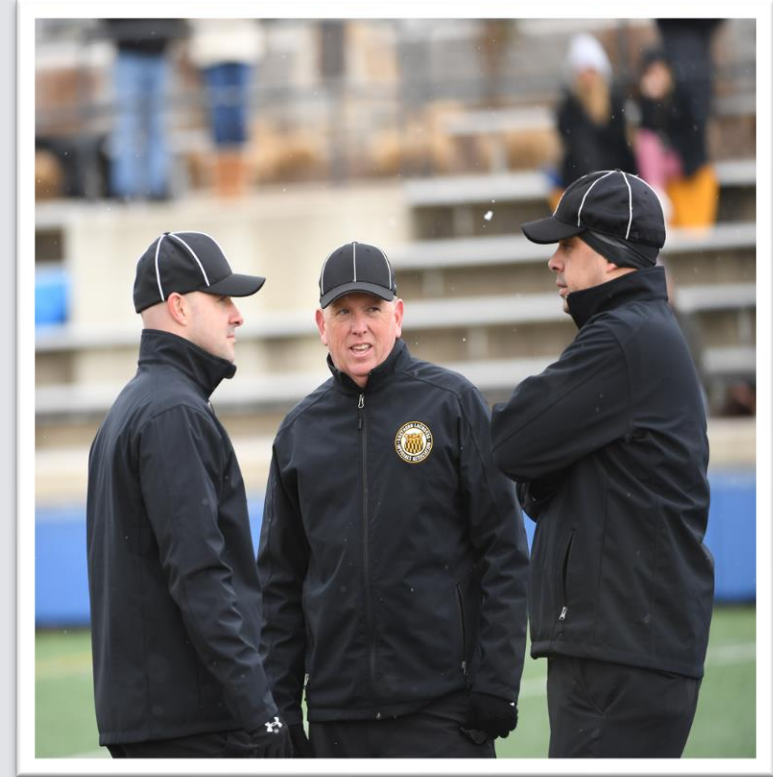
Where might I need to go or get to next?(Anticipate)

KEY CONSIDERATIONS

Know your physical ability

Anticipate the play

Put yourself in the best position to make the best decision



Pre-Game Mechanics



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

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.

PLAYER PREGAME LINE UP



LINE UP



FACE OFFS



FACE OFF OFFICIAL'S RESPONSIBILITIES

The Single-Side Official conducts the faceoffs



Makes sure both players are in a legal set-up position



Back out diagonally to be clear of the players paths.



Watches player facing for early movement and other violations.



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



Restarts play after all violations



FACE OFF “HELPER” RESPONSIBILITIES

Faceoff "Helper" is in the Lead Left position

- Assists with face-off set up
- Backs out diagonally
- Responsible for left goal
- Watches for early movement and violations
- Can stop play and call violations
- Watches for early release from restraining ling
- Locks players behind restraining line on violations

FACE OFF WING OFFICIAL'S RESPONSIBILITIES

The Wing Official is in the Lead Right position

Responsible for watching wings and all other players

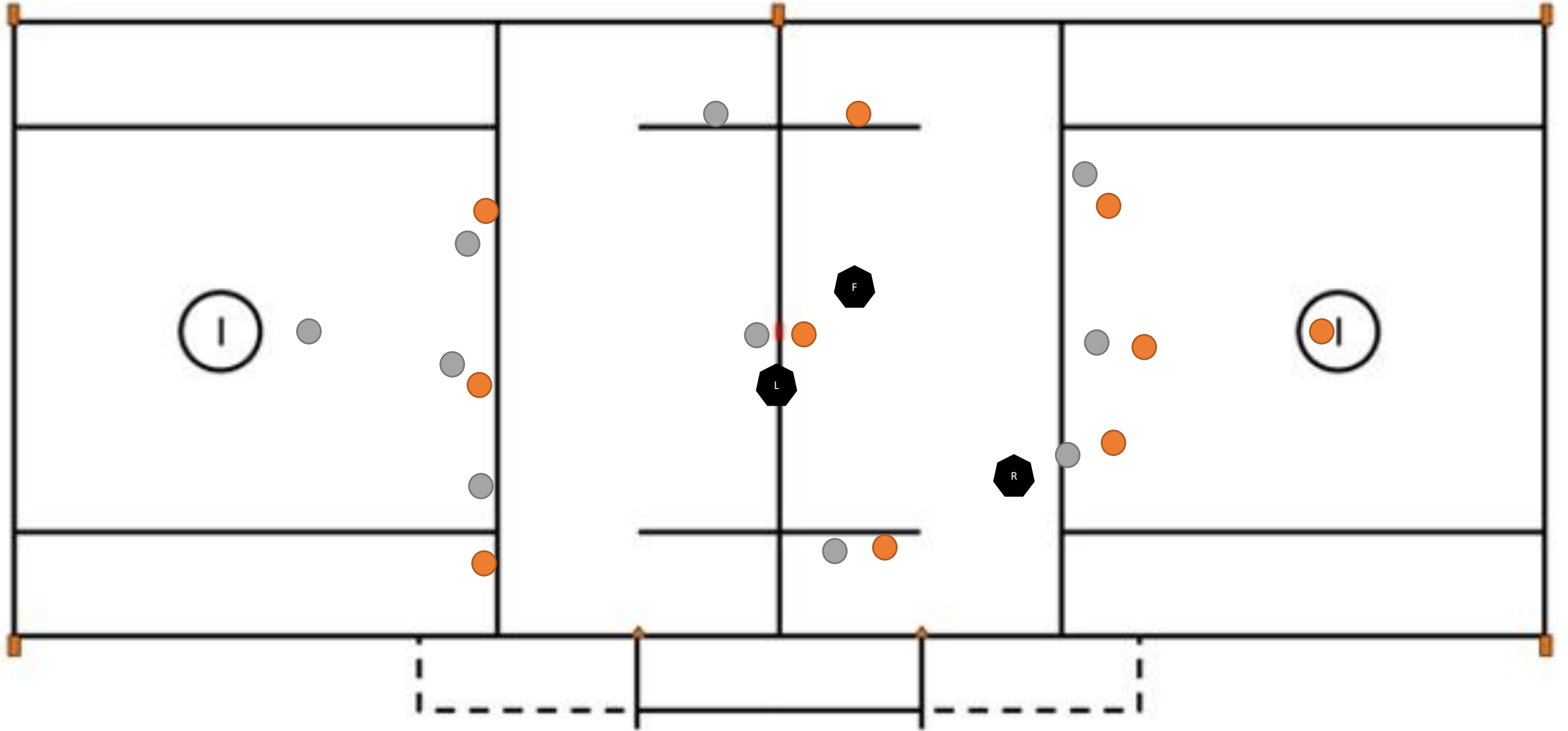
Aware of players lined up next to each other for possible interference violations

Keeps all other players behind the restraining line

Watches for early release from restraining line

Locks players behind restraining line on violations

PRE-FACEOFF

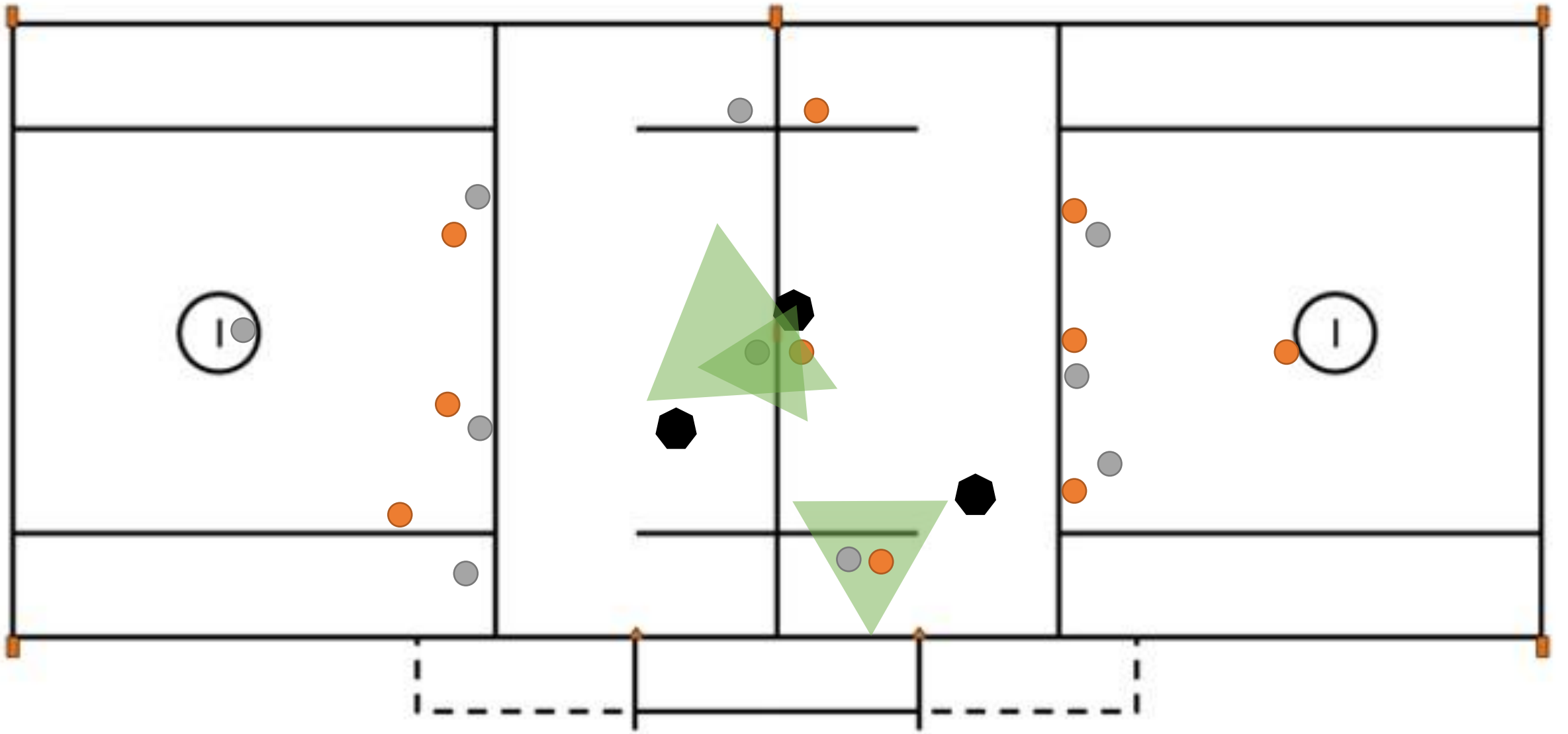


PRE-FACEOFF

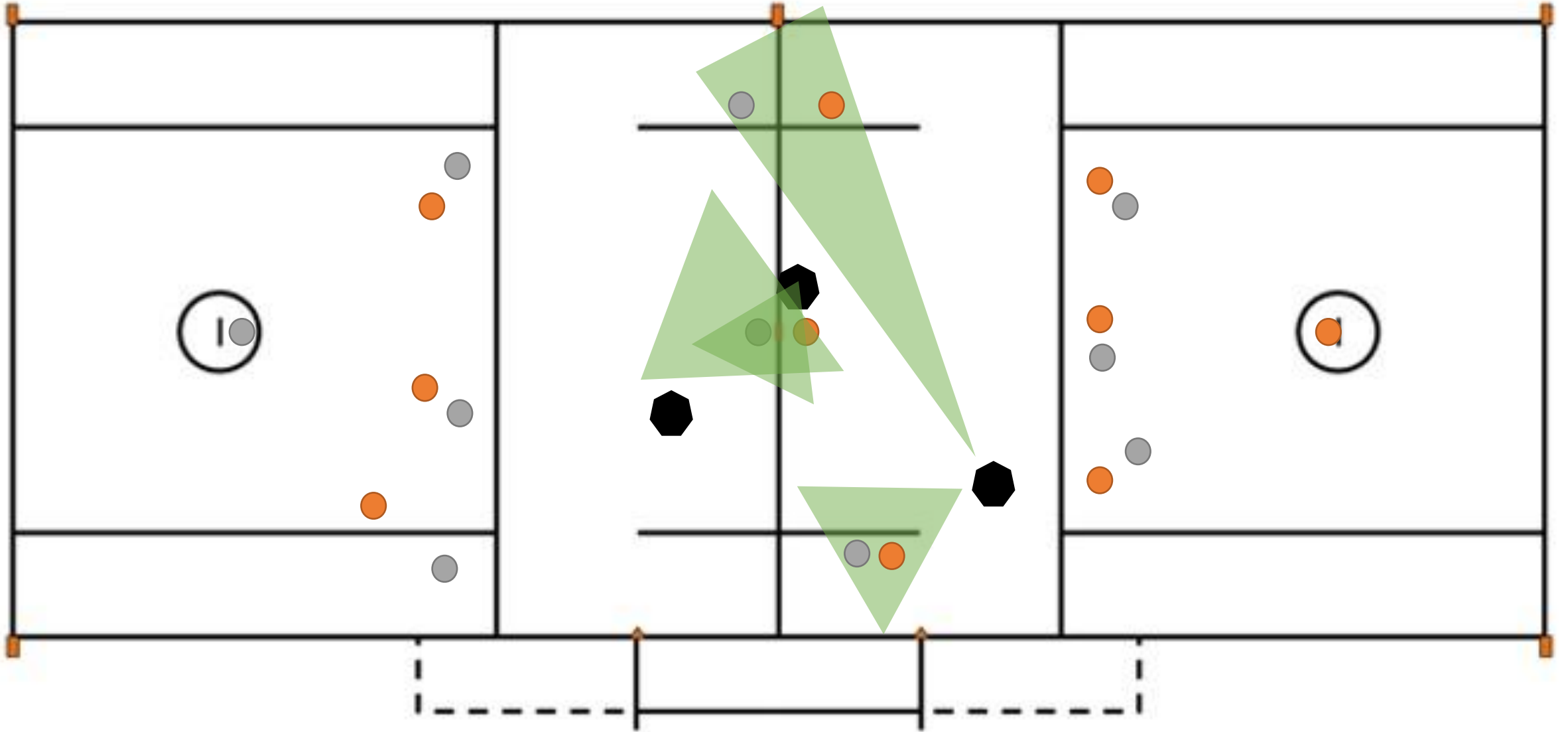


PRE-FACEOFF

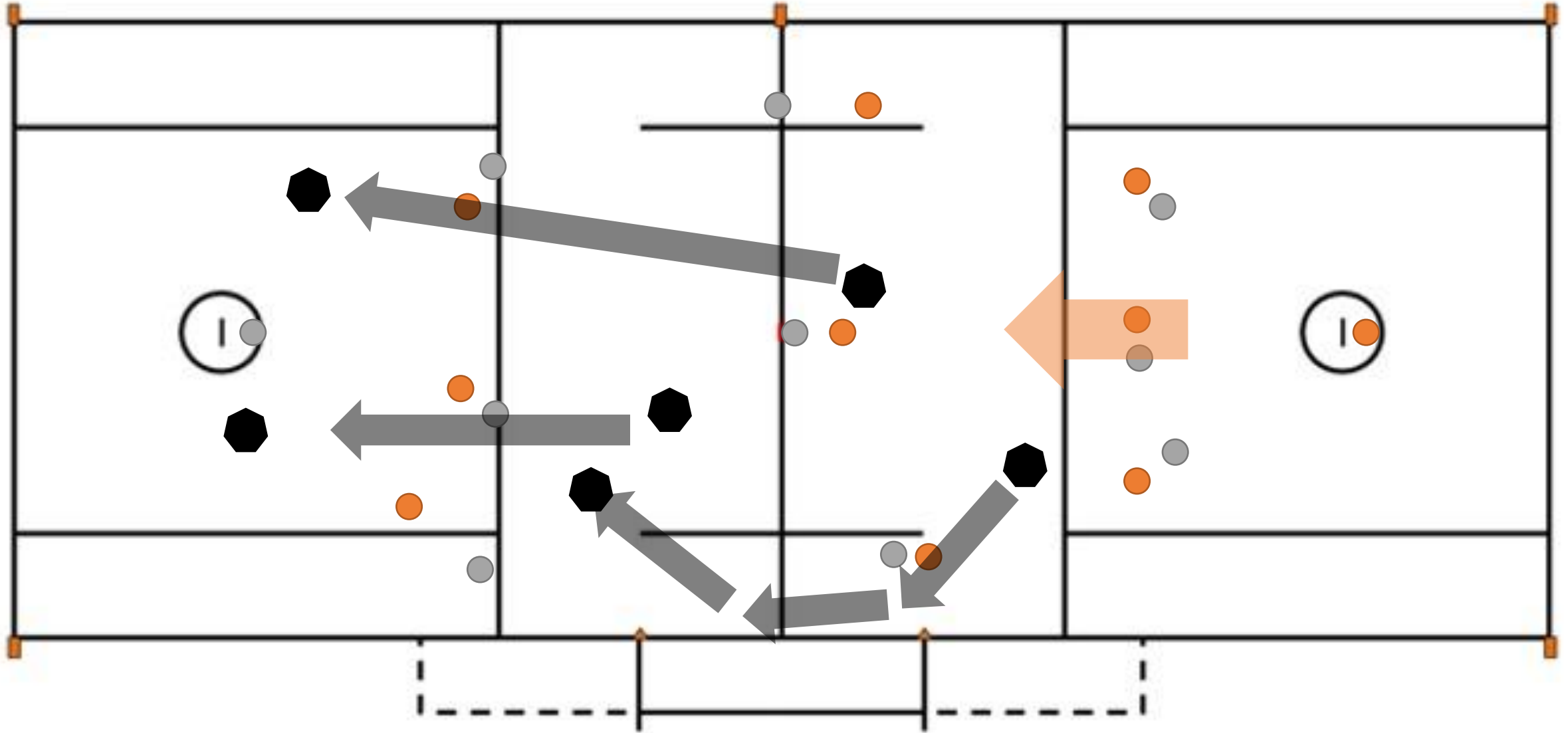




FACE OFF



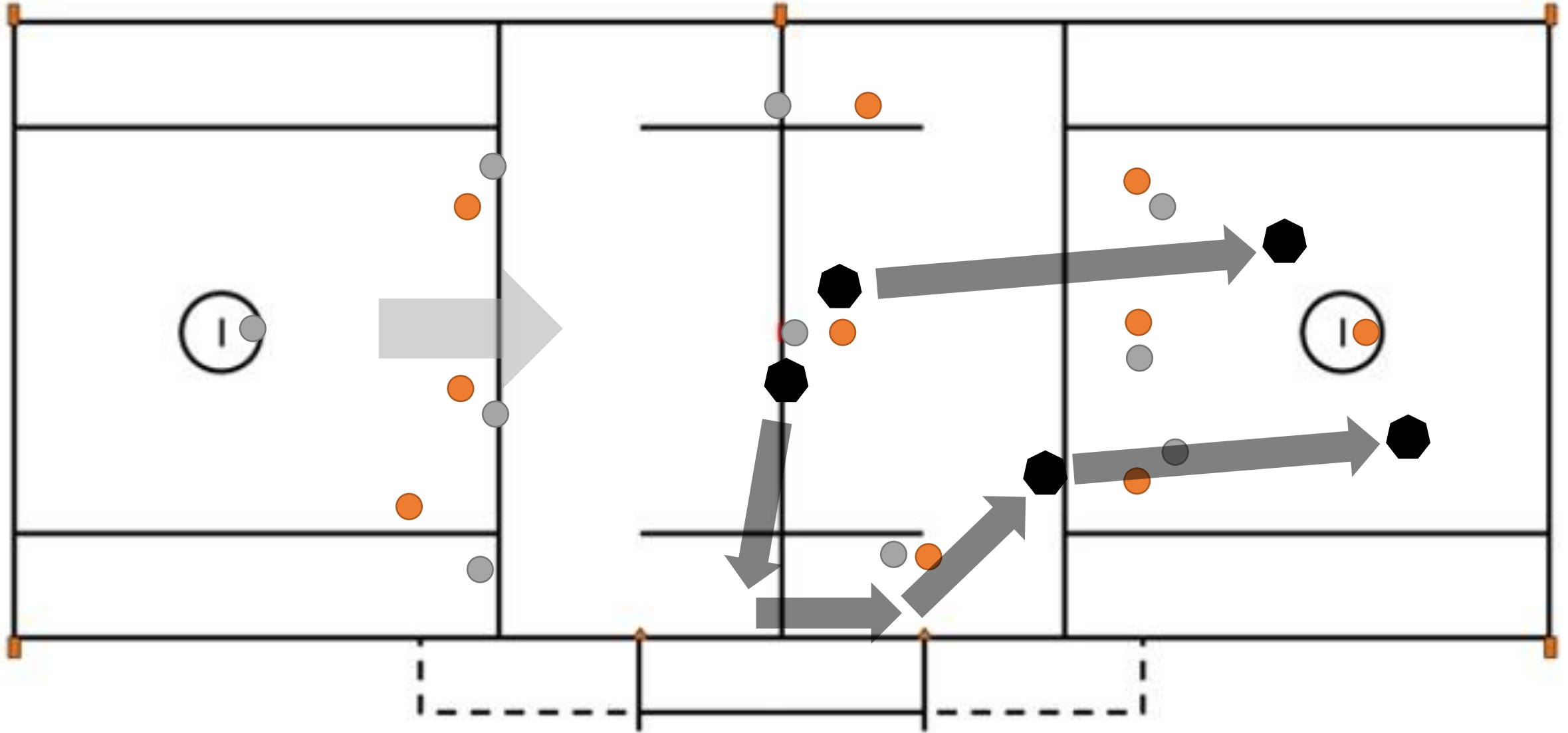
FACE OFF- BALL GOES LEFT



FACE OFF- BALL GOES LEFT



FACE OFF- BALL GOES RIGHT



FACE OFF- BALL GOES RIGHT



FACE OFF VIOLATIONS

Pre-whistle – stand the players up without a whistle, signal/state the violation.

Post-whistle – blow the whistle immediately, and signal/state the violation.

Single Side Official handles all restarts

Restart from spot of violation

Lead Left and Lead Right make sure boxes are locked (no release) and delays restarts if necessary

VIOLETION AND RESTART



FACE OFF

Player and Stick Positioning



Visually checks that both players are in a legal position



Both hands around the shafts.



Hands are touching the ground.



Hands off the head of the stick.



Sticks parallel to center line.



Sticks up to, but not touching, the center line.



Heads of sticks are vertical and evenly matched & centered on the ball



Entire bodies to the left of the throats of their sticks, so that the neutral zone is clear.



FACE OFF OFFICIAL'S MECHANICS

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

Gives "Set" command with his hand on or near the ball or crosses.

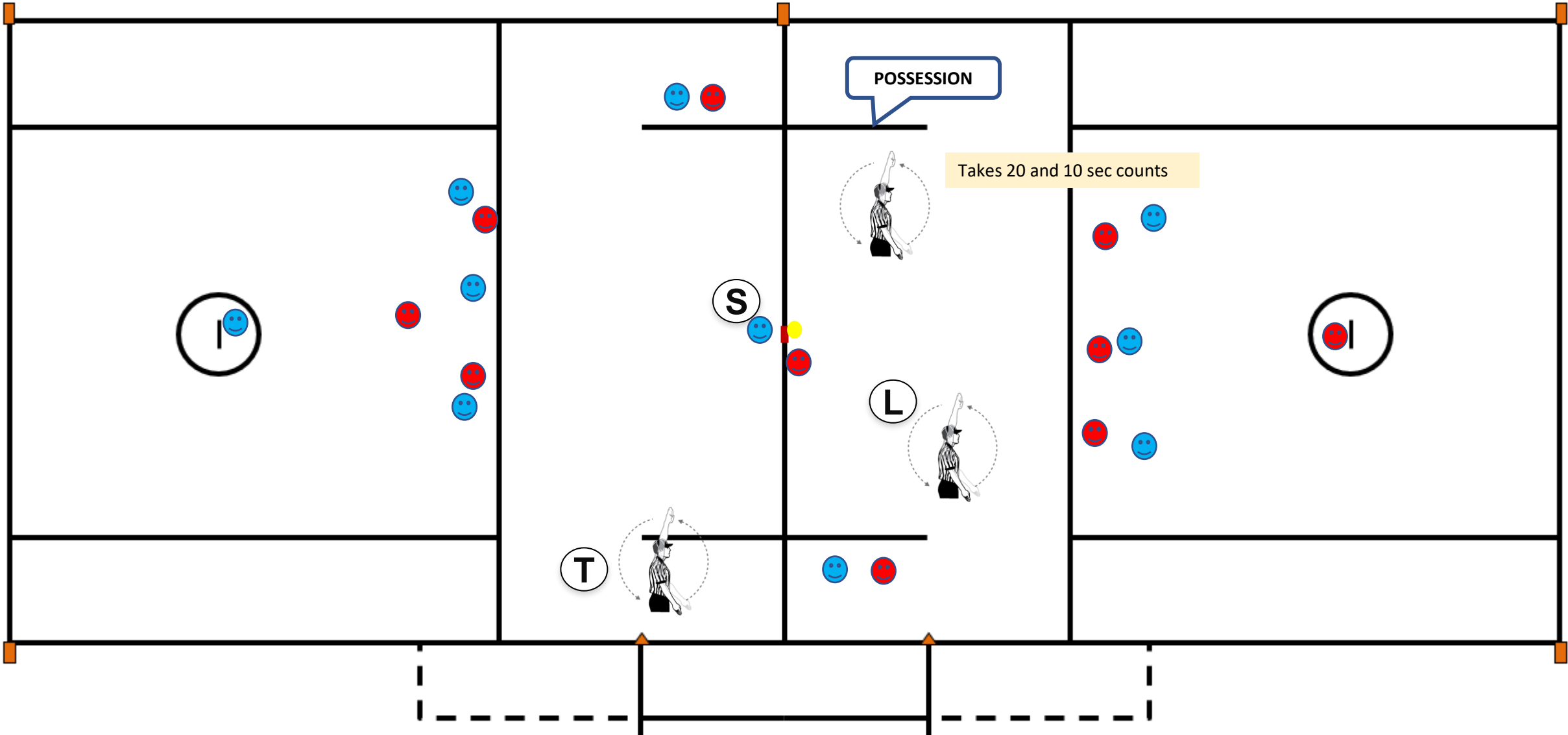
Backs away and sounds the whistle while concentrating on the faceoff players' actions, moving with the play as necessary.

Avoid "Swistles"

Get away from the players before blowing your whistle.

Know where the far side wing players are lined up and get out of their way coming into the play.

POSSESSION AND PLAY



SETTLED SITUATIONS

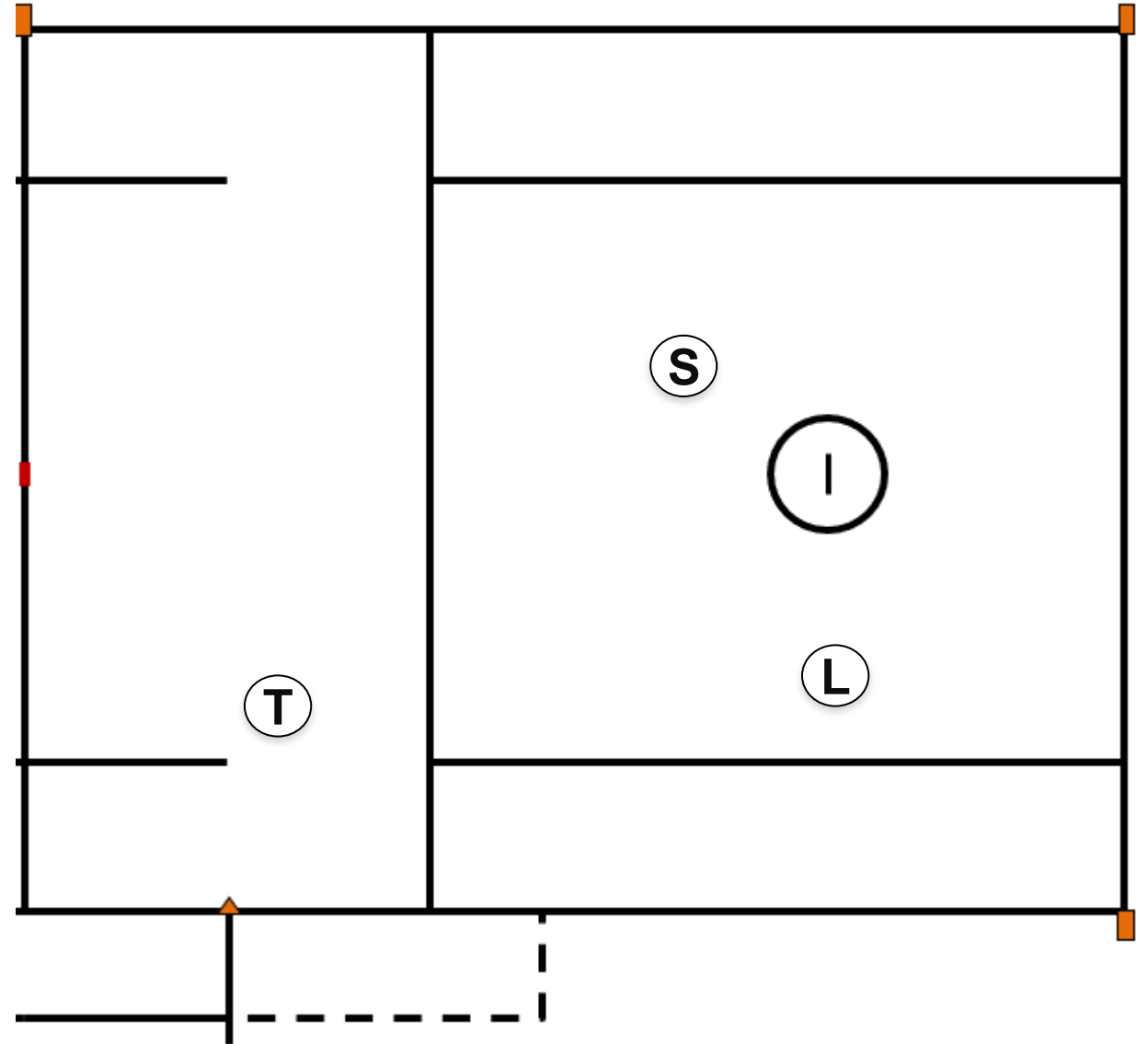


SETTLED SITUATIONS

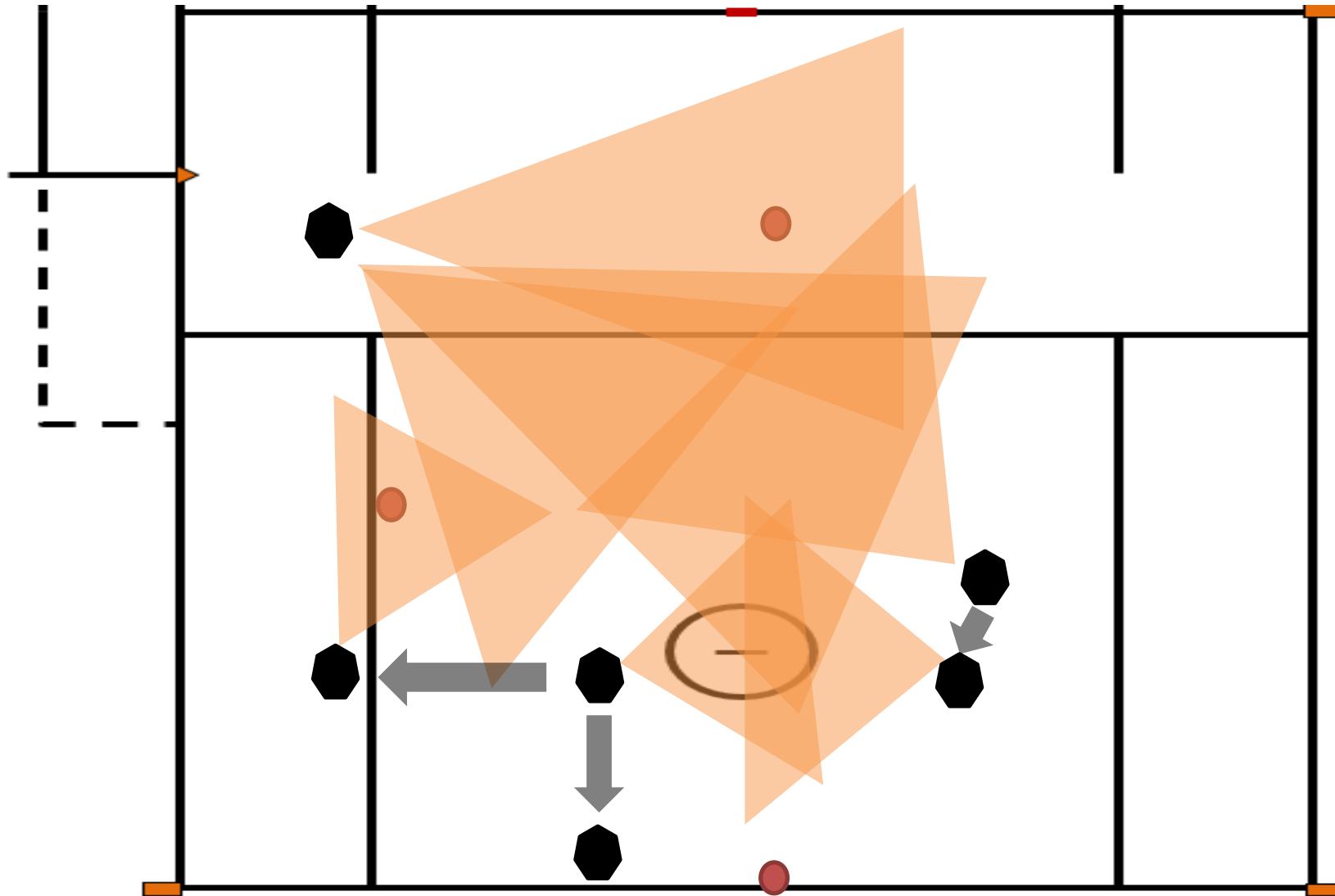


PRIMARY RESPONSIBILITIES

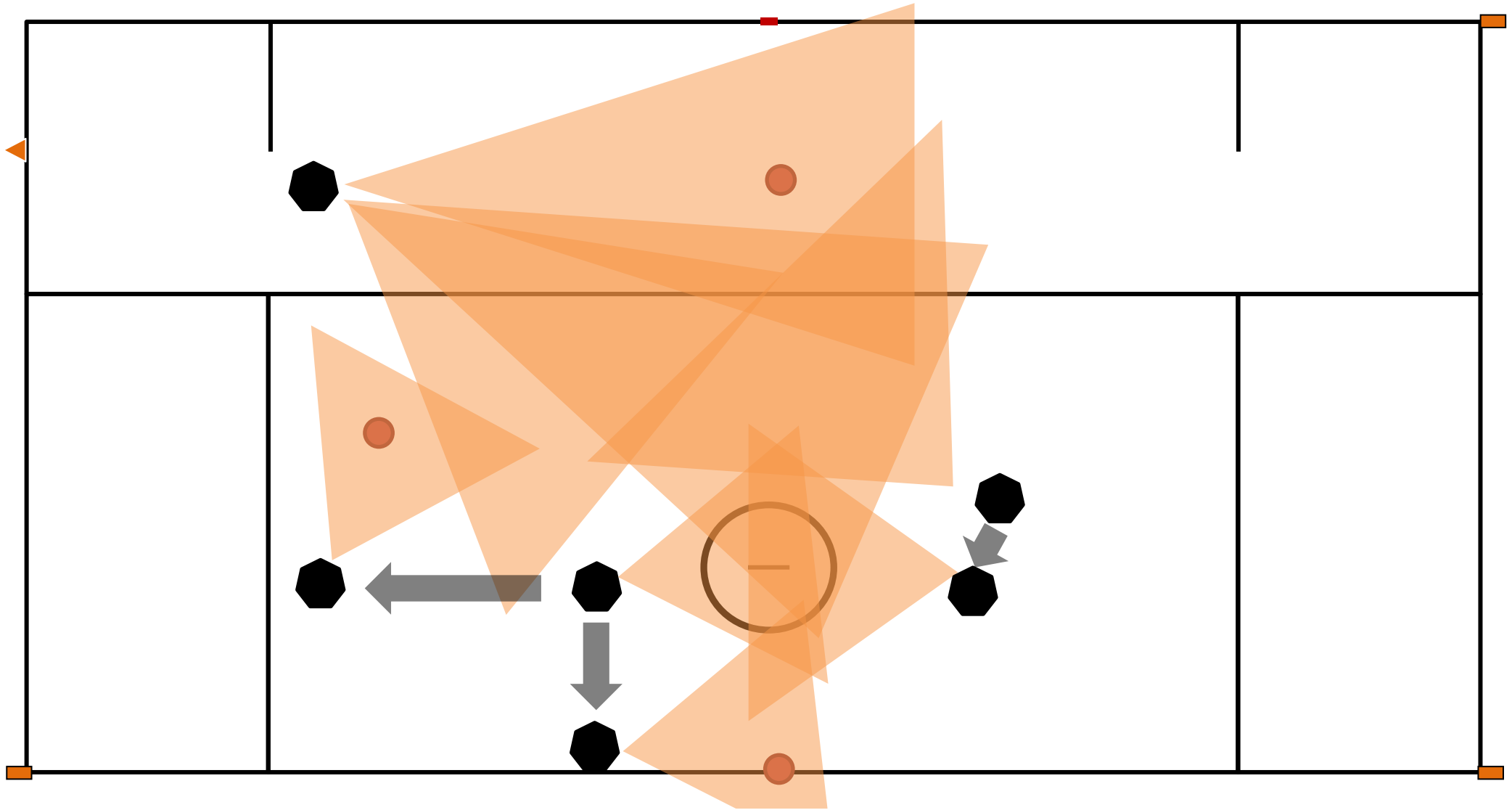
- **Lead**
 - Goal & Crease
 - End line
- **Single**
 - Shooter
 - Sideline
 - Counts
 - 1st Offsides Count
- **Trail**
 - Shooter
 - Sideline
 - Opposite goal
 - Over and back
 - 2nd Offsides Count



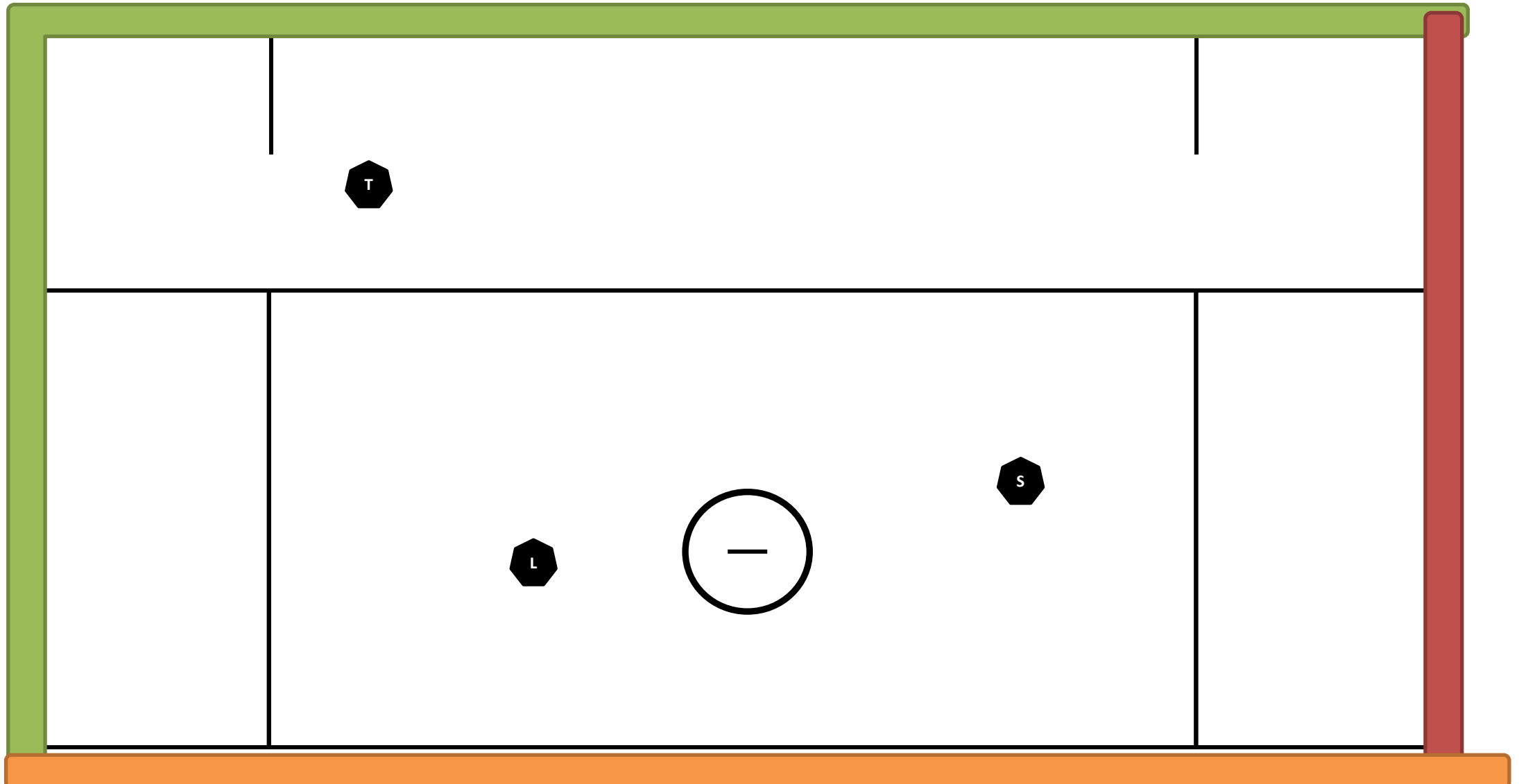
ON & OFF BALL RESPONSIBILITIES



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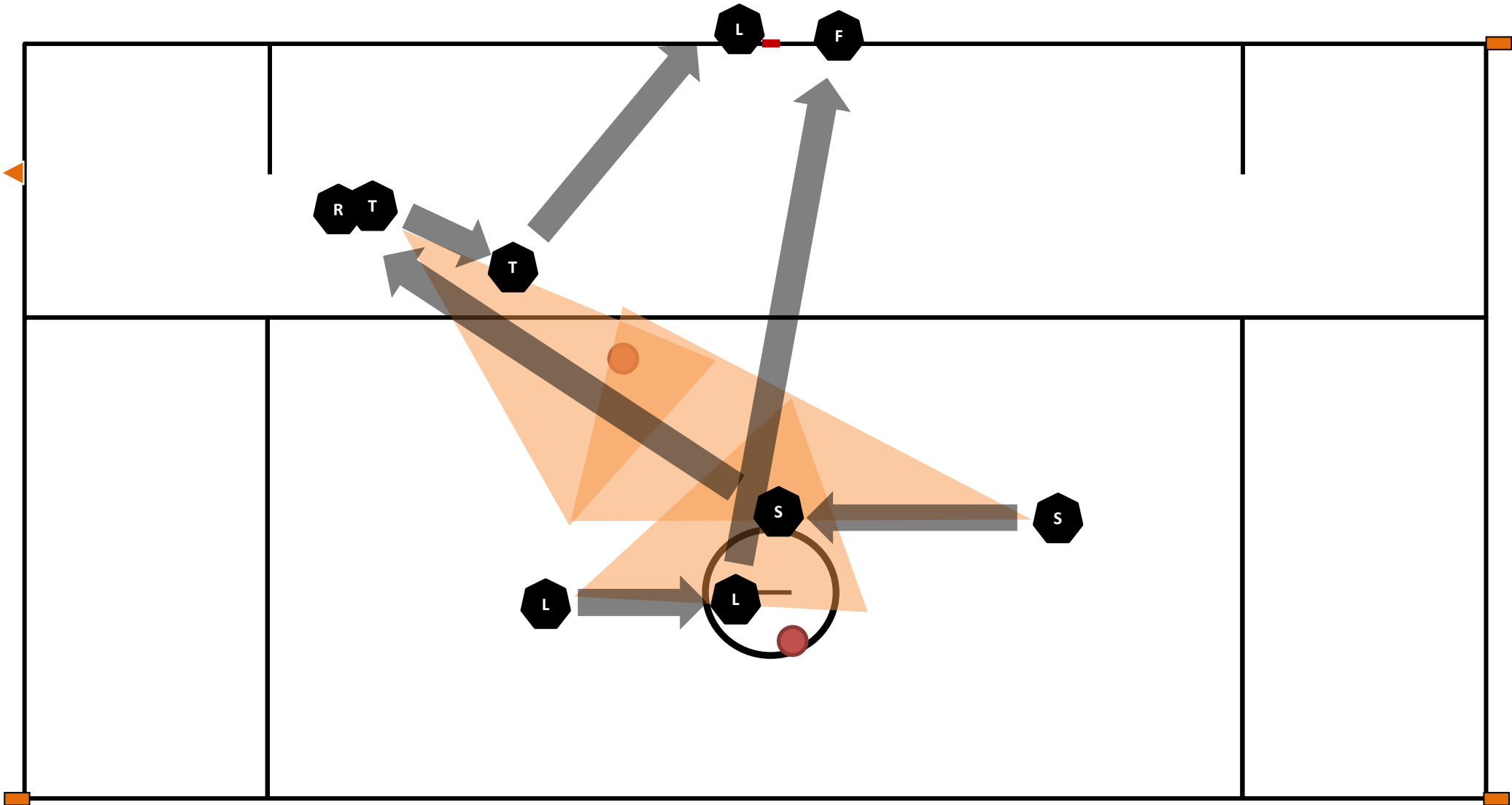
SETTLED-LINE RESPONSIBILITIES



GOAL SCORED



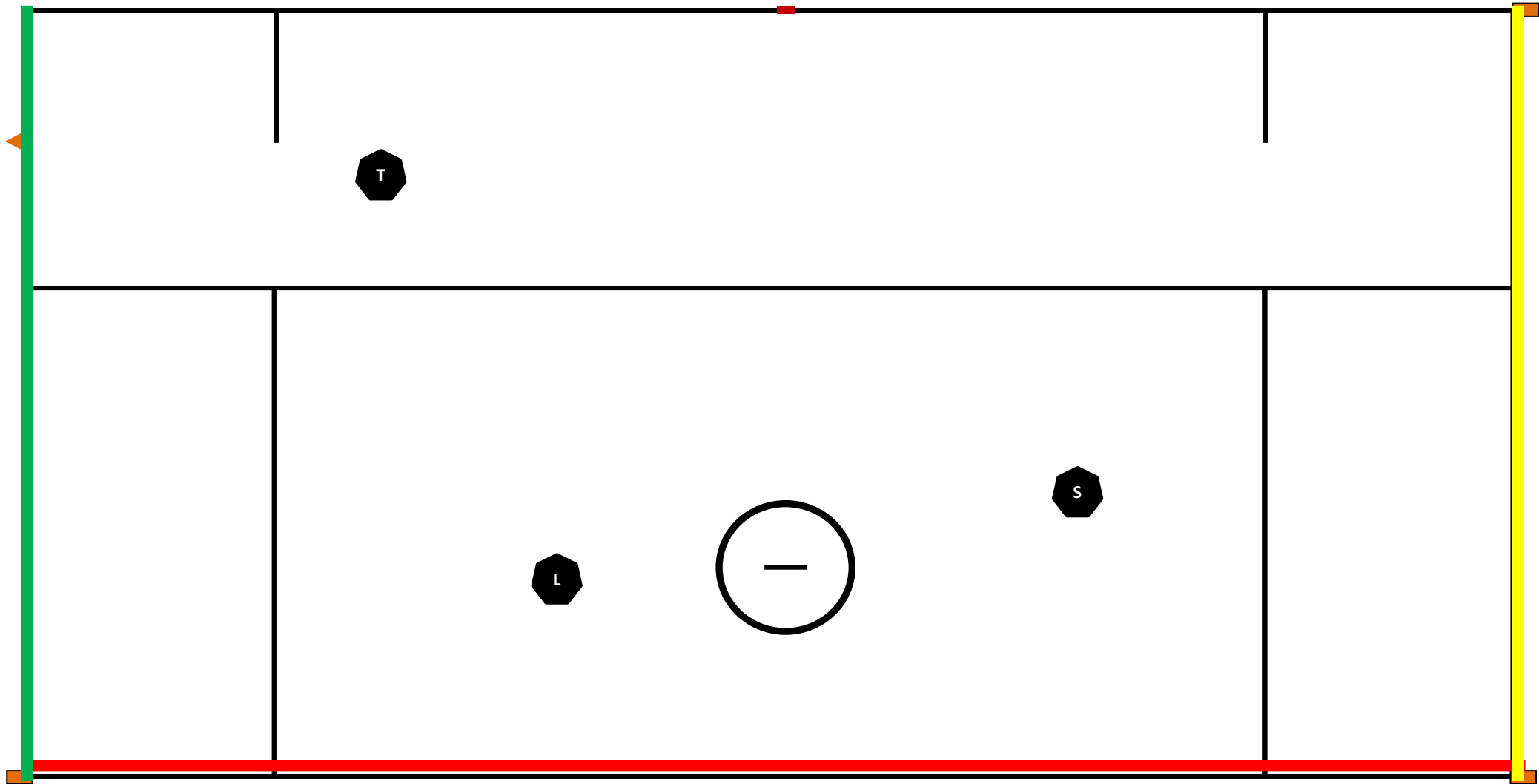
GOAL SCORED



GOAL SCORED



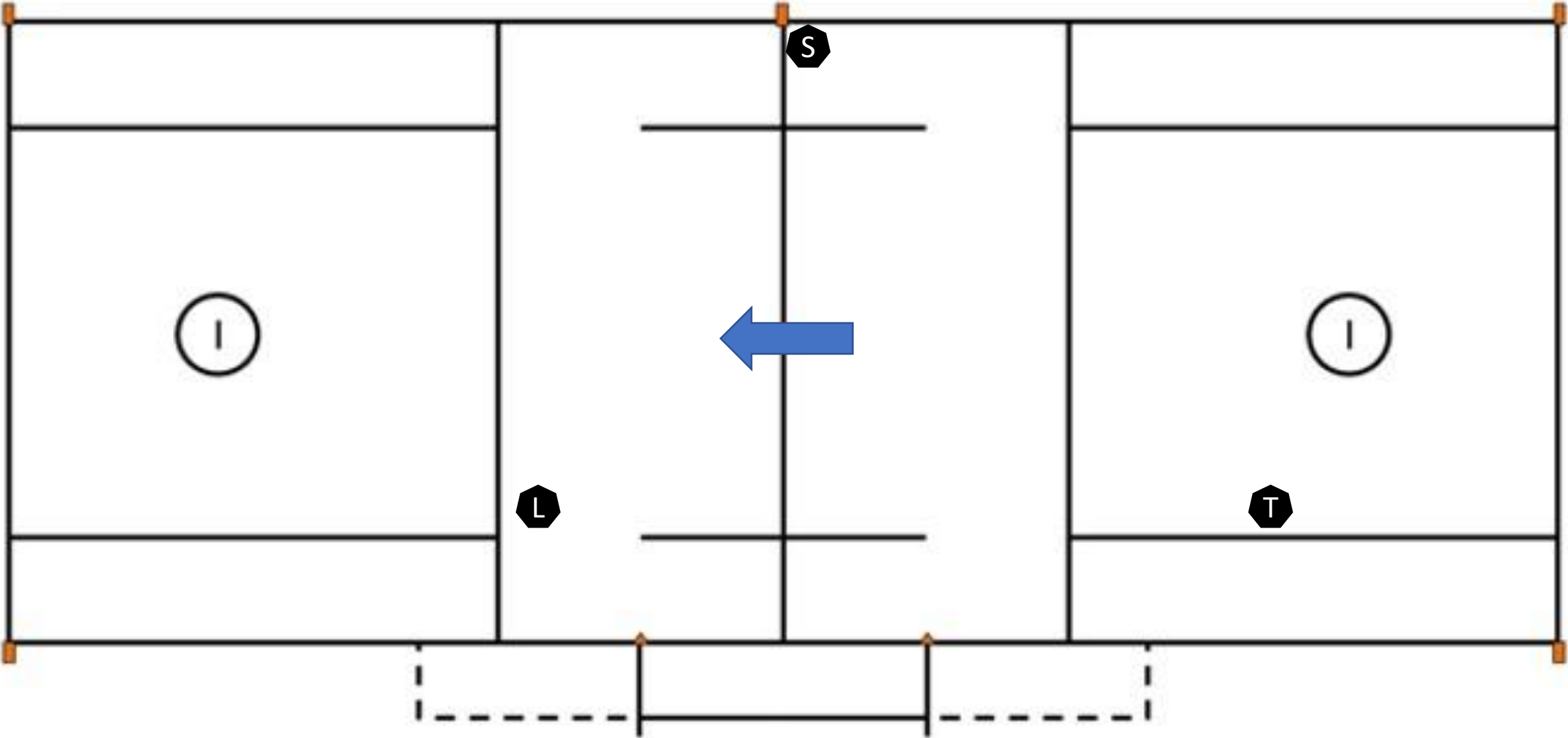
SETTLED- WHO IS RESTARTING?



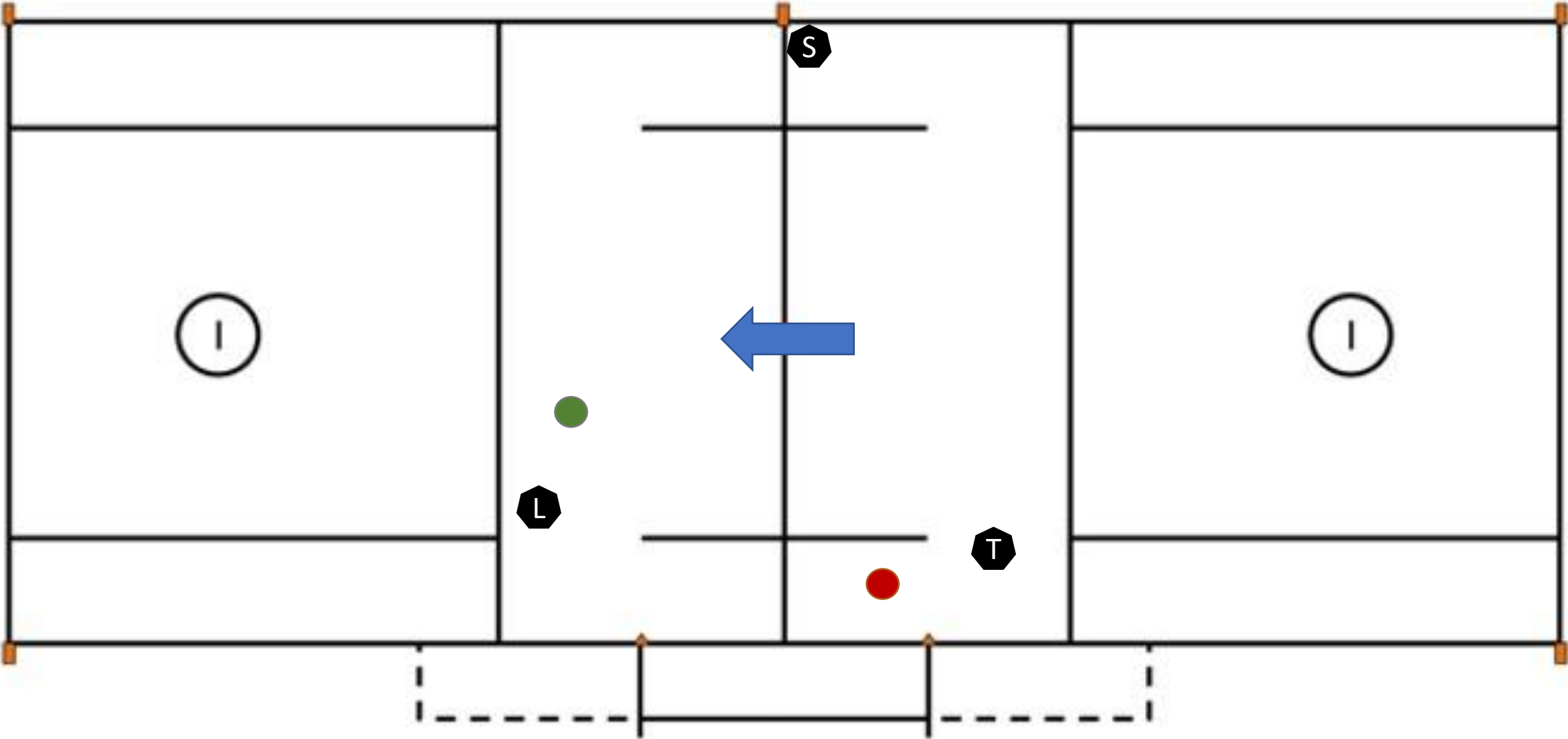
OVER AND BACK



DEEP RESTARTS ACROSS FIELD



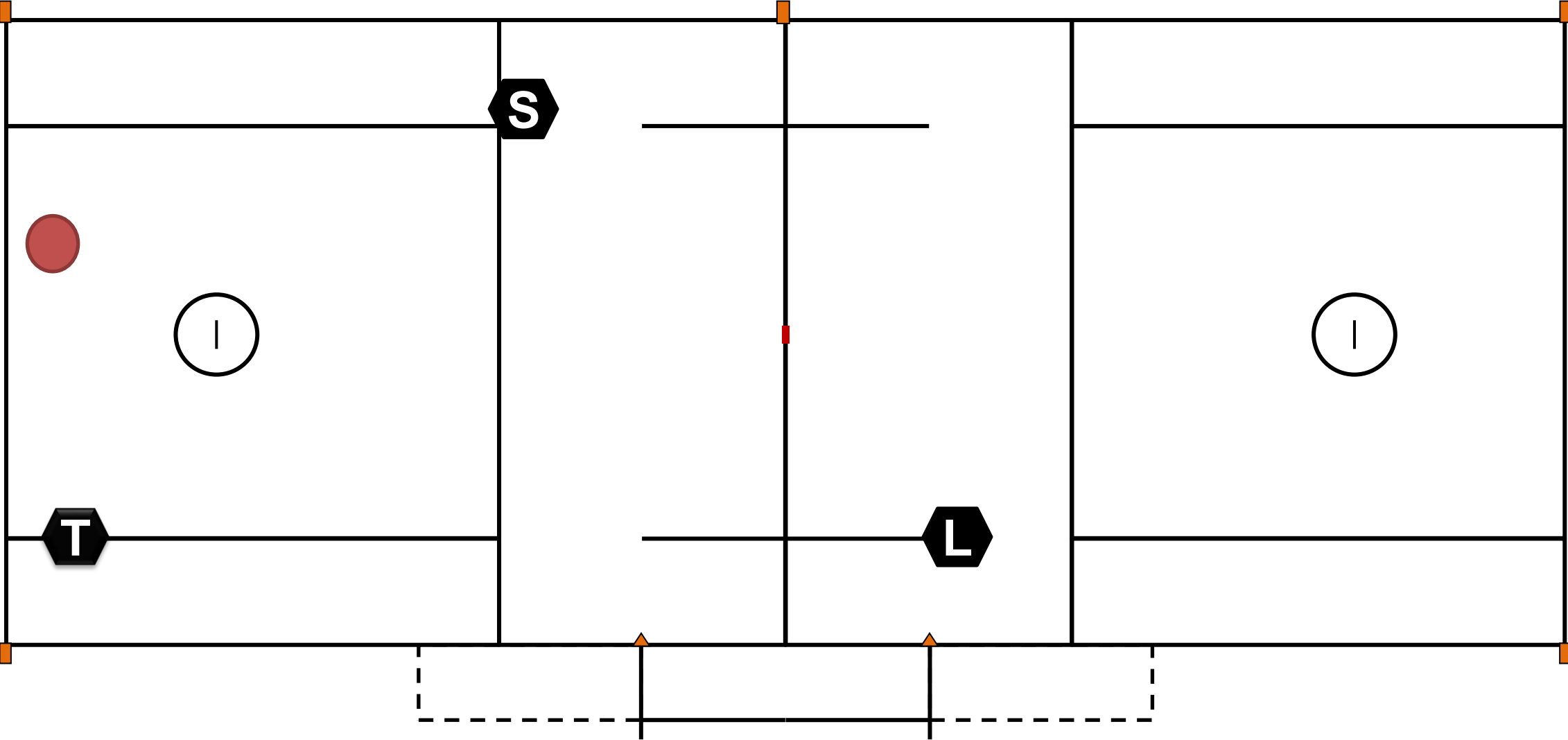
RESTARTS AT SUBSTITUTION BOX



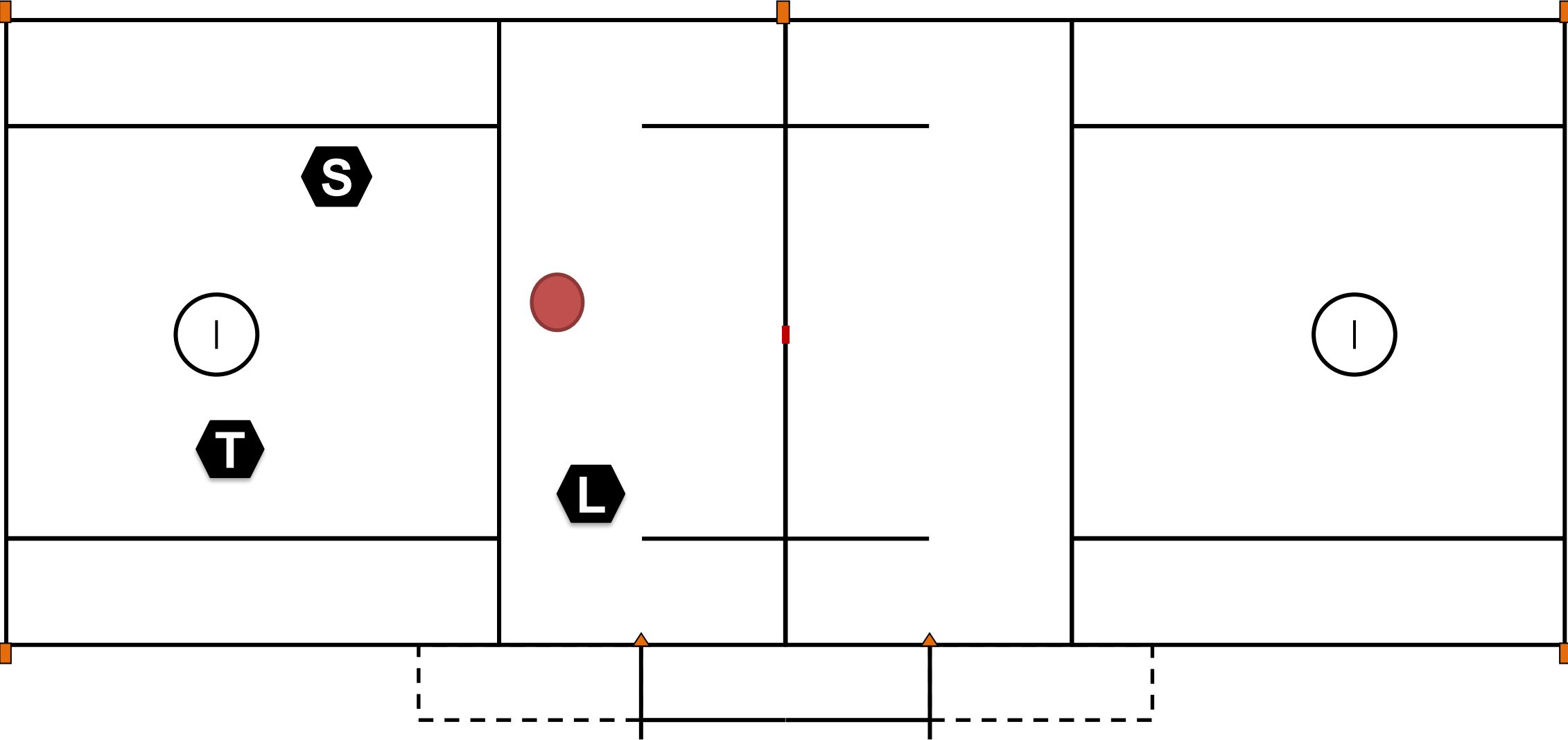
TRANSITION



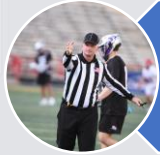
RESTARTS AT SUBSTITUTION BOX



FAST BREAK



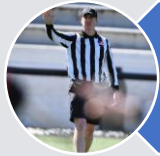
PENALTY RELAYS



Inform your partners and the players



Get to open space, facing the table



Take a breath



Be aware of Pace, Tone, Volume: Slow, Calm Relaxed

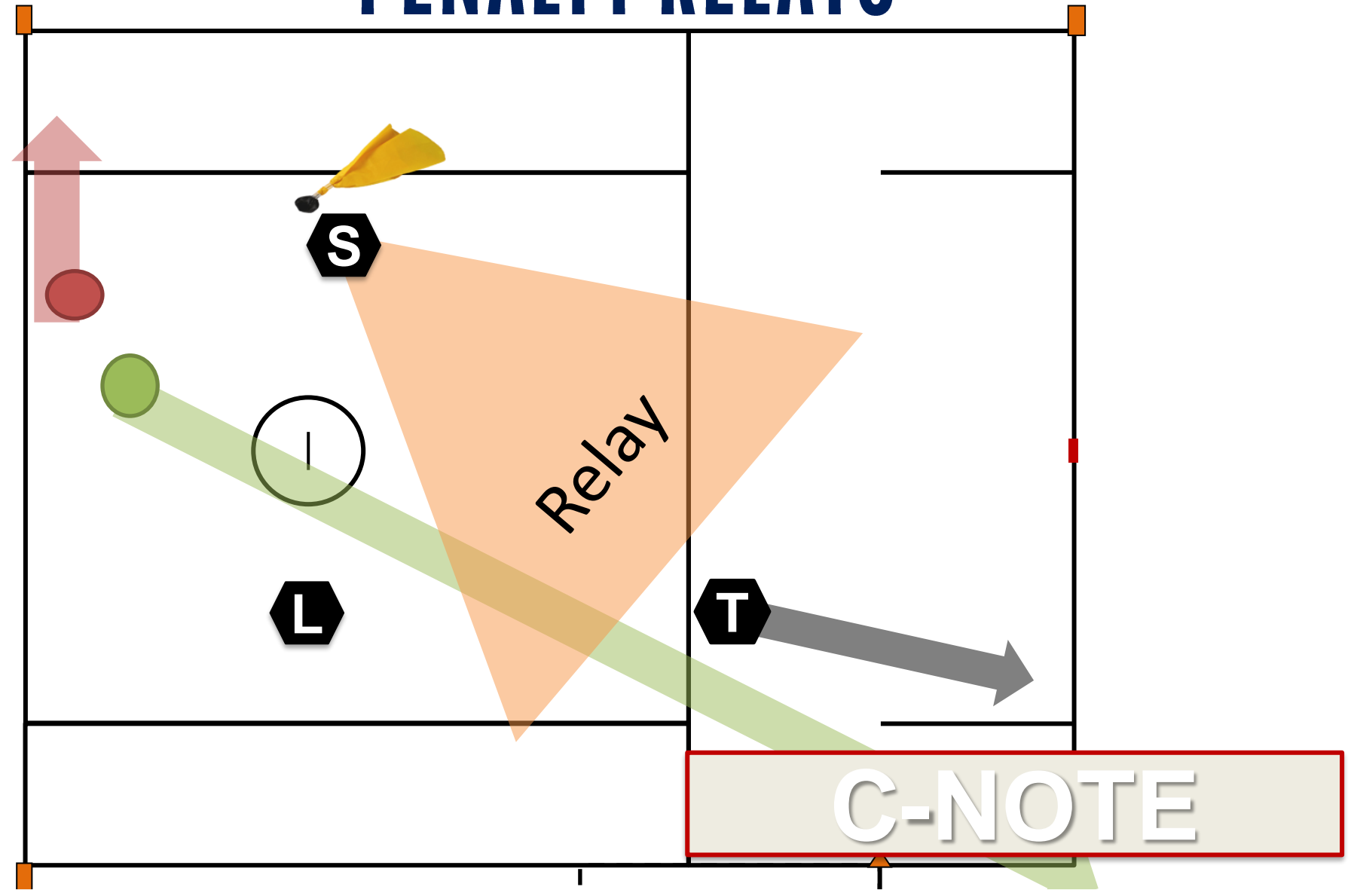


CNOTE



When and Why the “E”

PENALTY RELAYS



CORRECTING MISTAKES BY OFFICIALS

ADMIT YOUR
MISTAKES

MISTAKE
+
CORRECTION
=
LEARNING



END OF GAME

Have end of game exit strategy.

Sign the scorebook.

Your job ends when we leave the immediate playing facility.

Leave the field together.

Acknowledging the coaches is ok.