

2019 Classroom Training to Officiate Girls Youth Lacrosse

Classroom Sessions	On-Field Sessions
Sun, 3/3 Westridge Rec Center, Highlands Ranch 9a-3p	Sun, 3/10, Spring Fling, David Lorenz Park. 12p-4p
Sun, 3/10 Mission Medical , Colorado Springs 12p-4p	Sat, 3/16, Coyote Play Day, Denver
Sun, 3/24 CSU Library Fort Collins Morgan Library, 10a-1 p. Park and meet in Lot 425 in front of library. We will walk together at 10:05 am to meeting room. (ARRIVE ON TIME: we don't ahead of time which classroom we will have training.)	Sun, 3/17, El Pomar Sports Park
	Sun, 3/24, NoCo Inter-squad Scrimmage, Loveland Sports Park, 2-6 pm

Who Should Attend:

- Any HS player, gr 9th-12th (8th graders with evidence of 3.75 or higher GPA) seeking Jr Official certification
- Any Adult seeking certification to officiate girls' youth lacrosse.
- **Returning** Jr Officials & Adult Officials doing CGLA games exclusively (need to attend first 2 hr of training only). See the following TOPICS marked with *.

Who DOES NOT need to attend: Adult officials who are officiating both youth and HS games. They should attend the HS Rules Interpretation training (mandatory) and also pass both the 2019 Youth exam (25 questions) and NFHS Girls Rules online exam (50 questions). They are encouraged but not required to attend the Youth On-Field training.

TOPICS ADDRESSED

1. Introduction of trainers, Roles of CWLOA Board members, Your role as official *
2. 2019 Girls' Rules Interpretation video * (New in 2019: Self starts, Penalty Zone, Goal counts if ball released BEFORE time expires)
3. 2019 Points of Emphasis (OFSG, Rough & Dangerous Play, Empty Stick Check: Intentional vs Incidental, Professionalism)*
4. 2019 Girls Youth Rules Matrix *
 - a. Deviations from HS rules (no deputy GK, min pass rule, transitional checking, modified checking)
 - b. 3-sec Closely Guarded (3 Sec CG)
5. How to call a foul,
 - a. Penalty administration
 - b. Mechanics-practice
 - c. Good "No Call" situations
6. Scenarios
 - a. Goalkeeper
 - b. Offsetting fouls
 - c. Simultaneous fouls
 - d. Use of Flag in youth officiating
 - e. Offsides
7. Equipment/pregame
 - a. How to conduct a pregame meeting with your partner
 - b. How to conduct a pregame meeting with team captains and coaches

8. Professionalism
 - a. Attire, composure, body language, voice
 - b. Signals
 - i. Correct, big, slow down, hold signal, repeat
 - c. Your attention
 - i. No cell phones during half time; only before (for partner if necessary) and after
 - ii. Clock
 - iii. Score
 - iv. Body mechanics of players
 - v. Count # of players
9. Arbiter and ArbiterPay
10. Ropes demo of shooting space, 1-person and 2-person positioning, etc.
11. Other Resources available at www.uslacrosse.org
 - a. [US Lacrosse Officials' certification requirements](#)
 - b. [Videos](#)
 - c. [Women's Game Training Manual](#) (e-version)
 - d. [Online Rules Exams](#) (need your US Lacrosse login/PW to load your cart. Take both the 2019 NFHS Girls' Exam AND the 2019 Youth Girls' Exam).

US Lacrosse Officials' Youth Training Program

Colorado Women's Lacrosse Officials' Association - (CWLOA)

www.CWLOA.com

Colorado Girls' Lacrosse Association - (CGLA)

www.cglax.com

US Lacrosse – (USL)

www.uslacrosse.org

Arbiter Sports

www.arbitersports.com

Access US Lacrosse Central Hub through Arbiter Sports

ArbiterPay

www.arbiterpay.com

Topic	Rule	Page	New Rule
	2-7-3	19	Headgear and chinstrap must be properly worn to minimize risk of injury.
	2-9-2	21	Adds option of white bottoms for goal keeper
	3-7-2d	27	Sounding the horn twice to indicate a Time Out
	4-8-1, 4-8-2	33	Establishes the release of the all from the crosse before time expires

	(NEW), 4-8-3c		as a legal shot, eliminating the judgment call at the goal line.
	5-1-1, 5-1-3, 5-2 Penalties; 5-4-1 thru 4, (NEW), 6-3-1a, c; 6-3-2a; 9-1c(3); 13 (NEW)	36	Establishes the self-start option which decreases the amount of official involvement in restarting play and allows for great flow of the game
	5-5-3b	41	Establishes that alternate possession in the critical scoring area (CSA) is awarded at the closest dot easing the administration of alternate possession in the CSA
	7 Penalties 1	46	Moves the administration of goal circle fouls to the dot easing administration and increasing safety.
	10-1 Penalties 4c, r; 11-2 Penalties 5a; 13 (NEW)	57	Establishes a penalty zone that must be cleared when a major foul by a defensive player occurs within 8 meters of the goal circle and above the goal line extended, increasing safety around 8-meter free positions.

2019 KEY RULE CHANGES for USL YOUTH Girls
Click [HERE](#) for 2019 USL Youth Girls' Rule Book
COMPLETE LIST OF 2019 RULE CHANGES IS ON PAGE 6:

- a. Introduction of self-start to commence play after a foul or out of bounds.
- b. Creation of a cleared area, the penalty zone applicable for 8-meter penalties at the 10U, 12U and 14U levels.
- c. Introduction of transitional checking at the 14U level.

Competency Level of a Jr Official/Adult Official Officiating Girls Youth Official will:

- ❖ Have a working knowledge of the rules and game procedures (i.e., the draw, the restraining line, etc.).
- ❖ Know how to check basic equipment, playing area and goal area.
- ❖ Have a strong whistle and a pleasant but commanding voice.
- ❖ Demonstrate a sense of confidence — be poised, be pleasant.
- ❖ Have a sense of field positioning.
- ❖ Be able to recognize fouls and enforce the rules with little regard for holding the whistle.
- ❖ Demonstrate correct placement of players after a foul has been called; make an accurate estimation of 4 meters and place the offending player in the correct direction from the person with the ball.
- ❖ Recognize boundaries and call consistently to ensure the safety of the players.
- ❖ Adequately cope with injuries, misconduct, coaches, etc.

Professionalism

It is important as an umpire to present yourself professionally. This means being prepared with the proper uniform and equipment. It means being on time and ready to go. It means knowing the rules and how to enforce them.

In short, BE PREPARED and ready to call a safe and fair game.

Steps to Prepare Yourself

- Contact partner to confirm game site and time or to carpool.
- Confirm location, game time, and partner in Arbiter
- If inclement weather, contact the home coach which is in Arbiter
 - All three items above; partner, coaches, and field locations are found in Arbiter by clicking the far left column w/ the game number.
- Arrive 30 min. before the start of the game. Be dressed and ready to go.
- Have contact information with you.
- Review the rules - over and over and know them.
- Know the set-ups for the five types of fouls. (Major, Minor, Goal Circle, Team, and Misconduct)
- Practice arm signals in front of a mirror.
- Remember your role as an official. Emphasize:
 - **Safety**
 - **Fairness**
 - **Fun**
- **Avoid any Conflicts of Interest.**
- **Remember to get a sideline manager from each team well before the coaches/captains meeting.**

Presentation on the field

- Keep shirts tucked in.
- Loudly blow your whistle; it helps to confirm the call.
- Hustle into position. Lead official stays ahead of the play.
- Lead official moves from quadrant 1 and 2. Trail official moves left and right.
Don't get caught standing in either position.

Ethics

To maintain your professionalism and your responsibilities, it is important to follow ethical guidelines.

- Do not officiate a game in which a family member is participating.
- Junior officials must officiate two levels below your age group.
- Behavior before, during, and after game reflects on you and your officiating team.
- If problems with another official, contact your assignor.
- If problems with parents, fans, and/or coach, contact your assignor.
- Report red cards to your assignor.

2019 NFHS Girls' Lacrosse Rules – **Abbreviated**

These are the basic girls' lacrosse rules broken down by Major and Minor fouls.

*****Italicized & underlined item - mandatory card*** **Bold items - commonly called in youth games**

MAJOR Fouls – Rule 10 – Section 1 p 54	MINOR Fouls – Rule 9 – Section 1
<p>A. Blocking B. Charging C. <u>**Check to the Head</u> D. Crosse in the Sphere</p> <ul style="list-style-type: none"> • Defense-may not reach into or through • Offense-Illegal Cradle <p>E. <u>**Dangerous Contact</u> F. <u>**Dangerous Follow-through</u> G. Dangerous Play H. <u>**Dangerous Propelling</u> I. Dangerous Shot (only applies to shots on goalie) J. False Start K. Forcing Through L. <i>Goal keeper may not line up between RL on draws, take draw or shoot/score for her team</i> M. Holding N. Hooking the crosse O. Illegal Deputy (NOTE: Youth prohibits deputy goalkeepers) P. Illegal Pick Q. Illegal Shot (from an indirect free position) R. Illegal Contact (crosse to body) <u>includes horizontal</u> crosse and cross-checking S. Obstruction of Free Space to Goal (shooting space) T. Playing the Ball off an Opponent (to make it go OB) U. Pushing V. Reach Across the Body W. Rough/Dangerous Check X. <u>**Slash</u> Y. Three seconds (defense) Z. Tripping AA. Check the Crosse of an Opponent when the stick is above the shoulders (Youth only)</p>	<p>A. Body Ball (deliberate action) B. Covering C. Delay of Game (failure to stand-failure to move 4m) D. Early Entry on the Draw E. Empty Stick Check F. Hand Ball G. Illegal Crosse</p> <ul style="list-style-type: none"> • Adjust the stick after a request for stick check <p>H. Illegal Re-entry from Out of Bounds I. Illegal Stick Check</p> <ul style="list-style-type: none"> a. Request any additional crosse inspections beyond the two allowed per team <p>J. Illegal Substitution K. Illegal Timeout (requesting more than 2) L. Improper Equipment</p> <ul style="list-style-type: none"> • Jewelry • Failure to properly wear a mouthpiece • Failure to properly wear eye protection • Illegal Uniform <p>M. Improper Use of Crosse N. Play from OOB O. Resumption of Play - Failure to be ready to start play after timeouts or half time P. Squeeze the Head of Crosse Q. Warding R. Illegal Draw</p> <ul style="list-style-type: none"> •
GOAL CIRCLE Fouls – Rule 7 – Section 1	MISCONDUCT-(Issue a Card) – Rule 6 – Section 8
<p>A. Field player not allowed in to the goal circle unless she is the deputy (MAJOR FOUL) B. Must clear the ball in 10 seconds C. When inside the goal circle, play the ball outside the goal circle in the air or on the ground with her hand D. When grounded outside, draw the ball back into the goal circle E. Step back into the goal circle when she has possession F. Throw any part of her equipment to the deputy G. May not clear by throwing ball with hand Goalkeeper Fouls (Major Fouls): Goalkeeper may not line up between the restraining line during the draw, take the draw, shoot and/or score for her team</p>	<p>A. Excessively rough or dangerous play B. Persistent or flagrant violation of the rules C. Deliberately endangering the safety of an opponent D. Baiting or taunting E. Excessive dissent or abusive language F. Non-playing team member leaving the bench area G. Coach leaving the coaching area H. Any type of behavior which the umpire deems as misconduct I. Re-entering the game before a yellow card has expired J. (All of the misconduct fouls are card able.)</p>
Youth Rules	Youth Rules (continued)
<p>A. U13 & U15 – Modified checking (check below shoulders) B. U11 & U9 – No checking allowed C. Free position at center if 4 goal differential (not for U15) D. Not allowed to follow through into goal circle E. Goalie must have standard. equipment plus pelvic protector F. Defensive 3 seconds – Minor Foul</p>	<p>G. U-11 and below should play 7 v 7 H. U-9 after goals, possession will be taken at the center by the team that was scored upon I. U-9 and below must play 1 v 1 defense in the arc. Three seconds will not apply</p>

The following are the different free position setups based on the foul and the field position.
 CSA = Critical Scoring Area and is defined by the 12 meter fan

OUTSIDE THE CSA		
MAJOR FOULS	MINOR FOULS	
Free position is at the spot of the foul The person who is fouled gets the ball The player committing the foul goes 4 meters BEHIND All other players are moved 4 meters away. Play is restarted	Free position is at the spot of the foul The person who is fouled gets the ball The player committing the foul goes 4 meters AWAY All other players are moved 4 meters away. Play is restarted	
INSIDE THE CSA BUT BELOW THE GOAL LINE EXTENDED (Use of Dots)		
MAJOR FOULS	MINOR FOULS	
Free position on the closest dot The person who is fouled gets the ball The player committing the foul goes 4 meters BEHIND All other players are moved 4 meters away Play is restarted	Free position on the closest dot The person who is fouled gets the ball The player committing the foul goes 4 meters AWAY All other players are moved 4 meters away. Play is restarted	
INSIDE THE CSA AND OUTSIDE THE ARC		
MAJOR FOULS	MINOR FOULS	
Free position is at the spot of the foul The person who is fouled gets the ball The player committing the foul goes 4 meters BEHIND All other players are moved 4 meters away The penalty lane is cleared. IF the goalie did not foul and is in the lane, she may go back to the goal circle Play is restarted	Free position is on the fan at the spot closest to the foul The person who is fouled gets the ball The player committing the foul goes 4 meters AWAY All other players are moved 4 meters away. Umpire says "INDIRECT" Play is restarted	
INSIDE THE CSA AND INSIDE THE ARC		
MAJOR FOULS	MINOR FOULS	
The person who is fouled gets the ball The player committing the foul goes 4 meters BEHIND All other players are moved 4 meters away The arc and penalty lane are cleared If the goalie did not foul and is in the lane or arc, she may go back to the goal circle Play is restarted	Free position is on the fan at the spot closest to the foul The person who is fouled gets the ball The player committing the foul goes 4 meters AWAY All other players are moved 4 meters away. Umpire says INDIRECT Play is restarted	
OFFENSIVE RESTRAINING LINE		
Correct the offside Change of possession at the spot of the ball -If ball is outside the Arc & CSA, setup major foul at the spot of the ball -If ball is in the Arc, possession is taken on the 8m going out -If ball is in CSA below goal line extended, possession is at the closest dot Offense who had the ball goes 4m behind Play is restarted	DEFENSIVE RESTRAINING LINE	
	Correct the offside -If ball is outside the CSA, setup major foul at the spot of the ball -If ball is inside CSA and above the goal line extended, setup major foul at the top of the fan. Clear the lane -If ball is in CSA below the goal line extended, possession is at the closest dot Closest defender goes 4m behind Play is restarted	

Youth Specific Rules

1. Only U13 and below, award possession at center of field if there is a 4 goal differential. The ball must be played (passes) before a legal shot may be taken; the center cannot run & shoot. Team that is behind may choose to still draw.
2. U9 & below, possession of the ball will be given to the team which was scored upon & play restarts at the center.
3. U9 and below, three seconds shall not be in effect. Defensive players are required to play 1v1 defense in the arc. Assess as a Minor Foul.
4. Not allowed to follow through into the goal circle.
5. Goalie must have standard equipment **plus** a pelvic protector. Must wear jersey **over** her pads.
6. Defensive 3 Seconds/Closely Guarded 3 Second Count. (*see below*)
7. U9 & U11 - a player will substitute for a player who receives a yellow card (2 min) or red card (4 min)
8. Goalies must have jersey on outside of pads as expected for all USL games.
9. Goalie may not place ball in back of goal and exit goal circle so that a field player may enter, pick up the ball, and run it down field. No deputy goalie allowed in goal circle. (All levels - Major Foul)
10. Game must not start without a sideline manager from each team.
11. A single coach from each team at the U9 level is allowed to be on the field to help coach their players while staying out of the way and not in the fan.
12. No more than 3 coaches allowed in the defined coaching area. **Violation is MISCONDUCT**

Closely Guarded 3 Second Count

Regarding the closely guarded 3 second count (Defensive 3 Seconds). Attack holds the ball three seconds - change of possession to defender, **minor foul**.

Remember, 3 things have to be in place before you start the count:

1. Checkable position if checking was allowed - The defender must be in a good defensive position where if she COULD check, it would be legal. Reaching across the player's body with a stick is NOT a legal position as you cannot come across the body to check.
2. Two hands on stick by defense - The defender **MUST have both hands on her stick**, they **CANNOT** hold out her stick with one hand.
3. The *defender* **MUST** be STICK SIDE to the girl who has the ball. (You cannot give a 3 second count if you have a defender on the left side of the ball carrier who is cradling on her right).

This is very important as you don't want to award the defender the ball if all 3 of these rules aren't met. Make sure you're giving a verbal **AND** visual hand signal.

You should be blowing your whistle ON the count of "3"

Rule 7 Penalty Administration

Mechanics and Thought Process

Mechanics *are* the non-verbal communication that demonstrates the results of judging a foul and then the subsequent thought process that involves questions and answers relative to the foul and penalty administration.

MECHANICS	THINKING
WHISTLE (varied tone)	See a foul. You have made a judgment. You need to stop play. Blow your whistle. Insist that everyone STANDS. The umpires need not “stand”. The umpire needs to move only as much as needed to communicate and to be in position for the restart. <u>Do not walk toward players to administer.</u>
FOUL SIGNAL	What is the foul? Show a foul signal. Be demonstrative. Hold the signal long enough to communicate with partner(s), players, coaches, and spectators. What type of foul was committed? (Major, Minor, Goal Circle, RL or Team, Misconduct?)
DIRECTION SIGNAL (snap it out)	Who committed the foul? Is the OFFENDER <i>offense or defense</i> ? <u>With your back to the sideline</u> , put up your arm so that it is horizontal or slightly above horizontal; hold your arm in that position momentarily in order to effectively communicate with partner(s), players, coaches, and spectators. VERBALIZE the “offending player’s number” and “uniform color”. “12 white, go behind”
B.O.O.	B.O.O. “B=Ball”; “O=Offender”; O=Others”
BALL	Who gets the BALL and where? Where was the foul committed? (mid-field, over the RL, CSA, 12mFan, 8m Arc, the goal circle?) What type of foul was committed? (Major, Minor, Goal Circle, RL or Team, Misconduct?) Where the foul was committed and what type of foul was committed dictates where the player with the BALL will go. Review these specific details. (see back of Abbreviated Rules)
OFFENDER	Where does the OFFENDER go? Depends on the type of foul (Major, Minor, Goal Circle, RL or, Misconduct?) and where the foul occurred (mid-field, over the RL, CSA, 12mFan, 8m Arc, the goal circle?) Review these specific details. (see back of Abbreviated Rules)
OTHERS	Where do all the OTHER players go? Depends on the type of foul (Major, Minor, Goal Circle, RL, Misconduct?) and where the foul occurred (mid-field, over the RL, CSA, 12mFan, 8m Arc, the goal circle?) Review these specific details.(Chart) Are all players 4 meters away? <u>Insist</u> on 4 meters of space! Where do I, the umpire, need to be positioned? I have completed “B.O.O.” and <u>I need to anticipate what will happen next.</u> Move and position yourself to be ready to restart play. Do not raise your arm yet!
WHISTLE/DROP ARM	Quick eye contact with partner(s) Restart Play --- Raise your arm just prior to blowing your whistle and drop your arm after blowing Your whistle. Watch carefully --- Did any player creep? Did any player false start? Did I cause the false start by my mechanics?

1. **Practice** the “Mechanics” and the “Thought Process”. Repetition will increase the speed with which you are able to administer penalties for the fouls that have been committed.
2. **Practice** with a variety of examples of fouls that occur in a variety of places on the field.
3. **Practice** in front of a mirror.
4. **Practice** in front of a group.

Penalty Administration – Carding - (Use of Cards)

For every card, the offending team plays down a player inside the restraining line on both ends of the field.

Starting with a teams' 4th card, the team plays down a player inside the restraining line on both ends of the field for the remainder of the game. They will play down an additional player for each subsequent card.

The rules committee reminds coaches and umpires of the following:

Administering the Card: Umpires should again review the proper procedure for administering a card. Every attempt should be made to have the carded player approach the umpire when the card is shown so it is clear to the scorer's table personnel and the coach which player is receiving the card. The official who is table side is also instructed to approach the table and be sure the card is noted correctly. The umpire issuing any card should have **only that card in her hand** so there is no confusion as to what type of card is being shown. If cards are clipped or tied together, they need to be separated.

Carding/Suspension of Coaches and Team Personnel

1. Call a time out.
2. Turn and face the score table.
3. Show appropriate card: yellow (warning); 2nd yellow (suspension); red (ejection)
4. Make eye contact with partner(s) to make sure he/she is aware of the card.
5. Penalize as a major foul; **A player is removed** from the field for a warning, suspension, or ejection.
The team must play down for 2 minutes.
6. Table side umpire repeats the foul and shows the card to relay info to the table.
7. Coach or team personnel must leave the area (including spectator area) if it is a suspension, (two yellow cards) or an ejection (red card).
8. Make eye contact with partner.
9. Restart play with whistle and arm signal.
10. If a coach or team personnel refuses to leave, a forfeit may be declared. (Rule 4 - a Forfeited Game)

Delay of Game – Use of Green Card AND Yellow Card at the same time

1. Call a time out.
2. Turn and face the scorer's table. **Hold up a green and yellow card.**
3. **Say:** "Delay of game on (color, number) for (name the foul and use proper mechanic if there is one)"
 - **Green** - (minor foul) – presented to the offending team and a change of possession occurs if applicable.
No one leaves the game.
 - **Green & Yellow** - (major foul) – awarded to the actual player who committed the foul - **the offending player leaves the game for 2 min** and a change of possession occurs if applicable. This card is not included in the team card count.
 - **Yellow** - (major foul) – awarded to the actual player who committed the foul. The offending player must leave the field for **2 minutes** of elapsed playing time. Change of possession occurs if applicable. This card is included in the team card count.
4. Continuous delay of game cards should be awarded as a plain yellow card.

Yellow card (warning)

1. Call a time out.
2. Turn and face the scorer's table. **Hold up a Yellow card.**

Say: "Yellow card on (color, number) for (name the foul and use proper mechanic if there is one)"

Player leaves the field for 2 minutes of elapsed playing time.

3. **No substitute, no player behind.**
4. Eye contact with partner(s) to be certain of understanding.
5. One of the umpires needs to keep track of the card, number of player and time of the foul.
6. Make eye contact with partner(s) before restarting play.
7. Restart play with whistle and arm signal.
8. Responsibilities of other umpires during card administration.
9. Table umpire makes sure the official scorer has placed a 'Y' next to the correct player's number.
10. Official Timer's will notify the coach when her player's 2 minute penalty is up.
11. Goalkeeper situations.

2nd Yellow card (Suspension) ***(A second yellow card does NOT equal a red card)***

1. Call a time out.
2. Turn and face the scorer's table.

Hold yellow card up with one hand and put two fingers up with the other hand.

Say: "Yellow card on (color, number) for (name the foul and use proper mechanic if there is one)"

Player leaves the field for 2 minutes of elapsed playing time.

3. Eye contact with partner to be certain of understanding.
4. One of the umpires needs to keep track of the card, number of player and time of the foul.
5. Make eye contact with partner(s) before restarting play.
6. Restart play with whistle and arm signal.
7. Responsibilities of other umpires during card administration.
8. Table umpire makes sure the official scorer has placed a 'YY' next to the correct player's number
9. **No substitute, no one behind. No substitute for 2 minutes. Player must leave the field for the remainder of the game.**
10. Official Timer will notify the coach when 2 minute penalty is up.
11. Goalkeeper situations.

Red card (Ejection)

1. Call a time out.
2. Turn and face the scorer's table. **Hold up a red card.**

Say: "Red card on (color, number) for (name the foul and use proper mechanic if there is one)"

Player must leave the field for the remainder of the game.

No substitute for 4 minutes, no one is placed behind.

3. Eye contact with partner(s) to be certain of understanding.
4. If the player is a goalie she must leave the game; another goalie must take her place; the coach will choose a field player to serve the 4 minute penalty.
5. Table side umpire checks with official scorer to be sure an 'R' has been written next to the offending player's number.
6. Eye contact before restarting play with whistle and arm signal.
7. Official Timer will notify the coach when the 4 minute penalty is up.
8. Note: Be aware of any paperwork that may be necessary to complete after a game where a red card/ejection has been issued by contacting CHSAA (high school) or the assignor (youth).

Rule 7 Penalty Administration – Situations

“Putting It All Together”

It’s okay to talk to yourself during the game as to what you are seeing.

These Activities were developed to be used at training. Get in groups of 4 or 5 to work through the different activities. Use any manipulative that may be useful.

Activity 1

Review and demonstrate mechanics

1. Stop (Whistle/Freeze)
2. 2 Signals – Foul + Direction
3. Administration **B.O.O.** = **B**all, **O**ffender; **O**thers
4. Start (Whistle and Arm)

Activity 2

Review the “Thought Process” for fouls

1. What did you see? A foul
2. Blow the whistle = stand
3. What’s foul? “Name that foul”
4. Foul signal
5. What is the foul category? Major, Minor, GC, Team, Misconduct
6. Who committed the foul: Attack or Defense?
7. Direction signal
8. Where on the field did the foul occur?
9. Penalty administration: **B.O.O.** = **B**all – **O**ffender – **O**thers
 - (Reminder: Where players are positioned depends on the foul category --- Major, Minor, Goal Circle --- and where the foul occurred on the field.)
10. Eye contact with partner
11. Restart: arm up, whistle, drop arm

Activity 3

Review the requirements for setting up a free position in the CSA that requires clearing the “penalty lane”.

1. What is the “penalty lane”?
2. When is it cleared?
3. What is the proper set up when there is an 8m free position on the “hanging hash”?
4. What is the proper set up when there is a free position outside the 8m arc but in the CSA?
5. What is the proper set up when there is an 8m free position on the first inside hash?

Activity 4

Game Situation examples:

Blue player commits an empty stick check foul on red's stick when they are in each of the following locations. What is the penalty administration?

- In the center circle
- Below the RL
- In the CSA which is above the goal line extended and out of the arc
- In the 8m arc
- Below the GL (use the dots)

Additional Game Situations

Take any foul and move it to different places on the field with different offenders, such as the Red attack or the Blue defense, then follow the steps required for each situation. Be sure to include all foul categories: mandatory cards, goal circle, major and minor foul, Rule Modifications for all youth levels – FC, A, B, C.

Important Note:

If in a game, it is taking too long to set something up/communicate fouls (or partner cannot remember how!), **call time-out**, confer, and set it up properly.

Activity 5

Review these different set ups. Then have a person or class demonstrate the mechanics of the penalty administration. Likewise, participants can role play the players involved with the penalty while another is the umpire. Use the following foul situations in various places on the field to practice proper set-ups:

- Major foul by the defense – inside the CSA but outside the 8m arc with and without players in the penalty lane
- Major foul by the defense – inside the CSA and inside the 8m arc
- Major foul by the defense – scoring play and FP to be awarded
 - Inside CSA but outside the 8m arc (no additional fouls)
 - Inside CSA but outside the 8m arc with more than one foul
 - Inside CSA and inside the 8m arc with more than one foul
 - Attack fouls after and at the same time the defense fouls
- Major foul by the offense – inside the CSA but outside the 8m arc
- Major foul by the offense –inside the 8m arc
- Major foul by the offense – dangerous shot
- Major foul by the offense – dangerous follow through
- Major foul by the offense – dangerous propel

Activity 6

Offsetting and Subsequent Fouls

Practice setting up a variety of situations such as those in the Umpire Manual in Part 4.

Remember that offsetting/simultaneous fouls require **alternate possession** be administered and subsequent fouls require that a **free position be administered**.

Youth Pregame Checklist

Attire

1. Whistle, flag, pencil, cards
2. While on the field, all accessories are black; hat/visor, jackets, sweats, gloves, etc.
3. Local board approved striped shirt - shirt tucked in, be neat and presentable
4. Look Professional –hair tied back; keep jewelry to a minimum

Meet Coaches

1. Intro self to coaches
2. Ask who the sideline managers are and let them know that they need to be at the coaches'/captains' meeting when it occurs about 10 minutes before the game
3. Ask them if they have **NOCSAE standard balls** (ball needs to say it)
4. Look for each goalie and remind the coaches that the goalie must have the **jersey over the pads**

Walk Field

1. Walk around field together and note what color the lines are
2. Check the nets
3. Be sure the goal is lined up on the goal line correctly
4. Note any hazards on the field such as holes, protruding sprinkler heads, etc.
5. **If possible before the captains and coaches meeting**, go over the clock with the timer, 20 or 25 minute halves, 5 minute half time, running clock, stopped clock **within** the last 2 minutes which means that the time is 2:04 and it is taking a long time for the officials to set up the foul, you do not stop the clock, but when it gets to 2:00, let the clock run and then stop the clock on every whistle **within** those two minutes

Coaches and Captains Meeting

1. Introduce yourself and have everyone in the circle introduce themselves
2. Ask the coaches, **“Is all of the equipment certified for this level of play?”**
3. Let the group know the boundary color and anything else that you noticed while walking the field
4. Let them know that there will be two 20 minute halves (U11 and below) with running clock, stopped clock in the last two minutes, and a 5 minute half time (U15 & U13 play 25 minute halves)
5. Clarify what level the kids are and be sure everyone knows if there is modified checking or no checking, whether or not the sticks need to have a legal pocket, etc.
6. Ask if they have any questions on the rules, it might be a good idea to go over the 3 second possession rule
7. Do a coin toss. Visiting team calls the heads or tails and whoever wins gets to pick the side they want to defend or if they want the first alternating possession. The home team gets the other.

Stick Check – When the coach’s and captains’ meeting is done, tell them you are doing a stick check now.

1. Check if the pocket is legal if it is a 6th grade or higher game
2. You are looking whether each player has **goggles**, a **colored mouth guard with NO teeth markings** that is **not** white or clear, and they may not have anything protruding from the mouth guard. Definitely not attached to goggles.
3. Check for **jewelry**, **bracelets** of any kind on the **wrist and ankle**, and players are **not allowed to tape any type of jewelry**.
4. Goalie: check length of stick, mouth guard, separate throat protector, chest protector, padded shorts, shin guards, gloves, and **the jersey is OVER the chest protector**.

Sideline Manager

1. Let them know that they are to watch the fans on the sidelines and also keep an eye on the coaches
2. If there is inappropriate behavior we would like them to take care of it, fans are encouraged to cheer appropriately for their team and not against the other team or the officials
3. If needed, get the attention of the officials so that they can approach the coach to take care of the fans
4. If that does not help, then the game can be called
5. If it is the coach that is the problem, it is appropriate to issue a card
6. Both sideline managers should stay on the side with the fans.

Misc.

1. Arrive at least 25-30 minutes before game time
2. Positioning & anticipation – keep moving to be in the best position to see play, **Don't Stand Still**
3. Use the “quadrants” to assist in continually moving to see the play when you are in “lead” so that you stay out of the “trough”
4. Voice Commands – firm but friendly
5. Crisp whistle
6. **ALWAYS** give directional signal
7. Official opposite the scorer's table always starts the draw at the beginning of the game and the beginning of the second half
8. Be sure to walk off the field together at the end of the game to show a unified front

Time Factors & Scoring

*Go over the info below with the timer **BEFORE** the game.*

1. 20 or 25 min halves
2. 5 minute half time
3. Running clock
4. Stop Clock in the last 2 minutes of each half on every whistle, INSIDE 2 minutes
5. NO OVERTIME – Regular season games
6. 4 Goal Differential – the team that is behind gets the ball at center and that person cannot run down and score. (Does not apply to U15)

