



# Three-Man Mechanics for NCAA (Short Version)

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## Acknowledgements

- The US Lacrosse Men's Division Officials Council Training Committee would like to acknowledge:
  - John Hill and David Seidman for the development of the mechanics in this presentation
  - Harold Buck for the development of this presentation
- For comments, corrections, and suggestions, contact Harold Buck at [lax.ref@comcast.net](mailto:lax.ref@comcast.net)

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## NCAA lost/broken equipment

- A1 with possession loses glove, shoe, or helmet and maintains possession: stop play and award possession to Team A (no goal)
- Technical for participating in the play as a def. player after losing equipment on the field other than the mouthpiece, or participating in play after chinstrap warning
- Must stop play immediately for any player without required protective gear in a scrimmage area

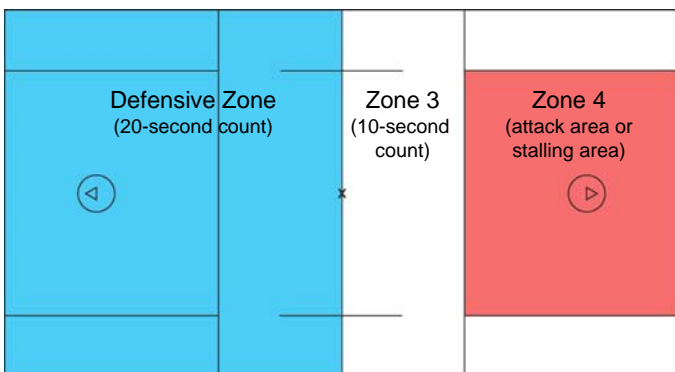
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## Terminology

- Three officials:
  - Referee (R)
  - Umpire (U)
  - Field Judge (FJ)
- During a face-off:
  - Face-off (F)
  - Bench-side (B)
  - Single (S)
- During play:
  - Lead (L)
  - Single (S)
  - Trail (T)

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## Zones of the field (NCAA/NFHS)



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Photo by Jim Manahan

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## Pre-whistle F/O violations II (NCAA)

- Offending team F/O man must sub out
- New **T** and/or **F** must flag delay (e.g. rolling ball away, withholding, violation of 5 yards) or participation from player subbing out
- When ball is in possession on offensive end within 10 yards midfield, new **F** starts play and **S** has 10-second count
- Need not bring player to stop if he had to retrieve ball from his defensive end

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Photo by David Seidman

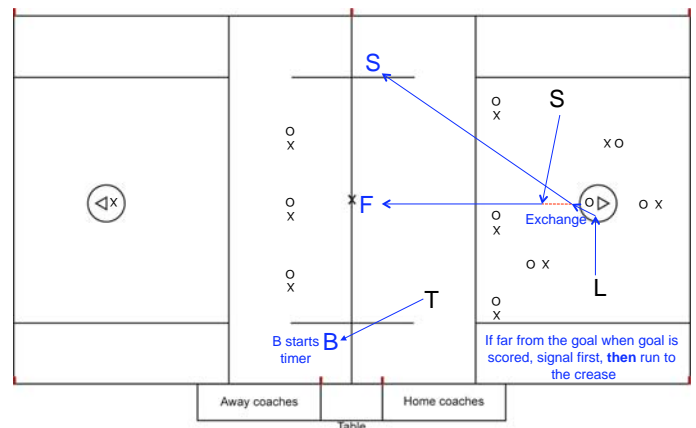
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## Goal scored I

- **L** normally runs to crease, signals goal for 2–3 seconds, watches defense, gets ball
- **S** signals goal **only if L** doesn't see it
- **S** watches for late hits/post-goal issues, moves into attack area, watches offense
- **T** also watches for late hits and monitors the both teams and the benches

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## Goal scored—right side



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Photo by David Seidman

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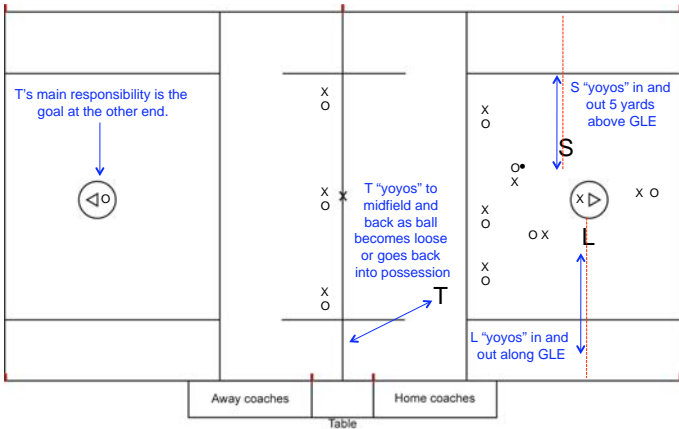
## 20-second timer mechanics

- **T** has 4-count, if any, and 20-timer:
  - Click timer (fist pump optional) for 1
  - Do a hand count for 2, 3, 4
- Stay with the ball during clear
- When appropriate, *turn off timer* (look for **S** counting or giving the “clear” signal)
- When restarting count (play-on, double change of possession), give “reset” signal

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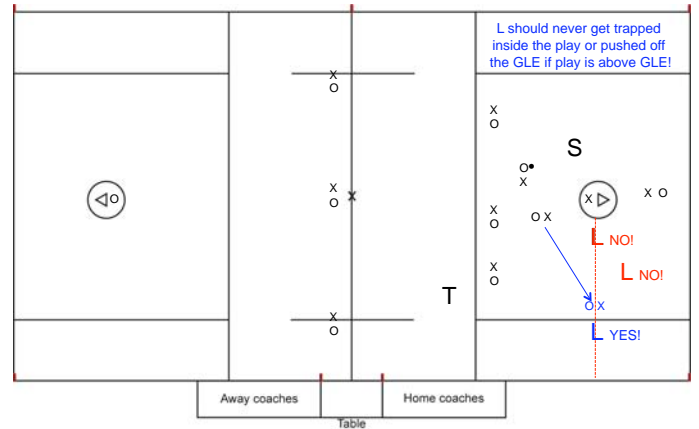


### Settled situations I



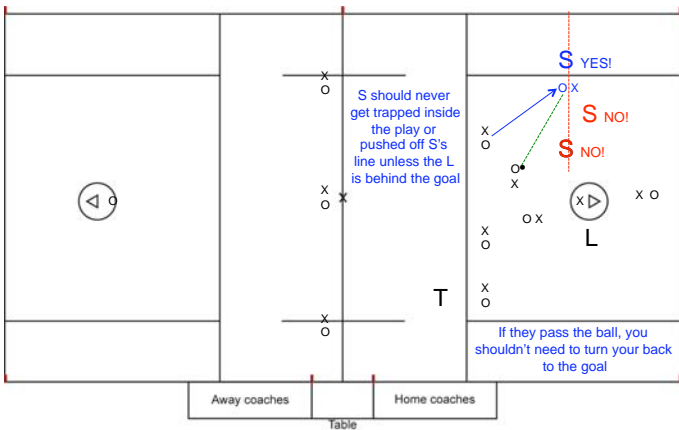
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### Settled situations II



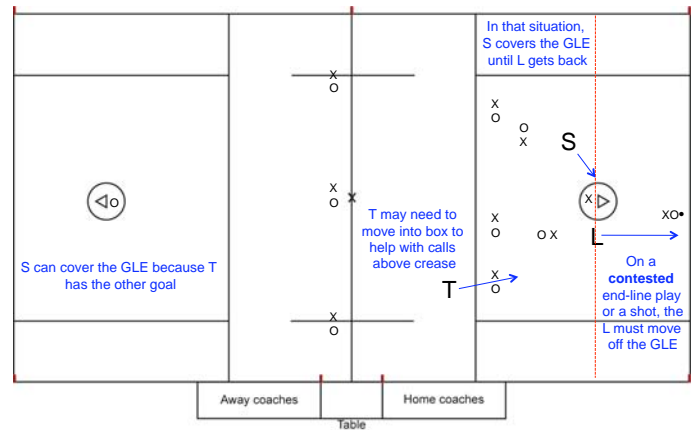
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### Settled situations III



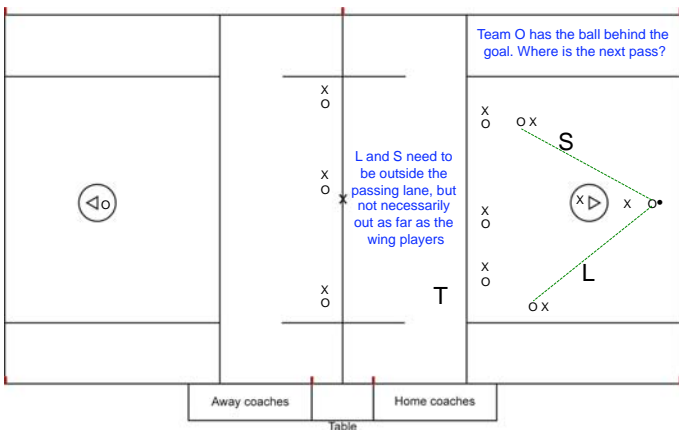
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### End line coverage



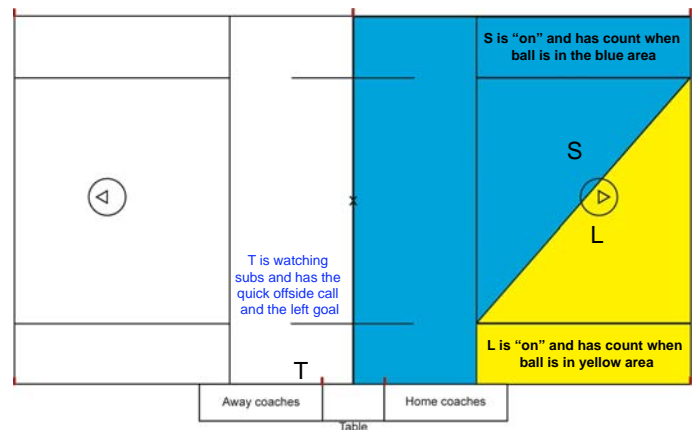
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### Next pass



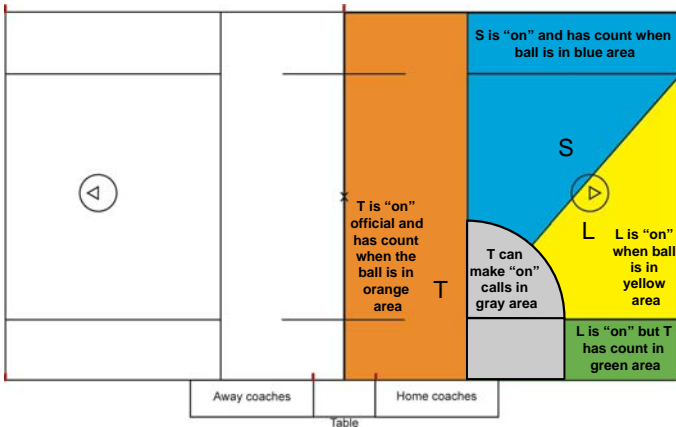
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### On/off before Trail is in play



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## On/off after Trail is in play



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## Counts I



- The count is a visual count; **do not count out loud**
- S** always has the first count across midfield
- Until **T** is in the play, **S** has the count unless the ball comes out in **L**'s alley
- Once the **T** is in the play, **T** has the count unless the ball comes out in the **S**'s alley

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## Counts II

- If you do not have the count and the ball goes into the box in your alley, hand up for 2–3 seconds, then point into box
- Switch arms if one count ends and a new count begins immediately
- Use "reset" signal (twirl finger in the circle overhead) to indicate new count on changes of possession or after a play-on
- T** always has the 4-count and 20-timer

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Photo by Spencer Norcross

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## End line out of bounds

- L** covers all **contested** plays behind the goal; **S** covers goal until **L** returns
- L must** chase shots to the end line and has all end line out-of-bounds calls
- On shots, possession to team with in-bounds player's body closest to ball when it breaks the plane of the sideline (horn allowed) or end line
- Play can start inside the attack area for an end line OOB if there are no fouls

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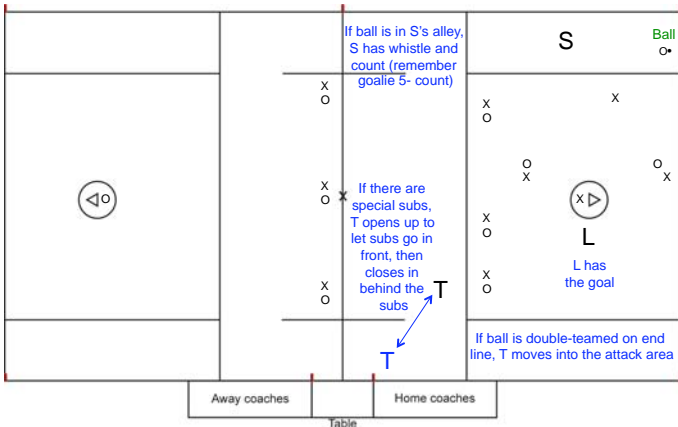
## End line out of bounds signals

- Whistle *simultaneously* with dead-ball signal
- For a player stepping out on the end line, point to the end line with a sweeping gesture
- Point direction of play; don't point across body
- L** must get back to GLE **before** restarting play unless there is a contested play on the end line
- Start a 5-count if no player picks up the ball



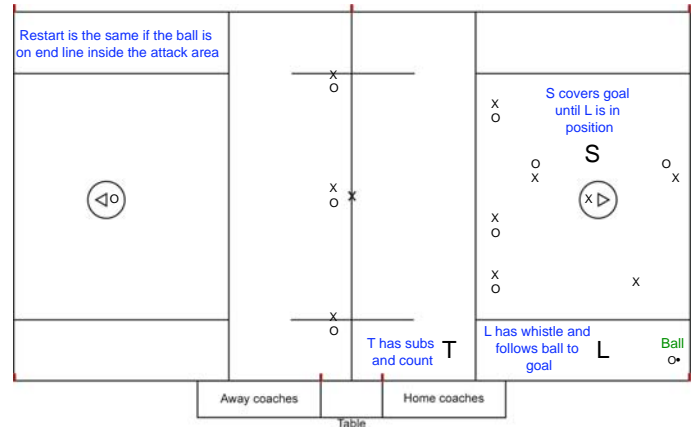
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## End line offensive restart—far side



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## End line offensive restart—bench side



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## Sideline out of bounds signals



- Whistle *simultaneously* with dead-ball signal
- Player stepped out: sweeping point at line
- Point in the direction of play and call color of team getting ball (e.g., “Blue!”)
- Both hands up to indicate that a horn is allowed

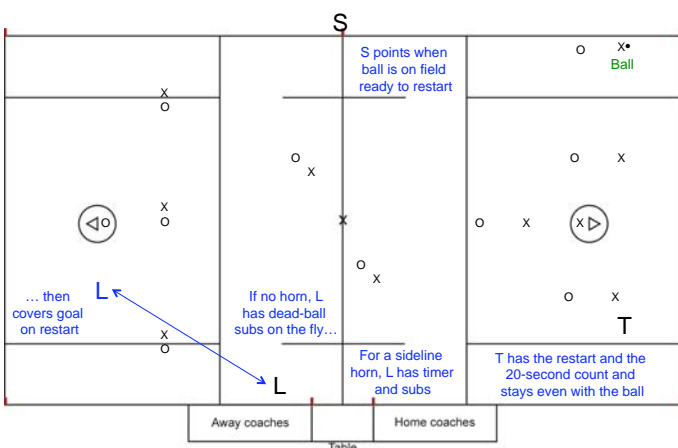
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## Sideline out of bounds

- L has bench sideline until T is in the play; S always has far sideline
- T official starts timer and keeps arms up:
  - For 3–5 seconds if no horn
  - Until teams are done subbing or until timer goes off if there is a horn

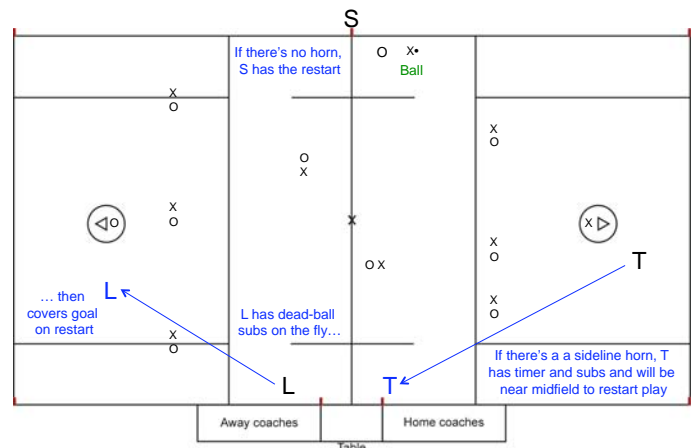
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## End line/sideline defensive restart



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## Sideline midfield restart



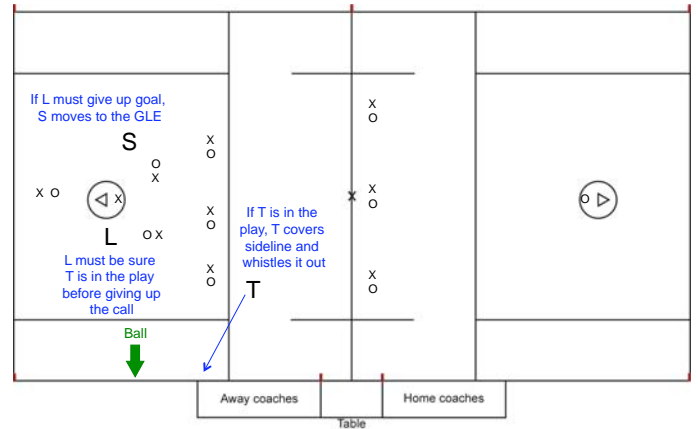
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## Sideline out of bounds



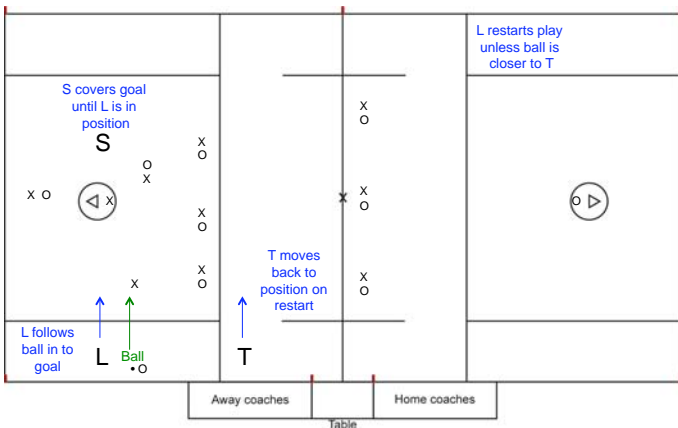
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## Bench-side alley out of bounds



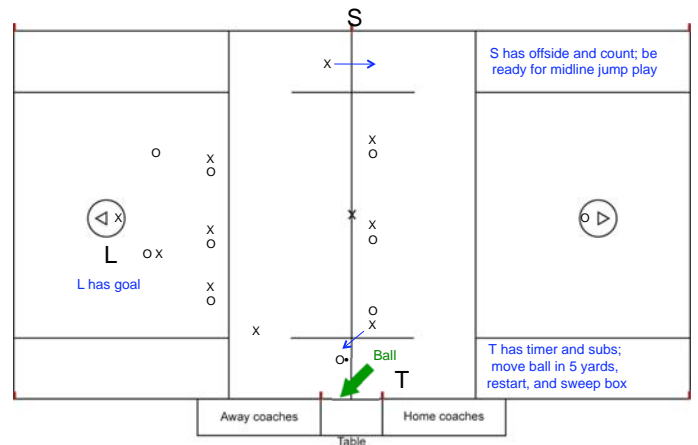
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## Bench-side alley restart



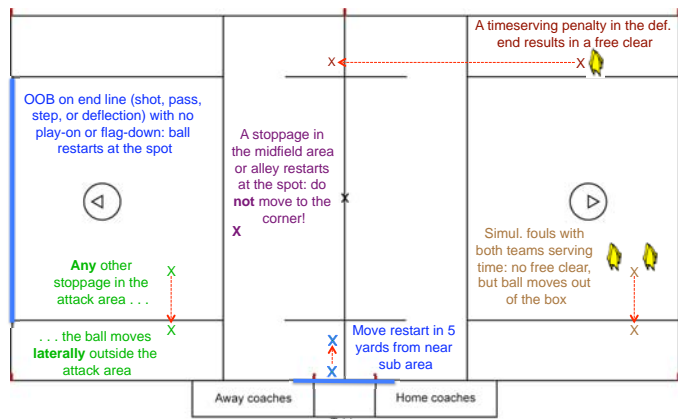
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## Sub area out of bounds



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## Restart Location



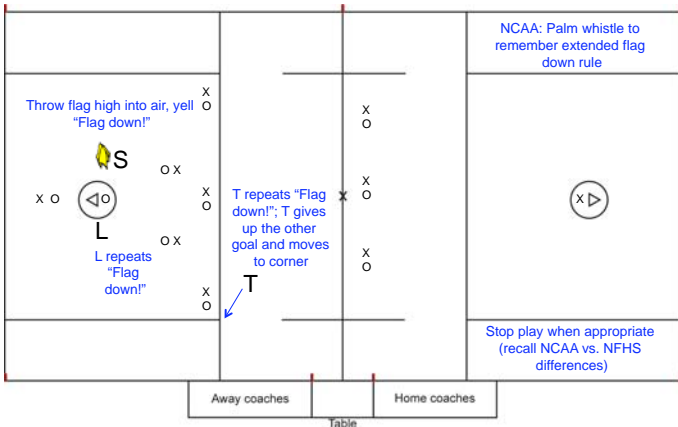
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Photo by David Seidman

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## Flag down



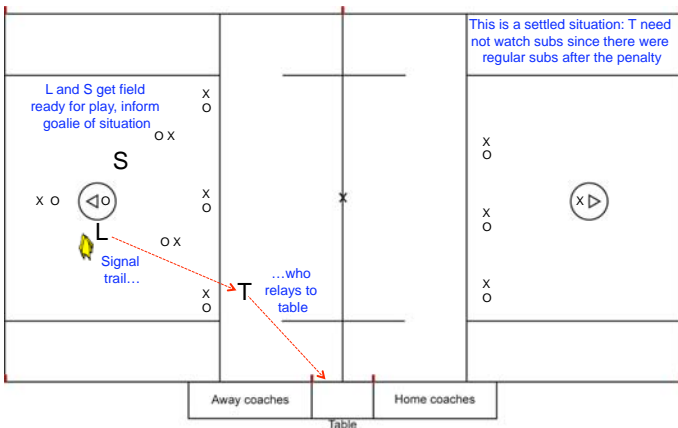
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## Signaling time-serving fouls

- Watch residual action
- Sort out multiple flags (same fouls or not?)
- Briefly inform player, then partner
- T finds open space, plant feet, pauses
- Report **C**olor, **N**umber, **O**ffense, **T**ime, **E**xplanation (restart/NR) (**C-NOTE**)
- T starts timer; L and S should have field ready
- Don't start until you get point from partners

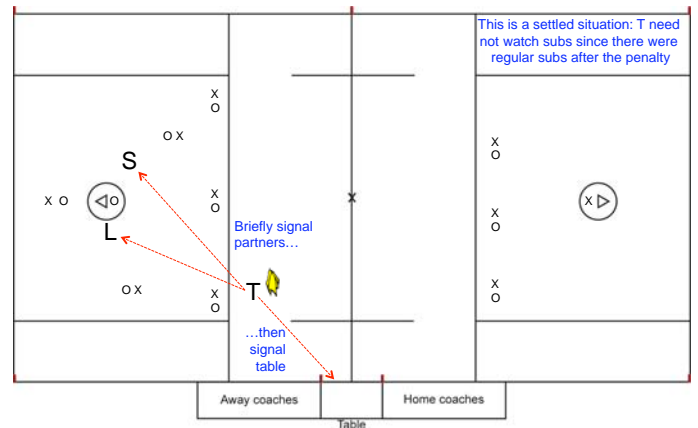
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## Signaling penalties (Lead or Single)



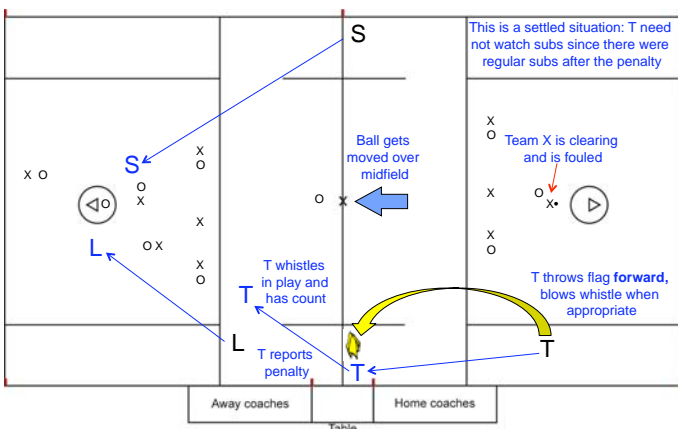
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## Signaling penalties (Trail)



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## Free clear (time served)



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## Goal scored on a flag down

- Report personal foul as usual; make sure teams know it will be a man-down face-off
- For a technical foul, signal:



"Goal is good."



"There is a push..."



"...which is wiped out by the goal."



"The goal is good."

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Photo by Justin Wetterer

## Dead balls

- There is :
  - An action requiring a whistle to stop play
  - A pause while the official recognizes it
  - The sounding of the whistle
- The dead ball begins with the action *requiring a whistle*
- Any foul that occurs during a dead ball is a dead-ball foul even if it happens during the pause between recognition and whistle

## Assessing dead-ball fouls

- Dead-ball fouls are enforced in sequence
- Technicals may be possession fouls or time-serving, depending who's due possession.
- Treat a foul with a face-off pending like a loose-ball foul: award possession for a technical and flag a personal
- Use the dead-ball foul signal when necessary



## Situation #1

- **Play:** B1 illegally body checks A1 **before** ball enters the goal (**not** a dead-ball foul)
- **Signal:** "Blue, #1, illegal body check, one minute. Goal is good. Face-off."



## Situation #2

- **Play:** B1 illegally body checks A1 **after** ball enters the goal
- **Signal:** "Blue, #1, dead ball, illegal body check, 1 minute. Goal is good. White ball."



## Live-ball vs. dead ball fouls (on opposing teams)

- For "live-ball, live ball," you have simultaneous fouls and no free clear ("Live-ball, live-ball, leave it")
- For "live-ball, dead ball," enforce in the order they occurred and award a free clear ("Live ball, dead ball, dead center")
- In both cases, common penalty time is non-releasable (NCAA 7-2-d)



Photo by Justin Wetterer



## Play on



- Yell “Play on!” and give the play-on signal
- If no clear advantage, kill play within 1 second. If offended team is likely to gain and **maintain** possession, allow it to go up to 3 seconds (normally)
- If the offended team gets possession, **point in the direction of play and indicate the offended team (e.g., “Blue ball!”)** to signal the end of the play-on

## Signaling possession-change fouls

- Watch for residual action from play
- Short: “Loose ... push ... blue ball!” or even “Push ... blue ball!”
- Make call loud and clear, with big signals
- Move ball out of Zone 4 if necessary
- **Quick restart:** everyone should be “in the play” (*exceptions:* 5-count for GK out of crease, player too close on free play)

## Signaling violations

Let everyone know exactly what the foul was as quickly as possible. Which accomplishes this best?



“Illegal procedure!  
White ball!”

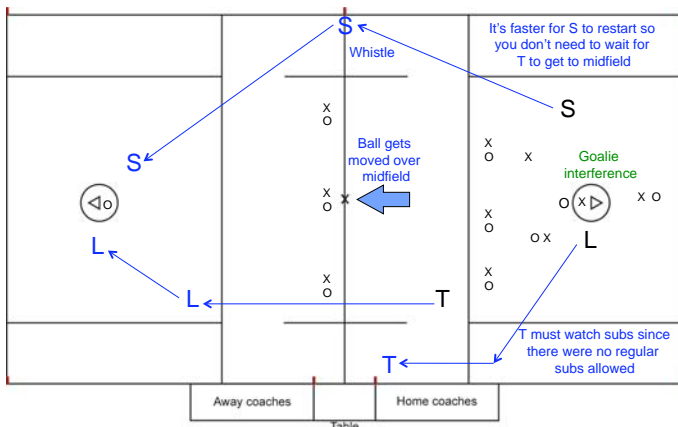


“Illegal procedure!  
Blue number 27 is playing from out of bounds! We’re going White!”



“Playing from out of bounds! White ball!”

## Free clear (no time served)



## Ball-in-flight technical foul

If A1 passes the ball and B1 commits a technical foul while the ball is in flight:

- Call play-on
- Award possession if the pass is incomplete
- End the play-on (“Blue ball” and point) if the pass is completed

**Note:** NFHS 4.5 Situation was changed by and NFHS bulletin on 1/22/09



Photo by Dave Adams

## Equipment checks

- Complete check in 20 seconds; if it takes more than 5 seconds to determine legality on any aspect, move on
- If the stick is illegal, report everything that is wrong
- Penalize most serious violation from crosse and equipment, but report all violations

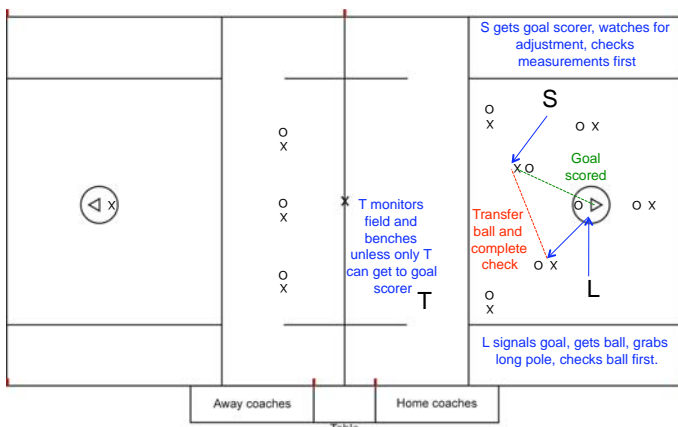
## Equipment check after goal

- For a scheduled check after a goal, the closest official gets the goal scorer
- Normally, **S** gets goal scorer and **L** gets a long pole
- Other official—usually **T**—monitors field
- Postpone scheduled check if flag down
- Communicate to make sure you have a player from each team

## Goal scorer adjusting crosse

- **S** watches goal scorer and yells “Don’t touch your stick! Please give me the stick!”
- **T** also watches goal scorer
- Goal disallowed for pulling strings **before or after** or adjustment **after** request
- If no check was planned but the scorer pulls the strings shortly after the goal, goal is disallowed and 1-minute USC is served
- Adjusting the crosse is a 1-minute USC

## Equipment check—goal scored



## Equipment check before faceoff

If you check before a face-off, do it as soon as the players you intend to check are on the field; don’t wait for the field to be set first

There are three options:

- **S** comes in to center to check face-off middies with **F** official. **B** monitors field.
- **F** comes to wing area to check middies with **B** official. **S** monitors field.
- **F** comes to wing area to check middies with **S** official. **B** monitors field.

## Equipment check during timeout or between periods

- **L** checks a player on the way to bench on **L**'s side of midfield
- **T** checks a player on the way to bench on **T**'s side of midfield
- **S** monitors field
- Do not pull players out of huddle
- These are good opportunities to “catch up” on checks during a low-scoring game

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Photo by David Seidman

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## Timeouts

- Can be called by *head coach* or any player on field
- Dead ball: either team can call
- Live ball:
  - NCAA: only with possession across restraining line in offensive end
  - NFHS: with possession anywhere
- Bench-side officials watch teams cross
- Be sure teams know which team called it



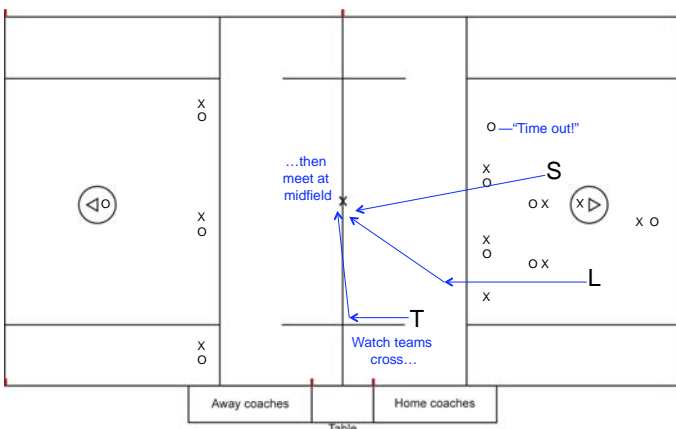
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## Timeouts mechanics I

- When you determine that a timeout can be granted blow your whistle
- During dead ball: don't blow whistle if you can avoid it (blow repeatedly if people might think you're trying to start play)
- Wave both arms overhead
- Point to bench of team calling timeout for a team timeout
- Tap your chest for an official's timeout

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## Timeouts



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## Timeout mechanics II

- T starts 1:40 timer when teams have had enough time to get to their benches
- Be sure you and teams know where ball is starting
- Meet at midfield: record timeout (time in period), discuss game situation
- Sound whistle and start beeper at 1:40 or when team *calling* timeout returns to field

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# Stalling

Photo by Spencer Norcross

## Stalling I

- Be aware of NCAA vs. NFHS differences
- Verbally consult with partners before warning
- When appropriate, yell “Keep it in!” and give the arm signal
- Avoid trapping the team as they step in and out of the attack area

## Stalling II

- On restart, remind teams if warning is on
- If the ball leaves the attack area other than by a shot or a defensive deflection, possible play-on
- If the ball leaves Zone 4 after being last touched by the defense, signal “Tipped ball!”; either team may recover, but renew warning if offense recovers

## Stalling III

- Stall warnings should be given early in the game if appropriate whether team is leading or trailing
- A man-down team may be warned for stalling
- Warning in last two minutes for team in the lead is automatic: it is a violation to come out even if the officials forget to give the “keep it in” warning



Photo by Dave Adams

## Inadvertent whistle



- If Team A has possession, Team A keeps possession
- If the ball is loose in the crease, the defense is awarded possession
- If the ball is loose outside the crease, award by alternate possession

## Inadvertent flag



- Stop play at the earliest point not interfering with an imminent scoring opportunity (see rules for shot taken)
- Wave off the flag
- If Team A has possession at the time of the flag, Team A keeps possession
- If the ball is loose at the time of the flag, award by alternate possession (except if ball is in crease: award to defense in alley)

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Photo by Justin Wetterer

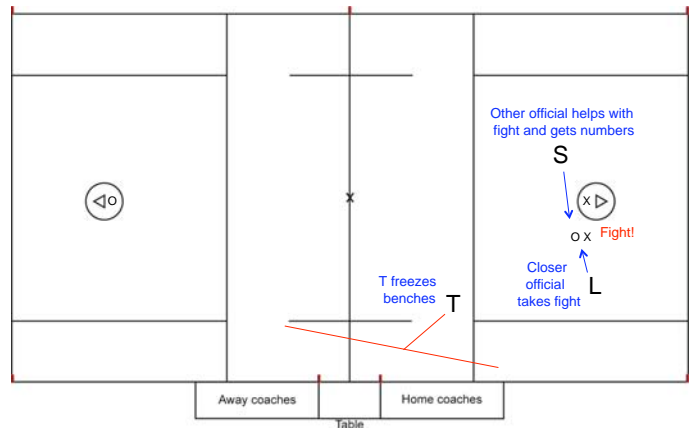
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## Official nearest the incident

- Gets in early and stop before it starts
- Remembers color/numbers of players involved and the sequence of involvement
- **Note:** Officials *may* attempt to physically separate players if they believe it can be done without endangering the safety of the players or the officials. *Do not risk personal injury to separate players.*

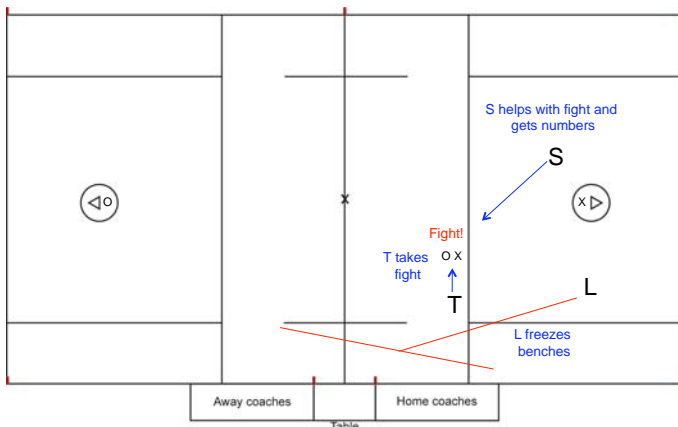
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## Fight in front of Lead or Single



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## Fight in front of Trail



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Photo by Jim Manahan

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## Lost/broken crosse

- Participating in play without crosse or with a broken crosse is illegal procedure
- Stop play immediately if broken crosse creates a dangerous situation
- Player can drop broken crosse and run off or carry it off the field
- Play is stopped immediately for **broken** goalie crosse

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## Lost/broken goalie equipment

- If goalie breaks his crosse or loses or breaks any other required equipment, stop play immediately (allow shot in flight to conclude)
- Award possession as with inadvertent whistle
- USC for intentional lost equip. to stop play
- Goalie playing without crosse is a technical foul

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## Post-game

- Come close to the ball at horn to discourage post-game "issues"
- You have jurisdiction and can expel people after horn (suspensions to be served)
- Watch teams cross to benches, then quickly leave field as a crew (don't stay for handshake unless state requires you to)
- Call assigner ASAP if necessary (e.g., fights, expulsions); follow with written report

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