



FEDERATION OF INTERNATIONAL LACROSSE
2016-2017 Referee Manual - Men's Field Lacrosse





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DEDICATION

The Iroquois believe that Lacrosse is a sacred game, a gift from The Creator, and that, when a lacrosse match is to take place, The Great Spirit passes over the ground on which it is to be played and blesses the participants and their lacrosse sticks.

The official who has competently handled a difficult lacrosse match knows that The Great Spirit also blesses the deserving Referee.

This manual is dedicated to those in stripes who aspire to be blessed by The Great Spirit.

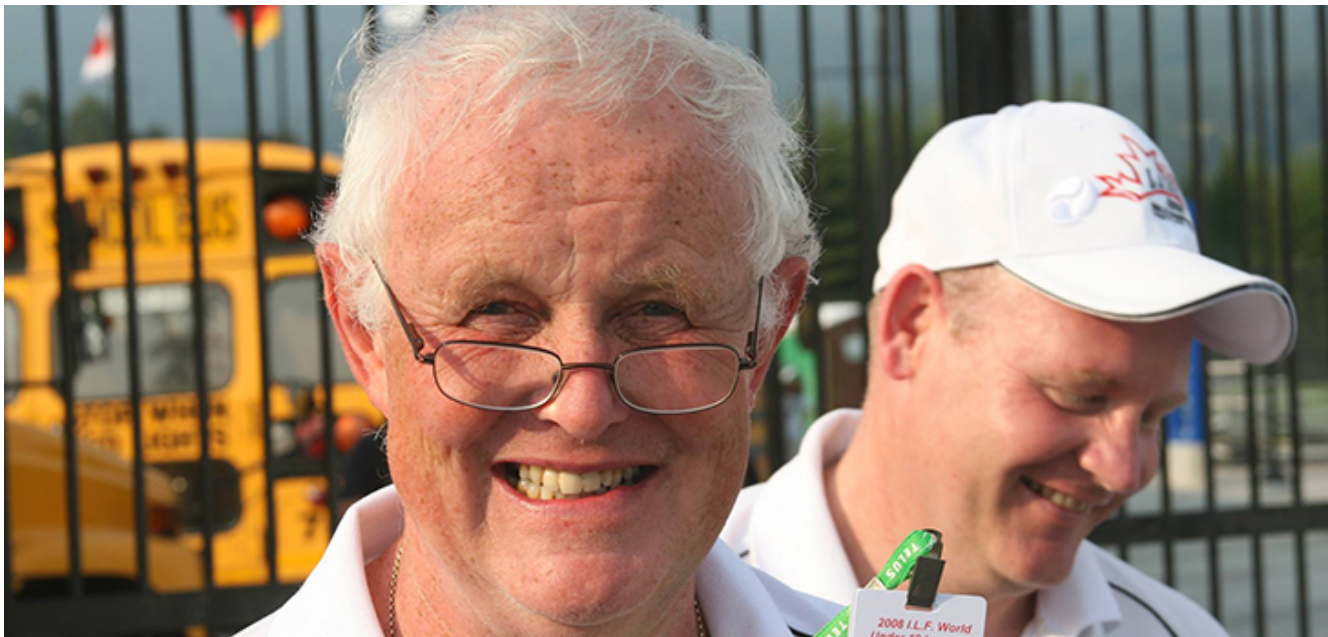
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This manual endeavours to further those aims, in terms of Men's Field Lacrosse played to the International Rules.

In so doing, it inevitably draws heavily on the ideas and the writings of many people from the lacrosse-playing nations. Through the years, much time and effort has been devoted to attempting to improve the standard of lacrosse officiating and to promoting consistency in the mechanics of refereeing. Graham Lester of England did more than most. Graham's international lacrosse career as a player, referee, assessor, Deputy RIC, and as RIC included 13 Senior Men's and Junior Men's world championships, and numerous other international competitions. Graham was a true student of the game and of lacrosse officiating. Everything he learned he freely shared with his colleagues. The game of lacrosse owes a great debt of gratitude for the countless years of leadership and dedication that Graham gave to the great game. Without Graham's significant contributions international lacrosse officiating would not be as advanced as it is in the many countries around the world. Sadly Graham left this world far too early, leaving a legacy that will be very difficult to surpass.

The Federation of International Lacrosse hereby acknowledges its debt, and records its grateful thanks, to Mr Graham Lester.



Graham Lester – 1944 - 2013

REVISION HISTORY

The original version of this manual was written by Graham Lester, Referee-in-Chief, World Series,

Manchester, England 1994.

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Graham Lester, ILF Chair of Officiating and Don Blacklock, Referee-in-Chief, Under-19 World Series, Coquitlam, Canada, 2008, further revised the manual.

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Items that have been altered or inserted since the 2014 Edition of this manual are underlined.

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Contents

| | |
|--|-----------|
| THE AIMS AND OBJECTIVES OF THE MANUAL | 7 |
| 2 USING THE MANUAL | 8 |
| 3 THE PHILOSOPHY OF REFEREEING | 9 |
| 4 GAME MANAGEMENT..... | 11 |
| 5 EMOTIONS AND OFFICIATING IN LACROSSE..... | 14 |
| 6 TEAM WORK | 16 |
| 6.1 POINTS IN PLAY | 16 |
| 7 PRE-GAME..... | 18 |
| 7.1 PREPARATION FOR THE GAME..... | 18 |
| 7.2 ARRIVAL AT THE GROUND..... | 20 |
| 7.3 CHECKING THE OFFICIALS' UNIFORM AND EQUIPMENT | 20 |
| 7.4 THE PRE-GAME MEETING..... | 21 |
| 7.5 ONTO THE FIELD..... | 23 |
| 7.6 MEETING THE COACHES | 23 |
| 7.7 PRE-GAME CHECKS | 24 |
| 7.8 INSTRUCTIONS TO THE BENCH OFFICIALS..... | 24 |
| 7.9 THE COIN TOSS..... | 24 |
| 7.10 THE STARTING LINE UP | 28 |
| 8 POSITIONING | 30 |
| 8.1 INTRODUCTION..... | 30 |
| 8.2 THE INITIAL CENTRE FACE-OFF..... | 30 |
| 8.2.1 <i>The play moves away from the Face-Off Official.....</i> | <i>33</i> |
| 8.2.2 <i>The play moves towards the Face-Off Official.....</i> | <i>35</i> |
| 8.3 PENALTY RELEASE AT CENTRE FACE-OFF | 36 |
| 8.4 FACING-OFF IN OTHER PARTS OF THE FIELD..... | 38 |
| 8.4.1 <i>Face-Off by Single Official.....</i> | <i>38</i> |
| 8.4.2 <i>Face-off on the Bench-side.....</i> | <i>39</i> |
| 8.4.3 <i>Face-off Close to Goal or Boundary</i> | <i>41</i> |
| 8.4.4 <i>Directly Out-of-Bounds at a Face-Off.....</i> | <i>41</i> |
| 8.5 PLAY AROUND THE GOAL..... | 42 |
| 8.5.2 <i>Coverage During Settled Situations</i> | <i>43</i> |
| 8.6 THE FAST BREAK..... | 45 |
| 8.7 THE SLOW CLEAR..... | 47 |
| 8.8 OUT-OF-BOUNDS..... | 49 |
| 8.8.1 SINGLE SIDE-LINE | 49 |
| 8.8.2 <i>End-line Out-of-Bounds.....</i> | <i>50</i> |
| 8.8.3 <i>Side-line Out-of-Bounds on the Bench-side.....</i> | <i>50</i> |
| 8.8.4 <i>Side-line Out-of-bounds at the Gate</i> | <i>51</i> |
| 9 FIELD MECHANICS | 52 |
| 9.1 COMMUNICATION | 52 |
| 9.2 FOULS | 56 |
| 9.3 THE PLAY-ON TECHNIQUE | 60 |
| 9.4 RESTARTING THE GAME AFTER A FOUL | 62 |
| 9.4.1 <i>Free Clear After Foul</i> | <i>63</i> |
| 9.5 AFTER A GOAL | 64 |
| 9.6 LONG STICKS ON THE FIELD..... | 67 |
| 9.7 GOALIE'S STICK ON THE FIELD..... | 67 |
| 9.8 OTHER SITUATIONS | 68 |
| 10 POINTS IN PLAY | 71 |
| 10.1 PREVENTATIVE REFEREEING..... | 71 |
| 10.2 OFF-SIDE | 71 |
| 10.3 OTHER PROCEDURAL TECHNICAL FOULS..... | 71 |
| 10.4 DELAY OF GAME AFTER A FOUL..... | 71 |
| 10.5 PREMATURE RE-ENTRY AFTER A FOUL | 72 |

| | |
|---|-----------|
| 10.6 DELIBERATE DELAY OF RE-ENTRY AFTER PENALTY OR SUBSTITUTION | 72 |
| 10.7 RELEASE OF CONFINED PLAYERS AT CENTRE FACE-OFF | 72 |
| 10.8 THE CREASE | 73 |
| 10.9 STALLING | 73 |
| 10.10 STARTING A PERIOD WITH POSSESSION | 74 |
| 10.11 FOULS BY THE GOALIE | 75 |
| 10.12 DEAD BALL FOULS | 75 |
| 10.13 SIMULTANEOUS FOULS | 75 |
| 10.14 THE LAST THREE MINUTES AND OVERTIME | 76 |
| 10.15 FAKE PLAYS | 76 |
| 10.16 A SHOT AFTER A WHISTLE | 76 |
| 10.17 THE STICK-ON-STICK HOLD | 76 |
| 10.18 THE TECHNICAL FOUL OF ILLEGAL STICK – FIRST OFFENCE | 77 |
| 10.19 GRASPING THE HEAD OF THE STICK | 77 |
| 10.20 FOULS BETWEEN PERIODS | 77 |
| 10.21 THE GOALIE PLAYING WITHOUT HIS STICK | 78 |
| 10.22 THE BALL STUCK IN A STICK | 78 |
| 10.23 LOSS OF THE HEAD OF THE STICK | 78 |
| 10.24 POSITIONING OF PARTICIPANTS | 79 |
| 10.25 JEWELLERY | 79 |
| 10.26 WITHHOLDING THE BALL FROM PLAY | 79 |
| 11 STOPPAGES | 80 |
| 11.1 PROBLEMS | 80 |
| 11.2 FIGHTING | 80 |
| 11.3 INJURIES | 82 |
| 11.4 BLOOD | 82 |
| 11.5 INCLEMENT WEATHER | 82 |
| 11.5.1 Lightning | 82 |
| 11.5.2 Hydration | 84 |
| 11.6 BETWEEN QUARTERS | 85 |
| 11.7 TEAM TIME-OUTS | 85 |
| 11.8 HEAD COACH'S REQUEST FOR A STICK-CHECK | 87 |
| 11.9 HEAD COACH'S REQUEST FOR A STICK-COUNT | 90 |
| 11.10 THE END OF THE GAME | 90 |
| 12 THE CHIEF BENCH OFFICIAL (CBO) | 91 |
| 12.1 THE ROLE OF THE CBO | 91 |
| 12.2 THE CBO'S PRE-GAME ACTIVITIES | 91 |
| 12.3 CBO POSITIONING | 91 |
| 12.4 FOULS WHICH THE CBO CALLS | 91 |
| 12.5 THE OTHER DUTIES OF THE CBO | 93 |
| 12.6 SPECIAL POINTS FOR THE CBO | 94 |
| 12.7 THE END OF THE GAME | 95 |
| 13 THE BENCH MANAGER (BM) | 96 |
| 13.1 THE ROLE OF THE BENCH MANAGER | 96 |
| 13.2 THE BENCH MANAGER'S PRE-GAME ACTIVITIES | 97 |
| 13.3 THE BENCH MANAGER'S POSITIONING | 97 |
| 13.4 SPECIAL POINTS FOR THE BENCH MANAGER | 97 |
| 13.5 THE END OF THE GAME | 97 |
| 14 CHIEF BENCH OFFICIAL AND BENCH MANAGER MECHANICS | 98 |
| 14.1 FACE-OFF | 98 |
| <i>Prior to the Face-Off</i> | 98 |
| <i>After The Face-off</i> | 98 |
| 14.2 SETTLED SITUATION | 98 |
| <i>Settled Situation in Right Attack Zone</i> | 98 |
| <i>Settled Situation in Left Attack Zone</i> | 99 |
| 14.3 SUBSTITUTION | 99 |
| <i>Substituting in Right Attack Zone</i> | 99 |
| <i>Substituting in Left Attack Zone</i> | 99 |
| 14.4 TRANSITION PLAY | 100 |
| <i>Right to Left Transition</i> | 100 |

| | |
|---|------------|
| <i>Left to Right Transition</i> | 100 |
| 14.5 GOAL SCORE..... | 101 |
| <i>Goal Score in Right Attack Zone</i> | 101 |
| <i>Goal Score in Left Attack Zone</i> | 101 |
| 14.6 PENALTY | 101 |
| <i>Penalty From The Right Attack Zone</i> | 101 |
| <i>Penalty From Left Attack Zone</i> | 102 |
| 14.7 TEAM TIME-OUT REQUESTED THROUGH THE CBO | 102 |
| 14.8 CONTROL OF THE BENCH AREA – TELEVISION CREWS..... | 102 |
| 15 THE OTHER BENCH OFFICIALS | 103 |
| 15.1 THE TIME-KEEPER..... | 103 |
| 15.2 THE PENALTY TIME-KEEPERS | 104 |
| 15.3 THE SCORERS | 105 |
| 16 REFEREEING WITH A TWO-MAN CREW..... | 106 |
| 16.1 INTRODUCTION..... | 106 |
| 16.2 BEFORE THE COIN TOSS | 107 |
| 16.3 THE COIN TOSS..... | 108 |
| 16.4 THE STARTING LINE-UP..... | 109 |
| 16.5 THE INITIAL FACE-OFF | 110 |
| 16.6 PLAY MOVES AWAY FROM THE FACE-OFF OFFICIAL..... | 111 |
| 16.7 PLAY MOVES TOWARDS THE FACE-OFF OFFICIAL | 112 |
| 16.8 FACING-OFF IN OTHER PARTS OF THE FIELD..... | 113 |
| 16.9 PLAY IS SETTLED AROUND THE GOAL..... | 115 |
| 16.10 THE ON-REFEREE AND THE OFF-REFEREE DURING SETTLED PLAY | 116 |
| 16.11 THE FAST BREAK..... | 117 |
| 16.12 THE SLOW CLEAR..... | 118 |
| 16.13 OUT-OF-BOUNDS ON THE FAR SIDE | 119 |
| 16.14 OUT-OF-BOUNDS ON THE END-LINE | 120 |
| 16.15 OUT-OF-BOUNDS ON THE BENCH-SIDE..... | 121 |
| 16.16 PENALTY RELAY BY LEAD ON FAR SIDE | 122 |
| 16.17 PENALTY RELAY BY LEAD ON BENCH-SIDE | 123 |
| 16.18 PENALTY RELAY BY TRAIL – WHETHER BENCH-SIDE OR FAR SIDE | 124 |
| 16.19 PENALTY RELAY FOR FOUL BY ATTACKER ON THE FAR SIDE | 125 |
| 16.20 AFTER A GOAL | 126 |
| 17 PERFORMANCE REVIEW | 127 |
| 17.1 SUMMARY REPORTS | 128 |
| 18 INDEX | 129 |

THE AIMS AND OBJECTIVES OF THE MANUAL

Good lacrosse refereeing is a blend of three prerequisites:

- i) A Referee must have sound judgment: he must be impartial, poised and mature. These are qualities that are difficult to teach, although wisdom, the thoughtful accumulation of knowledge and experience, develops as the seasons go by.
- ii) A Referee must also be dedicated to rules knowledge, and to learning the disciplines of positioning, signalling and field mechanics. These can be taught, learnt and mastered.
- iii) A referee must also be committed to developing and applying teamwork skills that will contribute to the effectiveness and consistency of their own game and that of the overall officiating team. These can be taught, learnt and mastered.

The rules of Lacrosse are complex and it is imperative that a Referee knows them intimately through on-going close study and scrutiny. If the rules **ARE** known thoroughly then, in tight situations, the actual wording from the Rule Book can come instantaneously to mind, so that a problem can be solved with certainty and with the minimum of delay. But this can only happen after many hours of dedicated effort by the Referee.

The rules, however, cannot cover such crucial factors as the philosophy of refereeing, referee positioning, team-work and field mechanics. The aim of this manual, then, is to support the effective application of the Rule Book by providing methodologies and agreed interpretations that promote the consistent refereeing of Men's Field Lacrosse played to the International Rules throughout the world.

The procedures and techniques as outlined in this manual are designed to give the best coverage for the normal play of the game of Lacrosse. The main body of the Manual deals with officiating with a 3-man crew on the field. Section 16, deals with the 2-man game. Section 17, deals with the key principles of performance reviews to support a cycle of continuous learning and improvement. If the procedures are embraced, fully digested and executed by all Referees then, after discussion and adjustments here and there, any Official should be able to work the field with any other Official throughout the world. This can only be beneficial to the game of Lacrosse.

The manual has been written with many different sets of circumstances in mind, some examples of which are:

The "trainee" who is refereeing his first International Rules game;

The Official who is refereeing an International Rules match involving two teams from his own country;

The Official who is refereeing an International Rules game involving an overseas touring team in his own country;

The Official who is refereeing in the World Series, the Asia Pacific Tournament, the European Championship or another such event.

As these situations vary greatly in all respects, it is recognised that some Referees will gain more from the manual than others, depending on their experience, the situation which they are in, and other factors.

But the Federation of International Lacrosse firmly believes that, if every Lacrosse Referee who is to officiate in International Rules matches uses this manual to support the effective application of the Rule Book, then a more consistent standard of refereeing will be achieved.

And yet the Rule Book and the Manual, however thoroughly they are studied, cannot hope to give total guidance to a Referee so that every situation, which he will ever meet, will be covered. It is thus imperative that a Referee, however experienced, has an enquiring mind and is prepared to discuss game situations with other Referees. Unusual game situations **DO** repeat themselves and, if the conclusions drawn in such discussions are filed away in the mind, then the agreed interpretations can be recalled during a game so that, once again, a difficult problem can be solved expeditiously.

2 USING THE MANUAL

In the main body of the manual, it is assumed that there will be a five-man team in charge of the game – three Referees on the field of play, a Chief Bench Official (CBO) and a Bench Manager (BM).

At any one time, one of the three on-field Referees will be working alone on the side of the field opposite to the bench areas. He is referred to as the "Single Referee" (S) in the text. The other two Referees will work the bench area side of the field.

Where relevant in the text, the bench-side Referee who is responsible for the goal around which there is currently play, or towards which the play is going, is designated the "Lead Referee" (L); the other Bench-side Referee is designated the "Trail Referee" (T).

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 Referee positions:

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

HR – Head Referee, R1 – Second Referee, R2 – Third Referee,
C – Chief Bench Official, M – Bench Manager, B – Bench Official(s),
FO – Referee handling the face-off.

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

L – Lead Referee, S – Single Referee, T – Trail Referee,
C – Chief Bench Official, M – Bench Manager, B – Bench Official(s),
FO – Referee handling the face-off.

Where relevant, the ball is shown as a dot or a series of dots.

It is anticipated that, once a Referee has become accustomed to the manual, then he will use it as a "reference document", rather than read it like a novel. For this reason, certain points and sections are repeated as appropriate, and certain paragraphs from the Rule Book are re-emphasised. Whilst this can be irritating on first reading, it is believed that this approach makes the manual into a more useful working document.

REMEMBER:

THIS IS YOUR MANUAL;

READ IT OFTEN;

YOU WILL BE TESTED EVERY TIME YOU WORK THE FIELD.

3 THE PHILOSOPHY OF REFEREEING

The rules of Lacrosse endeavour to guarantee fair play between the teams and they try to establish an overall balance between attack and defence. The penalty code furthers these aims, whilst creating a climate of safety for all players. The Official who fails to promptly and correctly discharge his responsibility of penalising players who commit rule infractions will upset this delicate balance.

An Official should be firm, fair and professional at all times. He will be judged on the manner in which he handles himself and the game.

An Official should not call fouls that are **NOT** there, just because he thinks he must make calls, or because he feels that it is some time since he called a foul. Similarly, he should not stop calling fouls that **ARE** there, just because he thinks he is calling too many fouls or because one team seems to be receiving most of the penalties. He will be judged on how well he calls what he sees and how consistently he makes his calls: he will **NOT** be judged on the number of fouls that he calls, or the percentage of the fouls called in the game which are called by him. Indeed, the degree of anonymity that he can achieve will be a mark of his success.

An Official is not on the field as an equaliser, or to keep the score down: that is the job of the coaches.

An Official should only call what he actually sees. He must never guess what might have happened. No one is perfect, but all Officials must be conscientious. The fact that an Official missed a foul can perhaps be explained but it is impossible to explain away a guess.

To the players in the competing teams, their game is the most important thing that is happening to them that day. Regardless of the level of play, or of how close the game is, an Official owes both teams the duty to officiate the game to the best of his ability. Players and coaches are in an emotional situation and are quite likely to get excited. The Officials, on the other hand, are the only impartial people in the ground. They must remain calm and collected: they must retain their composure at all times. Decisions must not be "screamed" at players – if an Official cannot keep his voice under control, then others may presume that he is not fully in control of himself.

An Official must not take an attitude that will create resentment when he is calling a penalty. He must not shout at a player, he must not point aggressively at a player, he must not make a call when "in a player's face" and he must not show irritation or annoyance. A player should always be referred to by his team colour and his number, rather than by his team's name or his name, and a Referee should not touch a player.

An Official should be courteous and considerate, but he should also be firm and decisive. Remember – an Official should conduct himself on the highest possible level, as a representative of the FIL and of his own national referees' organisation.

An Official must not be affected by remarks from the players, the benches or the spectators. If an Official can be thus influenced, then he will lose respect, as he will be considered weak. If he is unaffected by such remarks, then he will earn respect, in spite of the protests which are made at the time. In all instances, it is not your job to convince coach or players that you are correct. You just need to rely on your training, experience and knowledge.

There are two primary criteria that you can evaluate your performance on any one call. Were you in the correct position to make the call? Secondly, did you apply the correct rule? If you can honestly say yes to both then the call was probably correct, however if you were out of position or did not apply the rule correctly then criticism may be warranted.

A Lacrosse match should end with all parties able to say that the Officials had no bearing on the result of the game.

REMEMBER:

YOU DON'T WRITE THE RULES!

YOU DON'T COMMIT THE FOULS!

BE PROUD TO BE A LACROSSE REFEREE,

YOU ARE A MEMBER OF "THE THIRD TEAM".

4 GAME MANAGEMENT

Game Management is one of the biggest components of officiating games at the highest level. Many officials are very good technically. They know the rules, they know the correct positioning and mechanics, they are some of the fittest referees and they can apply the rules in the strict literal sense, but many referees struggle when it comes to the grey areas of applying the concept of advantage / disadvantage.

Some might view this concept as wrong or at the very least inconsistent, as in some instances you apply a rule, but in other instances you have consciously chosen not to. It is tough to explain as to when and why we should apply a rule differently. A very good referee who has worked some of the top games in the world summed it up when he went and did a face-off in a very big game and said, "Gentlemen, this face-off may not be legal, but it will be fair." Fairness is the cornerstone of game management. Both sticks might be leaning over the ball at the faceoff, but neither team gains an advantage, so in the strictest sense it is illegal, but yet it is fair for both teams. This concept of fairness can be applied in many different situations throughout the game. A man with the ball is pushed in the back as he is going to the side-line, but continues to play unimpeded. Did the defensive player gain an advantage by pushing him? Not really, so why throw a flag? Some would say, "He was pushed which breaks a rule and therefore he should serve a penalty." Those that apply the concept of advantage / disadvantage would say "no harm, no foul", another cornerstone of Game Management. We are not suggesting that we condone illegal acts or cheating, but how we apply the rules may vary based on the context of the situation. This is never done to favour one team over the other. The outcome of the game must not be decided through the use of game management. Your judgement is key to determine what impacts on the play of the game and what does not.

A key phrase when officiating an International Rules match is "preventative refereeing". This means that the Referees do not try to "catch players out" on such matters as:

- Having a foot on the wing area-line or the goal area-line at a centre face-off;
- By not being 5 yards (4.57 metres) away from an opponent or a team-mate taking a free-play, or not being 10 yards (9.14 metres) away from a face-off;
- By not leaving the centres alone until a face-off is completed, as required by Rule 34.5;
- A man who has been sent off not raising his stick above his head from the time he is sent off until he reaches the penalty box, as required by Rule 79.1

Throughout the whole of the game, then, the Referees should warn players in all of the above circumstances, so that the game continues with the minimum of interruptions for preventable offences. In addition, when a player checks an opponent just above the gloved hand, then he is warned in the first instance to "Hit the stick", "Find the stick" or "Keep it on the stick". Of course, a wild slash is penalised immediately, as is a player who persists in checking above the glove after he has been warned. Players who are fighting for a loose ball are told to "Keep it down" "Play the ball", "find the ball" and they are reminded that they "Want the ball".

Whilst deliberate interference in front of goal by defenders and moving picks by attackers should be penalised straight away, the Referees should allow some latitude when there is heavy traffic in this area. The Referees, where appropriate, should tell defenders to "Let him move" and they should warn attackers about minor contact in front of goal, "Hold your picks". If there is fifty/fifty pushing in front of the goal, then it may be best to blow the whistle in order to warn both players: the simultaneous technical fouls cancel.

Derogatory talk between players should also be quietened. If such warnings are given in the early stages of a game, then the problems usually disappear, as players realise that the Referees are watching for such offences.

In other words, Referees should attempt to officiate realistically rather than follow the rules literally. And yet they must be very much aware of player protection and player safety, and they must also be aware of the effect that **NOT** making a call has on the offending team's opponents.

Another contentious area is bad language.

A player who curses quietly should be warned about his language. This is a difficult one, however, as opposing players and coaches will complain to the Referees when bad language goes unpunished, and the Referees' control of the game will thus be questioned. If the cursing is loud enough to be heard on the bench or by spectators or, of course, if it is directed at an opponent or an Official, then it should be punished immediately. When a player has been hurt and he curses in consequence of his pain, then he should be asked to "Keep it down" and any complaining opponent should have the circumstances briefly explained to him: "OK – the man's in pain" will normally suffice.

Dissent comes into the same category. The captains are the only representatives of their team on the field of play and all matters should, in theory, be discussed with the captains only. Where a player queries a decision quietly and politely, however, then a brief explanation of the call can be given: "Momentarily off-side" and "You turned into it" are examples. Loud or abusive dissent should, of course, be treated as unsportsmanlike conduct. A good rule of thumb is that referees should answer questions, never statements. If a coach or player asks a realistic question in a sportsmanlike manner then you may choose to answer their query. However should they choose to make a statement you may want to choose to ignore or penalise their dialogue if warranted.

The Chief Bench Official (CBO) and the Bench Manager should also carry out their duties in the same spirit. As a player is running off the field in order to be substituted, the CBO should warn his replacement, who may well be chafing at the bit in his eagerness to get into the action, to "Make a good change" or "Keep it legal." He should also warn a player who is leaving the field in order to serve a time penalty that he should raise his stick above his head, as required by Rule 79.1.

The CBO, with the assistance of the Bench Manager, should keep coaches out of the special substitution area, and should warn players to keep the special substitution area clear, unless they are about to go onto the field. The coaches' area is similarly reserved for coaches, and players should be warned to keep behind the restraining-line. Only four coaches are allowed in the coaches' area and, if a player/coach goes into the coaches' area, then he must take off his helmet before so doing.

A premature foot over the line as a player is about to go onto the field, or a foot over the line by a coach, is a more difficult one, particularly in "big games": the opposing squad always seems to have a coach who specialises in travelling thousands of miles just to spot such offences, and he will certainly make his views clear! Warnings should be given in such circumstances in the first instance but, if the offences persist, then they must be penalised (but not by the Bench Manager) so that the bench area does not get out of hand, and so that the credibility of the Bench Manager, the CBO and, ultimately, the refereeing team, does not suffer.

The CBO's role and the Bench Manager's role are more fully discussed in Sections 11, 12 and 13.

To effectively implement "preventive refereeing" the judgement of Solomon is required. Referees must exercise that judgement to assess the temper and tempo of each and every game and draw on their skills to apply preventative refereeing techniques that are appropriate to that particular contest.

Special consideration must also be given to players and coaches whose native language is not English and, of course, it should be remembered that English is spoken in many forms and in many accents around the world.

Game Management is a "gut feel" and you just know when you need to call the infraction. It is only with experience can you really grasp this concept. The higher levels of games you officiate, the more you will need game management skills. In the end, teams will be happier as the game will have more flow to it letting the players talents decide the final outcome of the game.

5 Emotions and Officiating in Lacrosse

As many lacrosse players have experienced, emotions can profoundly influence performance. Referees, like players, are also performers. Therefore how they are feeling needs to be carefully monitored to ensure that their emotions are helping, and not hindering, performance. Research has shown that emotions will influence referees' perceptiveness, decision-making, self-control abilities, and risk of injury!

Many factors can influence a referee's emotional state and research has shown that a referee's emotions change frequently throughout a tournament. The following are just some of the common circumstances that have been reported to influence referees' emotions:

- How much experience the referee has
- Missing or making an incorrect call
- Officiating performance assessments
- Past mistakes
- Anticipated future game scenarios
- Weather and game delays
- Injuries
- Feelings of fatigue
- The game score
- Daily hassles off the field
- The personalities and actions of players, coaches, spectators, and officiating crew

Traditionally, emotions have been categorized as either being negative (e.g., anger, anxiety, embarrassment) or positive (e.g., happiness, calmness, relief). In performance environments however, EVERY emotion has the potential to help and hinder performance. For example, feeling anxious can cause a referee to second-guess their judgement and hesitate on making a call. Yet, without anxiety, referees would not feel the need to adequately prepare themselves for officiating by keeping fit enough to keep up with the game-play.

Each referee will have a desired emotional state in which they prefer to perform their officiating duties. Some referees are comfortable feeling anxious before a game because they believe the anxiety will help them prepare and focus in on the present. Other referees might prefer to be happy because they believe their happiness results in more cooperative communication with coaches and players.

When referees perceive that their emotions are too far off from their ideal emotional state, the referee can try to change how they are feeling use *emotion regulation* strategies. These strategies might be directed at changing the intensity of the emotion, how long the emotion lasts, or the actual emotion itself. For example, an official who is upset with a coach's criticism might try to reduce how angry he or she feels or try to increase feelings of calmness.

There are hundreds of emotion regulation strategies. But like physical skills, emotion regulation skills need to be practiced in order for them to be reliable when the "pressure is on!" Some strategies will require the referee to change how he or she is thinking (i.e., cognitive skills). For example, some referees have become good at forgetting missed calls by using cue-words (e.g., "Focus," "Now," "Flush it") that helps bring their attention into what is happening immediately in front of them. Other strategies will require referees to physically do something different to change how they are feeling (i.e., behavioural skills). For example, performing a refined stretching routine before a game can increase feelings of calmness and confidence.

A team of officials working at a World Championship tournament was recently asked to record the strategies they used to help regulate their emotions. Below are some of the cognitive and behavioural skills that they reported:

Cognitive Skills

- Remembering and drawing upon past experiences and games officiated
- Reminding yourself to focus on the present or the play immediately in front of you
- Separating the person from the stripes—reminding yourself that players, coaches, and fans might be angry at you the referee and not you the person.
- Make the conscious decision to deal with any doubt over a call at the break or after the game.

Behavioural Skills

- Pre-game routines and preparation
- Managing emotional expressions or surface acting
- Increase communication with officiating crew
- Attend a game as a spectator and listen to the comments fans make. Remind yourself that fans are often oblivious of technical rules

A referee might also attempt to manage others' emotions throughout the course of a game. For example, a referee might call out a player's number to remind the player to keep play clean and reduce aggression. Or a referee might actively communicate with a coach to keep the coach's emotions from escalating. Conversely, a referee might talk with a fellow referee at the break to help them forget a blown call.

The pre-game meeting provides an excellent opportunity to discuss some potential emotional events or circumstances that might arise in the game and what might be some effective emotion regulation strategies. For example, during the meeting the officiating crew might remind themselves that the game features two rival teams which might trigger undisciplined exchanges between players. The crew can decide to be extra verbal with players and "make their presence known" as a way to remind players to keep their own emotions in check and actions fair. Similarly, the officiating crew might decide to commit a few moments during each game break to discuss questionable calls that might have triggered feelings of guilt, embarrassment, anxiety or anger in one official. Briefly discussing the call as a group can allow the referee to process the emotion and move forward with more focused attention.

Anything meaningful will trigger an emotional response which makes emotion regulation strategies a fundamental skill for officials to practice and perfect. We all have our own emotional tendencies and preferred methods to help manage our emotions. By devoting time to practising emotion regulation skills, lacrosse officials help develop the *art* of officiating and generate the qualities that turn good officials into great officials!

Andrew Friesen Ph.D.

Special thanks to Andrew Friesen from Canada who specialises in Emotions Management. Andrew joined the officials at the U19 World Championship in Turku Finland to observe the referees and offer some constructive insights to this often overlooked area.

6 TEAM WORK

Effective Lacrosse refereeing needs team-work to ensure the consistent management of a game. Although the Head Referee is responsible for the settlement of any dispute (and other specific actions required by the rules) he does not have "ultimate responsibility" for the game. All the members of the officiating 'team' are equally responsible and accountable for their application of the rules (see Rule 23.1) and the requirements of this manual.

A successful Head Referee is responsible and accountable for building the 'team' through the application of their leadership skills, acting as a coordinator who, fosters cooperation and collaboration between all the members of the crew, not by acting as a 'Dictator'. This coordination role includes maintaining oversight of the overall management of the game, providing direction, support and guidance to his team members when required.

Teamwork also involves each official being conscious of their own actions/position and that of the others during a game and making adjustments when necessary, being supportive of the other members of the team, communicating effectively with other team members as a group or individually and, giving and taking constructive comment or correction when necessary to improve team performance.

6.1 POINTS IN PLAY

On a slow clear, for example, as discussed in Section 7.7, the Trail Referee will need to move towards the centre-line when the Single Referee decides that he has to leave the line in order to cover the goal adequately.

This needs liaison between the Officials and a consciousness of each other's position.

Occasionally, on a slow clear, the Single Referee may be late in leaving the centre-line in order to go towards the goal. In such a case, the Trail Referee should move up and indicate to the Single Referee that he ought to go. A wave of the hand or, if that fails, "OK Bill – I've got the line" should suffice. Conversely, if the Single Referee feels that he needs to make ground towards the goal, but the Trail Referee does not get to centre-line soon enough, then the Single Referee should move towards the goal and prompt the Trail Referee: "I'm going Bill" should suffice.

Similarly, after a stoppage, the Trail Referee is often best placed to re-start the game and thus allow the Lead Referee to go towards his goal, and yet the Lead Referee may not have taken advantage of this opportunity. In such circumstances, the Trail Referee should indicate that he will re-start the game: "Go Bill – I've got the ball" should be enough.

In all these circumstances, team-work is required.

Part of the art of refereeing with other Referees is to work thus as a member of the team and yet to avoid the danger of leaving a call to a colleague who seems better placed to see it. If such a call IS left to a colleague and the colleague does not make the call, perhaps because his vision was obscured (or even because he was too near!), then either the action taken may seem to be late in the eyes of the players or, worse still, the play may move on and the Referee who did see the infringement may by then feel that it is too late for him to take action.

Subject to what was said in Section 4 about realistic refereeing, then, a Referee must make a call when he is sure that there has been a foul, regardless of his position. In order to do this, he must be sure that the other Referee has not made any other contradictory call.

When a Referee believes that another Referee may have made an error in the application of a rule (**NOT** an error in interpreting a game situation), then an Officials' time-out should be called, and the matter resolved as quickly as possible, remembering that it is better to be right rather than rapid. If this is not done, then all Referees are equally responsible for the mistake.

To take the above considerations concerning team-work further, effective refereeing of a match in an international tournament needs a **FIVE-MAN TEAM**.

To emphasise this point, the CBO and the Bench Manager wear the same uniform as the Referees, except that the Chief Bench Official wears a CBO Armband and the Bench Manager wears a black top. This adds to their authority as members of the team and it allows the Bench Manager to act as reserve Referee in case one of the Officials on the field is injured.

The Bench Manager should be ready at all times to enter the game should one of the On-field Officials fail to complete the contest for any reason. He should be watching the flow of the game, and be recording the score and the time-outs on his scorecard. He will also verify penalties and goals scored with the scorers. He will assist the CBO as described in Section 12 of this manual. This will keep him tuned into the type of game that is developing.

If the Bench Manager does have to go onto the field to replace one of the on-field crew, then the clock(s) should be stopped to facilitate the change-over. This is a highly unusual circumstance and the Bench Manager will have to quickly check that he is ready for his new role. At this time, the CBO becomes the new Reserve Referee. The tournament's Referee-in-Chief will then have to make arrangements for a substitute CBO to be ready to take the CBO's place should the CBO be required on the field.

As has been stated, the roles and duties of the CBO and the Bench Manager are fully discussed in Sections 12, 13 and 14.

7 PRE-GAME

7.1 PREPARATION FOR THE GAME

Correct preparation before a game avoids many problems.

Officiating a Lacrosse match is strenuous, exhausting work, and a Referee must thus be in sound physical condition. A regimen of endurance, strength and agility-training should be maintained prior to, and during, the season. Inferior fitness is one of the leading contributors to poor decision-making. Seek professional advice, if necessary using the FIL Officiating Committee's Fitness Protocol as a guideline for individual program development. Since 2010, all referees attending the World Championship have been required to complete a fitness test and the FIL Rules Exam. Only those that pass the fitness test and the FIL Rules Exam will be able to officiate in the Blue Division. The current FIL fitness protocol can be downloaded from the FIL web site – www.filacrosse.com

Officials at FIL events are now subject to random anti-doping testing. It is the responsibility of the officials to familiarise themselves with the appropriate guidelines concerning banned substances. More information can be found on the World Anti-Doping Agency web site www.wada-ama.org or by contacting your National Governing Body for local assistance. The FIL Anti-Doping Guidelines can be found at www.filacrosse.com/?fileid=competitions

Proper hydration is extremely important and is inextricably linked with on field performance. This ideally should start the night prior to your match. According to Angela Calder's recent report to the Australian Sports Commission (*Angela Calder, Applied Sports Knowledge, Volume 8, Number 2*), the consumption of alcohol should be kept to a minimum for the following reasons:

- **Dehydration** — the most commonly consumed beverages at sporting events are full-strength beers. Drinking full-strength beer will result in dehydration. Wine and spirits that are served in tumblers are also in this category. Light beers or spirits served in tall glasses may actually aid rehydration, as long as you eat the ice and they are consumed in moderation.
- **Slower decision-making and reaction time** — the more drinks you have, the worse your physical and mental performance will be.
- **Alcohol worsens injuries** — after officiating a tough game, it is likely that your muscles have undergone a degree of damage. For your muscles to repair and recover, they require a reduced blood flow to the area (as this reduces inflammation). Alcohol has the opposite effect and actually increases blood flow to the damaged area, thus slowing recovery time.
- **Cramping** — drinking alcohol 24 hours pre-exercise will increase the likelihood of muscle cramping.

Whether your officiating demands a high physical load (such as Australian football umpires), or is weighted more towards high-concentration levels (such as cricket umpires), alcohol will worsen your performance.

What are **your** drinking habits? The Australian alcohol guidelines recommend that healthy men and women consume no more than two standard alcoholic drinks on any day.

However, if you are to perform at your best as an official, there are some occasions that should be regarded as 'alcohol-free zones'. These include:

- the night before officiating
- during a tournament
- after suffering a significant soft-tissue injury.

Below is a general Guideline for hydration during exercise. While specific fluid recommendations aren't possible due to individual variability, most athletes can use the following guidelines as a starting point, and modify their fluid needs accordingly.

Hydration Before Exercise

- Drink about 15–20 fl oz (443 - 592ml) 2–3 hours before exercise
- Drink 8-10 fl oz (236 – 296ml) 10 – 15 minutes before exercise

Hydration During Exercise

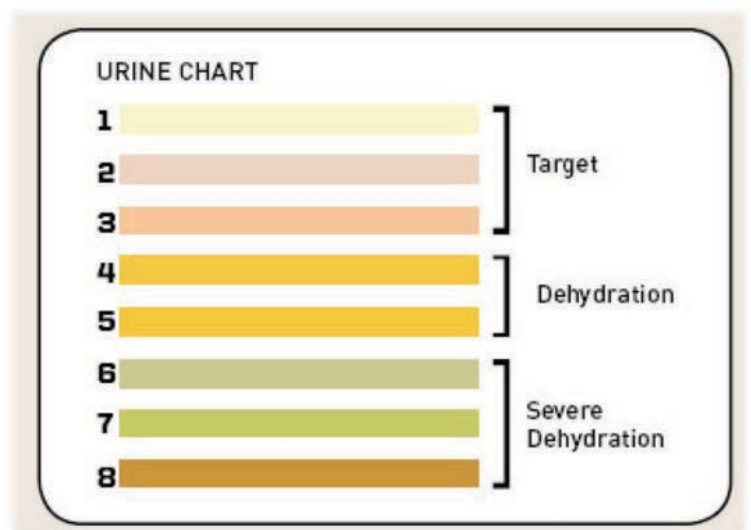
- Drink 8–10 fl oz (236 – 296ml) every 10–15 min during exercise
- If exercising longer than 90 minutes, drink 8–10 fl oz (236 – 296ml) of a sports drink (with no more than 8 percent carbohydrate) every 15–30 minutes.

Hydration After Exercise

- Weigh yourself before and after exercise and replace fluid losses.
- Drink 20–24 fl oz (591 – 710ml) water for every 1 lb (.45kg) lost.
- Consume a 4:1 ratio of carbohydrate to protein within the first 2 hours after exercise to replenish glycogen stores.

Using a urine colour chart can help determine your hydration level. If your urine is clear or very light yellow, you are excreting a normal amount of water which reflects an adequate amount of water in your system. As the colour gets progressively darker, that indicates the urine is becoming more concentrated due to a decrease in body water.

Your target is to maintain Levels 1-3



Courtesy: Gatorade Performance Centre

A Referee should review the Rules and the Manual the night before a game. If the tricky points in his Rule Book and Manual are marked, then these can be carefully gone over. The rules covering the penalties and the points of emphasis are particularly worthy of study, as these encapsulate the problem areas. Reading through the game scenarios in the Additional Rulings (ARs) will also help a Referee to mentally attune to the game.

Of course, if a Referee has been given a CBO or Bench Manager assignment, then he should carefully review the relevant areas of the Rules and of the Manual.

The first impression created by a Referee's personal appearance and bearing can play an important part in his being accepted by players, coaches and others. Standard uniform/kit must be worn, and a Referee should ensure that his clothes are clean and pressed, that his shoes or boots are not dirty, and that his signal flags are firmly tucked inside the belt and shorts or in this pocket.

7.2 ARRIVAL AT THE GROUND

All Officials should meet at the ground at least 60 minutes before the game. Longer may be needed before a World Championship match, to allow the officials to sort out such matters as hydration breaks, TV time-outs, the use of microphones, the playing of anthems, player introductions, ceremonial face-offs and the introduction of dignitaries.

This will allow the Officials, subject to the pitch not being in use at the time of their arrival, to have a first look at the goals, the markings, the pylons and the like, and still leave time for any imperfections to be put right.

Such matters as the distance of the timer's table and the benches from the side-line can also be checked at this stage, as it is easier to correct matters before the players and their kit have arrived.

They should also sort out bench areas and playing uniform:

- The team named first in the official programme is the home team.
- The visitors have choice of colour, which must be advised in advance.
- The home team must wear a playing uniform of contrasting colour.
- The International Rules state that, at a World Championship or at any event where the organisers deem it necessary, the home team will be allocated the left-hand bench area, when facing the field from the timer's table. Otherwise, the home team has choice of bench. (This provision would only be invoked if there were a dispute – as has happened in previous World Series!)
- The International Rules also state that the visiting team is the first out of the locker rooms. (This would only be invoked if there were a dispute – as has happened in previous World Series!)

An early arrival also leaves plenty of time for getting changed at a leisurely pace and for the pre-game meeting, and it also allows the Officials to get into the right mental state for the match.

At the ground, a Referee should not be over-familiar with players, coaches or spectators. A Referee should not convey apprehension.

Alcohol should never be consumed before a game.

7.3 CHECKING THE OFFICIALS' UNIFORM AND EQUIPMENT

The referee's uniform for a World Championship or similar event shall consist of:

- Striped Referee Shirt - Short Sleeve
- Black Shorts with Black Belt
- White Socks with Black Tops
- Black Shoes
- Black Hat with White Pinstriping

In inclement weather, the entire crew can elect to wear long sleeve shirts and if necessary, the CBO and Bench Manager can also in addition wear black track pants and/or a black jacket.



Courtesy: Kentaro Shimizu

A Referee does not get a second chance to create a good first impression!

The Officials' uniform and equipment should be checked. The equipment which a Referee should have with him are:

- two whistles (lanyard Whistle Optional)
- two pencils
- a pencil sharpener
- an eraser
- a score-card
- a coin
- two weighted yellow signal flags
- a tape measure
- the FIL Pre-Game Card
- some string, some plastic tape and a small knife
- a digital watch capable of timing in seconds

The Bench Manager should also carry all of the above equipment, in case he has to deputise for an injured Referee.

At this point, the Officials should write down each other's' names on the back of their score-cards. Nerves will be tense at the pre-game introductions and the loss of a surname can be most embarrassing! First names are needed in case a Referee needs to "prompt" another Referee during the course of the game.

7.4 THE PRE-GAME MEETING

The purpose of the pre-game meeting is to review the basic principles of officiating and to create a state of mental preparedness and alertness for the game for the entire crew. This is the opportunity to build the "team" to ensure that everyone is on same page, singing off the same hymn sheet and can work together to allow the athletes' to demonstrate a great exhibition of lacrosse. To this end, the Head Referee as the nominated leader of the crew should facilitate a meeting taking into account the relative experience of the individual referees and collectively as a team. This will help to develop trust in one another, especially in circumstances where the crew are not familiar with each other's abilities, or a common language may be difficult.

The Head Referee will schedule the appropriate time for the meeting. This may be the morning or afternoon on game day or an hour or two ahead of the game time.

The Head Referee should provide a chalk-board, a white board, a magnetic board or an electronic device for the conference, so that game situations and positioning can be diagrammed.

The Head Referee might want to delegate topics to each member of the Team" drawing on the relative strength and experience an individual brings to the crew. Referees who frequently work high level games might want to discuss game management techniques and those that referee games under the international rules might want to help those on the crew who referee games to rules other than international. In all instances the dialogue should be open, constructive and on topic. By the end of the meeting the crew should be "one" all being in the position where there is a large element of trust across the team. It is incumbent on the Head Referee to use leadership skills to ensure that this happens.

As a basic starting point, the following matters should be reviewed during the meeting:

- i) Starting field positions should be finalised. The Head Referee takes the first face-off, and runs to the left of the bench initially.
- ii) The procedure for meeting the coaches should be outlined. In the event of a dispute, the visiting team has choice of colour and must advise the home team who must wear a playing uniform of contrasting colour. In a World Series or at any event where the organisers deem it necessary, the home team will be allocated the left-hand bench area when facing the field from the timer's table., and the visiting team is first out of the dressing room if there is any dispute.
- iii) The procedure concerning pre-match checking of the goals, the nets, the timer's table and the benches should be gone through.

- iv) The procedure for the coin-toss should be outlined and the responsibilities of all five Officials should be determined.
- v) The procedure for the pre-game line-up will also need to be discussed. The Head Referee should find out whether the starting line-ups will be coming onto the field together, or whether each player will be announced individually by name over a loudspeaker: the Referees do not want a surprise three minutes before game-time!
- vi) The responsibility for the first face-off of each quarter will be allocated. All Referees will normally rotate one position clockwise, or to the left, from their original starting positions at the end of each period, as discussed in Section 8.5.
- vii) Positioning should be discussed, and the centre face-off, the set play around goal, the fast break and the slow clear need special attention.
- viii) The importance of communication, via both calls and signals, should be emphasised .
- ix) The mechanics of refereeing, as discussed in Section 8 of this manual, should be outlined. Special attention should be paid to the procedure when fouls are committed and to the Referees' responsibilities after the scoring of a goal.
- x) The more tricky points in play, discussed in Section 9, should be talked through, and particular attention should be paid to the concept of preventative refereeing, simultaneous fouls, stalling and problems around the crease.
- xi) The procedure to be followed to ensure that quick and accurate decisions can be arrived at when problems occur should be outlined.
- xii) The Referees should also agree to a signal which will be used if one of them feels that the game is getting out of hand, so that the handling of the game can be adjusted accordingly. The Referees should be reminded that, as a last resort, a referees' time-out should be called to allow things to settle in such circumstances.
- xiii) The intervals, time-outs and the end of the game, including the overtime periods which may be required, should be discussed.
- xiv) The points of emphasis that have been outlined from the RIC or officiating committee should be reviewed.
- xv) The role of the CBO and Bench Manager and the liaison between them and the three on-field Referees should be gone over. The duties of the Chief Bench Official and the Bench Manager are covered in Sections 11, 12 and 13.

Any points raised during this pre-game briefing should then be used as the basis for a post-game review by the crew and any formal de-brief with assessors.

The Referees should then carry out their pre-game warm-up in the dressing room.

7.5 ONTO THE FIELD

The five Officials should go onto the field about 20 minutes before game time. Where there is to be pre-game activities such as anthems, player introductions, etc., additional time will be required and thus more pre-game time will be required.

The five officials should attempt to follow the following timeline once they take to the field:

20:00 Confirm with and meet head coaches together

16:00 HR talks to bench officials, other officials check field, talk to ball boys

14:00 Crew meets for 5-7 min dynamic warm-up

5:00 Meet with Captains, conduct coin toss

2:00 Starting line-ups

Make adjustments as necessary for anthems and player introductions

When they have had sight of the players warming up, the Officials should decide the colours by which the teams are going to be known during the game, and this should be written on their score-cards.

When present the officials shall ensure that teams warming up do so in the half of the playing field that is nearer to its own bench area. Be vigilant in this. If balls go astray ask the other team to pass the ball back to the other side of the field. Do not allow teams to cross over the centre line to retrieve the ball. Watch for any players who are goading or making unnecessary remarks. If necessary go and have a quiet word with the combatants to try to settle things down before they escalate.

7.6 MEETING THE COACHES

All five Officials should get together, synchronise watches and agree on any special conditions. They should get both head coaches and meet where the wing-line meets the centre line on the bench side of the field to gather the following information:

- The number of the captain(s);
- The number of the In-Home, who may be ANY player in the squad;
- The number(s) of any player/coach(es).
- Should the Nominated Defender Rule (47.1) be invoked for this particular game than the Head Referee shall ask for the number of the Nominated Defender who shall be a starting long stick player and will serve all of the goalkeeper's time serving penalties.

Each official introduces himself individually to the Head Coach, in the sequence: Head Referee, R1, R2, CBO and Bench Manager.

After the introductions, only the Head Referee speaks to the coaches: one voice is all that is needed.

It is helpful to know the surname of each head coach, so that they can be referred to as "Coach X" and "Coach Y", if necessary.

The Head Referee will ask each Head Coach to confirm that all his team's equipment is legal: "Coach, are all your players properly equipped and is all your equipment legal?" should suffice.

The Head Referee should ask the coaches to remind his captains and players that, whilst International Lacrosse is a fast, continuous game with minimal delay, 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 Referees are ready.

Any local ground abnormalities will be pointed out to the coaches and such matters as hydration breaks, TV time-outs, the playing of anthems, player introductions and the introduction of dignitaries will be discussed.

The coaches should also be informed that, if the opposition wish to discuss any matter with the Referees, during a time-out for example, then he or a representative is entitled to be present. They should also be informed that, if they wants to discuss any matter with the Officials during half-time, this is to be done when four minutes of the interval remain.

The coaches should be asked to ensure that each player knows his team's colour and his number in English.

The Head Referee will ask each Head Coach if they have any questions or concerns and offer answers to any reasonable questions.

The Head Referee will synchronise his watch with the Head Coach, and tell him how much time he has before the coin-toss.

In the absence of a Head Coach, the powers, authorities and responsibilities will fall to an assistant coach. Should there be no coaches the powers, authorities and responsibilities will fall to one Captain, who will be designated as the official representative of that team. For instance they would be able to call a "stick check or count" in the absence of any coaches.

7.7 PRE-GAME CHECKS

After meeting with the coaches, the Head Referee should ask the other Referees to check a goal each, and the markings on the field. R1 and the Bench Manager should check the home team end and R2 and CBO should check the visiting team end. This should be done even if an earlier check was carried out, as nets may have come adrift or markings been affected during the warm-ups, particularly in bad weather, and because this procedure ought to be seen to be done by those involved in, or watching, the game. In some cases practice nets may have been used for the warm up. The crew would need to ensure that the proper goals are in place and checked prior to the start of the game.

The two Referees should also have a word with the ball persons, stressing to them that, when a ball goes out of play, the replacement ball should be placed no closer than 3 feet (0.91 metres) to the end or sideline ready for the player who is to take the free play to pick it up. The ball persons should be asked NOT to throw the ball to a player as, particularly on the end-lines, a great advantage can be gained by a player who thus receives the ball 5 yards (4.57 metres) or so into the field of play and delays will occur if the Referees constantly have to rectify this situation.

Referees shall not check any player's equipment prior to the start of the game.

7.8 INSTRUCTIONS TO THE BENCH OFFICIALS

Whilst the other Referees are carrying out the above tasks, the Head Referee will give his instructions to the Time-Keeper, the Penalty Time-Keepers and the Scorers. The roles of these Officials are discussed fully in Section 14 and the Head Referee should carefully talk the Bench Officials through their duties.

When the above duties are complete, all Officials should retire to the timer's table. They should not fraternise with players, coaches or spectators.

7.9 THE COIN TOSS

At approximately 5 minutes before the start of the game, or longer if National Anthems are to be played or if player introductions or dignitary introductions are to be made, the Officials should get ready to meet the Captains. R1 and R2 should each go to the goal-area line in line with the wing-line. On arrival they should call for the Captains of the team they are responsible for. R1 will take the Home team, and R2 will take the Visiting team. As in most situations, the Head Referee will have the final say, and he will discuss this during his pre-game.

The Head Referee will go out to the centre of the field as the other Referees are obtaining the Captains. The Head Referee will normally stand with his back to the goal nearer to the visiting team's bench but, if bright

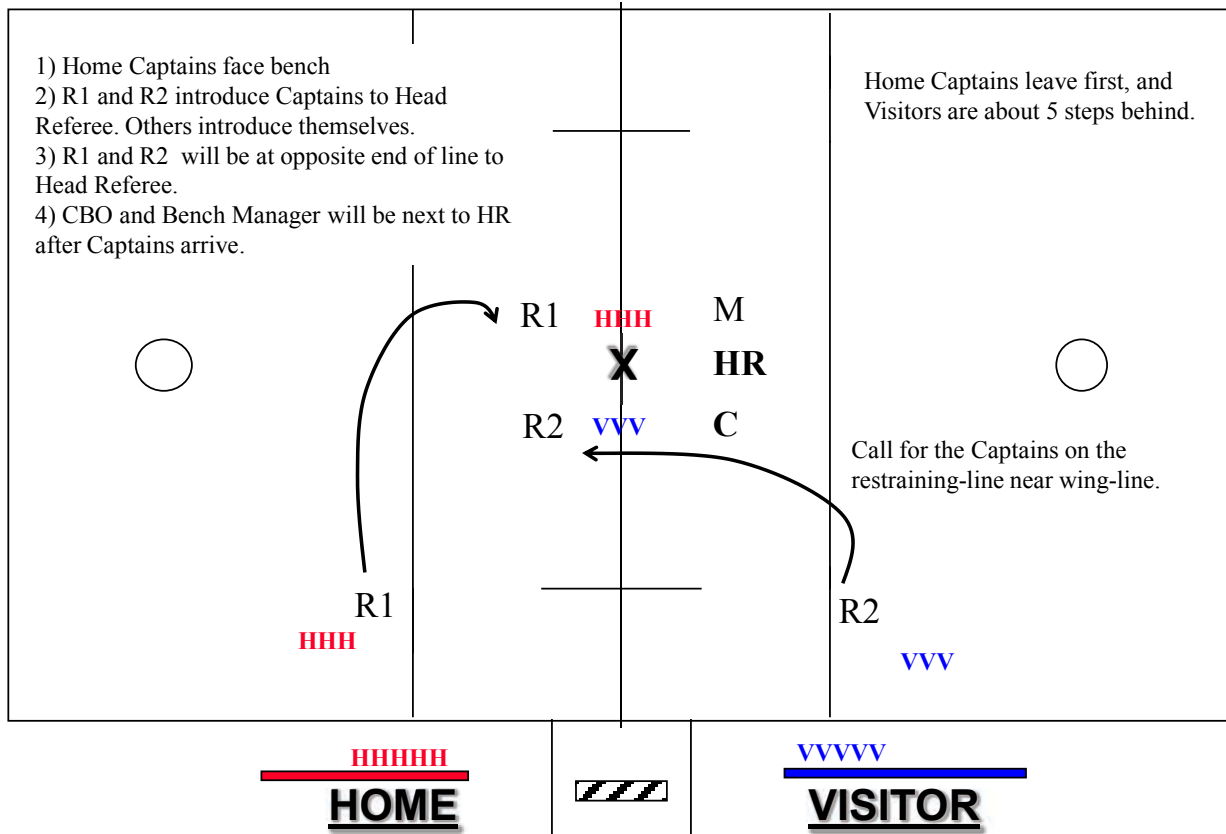
sunlight would be directly in his face, this should be varied. The other Officials for the game (the Chief Bench Official and the Bench Manager) will go out with the Head Referee and stand alongside him for the coin toss.

Once all of the captains have gathered around R1 and R2, and when the Head Referee is ready, the home team group will leave for the centre of the field first after receiving the signal from the Head Referee. After about 5 steps, the visiting team group should also head out to the centre of the field. This allows for simultaneous arrival at the centre. The home team captains will be facing the benches for the toss and the visiting team captains will have their backs to the benches.

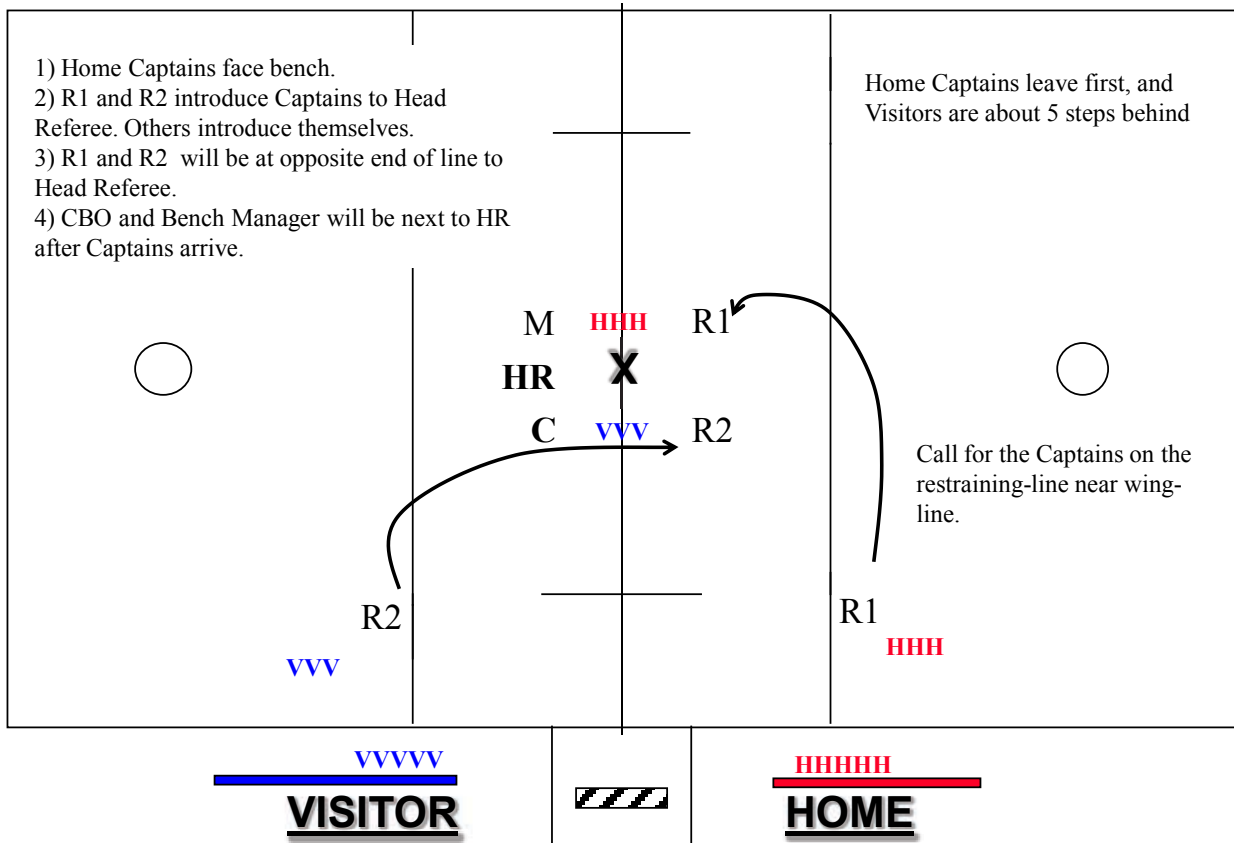
On arrival at the centre, R2 should introduce the Head Referee to the visiting team captains and they shake hands. R1 should introduce the Head Referee to the home team captains and they shake hands. The other Referees, the CBO and the Bench Manager then introduce themselves individually to the captains whom they have not met.

After the introductions, R1 and R2 should move to a position to "make up the square" by facing the opposite goal to the Head Referee and the CBO.

Before the Coin Toss (Home Bench is on the Left-Hand Side)



Before the Coin Toss (Home have chosen the Bench on the Right-Hand Side)



The Head Referee then asks the visiting team's captains to nominate a captain to call the toss.

The Head Referee will speak to the designated caller and show him the coin to be used, which should be a large one. He will explain which are Heads and Tails, showing both to both sets of captains. He explains that a dropped coin will result in a re-toss. The Head Referee will then ask the designated caller what his choice will be. He will then repeat the choice out loud for the entire crew and remaining captains to hear.

The Head Referee then tosses the coin and catches it on his open palm. He does not flip the coin after catching it. The coin should not be allowed to fall to the ground. The Head Referee then announces the toss as either "Heads" or "Tails" and shows the coin to both sets of captains.

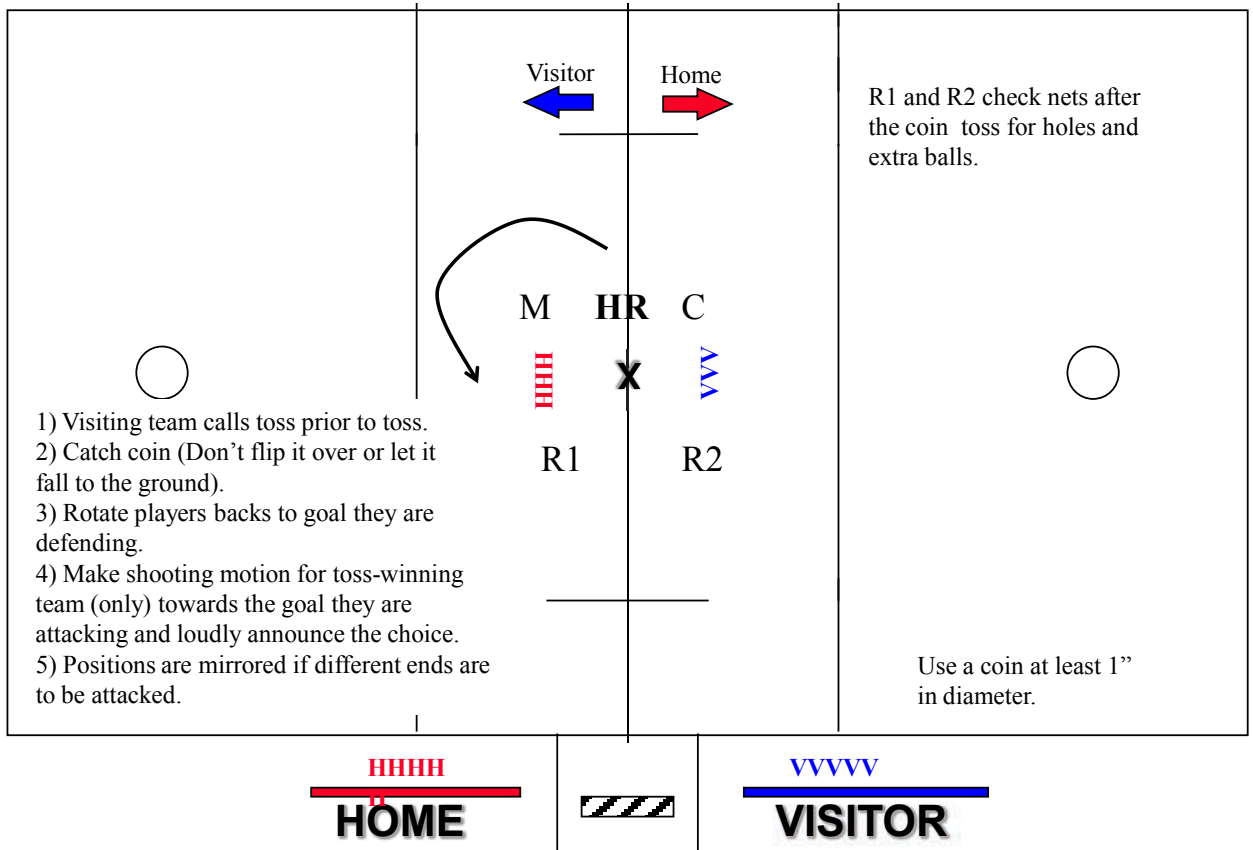
The team that wins the toss will have their choice of ends to attack for the first and third quarters. The Head Referee asks the designated caller which goal they wish to attack in the first quarter.

The entire group will then rotate on the Head Referee's command so that the team that won the coin toss will have their backs to the goal that they wish to defend. The Head Referee will then make a shooting motion with an imaginary stick, next to the captains who won the toss, towards the goal at which they will be shooting. The Head Referee says: "Red won the toss and will attack this goal, first and third quarter". This is **NOT** repeated with the losing captains. The position of the Officials and the captains at this point is shown in the diagrams which follow.

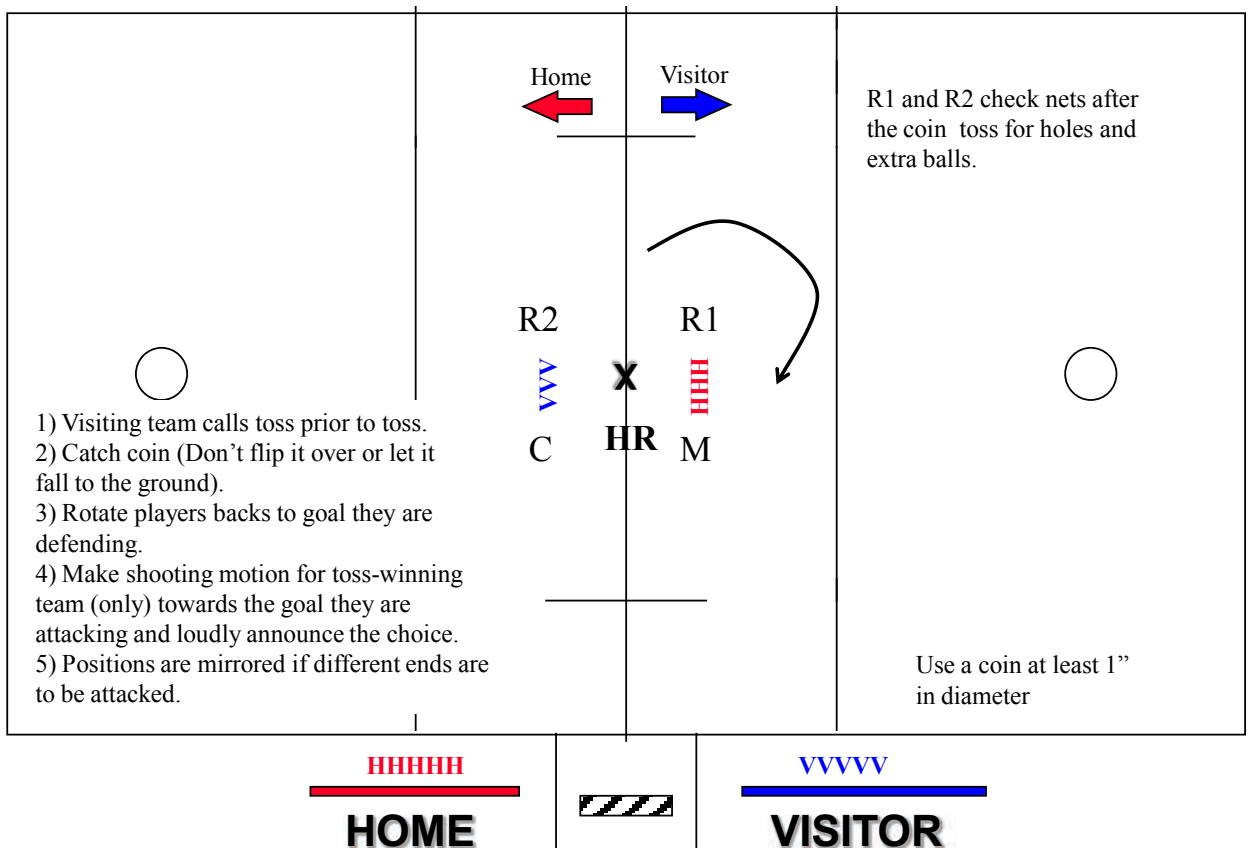
The Head Referee should remind both sets of captains to bring their starting line-ups onto the field with their left shoulders facing the goal they are to defend. The procedure regarding TV time-outs and water-breaks should be outlined. Any queries should be dealt with at this time. The two sets of captains will then shake hands with each other and return to their teams.

R1 and R2 will then go check out the nets for holes, and any extra balls left in the net. The Head Referee, the CBO and the Bench Manager will return to the table area and determine if all is ready at the timer's table.

After the Coin Toss (Home Shooting Right and Home Bench on Left)



After the Coin Toss (Home Shooting Left and Home Bench on the Left)



7.10 THE STARTING LINE UP

About 2 minutes before game time (or more if National Anthems are to be played), all 5 Officials should go back out to the centre of the field together for the Line-up. The Head Referee will be at one end of the line, with the CBO and the Bench Manager on either side, and the other 2 Officials will be at the other end. This is shown on the diagram on the following page.

R1 and R2 should position themselves 5 yards (4.57 metres) apart and have the correct teams come out to line up on them with their left shoulders facing the goal they are to defend. The goalies should be at the leftmost end of the line, the defenders next to them, the middies next to them and the attackers on the right:

AAAMMMDDDG

GDDMMMAAA

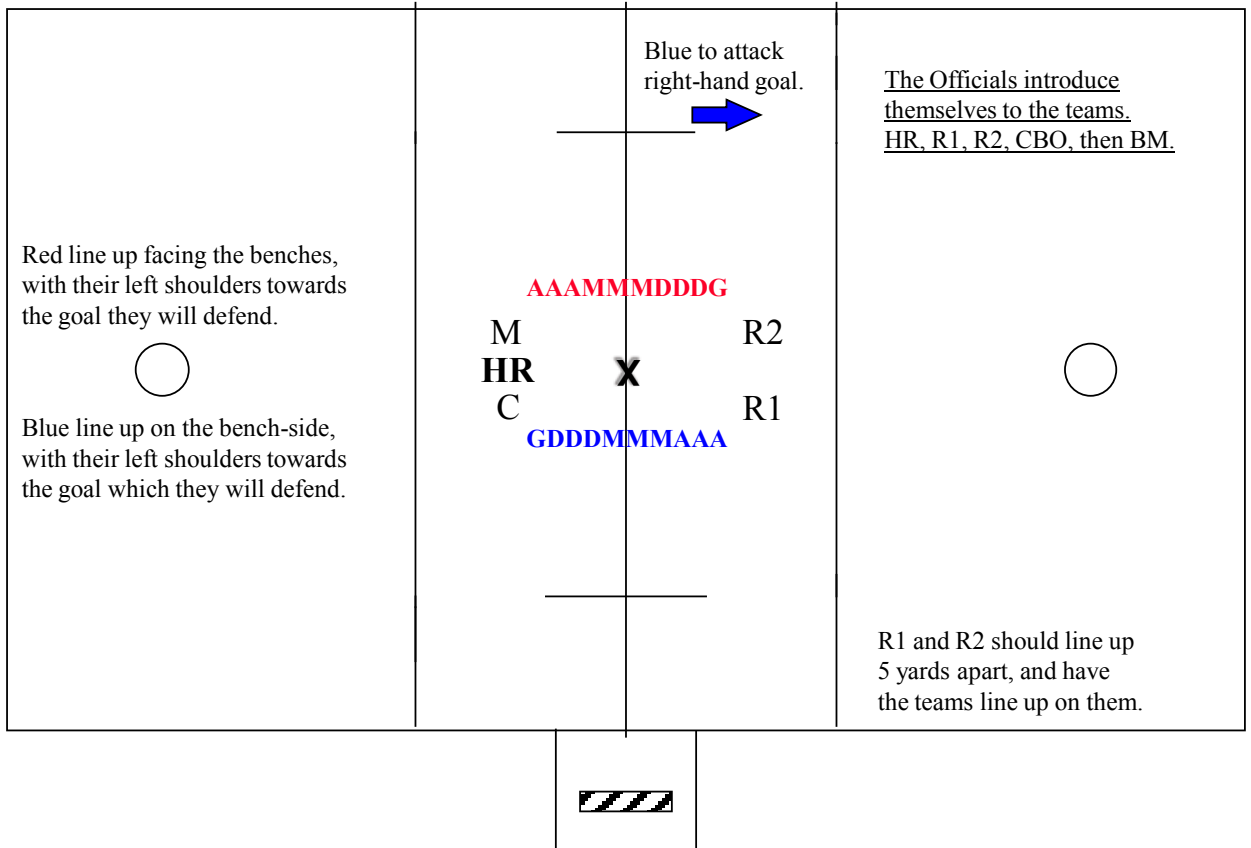
The players may come out either in a group in line or individually as announced over a public address system. More time should be allowed if players are to be individually announced.

Once the teams have lined up on them, R1 and R2 should come into the middle of the lines matching the Officials at the other end.

The Head Referee will introduce himself to the teams. The other officials will introduce themselves individually to the teams, in the sequence R1, R2, CBO and Bench Manager. The Head Referee will explain that the teams are now 5 yards (4.57 metres) apart, the distance that both opponents and team-mates are required to be from a player taking a free-play. He will briefly cover any outstanding ground rules and remind the players that, whilst International Lacrosse is a fast, continuous game with minimal delay, 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 Referees are ready.

He will then ask the goalkeepers to meet and shake hands. After the goalkeepers have cleared, he will have all the other players shake hands and meet their opponents. Players will then move promptly to their positions as will the Referees. The game should not start ahead of schedule despite the players being ready. There may be other considerations including the broadcasting of the game.

The Starting Line-up – with Blue About to Attack the Right-hand goal.



It is important that the above pre-game formalities are conducted smoothly. The manner in which they are managed will set the tone for the Officials' handling of the game itself.

8 POSITIONING

8.1 INTRODUCTION

A Lacrosse Referee cannot make the correct decision unless he is in the right position. In order to be in the right place at the right time, a Referee must spend a lot of time on developing good positional practices and he must endeavour to develop a sixth sense, which allows him to anticipate the movement of the play even before it happens.

He must also, as has been stated earlier, be in sound physical condition.

If the Referees **ARE** correctly positioned, then the players will sense their presence, and the number of rule infractions will be reduced.

The positional philosophies outlined in the main body of this manual, using the three-man, "wide triangle" method, are designed to give the best coverage for the normal play of the game of Lacrosse, and to promote consistency. It is recognised, however, that game situations will arise which will require adjustments to be made by the Referees, who must then use their experience and their judgement in order to cover adequately the circumstances which have arisen.

To reiterate what was said in Section 2 of the manual, concerning the diagrams which follow, depicting a situation during the play of the game:

L – Lead Referee, S – Single Referee, T – Trail Referee,
C – Chief Bench Official, M – Bench Manager, B – Bench Official(s),
FO – Referee handling the face-off.

Where relevant, the ball is shown as a dot or a series of dots.

8.2 THE INITIAL CENTRE FACE-OFF

On the following diagram, the Head Referee is at his position for the initial face-off and he is waiting for the other field Officials and the CBO to be ready. The diagram shows the position of the other Officials at a centre face-off.

The Head Referee has his back to the goal on the left, standing over the ball and is responsible for the two players taking the face-off. Referee R1 is responsible for the bench-side wing area-line, and "his" goal area-line. Referee R2 is responsible for the wing area-line on the far side of the field from the benches, and for "his" goal area-line.

Both Referee R1 and Referee R2 ensure that all players are in their required areas. Initially R1 and R2 will indicate that they are not ready by holding their hands up above their shoulders with palms facing the centre.

R2 will signal to R1 that he is ready by pointing down the wing area-line. The CBO will signal to R1 that he is ready by pointing down the side-line. When both R2 and the CBO are ready and when he is ready, R1 will signal to the Head Referee that all is ready to begin by also pointing down the wing area-line. The Face-Off Referee is thus not required to look over his shoulder or to look in two directions at once.

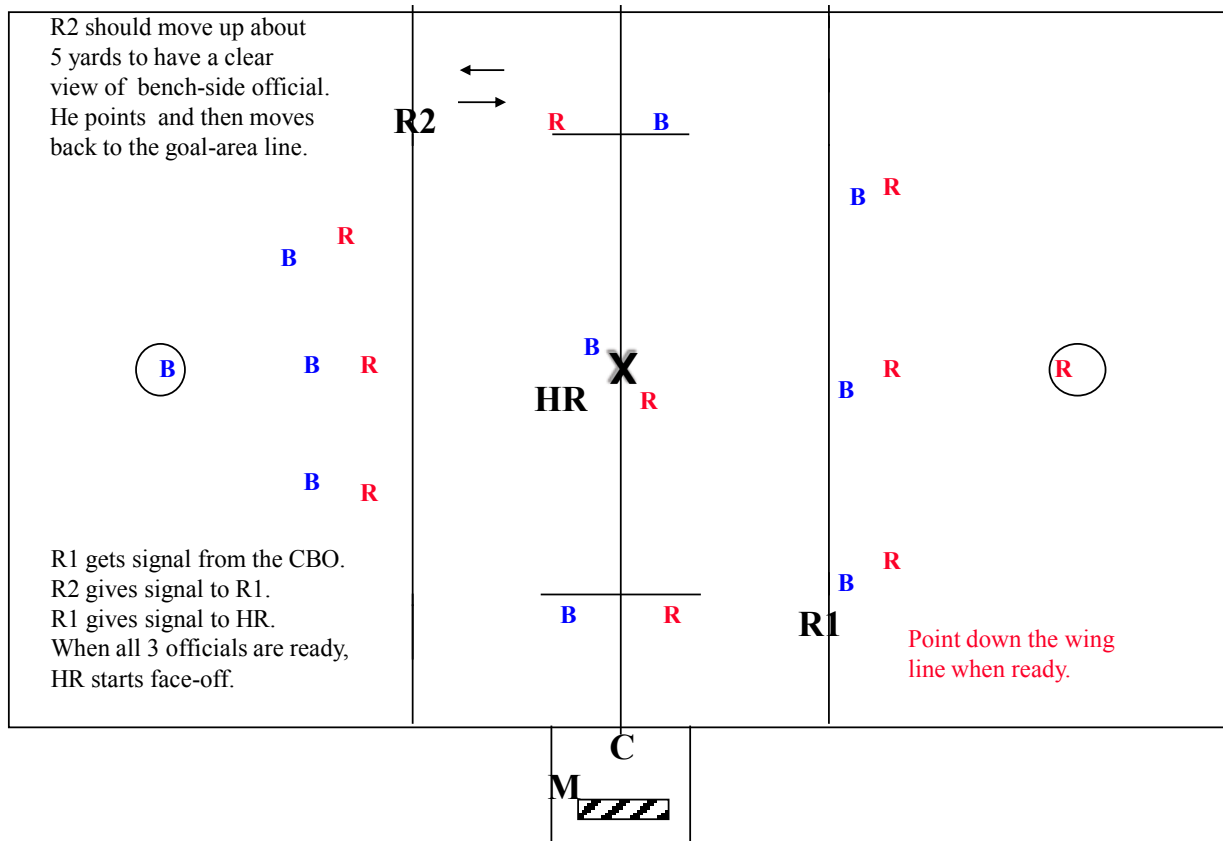
On the initial face-off and every subsequent centre-field face-off, the Single Official (R2 in this diagram) moves up 5 yards (4.57 metres) towards midfield to signal to the Bench-side Official (R1) that he is ready. This is to provide a clear line of sight with the Bench-side Official.

Officials should signal when all the proper players are accounted for and nothing will interfere with the face-off. Once the referees have signalled that the field is ready any technical violation by a team member will not

halt the face-off. Instead the referees will monitor this action and assess the proper violation or penalty if the action is still a violation when the whistle blows to start play.

After signalling to R1, R2 should back-pedal to his designated position. Once Referees R1 and R2 have pointed down the wing line, they should keep pointing so that, if there is any delay, or if the Face-Off Referee becomes confused for some reason, then he can still be reassured that all is well.

Initial Face-Off



Referees R1 and R2 should then concentrate on the players in their wing areas and goal areas to ensure that all players are in the correct positions at the time the whistle is blown. This checking should be emphasised by turning the head, so that players realise that the Referees are being vigilant.

If a player steps on or beyond a line **BEFORE** the whistle blows, then he should be warned to get "behind the line". The Referee should **NOT** specify a team colour or a player's number when doing so. If a player jumps the gun, however, and is touching the line or touching the ground beyond the line **WHEN** the whistle blows, then he **MUST** be penalised by a whistle, or play-on as appropriate.

If it is the first face-off of a period, then the Face-Off Referee should check that the Bench Officials and both goalies are ready: "Are you ready, Bench?" and "Are you ready, Goalie?" should suffice.

The Face-Off Referee should place the ball on the ground at the centre of the field and, after he has received the ready signal from Referee R1, he then takes his position where he will conduct the face-off from. It is important that irrespective of which position is ultimately selected that the referee remains still after he has said "Set". This will reduce the number of face off faults as the face-off men will not confuse the referees movement with the sounding (or about to be) of a whistle. You should remove the whistle from your fingers and hold it in your mouth or use a lanyard whistle for the faceoff to minimize the movement of your arm.

There are now two agreed positions from which the Face-Off Referee can conduct the face off:



Pictures: Courtesy US Lacrosse

Behind the face off man (traditional position) standing over the face off.



Pictures: Courtesy US Lacrosse

Standing on the centre line looking into the faceoff. The face off can be conducted standing or crouched with your hands on your knees looking into the faceoff.

The Face-Off Referee should take the opportunity to set the expectations of the players who are taking the face off. Tell them what you are expecting and then hold them accountable if they do not play by the rules. Keep doing this throughout the game. Be brief, but be clear on what you expect.

The Face-Off Referee asks the centres to both take up the face-off position at the same time. “Down together, please”, along with a simple pointing gesture of the hand, should suffice.

The Face-Off Referee then checks the position of sticks, hands and feet. The ball shall be centred within the 4” wide centre line and the players’ crosses shall rest on the ground parallel to each other, on that player’s defensive half and not touching the centre line. Their gloves however may be touching the line. Players may not back out and re-set their positions once the Referee has initiated the face-off position.

The Referee makes certain that the reverse surfaces of the crosses match evenly, and that each player has both hands on the handle of his own crosse, not touching any strings, and that both gloved hands are on the ground. The feet must not touch the crosse. Both hands, the feet and the heads of each player must be to the left of the throat of his crosse. . No part of either player’s body may be in the neutral zone. The feet must not touch the centre line or their opponents’ defensive half of the field and must remain grounded up to the sounding of the whistle to start play. The handle of the crosse must not touch the opponent’s defensive half of the field. No portion of either crosse may touch.

As a group, the Referees are often criticised at World Championships for there being a delay at face-offs. Such delays, of course, are critical with a running clock and even more critical when a penalty clock is running. Thus, a player who transgresses at a face-off should immediately be penalised by the awarding of the ball to his opponents.

Once the players facing have assumed their positions, the Face-off Referee shall say “Set”. Once this signal is given, the hands and gloves of both players must remain motionless and both feet must remain grounded until the whistle sounds to start play. Other parts of their bodies may move.

The Face-Off Referee then blows his whistle to start play, being careful not to make any motions with his arms or hands prior to blowing the whistle. Any movement by the Face-Off referee may cause the players to move prematurely. By remaining still, there will be fewer face off violations.

Whilst the interval between the face-off being set and blowing the whistle should always be short, so that no attempt is made to "trick" the centres, it is nonetheless advisable for a Referee to vary the timing slightly in order to prevent a centre from "beating" him by anticipating the whistle. If the Referee does not vary the timing thus, and one of the centres draws consistently quickly, then there will be complaints from the other side's centres.

Once the whistle has blown, Referees R1 and R2 should concentrate on the goal area-lines. If any player steps on or beyond the line before possession has been gained or before the ball has touched or crossed the line, then the whistle should be blown or a Play-On used.

During the face off, a player may not deliberately use his hand or fingers to play the ball, or grab his opponent's crosse with an open hand or fingers. An unsportsmanlike conduct penalty shall be issued for any infringement of this rule.

When any Referee sees that a team has gained possession, then he should rotate his right arm anti-clockwise in full circular cranking motion and shout "Possession". Do **NOT** shout the colour of the team gaining possession. All referees should echo the "Possession call" both visually and verbally.

When any Referee sees the ball touch or cross a goal area-line, then he should rotate his right arm in full circular cranking motion and shout "Free ball". In all cases, the shouts must be loud and clear so that those on the field and those in the bench areas can hear them.

This call of "Possession" or of "Free Ball" enables all players to be released from their face-off positions. However, if a player who is confined to a goal area keeps his feet behind the goal area-line and leans into the central zone to pick the ball up, then no foul is committed. If he picks the ball up and then, a split second later, and before a Referee has had a chance to shout "Possession", he touches the goal area-line or steps into the central zone, then no foul is committed. The Referee's call is only a guide.

After the face-off there are usually two scenarios:

- either the play moves away from the Face-Off Referee
- or the play moves towards the Face-Off Referee.

These two situations are illustrated in the following diagrams.

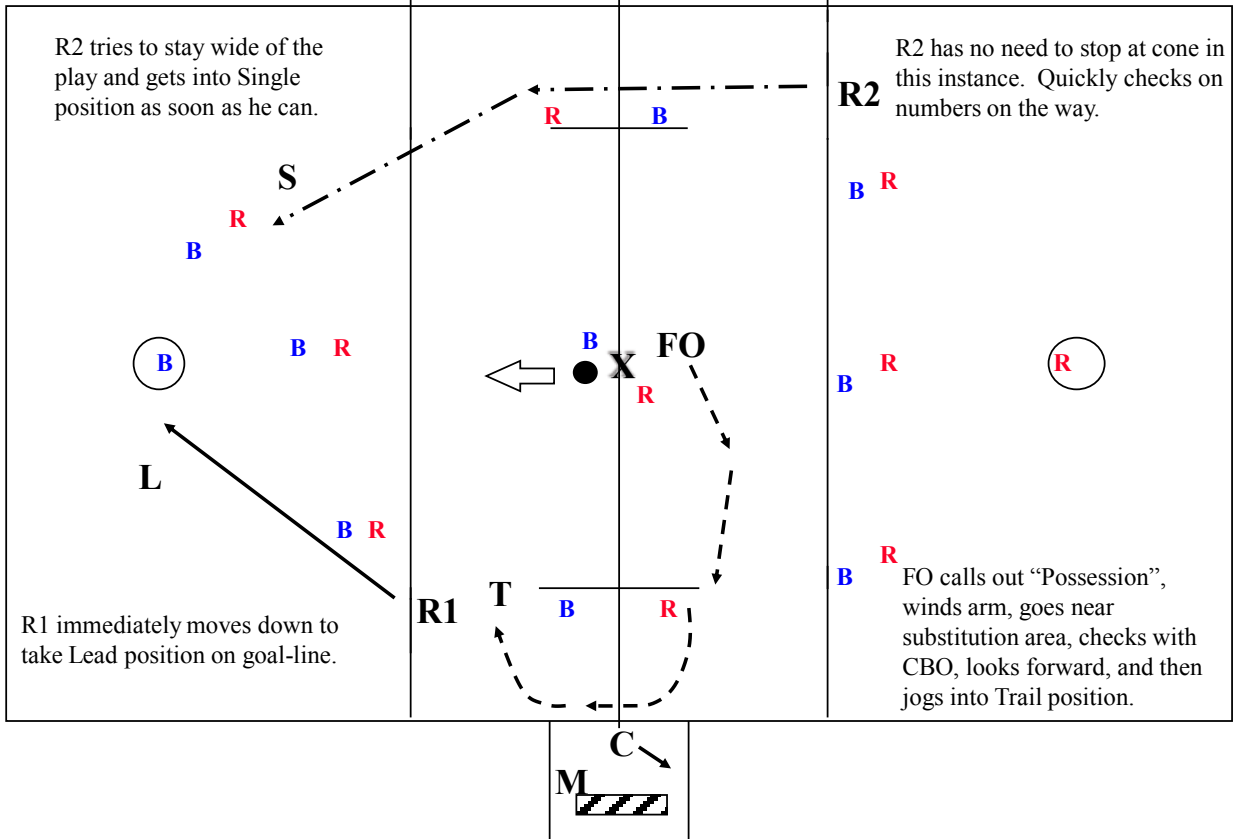
8.2.1 The play moves away from the Face-Off Official

The R1 Official must break for the goal to take up the Lead Referee position. His responsibility will be to signal a goal, or to award the ball at the end-line in the case of a shot on goal. He must NEVER be beaten to either the goal or the end-line! As always, any fouls committed in his area on the way to covering the goal will also be his responsibility to call.

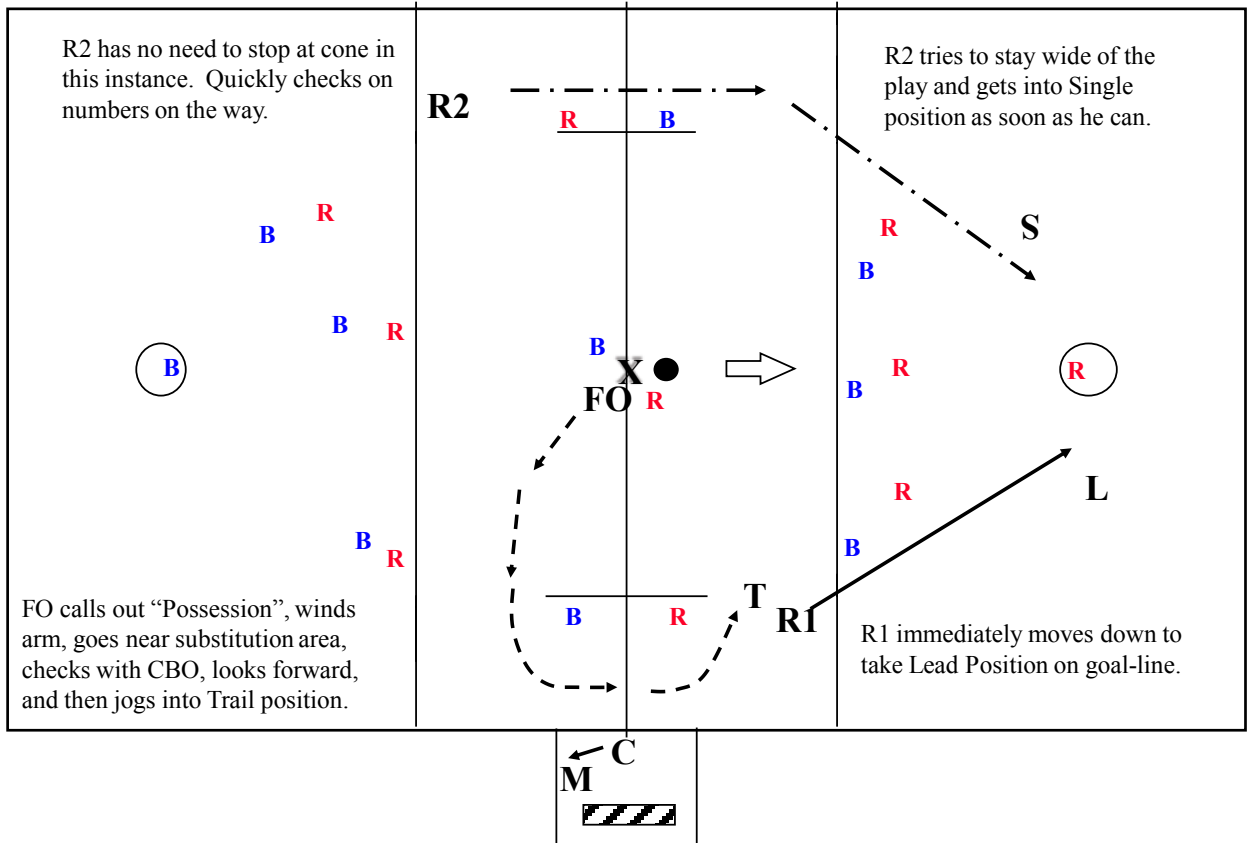
The R2 Official will simply take off to join the offensive play as the Single Official. Off-side will not normally be a problem in this instance, as most of the players have broken in a "fast break" towards the goal. So the CBO should be the primary person to watch for the off-side. But the Single Official should still carry out a quick check for off-side as he moves forward.

The Face-off Official then goes towards the Special Substitution Area (the Gate) to check off-side. Once he has established the correct number, he should move quickly into the play and officiate as the Trail Official. Usually there is no need for the Trail Official to go right into the Special Substitution Area, as the CBO controls this area of the game. But, if the CBO is busy, Trail should check for off-side himself, and he should go right to the "T" to do so.

Possession – Play Moves Away From Face Off Official #1



Possession – Play Moves Away From Face Off Official #2



8.2.2 The play moves towards the Face-Off Official

The R2 Official must not hesitate. He must go directly to the goal-line in the Single position to cover for the Face-Off Official. He will have the whistle and goal signal, and possibly an end-line call as well, until the face-off referee is in position. The Single Official must not leave the goal-line until he is released by the Lead. Single may also be called on to cover the end-line. The Lead Official will tap his chest and/or call to him, to release the Single, when he is back in position.

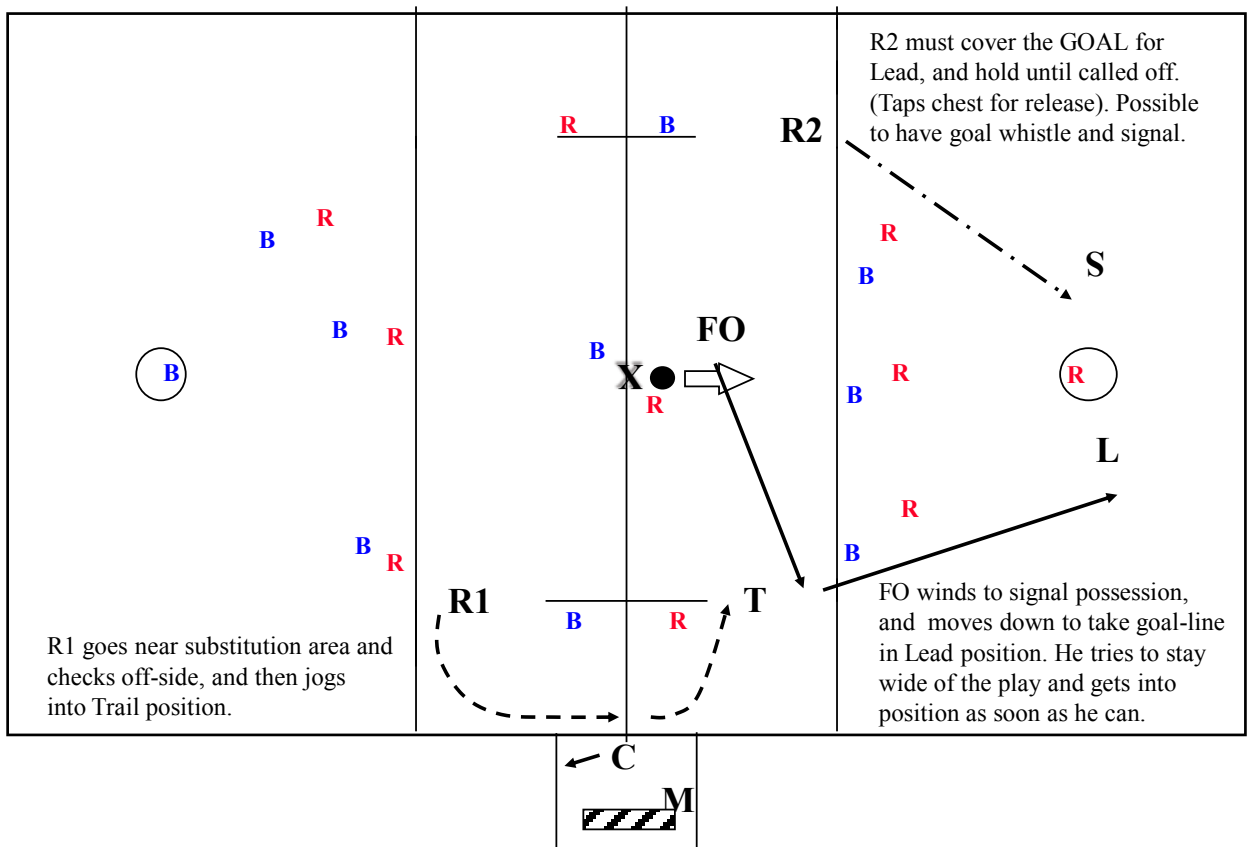
The Face-Off Official should take a path to the Lead position outside of the players. He should not rush to get back into position, and should not release the Single Official until he is on the goal-line himself.

The Face-Off Official should normally call "Possession" but he should rely on his partners to call "Possession" if the ball is rolling towards them. Using this technique will help to prevent the Face-Off Official from getting trapped on the wrong side of the field.

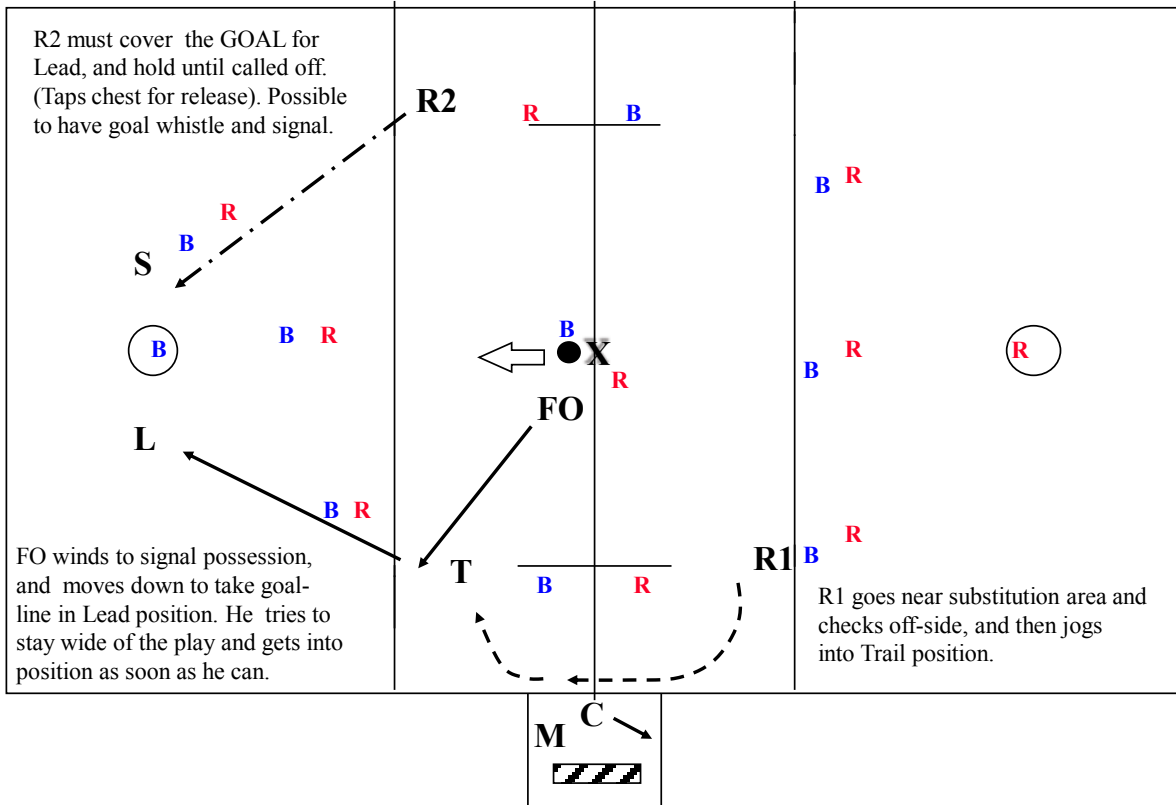
Even if the Face-Off Official, who is about to become the Lead, is "forced" away from his goal-line, he should normally still make the count if the goalie gains possession. In **HIGHLY** exceptional circumstances, for example when the Lead Referee is forced into a corner and his vision of the crease is obscured, or when the Lead is knocked over in the play, then the Single Referee should **start, and complete**, the count.

The R1 Official should come up the field, check with the CBO to be sure of proper numbers for off-side and then move quickly into the Trail position.

Possession – Play Moves Toward Face Off Official #1



Possession – Play Moves Toward Face Off #2

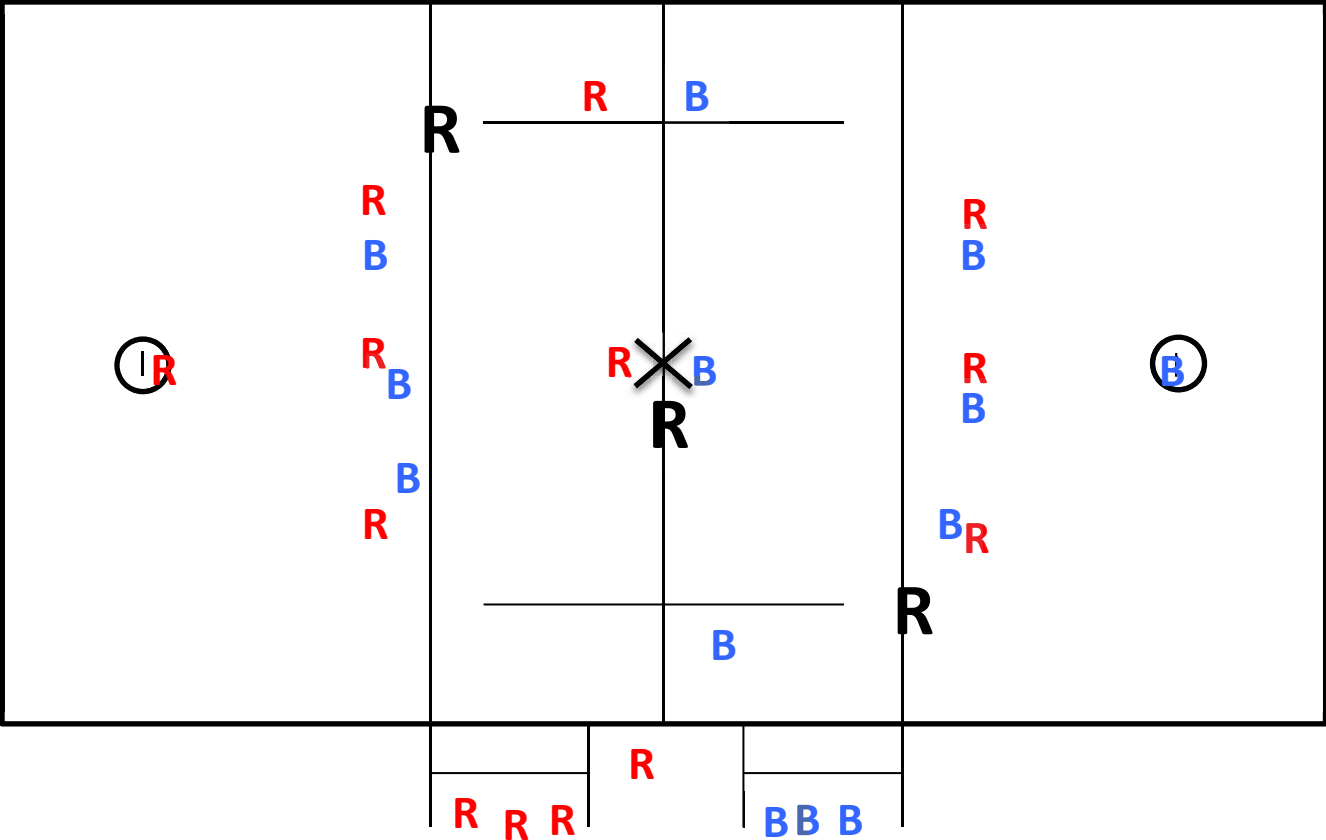


8.3 PENALTY RELEASE AT CENTRE FACE-OFF

When there is a penalty release that will occur at about the same time as a centre face-off it is important that the officials be aware of what a legal play will look like, the variety of ways a violation may take play and how to treat the violation. Instructions to the penalty-time official are covered in Section 14.2. It is important that neither the bench officials or game officials advise the player in any way other than to say, "Ask your coach."

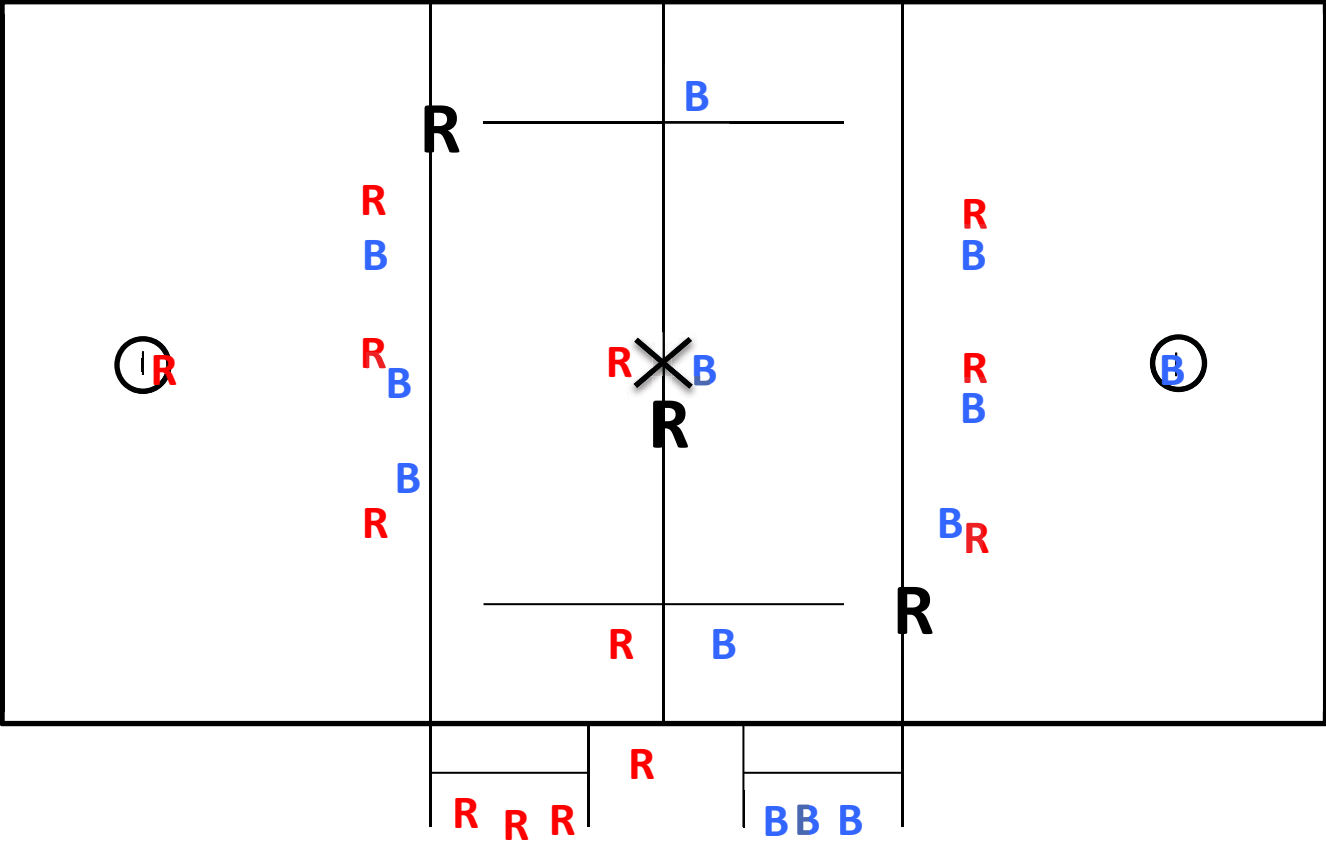
If the bench-side wing is open the player is legally allowed to enter play when he is released.

Centre Faceoff – Penalty release – Bench side open



If the bench side-wing is filled then the officials must be aware of where and when the player enters the field and where he or his substitute is at the time of the whistle.

Centre Faceoff – Penalty release – Bench side closed



If the player enters the field illegally or is in an illegal position when the whistle blows for a face-off we have a loose ball technical violation which MAY be assessed as a play-on.

8.4 FACING-OFF IN OTHER PARTS OF THE FIELD

Whenever a face-off is to be taken at a point other than the centre, then all the clocks shall be immediately stopped and not restarted until the sounding of the whistle to restart play. Each of the two Referees who are not taking the face-off should give the "Hold it" signal, with open palms, until they are ready for play to start: they should then indicate that they are ready by pointing sideways so that the Referee who is taking the face can see that he is ready. Only when both signals have been received should the ball be set.

In such a case, the other Referees should move in to help him and to ensure that no players are closer than 10 yards (9.14 metres) from the face-off. Warnings are given as appropriate, but any player who is not at least 10 yards (9.14 metres) from the ball when the whistle sounds is penalised by a whistle, or a Play-On, as appropriate.

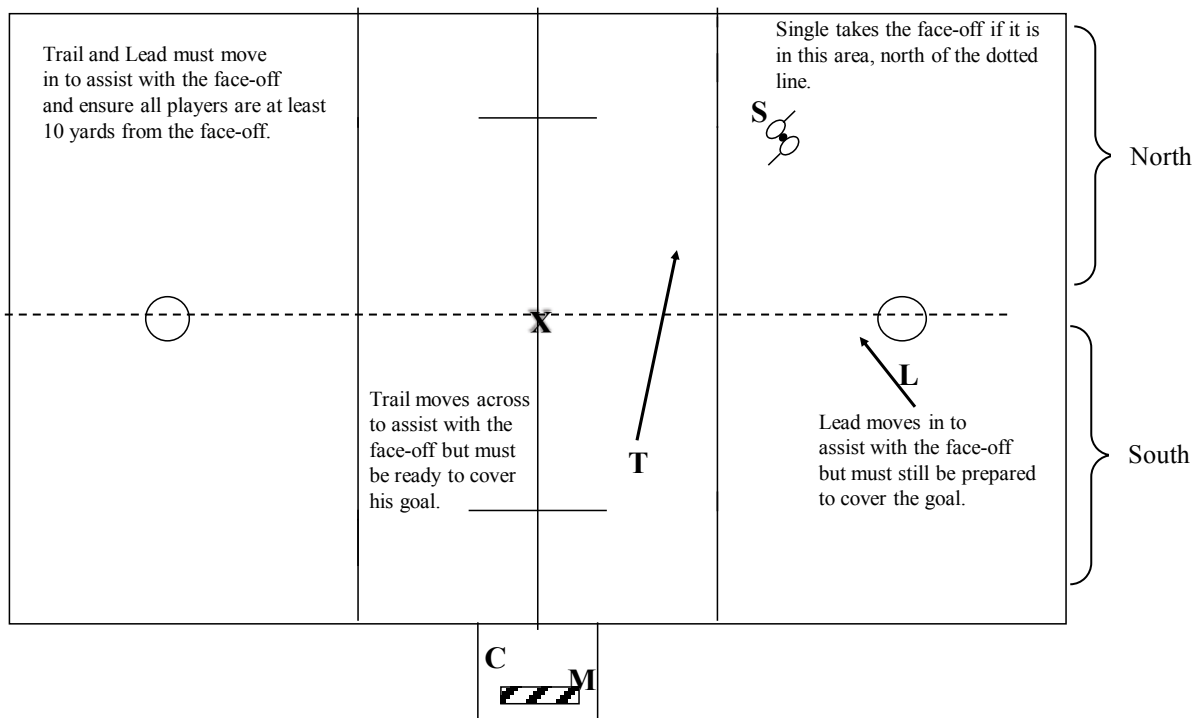
Where a face-off is required on the far side of the field, see the diagrams which follow, then it should be taken by the Single Official. Where a face-off is required on the bench-side of the field, then it should be taken by the Bench-side Referee whose goal is nearer to the position of the face-off.

8.4.1 Face-Off by Single Official

When a face-off is to take place in the half of the field which is on the far side from the bench area, then it will be taken by the Single Official. On the diagram below, this is the half of the field which is to the "north" of the dotted line.

Lead and Trail move in to help. When the whistle is blown for the face-off, the Lead and Trail Officials should move back to their required positions whilst keeping a watch on the play. Each of the Bench-side Referees must be ever mindful of his responsibility to cover his own goal. The Trail Referee should be especially conscious of the possibility of a fast break developing towards his goal.

Face-Off By Single-Side Official

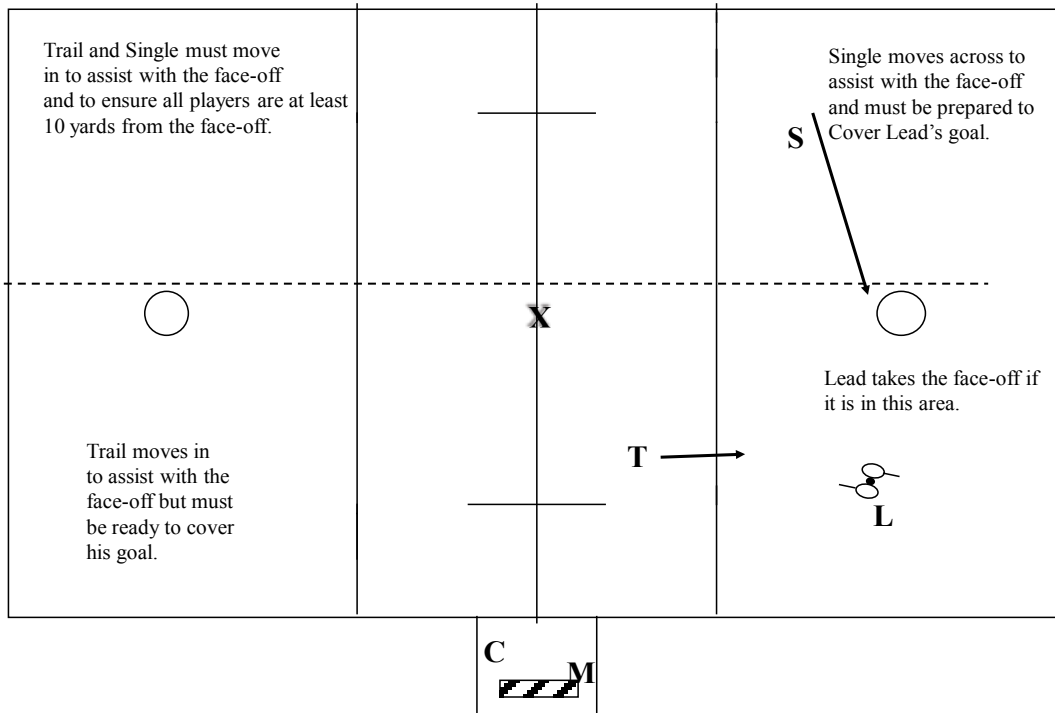


8.4.2 Face-off on the Bench-side

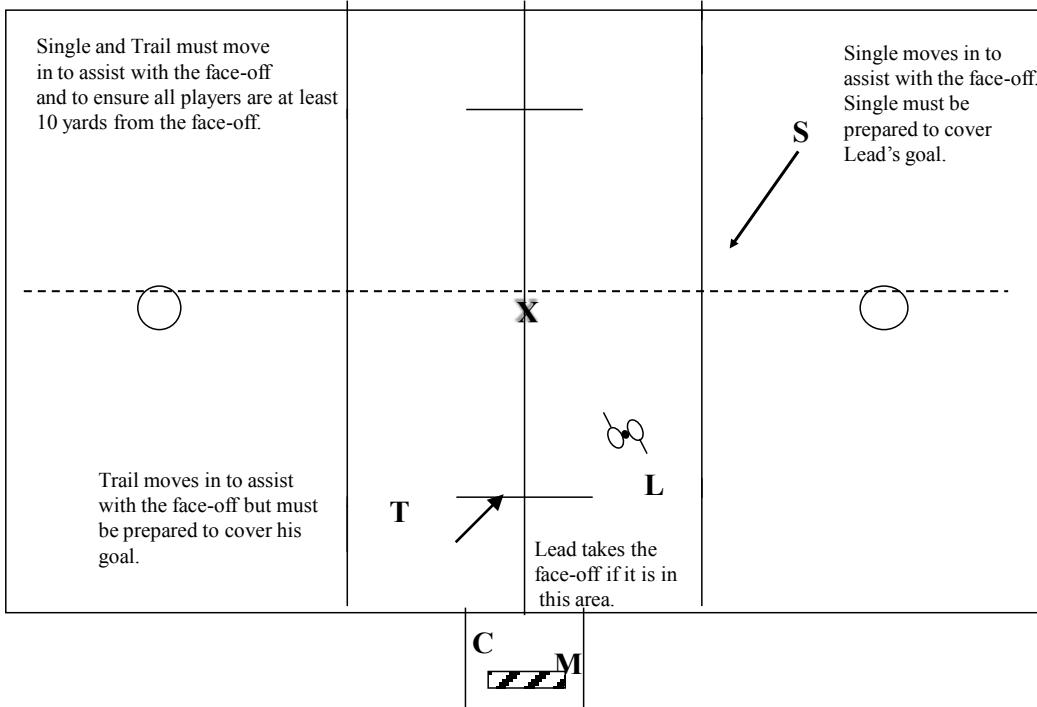
When a face-off is to take place in the half of the field which is on the bench-side of the field, then it will be taken by the Bench-Side Referee whose goal is nearer to the position of the face-off. On the two diagrams below, this is the half of the field which is to the “south” of the dotted line.

In the cases shown, the face-off is taken by the Lead Official. The Single and Trail Officials move in to help. When the whistle is blown for the face-off, the Single and Trail Officials should move back to their required positions whilst keeping a watch on the play. Trail must be ready to cover his goal if a fast break develops. The Single Referee should be ready to move towards either goal but, of course, he is more likely to be urgently needed at the goal of the Referee who is taking the face, and so he should position himself with this particularly in mind.

Face-Off on the Bench-Side in the Goal-Area



Face-Off on the Bench-Side in the Central Zone

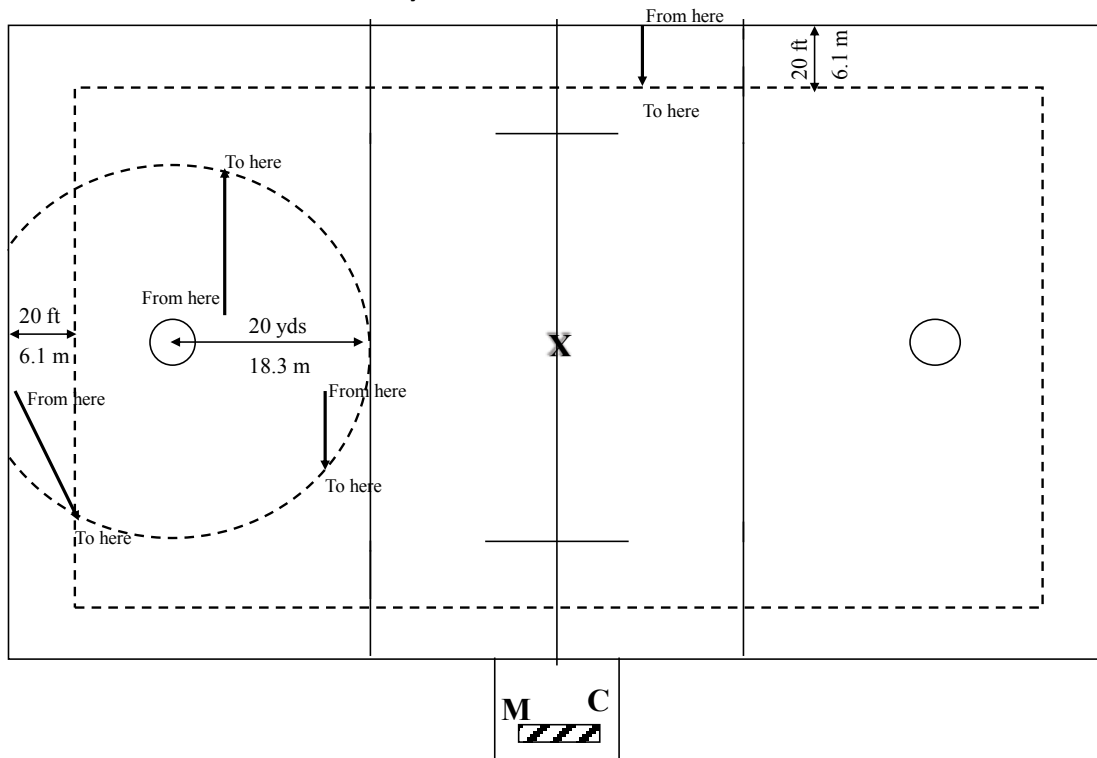


8.4.3 Face-off Close to Goal or Boundary

Whenever a face-off would take place within 20 feet (6.1 metres) of a boundary-line, then it should be moved into the field of play to a point 20 feet (6.1 metres) from that line. Whenever a face-off would take place within 20 yards (18.29 metres) of the goal, then it should be moved laterally across the field to a point which is 20 yards (18.29 metres) from the goal.

Thus, in the following diagram, where a face-off would have taken place within 20 feet (6.1 metres) of the far side-line, it is moved in-field. Also, in the following Diagram, where the circle is 20 yards (18.29 metres) from the cage, a face-off at a point inside the circle is moved laterally to a point on the circle as shown. Of course, where a face-off would have taken place **BOTH** within 20 yards (18.29 metres) of the cage **AND** within 20 feet (6.1 metres) of a boundary-line, it is moved from where it is to a point which complies with both requirements, as shown in the diagram.

Face-Off Close to Goal / Boundary



8.4.4 Directly Out-of-Bounds at a Face-Off

If the ball goes directly out-of-bounds from a face-off, and the Referees do **NOT** know who touched it last, then it is re-faced at the same place as the previous face, and subject to the same restrictions as the previous face.

But if the ball goes directly out-of-bounds from a face-off, and the Referees **DO** know who touched it last, perhaps because one of the face-off men was trying to direct the ball towards one of his team-mates, then the ball is awarded to that player's opponents.

If, at a centre face-off, the ball goes directly out-of-bounds in the central zone, and the ball is awarded to one of the teams, then the confined players in the goal-areas are released.

8.5 PLAY AROUND THE GOAL

When there is a set play around a goal, then all three Referees should endeavour to be placed in a wide triangle around the goal.

8.5.1 Settled Situation

The Lead Referee should be just nearer to the centre of the field than the imaginary extension of the goal-line, so that he can see both posts, and thus determine whether the ball has crossed the plane of the goal. This would normally be about 5 yards (4.57m) to the side of the crease. The actual position will be determined by the position of the ball: he should move in and out, as appropriate, as the play proceeds.

Lead should ensure that play is in front of him by adjusting accordingly. He should be as near to the crease as possible, bearing in mind his own safety and bearing in mind that he must not interfere with the play. The nearer he is to the play, the better chance he has of making the correct call and the easier it will be to “sell” that correct call. When the ball becomes adjacent to him, he needs to back out and anticipate a pass or a dodge to the goal. If there is an attack player who wants to play in the Referee’s spot, then the Referee will have to move out to allow this.

- Lead needs to be aware of the position of the ball
- Lead is responsible for the four-second count.
- Lead is responsible for calling a shot on goal if he is the On-Official at the time.
- Lead is responsible for out-of-bounds calls on the end-line and should move to the end-line, as appropriate, in order to make such calls correctly.
- Lead is responsible to go behind the goal where there is a contentious play, but needs not go behind the goal if a player is not being defended or attacked

The referee should never be in a position where they need to turn their back to the field and watch the play as it moves to the side or end line. Should the Lead find that the attacking team is playing a wide formation, the Lead then needs to move to a position where all the players remain in front of him. **This may require him to move towards the sideline still remaining on the goal line extended, or they may find that they can remain closer to the goal by stepping behind the goal line extended and opening up their body to the field.**

The Single Official should be about 5 yards (4.57 metres) away from the goal-line, towards the centre-line, and about 7 to 10 yards (6.4 to 9.14 metres) out from the goal, towards the side-line. He is also constantly moving in and out depending on the position of the ball.

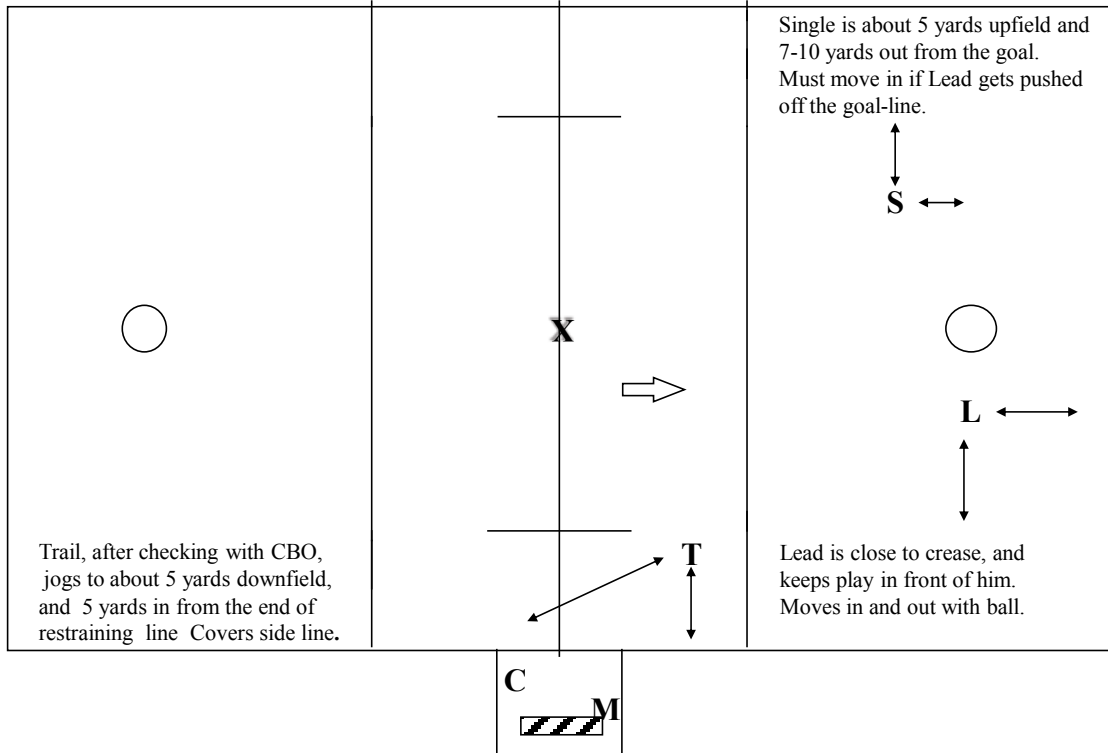
When the Lead moves, the Single should also move. If the Lead needs to go behind the goal for end-line coverage, or the Lead needs to move further away from the Goal along the goal line extended, the Single needs to move towards the goal to cover the goal-line for the Lead and signal a goal, or no goal as the situation dictates.

- Single needs to be aware of the position of the ball.
- Single must be mindful of his own safety and of not interfering with the play. They shall keep all players in front of them.
- Single is responsible for calling a shot on goal if he is the On-Official at the time.
- Single is responsible for staying with the shooter to watch for late fouls unless he is covering the goal.
- Single is responsible for out-of-bounds calls on the far side-line and should move to the side-line, as appropriate, in order to make such calls correctly.

The referee should never be in a position where they need to turn their back to the field and watch the play as it moves to the side or end line. Should the Single find that the attacking team is playing a wide formation, the Single then needs to move to a position where all the players remain in front of him. This may require

him to move towards the sideline.

Settled Situation



The Trail Referee should be about 5 yards (4.57 metres) in and 5 yards (4.57 metres) towards the goal from the end of the wing restraining-line. He should not normally be closer to goal than the goal area-line.

He should move as the play proceeds. If the ball becomes loose or if a shot is taken, then he should begin to back away towards the half-way line. If a loose ball rolls towards the centre-line, then he must move to the centre-line rapidly. In these instances the Trail should cross the centre line and be just on the defensive side of the centre line. Here communication with the CBO is crucial. If the CBO is available to help, the CBO shall cover the centre lines for offside, whilst the Trail referee looks for pushes and player infractions. However if the CBO is unavailable to assist, then the trail has complete responsibility for the entire play. Teamwork is the key here

It is, of course, crucial that he positions himself so that he can cope with a fast break. He should never be in a position where he is beat to the goal line of the goal he is responsible for.

- Trail needs to be aware of the position of the ball.
- Trail must be mindful of his own safety and of not interfering with the play.
- Trail is responsible for calling a shot on goal if he is the On-Official at the time.
- Trail is responsible for staying with the shooter to watch for late fouls.
- Trail is responsible for out-of-bounds calls on the side-line on the bench-side and should move to the side-line, as appropriate, in order to make such calls correctly.
- Trail also has primary responsibility for off-side calls on the centre-line and should be ready at all times to be able to cover those calls without the assistance of the CBO or single side official.

8.5.2 Coverage During Settled Situations

Each of the three Referees is either an On-Official or an Off-Official, depending on the position of the play with respect to his position. This is discussed in the following pages.

An On-Official covers the player with the ball, the team mates who are in close proximity to the ball-carrier and the defenders playing them. In other words, he covers the "primary action", looking, for example, for

slashing, tripping, warding-off, holding, and for crease violations, pushing, interference and moving picks which involve players in the "primary area".

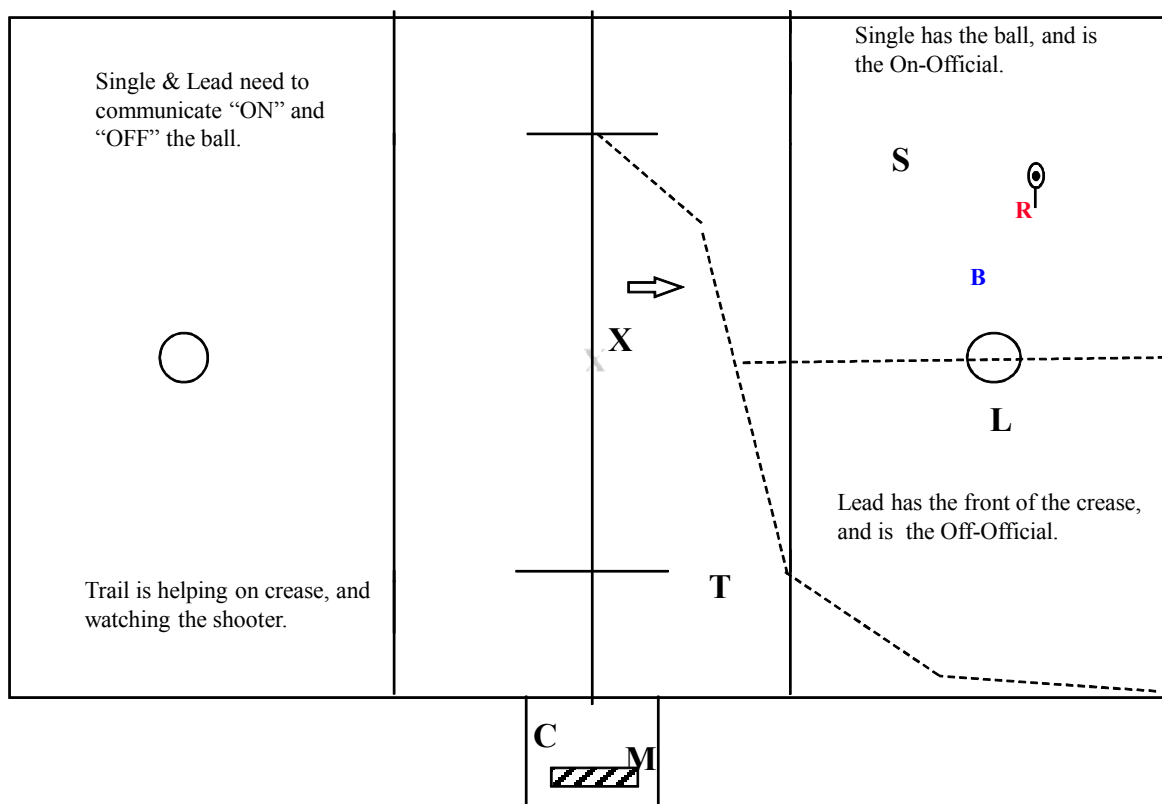
An Off-Official covers action outside this "primary" area. He looks, for example, for crease violations, and for illegal picks, pushing, interference, and holding which involve players outside the "primary area". His job is thus to cover the "secondary action".

As the ball is moved round the goal, then the responsibilities of the Referees change. If the play approaches a particular Referee, then he should endeavour to **BACK** away from it, so as to keep the play in front of him. The "3-man wide triangle" formation should thus be generally maintained.

Once play is "settled" around a goal, the Trail Referee must resist the temptation to hang back from the play: he must referee fully. The CBO will be checking for off-side and illegal substitutions.

The dotted lines on the diagram which follows indicate the approximate areas where each Official would normally be the On-Official.

Coverage During Settled Situations



The Single Official is the On-Official in this diagram. He is responsible for all of the fouls committed around the ball carrier.

In this diagram, the Lead is the Off-Official. This means that his responsibility is the front of the crease. He is looking for illegal picks, interference, holding, etc. He must be taking quick glances at the ball-carrier because he must be ready to become the On-Official.

There will be a point where the Lead and the Single Official are both watching the ball. This moment must be minimized in order to fully cover the field. The Trail will be looking to help out in front of the crease, and to become the On-Official if the ball should come towards him.

The lines on the diagram are just a guide, and nothing can take the place of good communication between the crew.

The above is only a general guideline and, as mentioned above, adjustments will constantly need to be made depending on the particular circumstances in a game: but such positioning will enable the Referees to avoid interfering with the play of the game without being so far away from the play that they cannot see offences which are being committed.

There is a high correlation between the accuracy of calls and a Referee's closeness to the play when making the calls. The Referee must not get so close that he interferes with the play or has too narrow a field of vision, neither must he get so far from the play that he can no longer accurately determine what is going on.

As discussed above, if the Lead Referee becomes "caught" in the play, and is thus forced away from the goal-line, then the Single Referee should cover his goal for him.

At all times, the Trail Referee must be ready for a loose ball play going towards the centre of the field, and for a fast break developing suddenly as a result of a dropped pass or an interception by a defender.

8.6 THE FAST BREAK

If the attacking team lose the ball and the play begins to move rapidly towards the other goal, then the situation is referred to as a fast break. In the following description, the Referees are referred to using the designations of the new positions that the Referees are going to, as the break is now on and this description better reflects their status.

The new Trail (old Lead) has the responsibility of the 4-second goalie count. This should be visual and audible. He then should stay as deep as anyone who could be involved in the clear. Trail **MUST NOT** be in front of the ball, as Lead and Single, as well as the CBO, are already there. Trail should be outside the players, so that he has them all in his vision.

The new Lead (old Trail) should break out with the goalie save. Before he gets to the midfield-line he should locate the ball and determine what type of break it is. If it is a fast break, Lead's sole preoccupation is to reach a position where he can cover his goal-line and end-line adequately. He forgets off-side! He must never be beaten to the midfield-line, the restraining-line, the goal-line or the end-line.

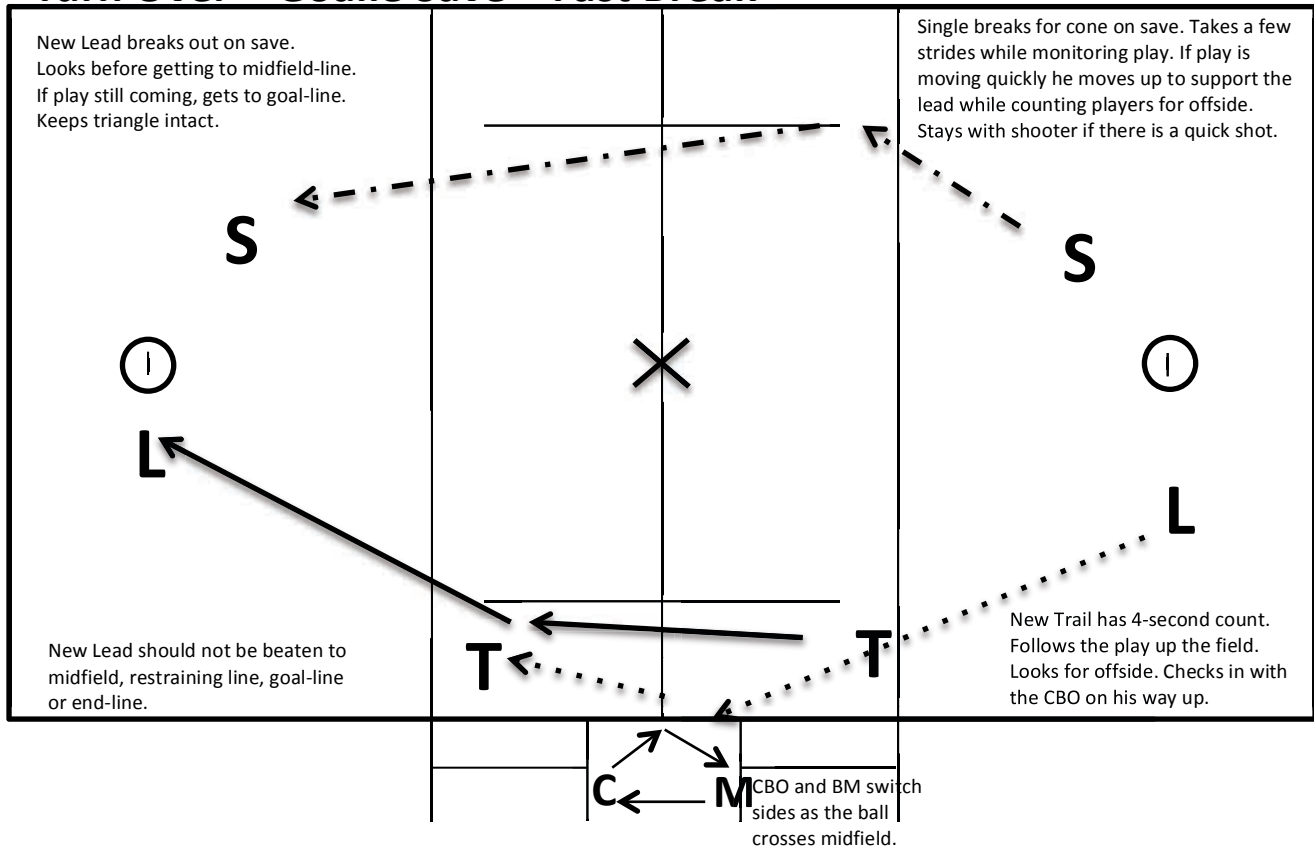
Alternatively, if the play is on the far side of the field and the Single Referee has the play, then Lead can slow down slightly at the midfield-line and carry out a quick off-side check, counting up ahead of him. He must be aware of the possibility of a turnover and a return of play to the other end of the field.

The Single Official must break out when the goalie makes a save, not turning his back on the play. He must get some distance, and then locate the ball. If the ball is continuing up the field, he should move up-field quickly to support the lead official, help with the off-side call but counting up ahead of him, and staying with the shooter for late fouls.

If the Single Official counts players whilst he is running forward, his job will be easier when he reaches the cone. If the ball is passed in his direction and the players are playing each other hard, then the Single should not stop at the cone, but rather he should stay with the play. This will put more importance on the CBO for the off-side call. The Trail coming up can also help with this call.

If the Lead Referee becomes "caught up" in the fast break, then the Single Referee must try to cover the Lead Referee's goal for him by getting to the goal-line as rapidly as possible.

Turn Over – Goalie Save – Fast Break



Once the ball has crossed the centre-line, the Trail Referee should run towards the intersection of the centre-line and the side-line in order to check for off-side, on the assumption that the CBO is "occupied" with the bench area. If Trail hears nothing from the CBO, then he stands **RIGHT** at the "T" (the intersection of the centre-line and the side-line), so that a player cannot be behind him and be on the field of play. Trail should count the players in the attacking end, so that it is clear to all that off-side is being checked.

The off-side "Safe" signal is **NOT** used when at the centre-line, the logic being that if there is an off-side, the Referee will call it: if he doesn't call it, then all is well and there is no off-side. When he is satisfied that both teams are on-side, then Trail should jog to his position.

If the CBO is not occupied with bench duties, then he should assist the Trail Referee by checking off-side for him. If he is sure that all is well, then he should inform the Trail Referee: "You're safe Bill" should suffice. The Trail Referee **MUST** acknowledge this and then jog to his position

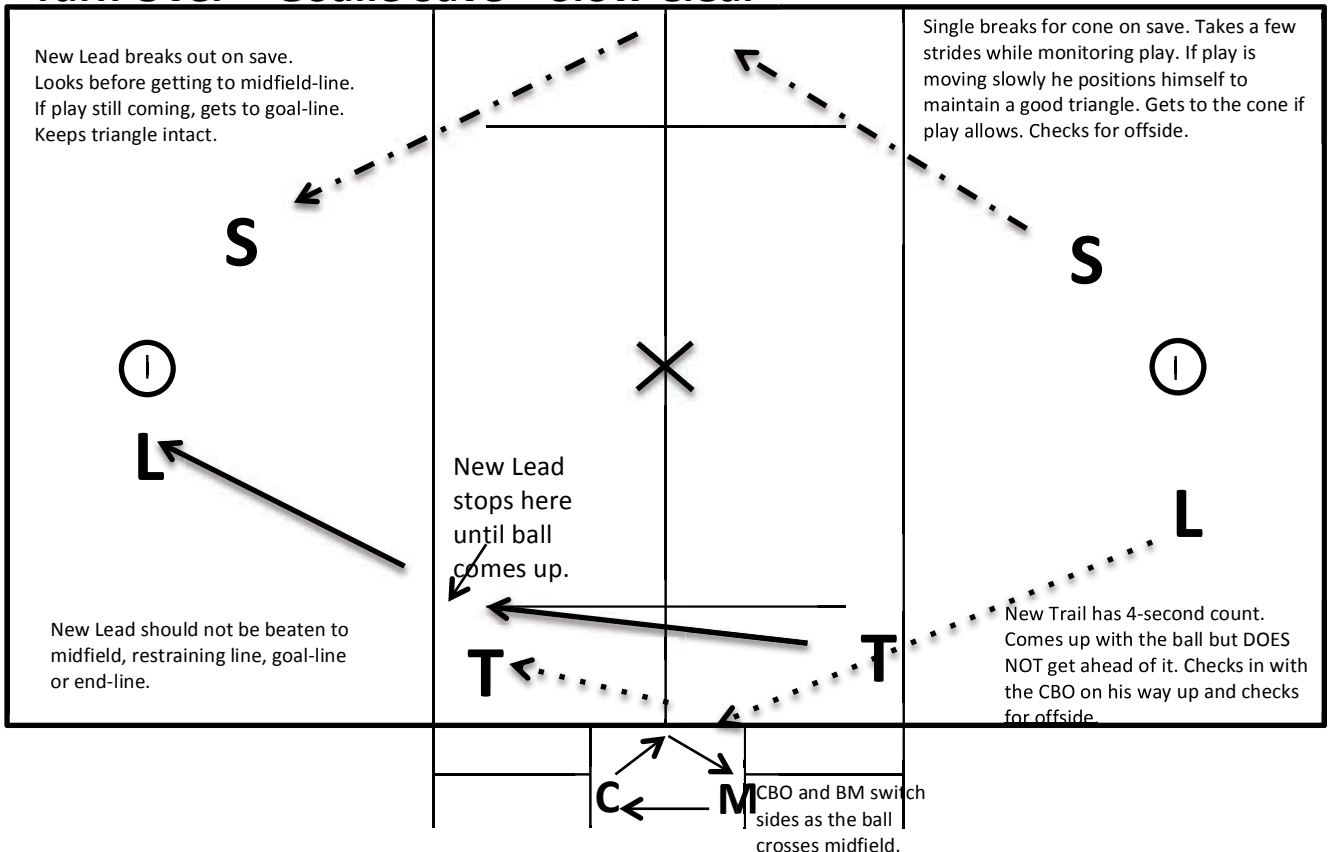
The Trail Referee checks that the defending team has only four long sticks as he runs into position.

8.7 THE SLOW CLEAR

If the attacking team lose the ball, and the play begins to move slowly towards the other goal, or is held by the goalie in his goal area, then the situation is referred to as a slow clear. This is generally a designated play and may involve player substitution by the clearing team in order to set up the play.

In the following description, the Referees are referred to using the designations of the new positions that the Referees are going to, as the break is now on and this description better reflects their status.

Turn Over – Goalie Save – Slow Clear



The New Trail (old Lead) has the 4-second goalie count (should be visual and audible). He must stay as deep as anyone who could be involved in the clear. Trail should be outside the players, so that he has them all in his vision. He should be ready for transition back towards him at any time. He should not get ahead of the ball.

If the ball is passed back down the field towards his goal, then Trail must go back with it. His partners are up the field. He will be alone in the lower part of the field.

The new Lead (Old Trail) needs to break out with the goalie save and head for the far attack-area restraining-line. On the way he should locate the ball before he reaches mid-field. If the ball is still being played behind the goal, Lead needs to wait, so as to keep the triangle of Officials together.

The Lead does not let his point of the triangle get too far away. As the ball moves up the field, the Lead should head for the far attack-area restraining-line. Remember that the Lead should never be beaten to the mid-field-line, restraining-line, goal-line, or end-line.

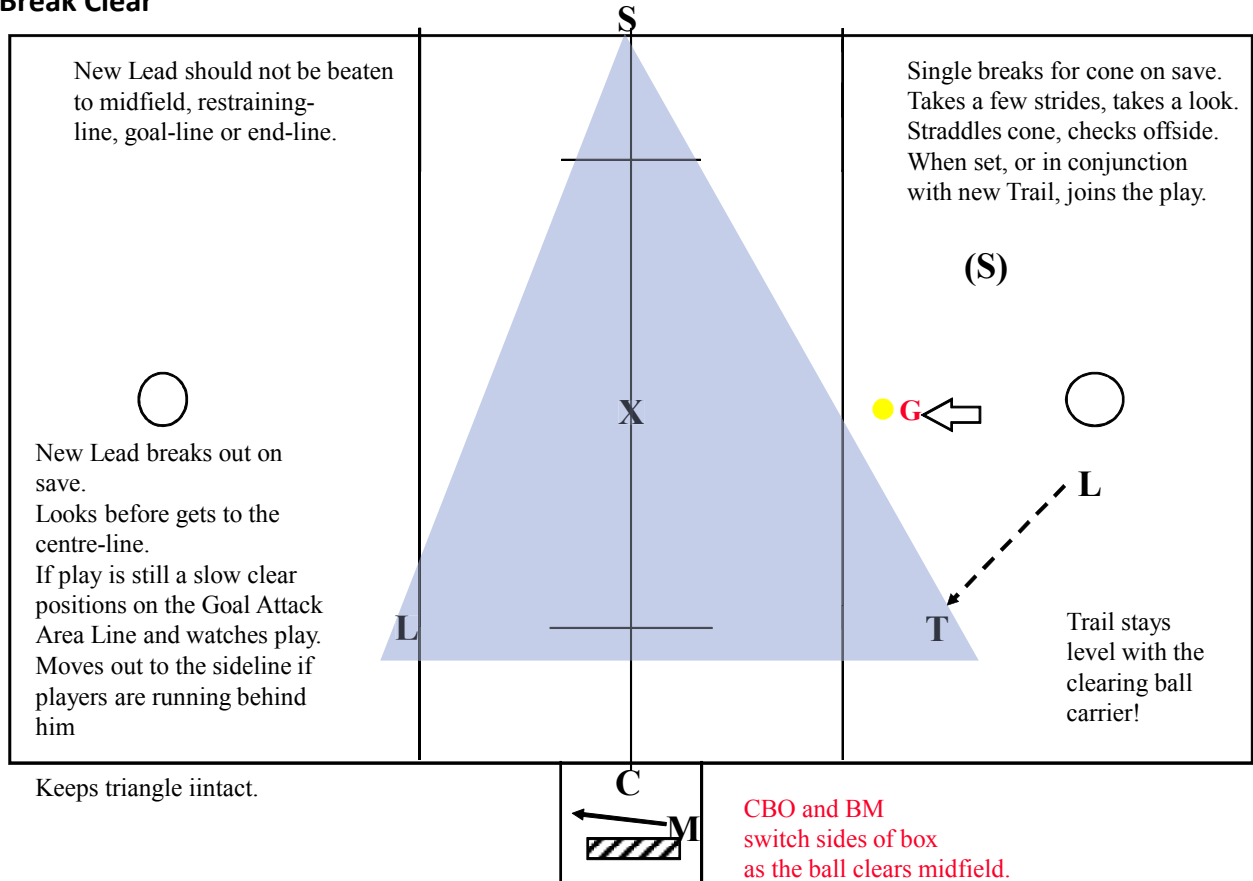
The Single Official should also break out with the goalie save and head for the cone at the centre-line and boundary-line intersection. In all instances they should not take their eye off the play. They should run being able to still look at the play. If the ball is still being played hard behind the net, he should slow down in case there is a turnover and he should be needed at the goal.

If the ball is coming up the field slowly, he should make for the cone at the centre-line and boundary

intersection.

As a guide, if the defence are engaged in a slow clear, then, as the ball comes up the field, the Trail Referee should be level or behind the ball keeping all players in front of him in order to watch for fouls on the man in possession, or a shot or an out-of-bounds ball after possession has been lost. The Single Referee should be positioned between the sideline and the next group of players that may compete for possession of the ball ready to complete the clear or return to the goal area if possession is lost. The Lead Referee should be positioned near the sideline and far enough up the field to keep the triangle of officials together but prepared to cover the goal and or end-line.

Slow Break Clear



During the slow clear, the Lead Referee must be prepared for a long pass to the other end and, if this happens, he should go immediately and rapidly towards his goal.

The Single should only leave the centre line momentarily after the ball has crossed the line and follow the ball into the attack goal area until he arrives at his settled position. He should not leave the line ahead of the ball crossing the centre line unless he is covering for the Lead Referee who is perhaps caught up in the play.

As the play moves up the field, the Single Referee and the Trail Referee will have to carefully liaise, so that the Single Referee can go towards the goal when necessary, and so that the centre-line is covered at all times. Normally, the Single Referee follows the ball towards the goal.

If the Single Referee does not move forward soon enough, then the Trail Referee should prompt him by a wave or, if that fails, a call: "Go Bill – I've got the line" should suffice.

Conversely, if the Single Referee feels that he needs to make ground towards the goal, but the Trail Referee does not get to the centre-line soon enough, then the Single Referee should move towards his goal and prompt the Trail Referee: "I'm going, Bill" should suffice.

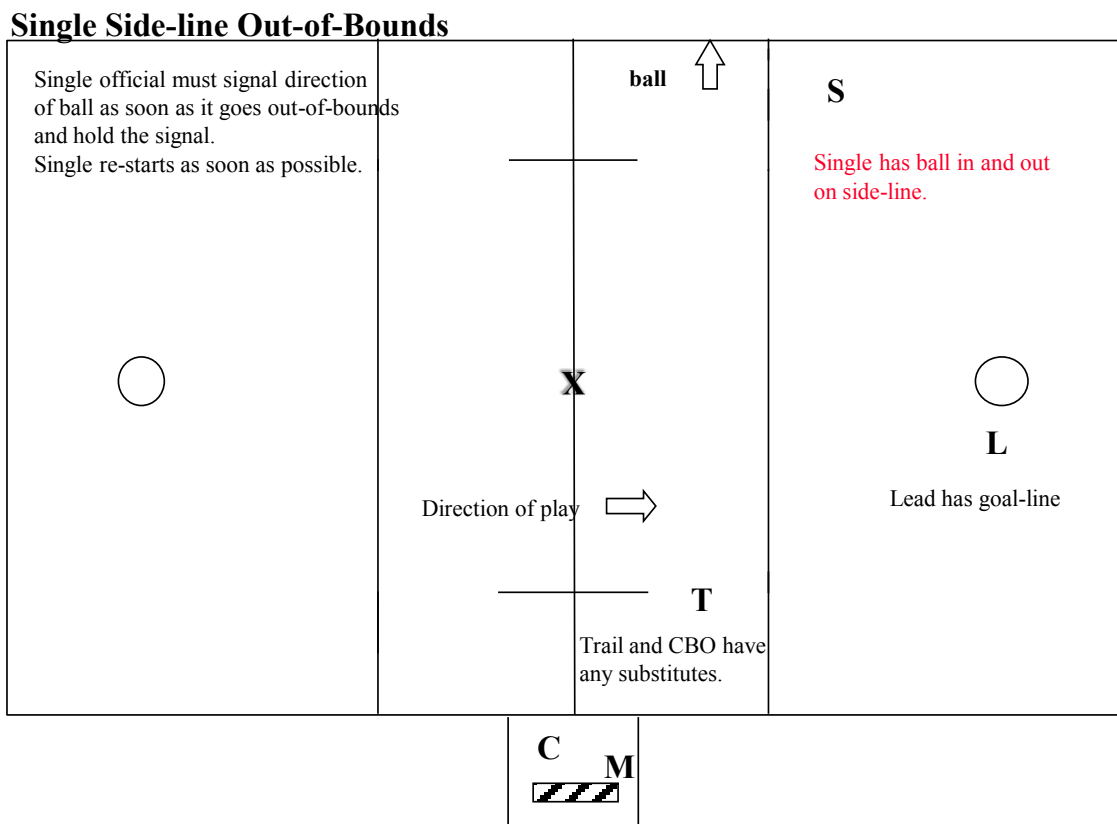
Trail should check for off-side, if necessary, as specified at the end of Section 7.6, and he should check that the defending team has only four long sticks on the field as he runs into position.

8.8 OUT-OF-BOUNDS

The following diagrams and description cover the out-of-bounds situations that can occur in the normal play of the game.

The Official responsible for the out-of-bounds should blow his whistle and point the direction of the ball. This is most important for his partners as well as both coaches. The direction of play signal should be repeated by the other Referees and held until the whistle re-starts play. If a referee has to run to a new position, the signal shall be clearly given before moving and then repeated upon arrival at the new position if play has not restarted.

8.8.1 Single Side-Line



If the ball goes out-of-bounds on the far side-line, it is the responsibility of the Single Official.

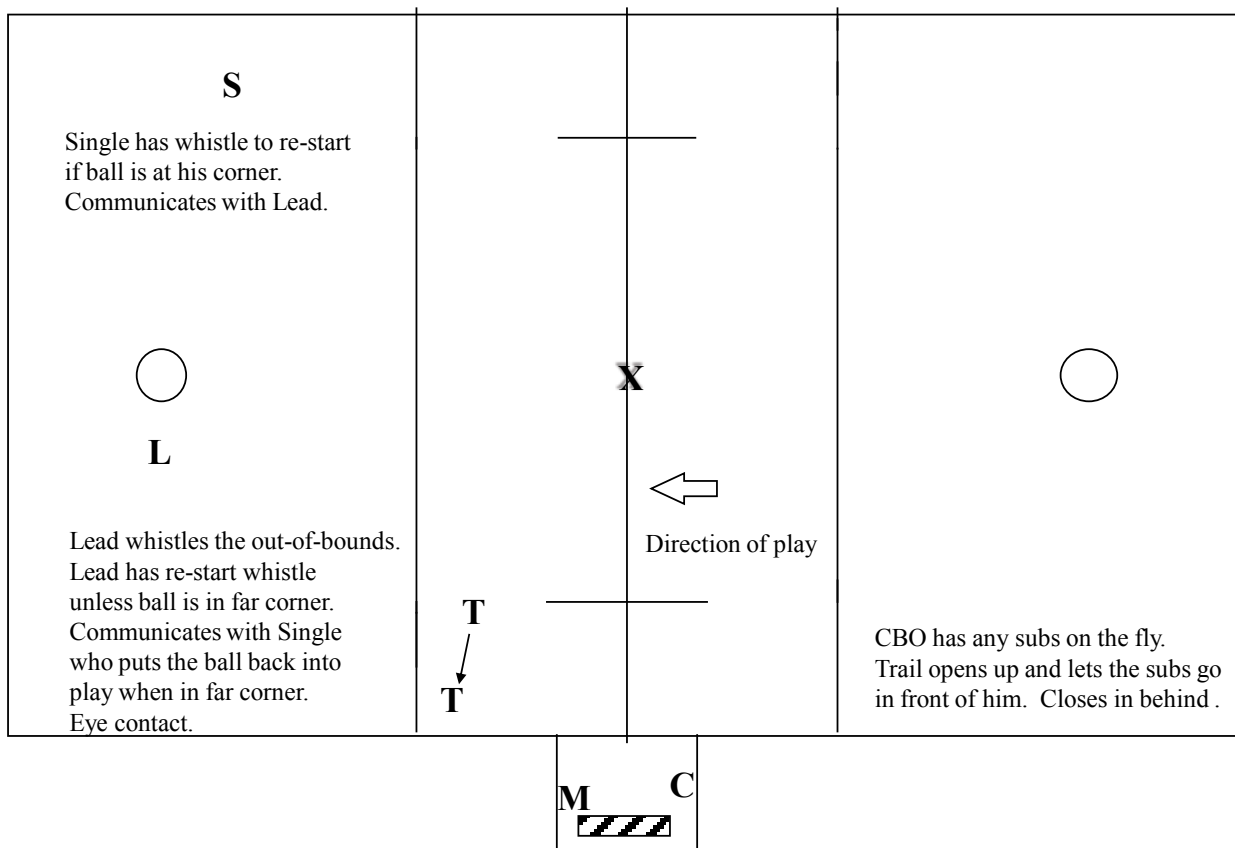
The Single Official will always be responsible for the restart on the Single side of the field. The Lead will be on the goal-line waiting for the play to come to him.

The Trail Official will back up as needed depending on how close the defence is playing the ball.

If the ball in the above diagram was going to change directions and go to left field, the Single Official would go towards the midfield cone and put the ball into play from there.

8.8.2 End-line Out-of-Bounds

End Line Out-of-Bounds



The Lead Official is normally responsible for calling an out-of bounds ball on the end-line.

There are a few instances where the Lead will not put the ball back in play on the end-line. If the ball is near the far side on the end-line (use 10 to 15 yards (9.14 to 13.72 metres) as a guide), the Single should communicate with the Lead that he will put the ball back into play. This will allow the Lead to get into position on the goal-line on the other side of the goal and be ready for the play. The Lead and Single Officials must communicate on this.

A team may substitute on the fly when the ball goes out on the end-line. The Trail should back up towards the side-line and let the players run in front of him. He should communicate with the CBO to let him know that substitutes are coming to the gate. After the substitution is complete, the Trail can join into the play.

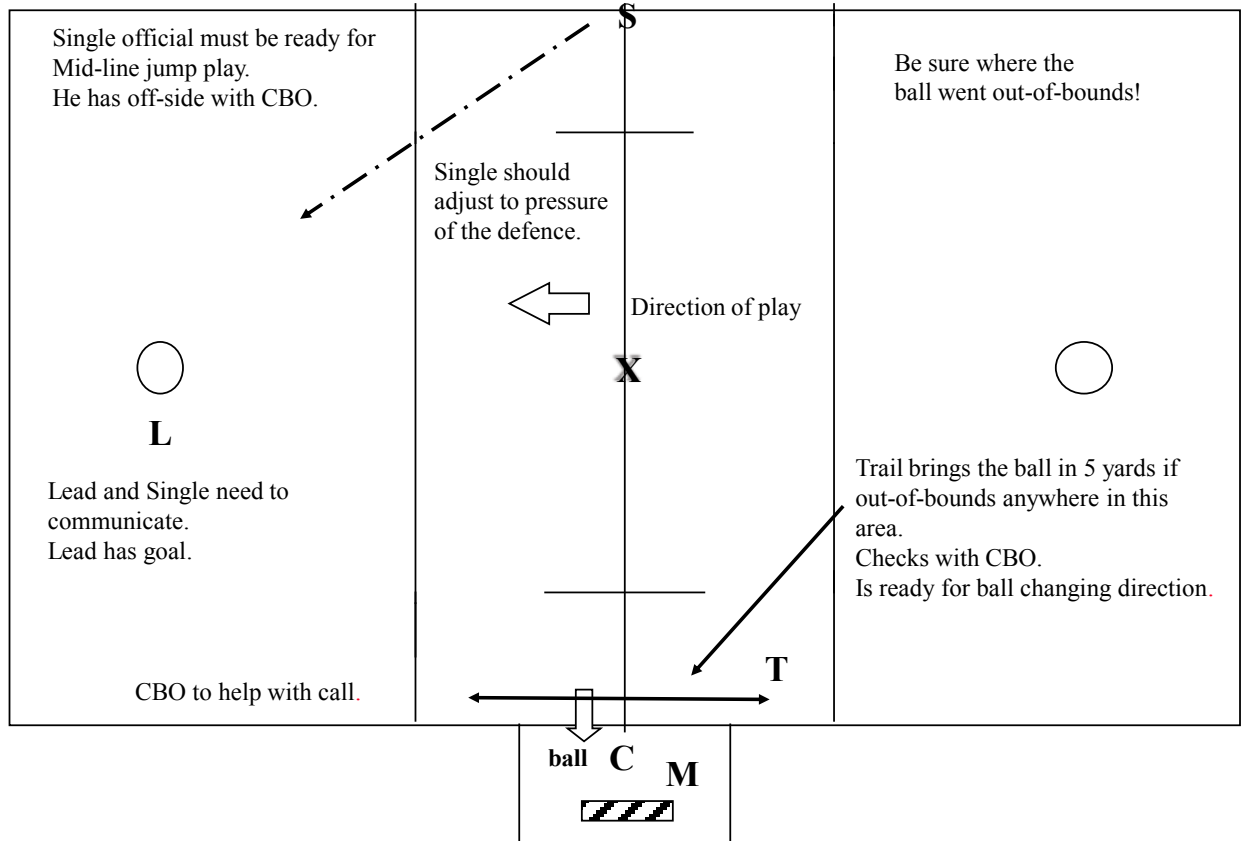
8.8.3 Side-line Out-of-Bounds on the Bench-side

The Trail Referee is normally responsible for calling an out-of-bounds ball on the bench-side and for putting the ball back into play. In the situation of a called "Shot" they should be prepared to judge who is closest to the sideline when the ball goes out of play. Where the ball goes out at the corner of the field, it may be advantageous for the Lead to leave this call to the Trail referee, however in the situation of a called shot which is being contested, the Lead Referee should make their way to the end line to be in the best position to judge who is closest when the ball goes out of play.

8.8.4 Side-line Out-of-bounds at the Gate

If the ball goes out-of-bounds on the bench-side of the field either at the gate or within 5 yards (4.57 metres) of any part of the gate, then the Trail Official should move the player onto the playing field until he is 5 yards (4.57 metres) from any part of the gate, before restarting play. This is required by the Rules, so as to give the player a good cushion away from the substitution area. This prevents his being jumped from behind.

Substitution Area Sideline – Out-of-Bounds



It is very important for the CBO to give help in this situation. The Officials must know where the ball went out-of-bounds because the coaches certainly will. In the above diagram, the Trail will restart the ball from about 10 yards (9.14 metres) behind. This will give him an opportunity to lead the ball in transition if there should be a turnover.

The Single Official is on the midfield cone. He can adjust either up or down depending on the pressure being put on the ball. If the defence is not pressuring the ball, then Single can move towards the goal and assume his normal settled situation.

The Lead will be in his goal-line coverage position waiting for the play to come to him.

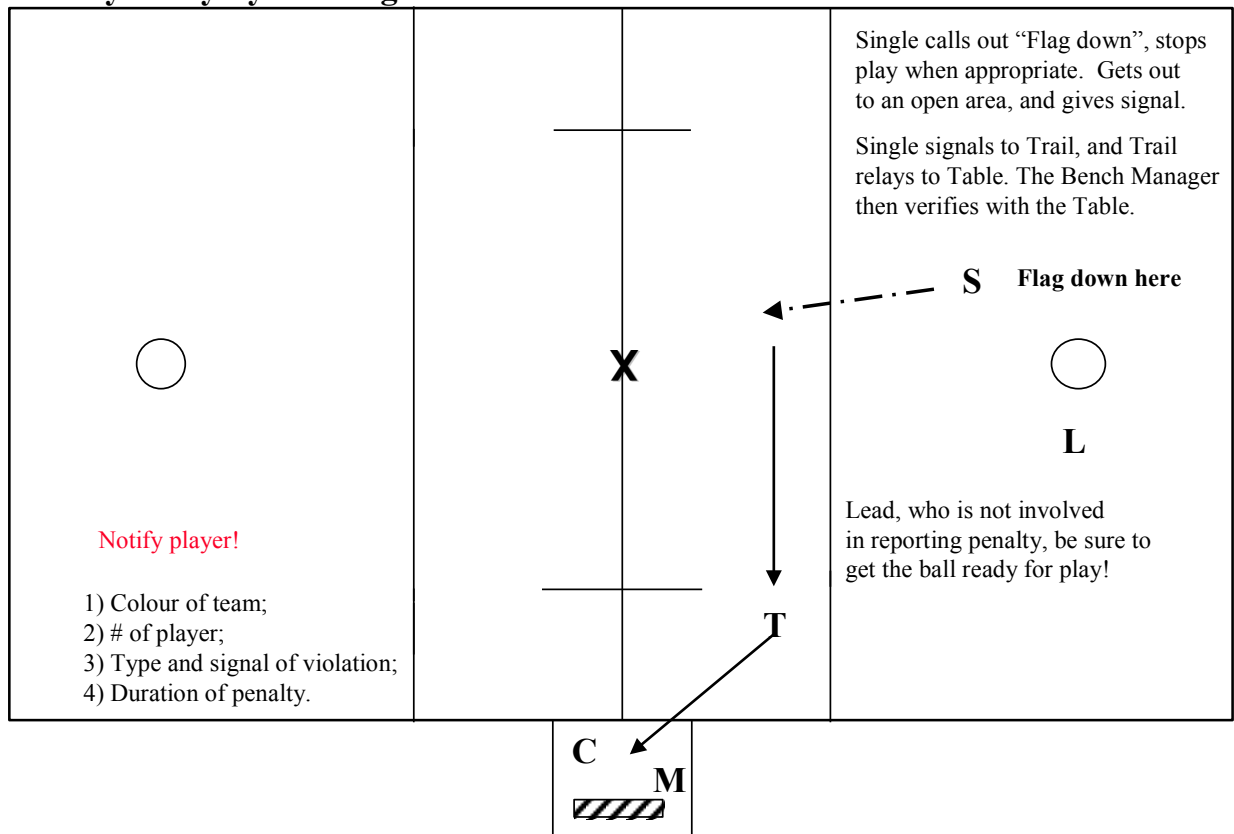
9 FIELD MECHANICS

9.1 COMMUNICATION

Communication – amongst the Referees, between the Referees and the Bench Officials, between the Referees and the players and even (via signals) between the Referees and the crowd – is vital in an International Rules match.

To help in this, the signals must be learnt so that they become automatic, and they must be clearly used, even at the risk of being over-dramatic. Where appropriate, the hands should be held high when signalling. Decisions should, virtually, be capable of being understood from the signals alone – it becomes fairly noisy during a World Championship game!

Penalty Relay by the Single Official



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

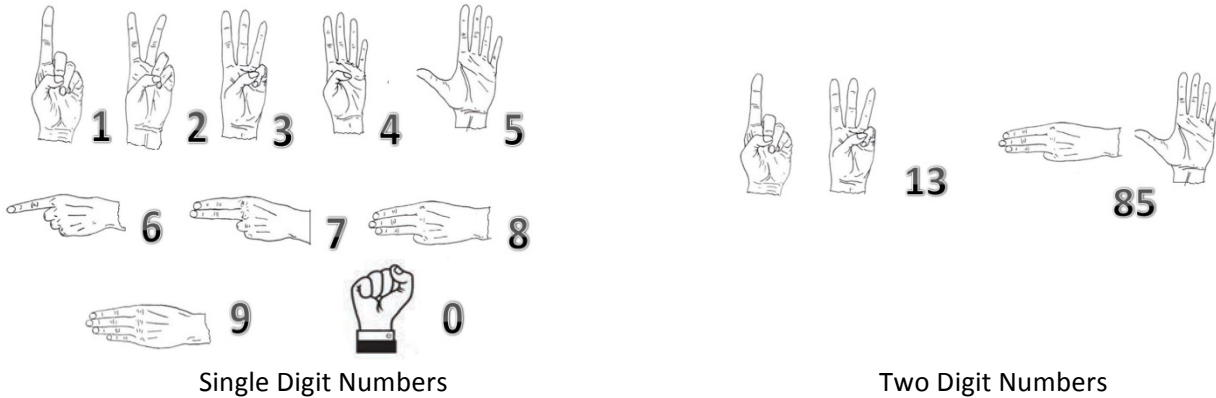
In the above diagram, the Single Official has the flag down.

- He should let the play go until the appropriate time comes to stop it.
- He should get himself into an open area, stop and relay his call to the Trail Official.
- After Single relays his call, he should retrieve his flag and be ready for play to start.
- The Trail Official should also get himself into an open area to receive the call from the Single.
- The Trail will then relay the call to the Bench Officials.
- The Bench Manager is to ensure that the Bench Officials have the correct call.
- The Lead in this case is not involved in the penalty relay.
- He can assist with the placement of the ball for the re-start.

The standardized way of reporting the foul is as follows:

- 1) Colour of team fouling;
- 2) # of player committing foul (use finger counting);
- 3) Type and signal for foul;
- 4) Duration of penalty.

The number of the player receiving the penalty or scoring the goal will be indicated with one hand only as illustrated below:

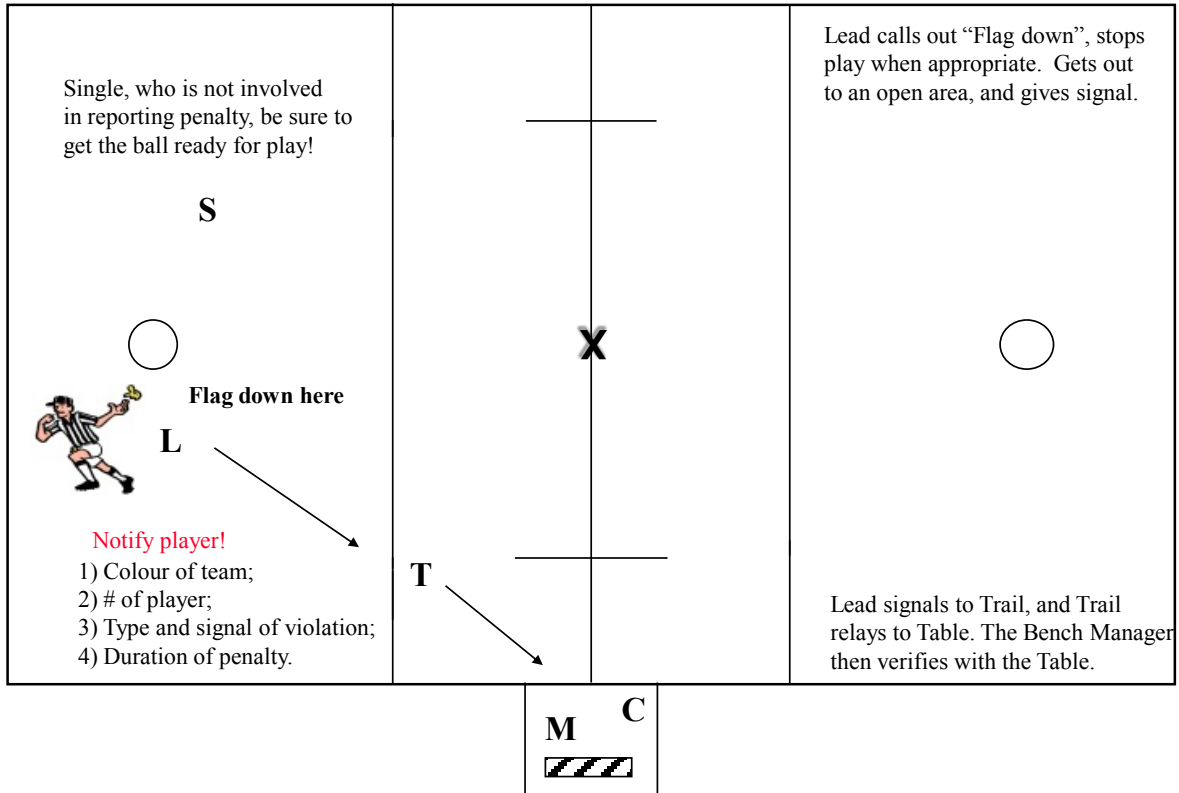


- Two digit numbers will be indicated sequentially.
- The number 0 is indicated with a closed fist.
- The numbers 1 to 5 will be indicated by holding the hand up with the required number of fingers pointing vertically.
- The thumb is used for number 5 only.
- The numbers 6 to 9 are indicated by holding the hand up with the required number of fingers extended horizontally.

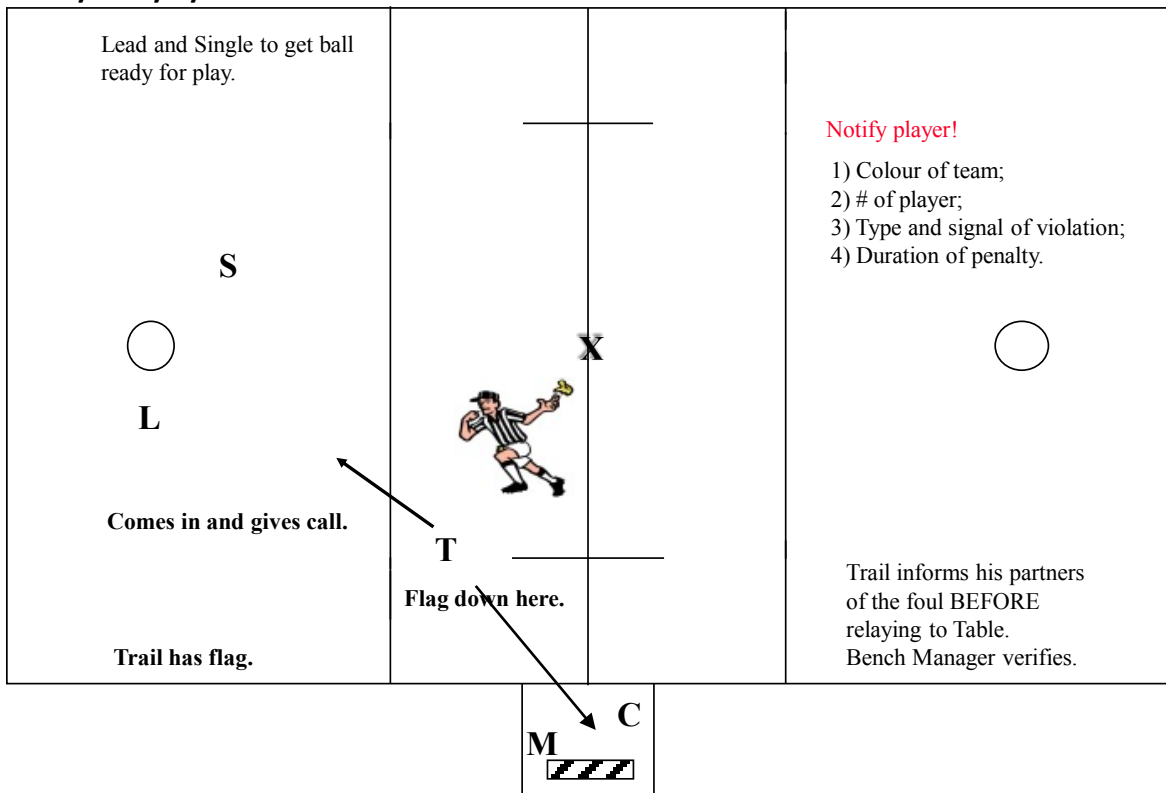
The duration of penalty time will be indicated by raising 1, 2 or 3 fingers vertically with the palm of the hand facing the other Referee or the Bench Officials.

If the penalties are always relayed in the same manner, then the people that need to know will have an easier time recording the fouls. Be sure to notify the player of the foul he committed and remember that his native language may not be English and that English is spoken in many forms and in many accents around the world. If there are multiple penalties on the same player, they must be relayed in the order in which they occurred so that the Bench Officials know in which order the penalties are to be served.

Penalty Relay by the Lead Official



Penalty Relay by the Trail Official



The above diagram illustrates the relay that causes the most problems. The Trail has the flag and stops the play at the appropriate time. He **MUST** relay the penalty to his partners and the offending player first and then turn around and repeat the call directly to the Bench Officials. Once again, the Bench manager must ensure the Bench Officials have received the correct call.

Signalling to other On-field Officials first solves three problems:

- His partners know what the penalty is and are able to inform the other players.
- The player penalized also hears the penalty being relayed and he can get off the field sooner.
- It helps to prevent confusion when multiple fouls are called in the same play by different Officials.

This also allows the other two Officials time to get the ball ready for a quick re-start. Remember that your partners are the two most important people on the field with you. They must be informed!

If there are multiple flags, the following protocols shall be followed:

1. The Head Referee may stop the clock and have a conference if he feels that the situation requires. This should not be by default. Simple multiple flags should be able to be dealt with in a running clock situation with extreme efficiency.
2. The official whose flag was thrown first should relay their call to the Trail referee first, followed by the official who threw the next flag. The trail referee assimilates the penalties and relays the calls to the Bench ensuring the correct order of penalties is understood.

In all instances, the official(s) who is not participating in the relay of the foul(s) works to get the ball into the correct restart position, so that once the penalty relay(s) have been made and all flags have been picked up the game is ready to restart.

On **ANY** restart, the defending goalkeeper must be informed of the position of the ball.

9.2 FOULS

A common question raised at many referee courses is how you choose whether a personal foul is 1, 2 or 3 minutes in length. Whilst experience and context of the play are no substitute for this selection, the following is a guideline for newer officials to help decide the potential length of a penalty.

- 1 minute personal foul
 - 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.

- 2 minute personal foul
 - 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. This includes late hits (shooter/passers after ball is gone) and players in vulnerable positions (face-off position, on ground, back turned)
 - A foul that occurs in the regular course of play that has excessive force
 - The player uses more force than is judged necessary for the regular course of play

- 3 minute personal foul
 - 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

This is not meant to be prescriptive; however, it is hoped that the above criteria will help Officials with overall consistency in the application of the rules.

The following summary may help coaches and players to remember **WHEN** the different fouls apply:

| | PERSONAL FOULS | COACH ON FIELD | TOO MANY MEN ON | NOT THRU' GATE | OFF-SIDE |
|-----------------------------|----------------|----------------|-----------------|----------------|----------|
| LIVE BALL | FOUL | FOUL | FOUL | FOUL | FOUL |
| DEAD BALL (NOT A TIME-OUT) | FOUL | FOUL | FOUL | FOUL | OK |
| AFTER A GOAL IS SCORED | FOUL | FOUL | OK | OK | OK |
| DURING A REFEREES' TIME-OUT | FOUL | FOUL | OK | OK | OK |
| DURING A TEAM TIME-OUT | FOUL | OK | OK | OK | OK |

The ones worthy of special note are:

- the illegal Substitution rule and the rule about too many men still apply even if the ball is dead (except during a time-out);
- a coach is not allowed on the field during a referees' time-out (unless to attend to an injured player).

The following points should be followed:

- i) When a flag is thrown, it should be thrown sufficiently high, so that all can see it but not excessively so. As he throws the flag, the Referee should also audibly call the "Flag down". The other officials should echo the call. This helps prevent an untidy chorus of "The flag is down" from players, coaches and spectators.

He should repeat the foul and the penalty to himself, such as "Red 17; Slashing", as it fixes the offender and his offence in the Referee's mind, so that he is able to recall the detail later when the play breaks down, perhaps after other fouls.

In multi-flag situations, a quick word between the Referees who threw the flags may be called for. If there is confusion or any other delay, then the clock(s) should be stopped.

Where multiple flags are for **DIFFERENT** fouls, the Referee who threw his flag first should relay his penalty first and then followed by the call from the other referee who threw the subsequent flag for a different foul.

If the flag is to be thrown in the defensive half of the field, then, instead of throwing the flag on the call of "Flag down", it should be carried above the head until the Official reaches his settled position, where it is dropped on the ground **WITHOUT** repeating the call. This prevents long delays when the scoring play has ended, as the Official is not required to retrieve his flag from the other end of the field.

- ii) If the CBO sees one of the offences for which he is responsible, then he blows his whistle or throws a flag, as appropriate. The CBO steps out onto the field and makes the call himself at the end of the play. There should normally be no need for any of the On-field Referees to become involved.
- iii) Once a flag has been thrown, then play should only be allowed to continue whilst the attacking team still has "the opportunity of scoring a goal" on the initial scoring play.
- iv) If the slow whistle ends in a manner other than a shot or a dropped ball and the decision is queried, then a brief explanation of why the whistle has been blown will clarify matters: "Twice behind", "End of scoring play", "Not going to goal" and "Out of the Goal Area" are examples. If such explanations are not given, then **SOMEBODY** will start to question the Referees. Similarly, if a flag turns out to have been uncalled for, then a brief explanation may be needed and the flag is visually waved off.
- v) Before informing the Bench Officials of a penalty, the Referee making the call should briefly inform the affected player of his penalty: "Blue 14: Take 30 seconds for a hold, please" should suffice. This is especially important where a player's native language is not English. Potential confusion is thus avoided.

The Referee should endeavour not to turn his back on the penalised player.

If, as is common, a foul happens near the goal, and the call is made by the Lead Referee or the Single Referee, then the Referee making the call should move to open space so as to be seen by the trail official, and signal to the Trail Referee and to the Bench Officials at the same time: "Blue 14: slashing: one minute" is sufficient.

The Trail Referee should acknowledge the signals to the Official who made the call by quickly repeating the signals to him; merely waving is not enough.

The Trail Referee should then relay the call and the signals to the Bench Officials.

The Bench Manager should ensure that all calls and signals from the On-field Officials have been correctly received and understood.

This may seem like overkill, but it takes less time to do than to describe and, in the heat of a close game, perhaps in front of a noisy and ill-informed crowd, it is vital that calls are properly understood.

If the Trail Referee makes the call, then he should first make the call to the other Referees so that they and the players know the situation and then make the call and the signal directly to the Bench Officials. The Bench Manager must ensure the correct receipt and understanding of the call by the Bench Officials.

Notwithstanding what has just been said, the calls should be made as expeditiously as possible.

It is **NOT** the intention of the International Rules that a team with only 3 long sticks on the field should be able to put on an additional long stick every time it has to serve a penalty.

- vi) Where a flag has been thrown for a technical foul, for example a hold, and the attacking team score on the slow whistle play, then the procedure for indicating that the goal cancels the technical penalty is as follows:
- The "Goal" signal is given;
 - The "Hold" signal is given, immediately followed by the "Wipe-out signal";
 - The "Goal" signal is given again, with a verbal "The goal is good".
- It is important that the "T" signal is **NOT** given, as this indicates that a technical penalty is about to be served.
- vii) Where a loose ball technical foul has been committed, then confusion can be avoided by a call such as "Blue 14, hold, ball was loose, no send-off". If the offending player acts as if believing that he has been sent off, then the "No send-off" should be repeated.
- viii) If a time-served penalty is being imposed for a technical foul, then it is important to use the "T" (technical foul) signal. This signal is **ONLY** used when a send-off is involved – it is thus **NOT** used for any technical foul which only results in possession being awarded to the non-offending team. The loose ball signal can be used when applicable to reinforce that no player is being sent off.
- ix) Where one player is being sent off for a mix of technical and personal fouls, especially if more than one Referee is involved, then the Bench Manager must ensure that the sequence of the penalties is clearly received by the Bench Officials, as this could affect the actual time spent in the penalty box in the event of a goal being scored during the penalty times: "I have multiple fouls in the following order" should suffice.
- x) Simultaneous fouls often lead to problems, partly because not all players will be fully aware of their implications. Thus, it may be necessary, but not mandatory to stop the clock(s) when there are simultaneous fouls. Clocks should only be stopped when there are penalties from two or more referees or when a penalty will be called where it would not necessarily be time served (i.e.- in the crease or warding off).

When two or more simultaneous technical fouls occur, then the simultaneous fouls signal should be given first, and a call such as "All/both simultaneous technical fouls cancel: the ball was Blue: the ball stays Blue" should be made. If one or more of the simultaneous fouls was personal, then time must be served for **ALL** fouls, and the appropriate signals and calls should be made.

There is **NO** free clear after simultaneous fouls.

- xi) Where a send-off leads to a free clear, then this should be audibly called at the end of the penalty call so as to reduce any chance of confusion: "Free clear: Blue: across the centre-line" should suffice. Play should be restarted by the Trail Referee, just over the centre-line, directly up-field from where the original penalty occurred. The International Rules specify that the re-start is at the offensive side of the nearest point of the centre-line, **NOT** at the centre of the field.
- xii) Where a send-off causes a team to be off-side, the Referees should, if necessary, ask that team to place a man on-side, and they should then give them a reasonable time to do so. However, if the game is restarted by the Officials who do not realise that a team is off-side as a result of a send off, then the normal rules relating to off-side will apply.

Similar considerations apply when a team is having a man sent off for having too many men on the field. The Referees should send off one man but ask another to leave the field in order to comply with the Rules.

- xiii) If a Referee or the CBO is in any doubt whatsoever about a call, then he **MUST** call an Officials' time-out immediately in order to sort things out.
- xiv) Subject to what was said concerning realistic refereeing in Section 4, a Referee must not fail to deal with a foul which at the time of its occurrence appears to have no effect on the game. It is impossible to judge the final outcome of a play, and a player who is "bound to" pick up a loose ball just after he has been illegally pushed can easily miss it. It will then be too late for the situation to be dealt with. See also 8.3 for the Play-on technique.
- xv) A Referee must not pretend that an inadvertent whistle did not happen. If a whistle is blown, however softly, for **ANY** reason, then the play must be stopped immediately.
- xvi) Where a foul occurs when the ball is loose or when the ball is dead, and a player is to be sent off as a consequence, then a flag should be thrown. All time serve fouls shall have a separate flag. This is to indicate to the Bench Officials that there is a time serving penalty forthcoming.
- xvii) If a Referee becomes aware that a team has too many men, or too many long sticks on the field of play, he should throw the flag or blow his whistle, as appropriate.
- xviii) Where a flag is thrown inadvertently, then the flag should be picked up, the flag should be waved off and the Referee should shout "No Flag, no Flag". If this is not done and a shot is caught by the goalkeeper, then the coach of the attacking team will be aggrieved when the defending team is given possession. He is likely to point out that his team would not have shot had the flag not been down.

9.3 THE PLAY-ON TECHNIQUE

When a player commits **ANY** loose-ball technical foul, and the offended team may be disadvantaged by the immediate suspension of play, then the Referee should invoke the Play-on technique. The idea of disadvantage must be real and immediate. An official should not use the Play-on technique in the hopes that an advantage may be gained. He should visually signal by raising one arm above his head and he should shout "Play-on", so that all can hear. Should the Referee see a subsequent loose ball technical foul by the same team he shall shout "Play On" and allow the play to be completed as per below.

When the situation involving the potential advantage has been completed, the Referee shall act as follows:

- i) If the offended team gains possession of the ball, then the play-on(s) situation has lapsed, and the Official will cease to signal.
"Advantage gained" should suffice.
- ii) If the offending team gains possession of the ball, then the whistle sounds, and the offended team is awarded the ball.
"Play-on push by Red, Hold by Red (subsequent play on): Blue ball" should suffice.
- iii) If the offended team commits a foul, then the whistle blows, and the usual simultaneous fouls rules apply.

It is important that the above calls, both initiating and ending the play-on situation, are loudly made, so that players and others do not think that a loose ball foul has been missed.

The Play-on technique should not be over-used, and, once invoked, it should not be allowed to go on for too long. It **might** be better, if a loose-ball technical foul occurs just as a player is moving towards a nearby boundary-line, towards his team's or his opponents' crease, or towards a potential off-side situation, **NOT** to use the Play-on technique. It is highly likely that, in such circumstances, just after the fouled player has picked up the ball, he will touch the line in question, thus giving the Referee who made the call a problem. An immediate whistle as the loose-ball technical foul occurs **might** be better.

It is more likely that a Play-on call is appropriate where the fouled player is going "north" towards his opponents goal, rather than "south" towards his own goal, or "east or west" across the pitch. When, after a loose-ball technical foul by Red, it is clear that Red is going to gain possession of the ball, it is still worth calling the Play-on. Even if the call is followed by an immediate whistle, the call lets everyone know that the Referee is aware of what is going on.

When the Play-on technique is invoked, it is important that a player is not put into double jeopardy: an example follows.

- The ball is loose near the half-way line.
- Red #7 goes off-side just as Blue #6 is about to pick up the loose ball and head towards the Red goal. The Referee calls "Play-on".
- Before Red #7 can "get back on-side", Blue #6 picks up the loose ball.
- The Flag is **NOT** thrown, in such circumstances, so long as Red #7 makes a reasonable attempt to "get back on-side".
- If, for example, Red #7 drops back towards his own goal as the seventh defender, then the Flag **WOULD** be thrown.

A further example concerns the crease.

- The ball is loose in the Blue crease.
- Red #7 steps into the crease just as the Blue Goalie is about to pick up the loose ball and give an outlet pass. The Referee calls "Play-on".
- Before Red #7 can get back out of the crease, the Blue Goalie picks up the loose ball.

- The Flag is **NOT** thrown, in such circumstances, so long as Red #7 makes a reasonable attempt to get out of the crease.
- If, for example, whilst still in the crease, Red #7 checks the goalie, then the Flag **WOULD** be thrown.

Consider also the following scenario:

- The ball is loose near the centre line.
- A Blue player illegally pushes a Red player causing him to go into an off-side position.
- It looks as if the Red player could pick up the ball, "step back on-side" and go to the Blue goal.
- **RULING:** The Referee calls "Play-on".

9.4 RESTARTING THE GAME AFTER A FOUL

The game must start as soon as is possible after a foul has been committed.

It is essential that, before the game is restarted:

- any penalty has been reported to the Bench Officials and acknowledged;
- all flags have been picked up;
- all Referees are ready to re-start.

If a re-start is in the defensive zone or the central zone, then the Trail Referee should re-start the game, so that the Lead Referee and the Single Referee can go towards and concentrate on the goal which is being attacked.

But where the re-start is inside the attacking team's goal area and Lead or Single is clearly the most appropriate Official to re-start the game, then that Referee should do so. He must ensure that this will not create a situation that may adversely affect the game or the Trail Referee who may still be involved with the Bench Officials.

A Referee who is being pressured to re-start the game by a player who has the ball in his stick should be prepared to tell that player why he is waiting.

The Referee who is about to re-start the game should hold a hand in the air to indicate that he is going to blow his whistle – this will avoid the confusion that results from two whistles being blown not quite together. In order to differentiate this signal from others, the fist should be clenched and the arm should be crooked.

He should ensure that all opponents and all team-mates of the player who is to re-start the game are at least 5 yards (4.57 metres) away from the man who is taking the free play. Warnings should be given if appropriate: "Give him another yard" should suffice. But, if a player is in contravention of the rules when the whistle blows, then the offending player should be penalised by a whistle or a flag, as appropriate.

Just before the resumption, the Referee notifies the opposing goalie of the position of the ball ("Blue 14 has the ball, Goalie").

If the re-start would be from the gate or from within 5 yards (4.57 metres) of the gate, then the player taking the re-start **MUST** be moved laterally into the field of play until he is 5 yards (4.57 metres) from the nearest part of the gate. If this is not done and the player is "jumped" by an opponent entering from the gate, then the Referees have a problem!

If the re-start would be closer than 20 yards (18.29 metres) from the goal, then the positioning outlined in 7.4.3 should be followed.

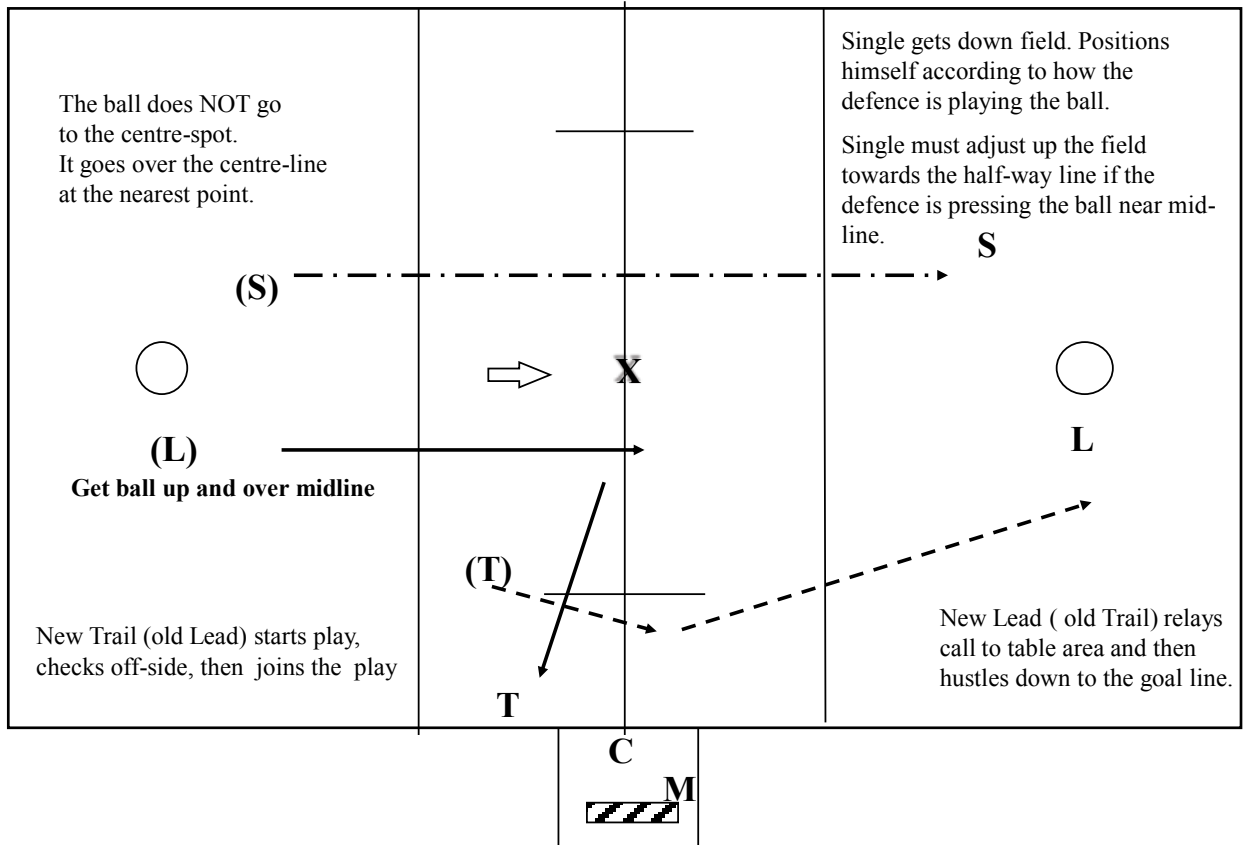
If there is any possibility of confusion about the whistle, then a brief "My whistle" or "Your whistle, Bill" should clarify.

Once again, the importance of team-work is emphasised.

If the game is restarted and a Referee or the CBO is adversely affected, then he should blow his whistle immediately to stop the play and the clock(s), so that an Officials' time-out can be used to allow things to be sorted out.

9.4.1 Free Clear After Foul

Free Clear – Time Served



The new Lead (old Trail) should jog to an area near the gate and announce the penalty to the Bench Officials. He should then take his position down near the goal-line.

The Single should head up the field and adjust his position to how the defence is playing the ball. If the defence is playing up tight to strip the ball then the Single may need to be further away from the goal to cover the play. If the defence is playing soft, then the Single can drop down towards the crease area.

The new Trail (old Lead) should move the ball directly up to the centre-line in line with the position of the original foul.

He must be sure that the proper distance is provided for re-start, and then he should restart the game. After the re-start, he should swing by the gate to be sure that all is correct with off-side.

9.5 AFTER A GOAL

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.

As a shot goes in, the Trail Referee watches for a late hit. It is obviously vital to determine whether a late hit occurred before or after a goal is scored, as this affects the subsequent restart of play. The other Referees watch the ball. If a goal is scored, then the Trail Referee glances down the field to check that the attacking team is on-side.

If the goal relay is done correctly, it becomes a very quick process. When a goal is scored, the Lead Official should blow his whistle immediately and run to the edge of the crease, level with the goal line. He raises his arms straight up and down and holds this position for a few seconds to signal the goal. Once on the crease he should turn and make sure he has line of sight to the Trail Official and relay his call to that Official.

The Trail Official should also get himself into an open area to receive the call from the Lead. The Trail will then relay the call to the Bench Officials.

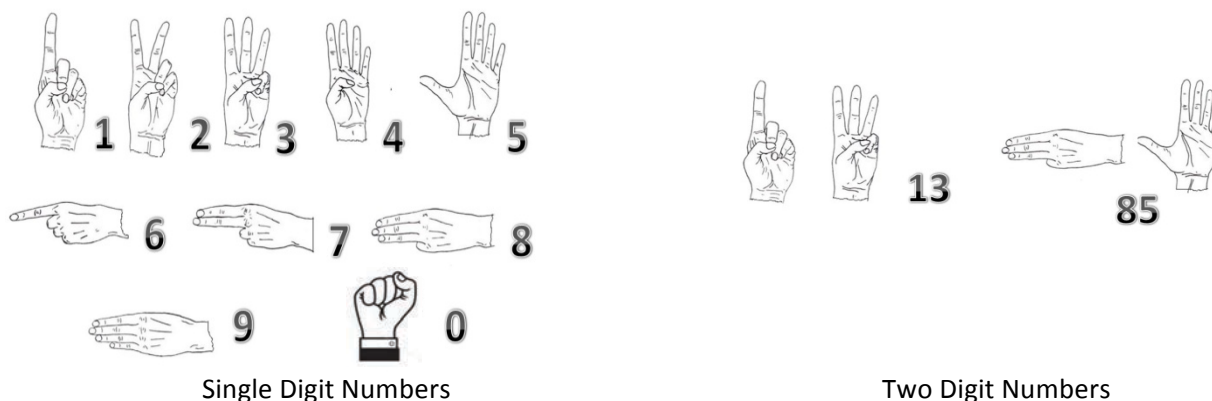
The Bench Manager is to ensure that the Bench Officials have the correct call.

The Single, in this case, is not involved in the goal relay.

The standardized way of relaying the goal is as follows:

- 1) Signal the scoring of the goal and advise;
- 2) Colour of team scoring the goal;
- 3) # of player scoring the goal (use finger counting);

The number of the player scoring the goal will be indicated with one hand only as illustrated below:



Single Digit Numbers

Two Digit Numbers

- Two digit numbers will be indicated sequentially.
- The number 0 is indicated with a closed fist.
- The numbers 1 to 5 will be indicated by holding the hand up with the required number of fingers pointing vertically.
- The thumb is used for number 5 only.
- The numbers 6 to 9 are indicated by holding the hand up with the required number of fingers extended horizontally.

Lead then retrieves the ball from the goal, glances at the second hand or display on his watch, and makes a mental note of the time. If a team is not ready to play 30 seconds after the ball has been in the possession of the former Lead Referee, now the Single Referee, then that team is guilty of delaying the game. The "new" Single Referee makes the call.

If the ball has been thrown up the field, then Lead reminds the goalkeeper and the defenders that the ball should be left in the net for him to collect. The Lead then runs out to meet the Single at the top of the attack zone, hands him the ball, and then jogs across the field to his new position as Single. He marks his card when he arrives at his position. When ready, he signals for the face-off to Trail.

After the goal, Single should jog in towards the group of players in front of the goal. He should make it clear that he is looking for any late checks or cheap shots. Then, still keeping his eyes on the group of players, he should move to the top of the attack zone, near to the goal area-line, to receive the ball from the Lead. He should then move up to the centre, place the ball on the ground at the centre, stand over it facing the other goal and the official on the bench side and mark his card. When the card is marked, he checks for a 'field ready' signal from the bench side official, then he steps back to allow the face-off players to get ready. He takes the face-off when all is ready.

Trail should watch for any late checks on the goal shot. He should quickly check that the scoring team is on-side. He should be aware that a stick check request might be forthcoming and should be prepared to react appropriately if a stick check request has been made. He should also be prepared for a timeout request, especially if the goal was scored in a man-up situation. He should receive the details of the goal from the Lead, turn and relay them directly to the Bench Officials. He should then jog to his position for the face-off, mark his card and get ready for the next face-off. The Bench Manager will assist to ensure the Bench Officials have interpreted the signals correctly. The three officials need to ensure that they are not all marking their cards at the same time.

Where a late hit, or any other foul, occurs after the scoring of a goal, then this must be communicated to the CBO and all Referees, so that all are aware that possession is about to be given to the offended team.

In such a case, players may take up any position, subject to being 5 yards (4.57 metres) from the man with the ball when the whistle is blown to re-start play.

The Trail Referee supervises the restart, and the Lead and Single Referees should move rapidly into position towards the goal which the team in possession will be attacking.

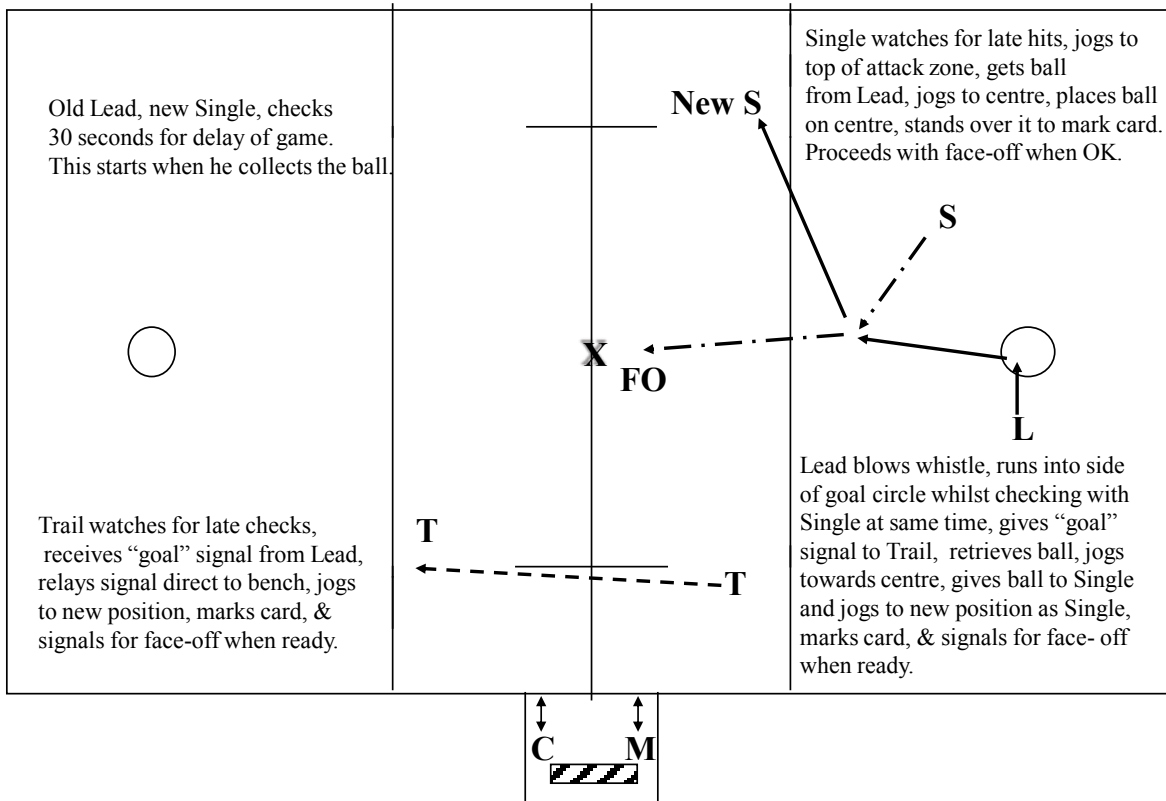
Where a flag has been thrown for a technical foul, for example a hold, and the attacking team score on the slow whistle play, then the procedure for indicating that the goal cancels the technical penalty is as follows:

- The "Goal" signal is given;
- The "Hold" signal is given, immediately followed by the "Wipe-out signal";
- The "Goal" signal is given again with a verbal "The Goal is Good."
- It is important that the "T" signal is **NOT** given, as this indicates that a technical penalty is about to be served.

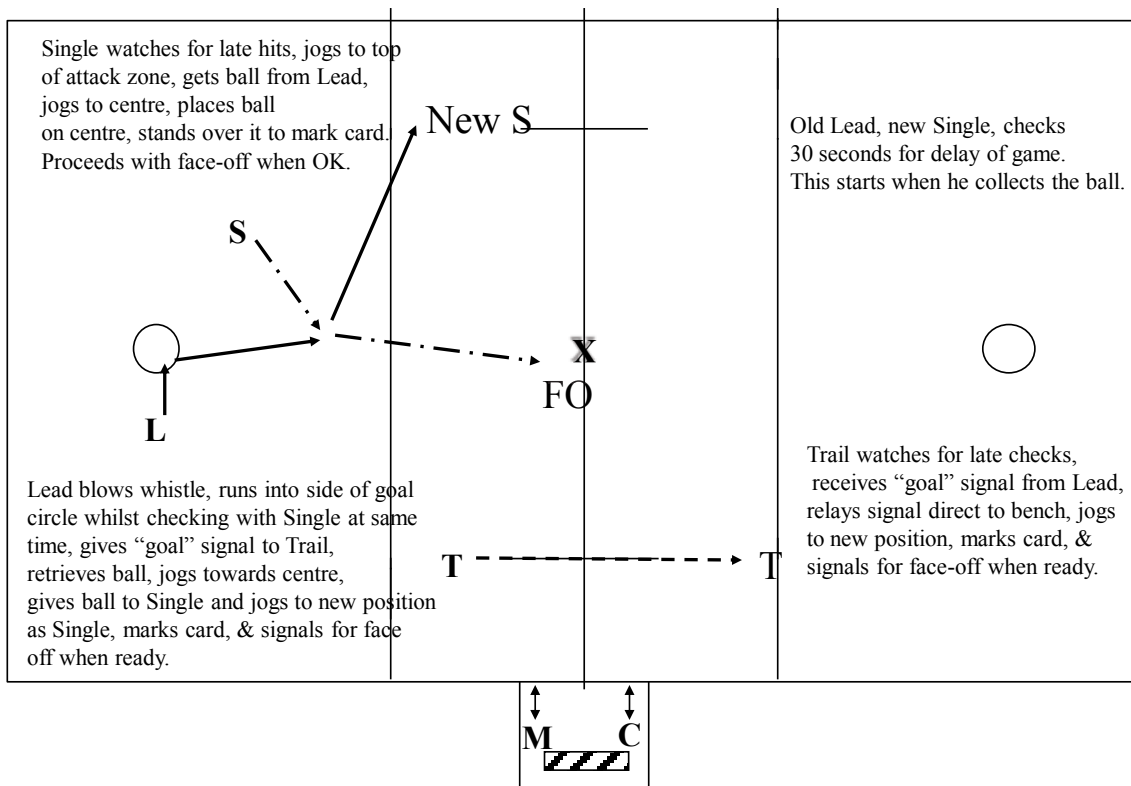
If a player is being sent off immediately after a goal has been scored and, for example, the Single Referee is making the call, then he might find himself "stranded" from his flag. In such circumstances, it might be better not to rotate. Quick thinking and sound communication must be used, however.

The following diagrams illustrate the rotation after a goal score for both ends of the field. Exceptionally, the Head Referee should vary this if he feels that a Referee has been "out of the game" for a long period, due to the way the play has gone. This could also be done after a team time-out, an injury or another delay, if appropriate.

Rotation After Right-Side Score

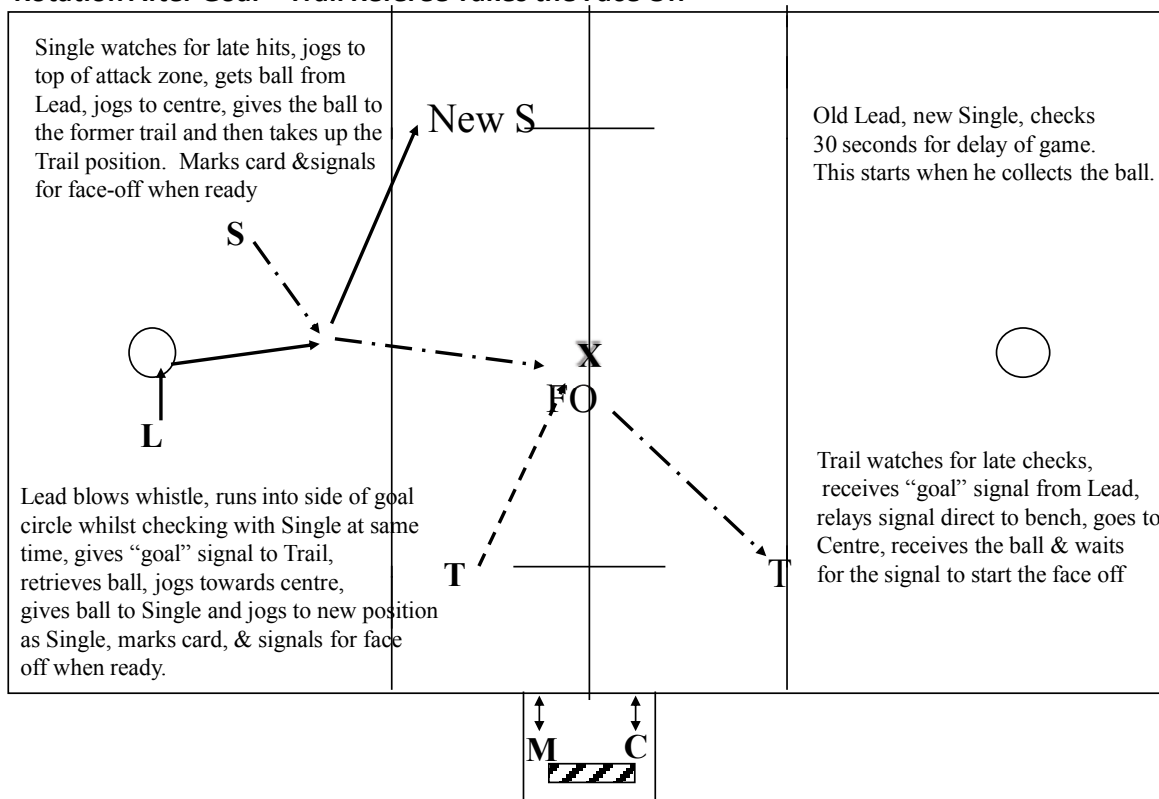


Rotation After Left-Side Score



Often in one sided games it can be very easy for the Single and the Lead to exchange positions several times after the scoring of goals leaving out the trail official. In these instances it is wise for the trail official to recognize this and to “force” a rotation. In this instance the trail will go to the centre and wait for the single official who would normally do the face off. The Single will pass the ball to the former trail, who will now become the Face-Off Referee. The Single will now go and take up the Trail Referee position.

Rotation After Goal – Trail Referee Takes the Face Off



9.6 LONG STICKS ON THE FIELD.

The maximum number of long sticks allowed on the field for a team at any one time is four, **NOT** counting the stick of the designated goalkeeper. The CBO and the Trail Official should normally be the ones to watch out for this. The restriction regarding the number of long sticks on the field is applicable only to those sticks actually on the field of play. Any long sticks being used by players in the penalty box are not counted.

The CBO and the Trail Referee should be aware of this situation and should be ready to call a foul should the player in the penalty box return to the field of play with a long stick and thus make a fifth long stick in the game.

The referees must be aware that that the goalie is entitled to carry a regular crosse or a long stick crosse and therefore they may need to be aware that this situation could present itself during the course of the game.

9.7 GOALIE’S STICK ON THE FIELD.

Only the properly equipped goaltender is allowed to use a goalie stick. If a goalie receives a time-serving penalty and carries his stick to the penalty box, then the CBO and the Trail Official should watch to see if a replacement goalie with a goalie’s stick takes to the field. The CBO and the Trail Referee should be aware of this situation and ready to call a foul should the player in the penalty box return to the field of play with the goalie stick and thus make a second goalie stick in use by his team.

If a team only has one goalie, and that goalie has to serve a penalty, then a Referees' time-out must be called to allow another player to don the required goalkeeper equipment: a throat guard, a chest protector and a box/cup. Once the goalkeeper's penalty has been served then, at the next dead ball, a further Referees' time-out must be called to allow the original goalkeeper to don the required goalkeeper equipment.

Safety is our prime concern, and a reasonable time must be allowed for the equipment changes. We **MUST NOT** allow a "temporary goalkeeper" to play without the required goalkeeper equipment.

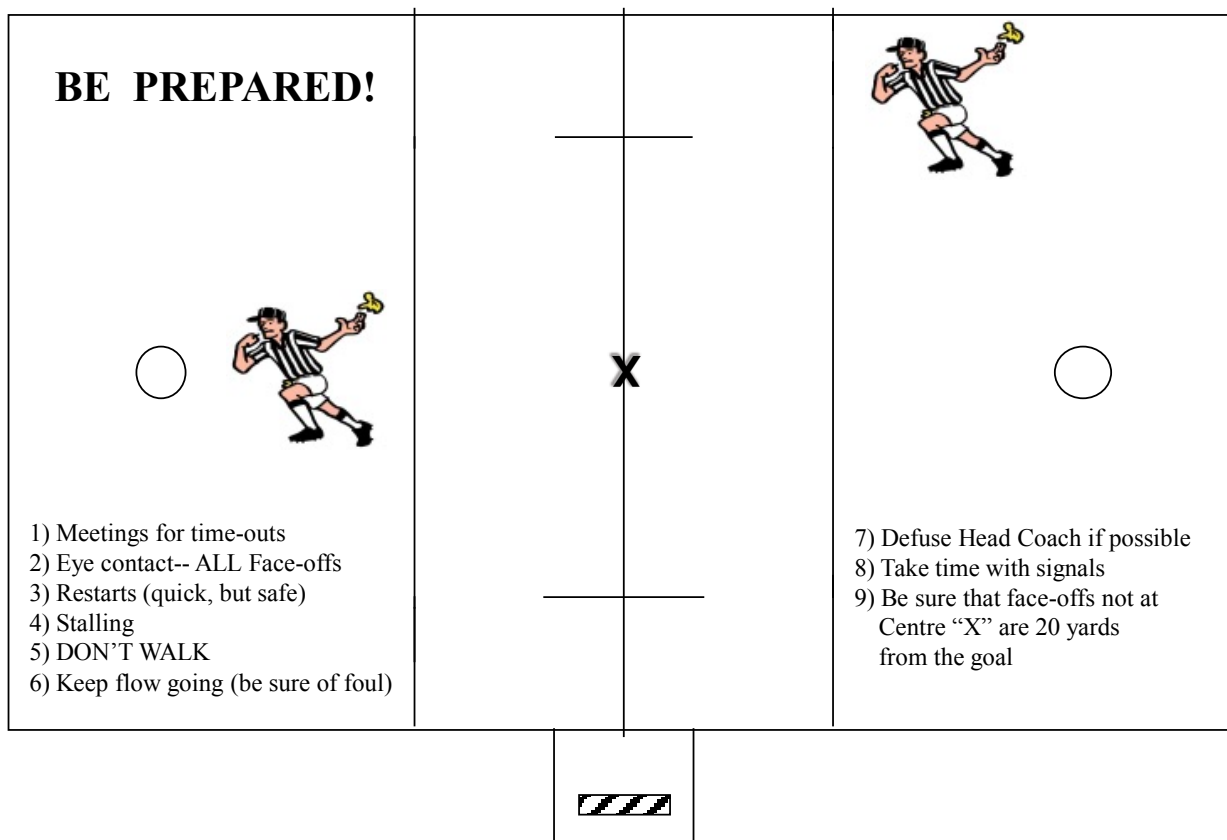
9.8 OTHER SITUATIONS

This diagram illustrates some general situations to be prepared for.

Each game that you do can be used to add situations that you feel need extra attention.

Enjoy yourself and have fun!!!!

Possible Situations



The following recommendations are made concerning the mechanics in other situations:

- i) When a shot is taken, the call of "Shot" should be made. Normally, the Lead Referee or the Single Referee should make the call, depending on who is the On-Official, but the call could be made by the Trail referee. The call allows all players to know the Referees' opinion, so that they can react accordingly. If a shot takes a deflection or an attempt to gain possession of the ball fails, then the call "Still a shot" avoids any chance of confusion.
- ii) When the ball goes out-of-bounds, the Referee who is responsible for that line as defined in 7.8 should make the call. He should indicate the colour of the team which is to be given possession, and he should point towards the goal which they are attacking. The direction of play signal should be repeated by the other Referees and held until the whistle re-starts play. If a referee has to run to a new position, the signal shall be clearly given before moving and then repeated upon arrival at the new position if play has not restarted.

The Referee who is about to re-start the game should hold his other hand in the air, with his fist clenched and his arm crooked, to indicate that he is going to blow his whistle. This will avoid the confusion that results from two whistles being blown not quite together.

He should ensure that all opponents and team-mates are at least 5 yards (4.57 metres) away from the man who is taking the free play. Warnings should be given, if appropriate: "Give him another yard" should suffice. But any player who is in contravention of the rules when the whistle blows should be penalised by a whistle or a flag, as appropriate.

If there is any possibility of confusion about the whistle, then a brief "My whistle" or "Your whistle, Bill" should clarify.

If the Single Referee is to re-start play in the defensive half of the team which has been awarded the ball, then he should attempt to go towards the centre-line **BEFORE** restarting play, so that he can check for off-side.

- iii) If a goalkeeper has chased a loose ball after a shot, and the decision regarding possession has gone against him, then he is **NOT** given time to get back to the cage.
- iv) Communication between the Referee and the player is encouraged. However the Referee has to be very careful regarding the wording of any call to ensure that it is a positive call rather than a negative one. Examples of positive calls would be "check the stick", "keep going", "play the ball" whilst examples of negative calls would be "keep the check off the body", "don't hit the head", "watch the slashing". The calls should focus on what the player should be doing rather than what he should not be doing.

The advantage of the audible warning, clearly, is that even if they disagree with the decision, the players concerned know that the incident has been spotted: this is less likely to lead to dissent than no call at all.

The disadvantage of the audible warning is that a flag may be thrown by another Referee at the same instant as the warning is made. Whilst this is a problem, and the authority of the Referees as a team may thus be momentarily diminished, the advantages of making the call are thought to outweigh the disadvantages. If a warning is given by one Referee and the flag is thrown at the same time by another Referee, then a brief explanation should clarify matters: "That's why we have three Referees: it's a question of angles: the flag takes precedence" should suffice.

But be prepared for a discussion!

- v) When a referees' time-out is required, the Referee making the call turns to the Bench Officials, blows his whistle, and then makes the time-out signal whilst shouting "Stop all the clocks, my time". The Referee does **NOT** say "Time-out", as this may be taken by a Coach as a team time-out by the other team and it may result in the Coach entering the field of play illegally.
- vi) If the clock has to be stopped to allow an injured player to be treated, then, unless a team uses one of its time-outs, the injured player must leave the field before the start of the next play, and he may not return before the next dead ball. The CBO should be apprised of the situation, so that he can prevent the injured player from returning prematurely. Note that this Rule applies to all players, including the goalkeeper, even with two minutes to go in a tied game! Remember to start all the game clocks after the injured player has left the field and you are ready to start play.
- vii) If the clock has to be stopped for a player who is bleeding or has blood evident on his person or equipment, then, unless the team uses one of its time-outs, the player must leave the field before the start of the next play. The "Blood" signal should be used. The player may not re-enter the game until

the wound has been covered and/or all evident blood disinfected from person, uniform or equipment.
The player need **NOT** wait for the next dead ball before returning.

10 POINTS IN PLAY

Whilst, as stated earlier, there is no substitute for a complete knowledge of the rules, there are certain tricky points which should be discussed at the pre-game conference so that the correct calls can be made expeditiously.

The following points are examples.

10.1 PREVENTATIVE REFEREEING

The concept of "preventative refereeing" was discussed earlier in the manual, in Section 4.

The points made in that section should now be reviewed.

10.2 OFF-SIDE

A team can only be off-side when the ball is live. Where any doubt exists, for example if an off-side call is made by the CBO just as the whistle is blown, then an Officials' time-out should be called and the status of the ball at the time of the off-side determined. "Was the ball live when he went off-side?" should suffice.

Where a team has 3 or more men in the penalty box, and a centre face-off is required, a player may come out of his defense goal-area to take the face-off, but he must obey the offside rule. The player taking the face-off is deemed not to be off-side whilst he is still down in the face-off position, despite his gloves inevitably touching the centre-line. If any other part of his body touches the line, then he is off-side. If his gloves touch the line after he is out of the face-off position, then he is off-side.

Where a team has 4 or more men in the penalty box, then they must keep 3 men in their attack half and the remainder in their defensive half at all times.

If a player, seeing that he is going to go off-side before he can stop, runs out-of-bounds instead of off-side, then he is not considered to be off-side, as long as he returns immediately to the field.

The focus of the off-side rule is now making sure teams do not exceed the maximum number of players allowed in the half of the field where the ball is as opposed to keeping a minimum number of players in the other half.

The referee should count players as they enter the half of the field where the ball is. As the ball moves from the defensive half to the offensive half the single official should count players in the offensive half. The referee should not count the defensive half as the team may be making a slow change and be short numbers in the defensive half. This is allowed. We are only concerned with not exceeding the maximum number of players allowed in the half where the ball is.

10.3 OTHER PROCEDURAL TECHNICAL FOULS

The technical fouls of illegal substitution and having too many men on the field can be made at **ANY** time, **OTHER THAN** between periods, after a goal or during a time-out of any kind.

Again, it may be necessary to call a time-out in order to determine the exact state of affairs at the precise time the potential illegal procedure took place.

10.4 DELAY OF GAME AFTER A FOUL

A player who disagrees with a call which has gone against his team and who then kicks, throws, or bats the ball away, is guilty of delaying the game and should be given a 30-second penalty.

At the discretion of the Referees, of course, he may be given an unsportsmanlike conduct penalty.

10.5 PREMATURE RE-ENTRY AFTER A FOUL

A player who re-enters the game before his penalty time is finished should be dealt with as follows, provided his offence is spotted before a whistle is blown to re-start play:

- If the re-entry was the result of a mistake by a Bench Official, then the player should be returned to the penalty box to serve the balance of his penalty only. The reason for this should be clearly announced to both benches.
- If the re-entry was the player's fault or the fault of his coach, then he should be returned to the penalty box to serve the balance of his penalty time plus another thirty seconds. A goal against the offending player's team would wipe out any remaining time on both penalties.

10.6 DELIBERATE DELAY OF RE-ENTRY AFTER PENALTY OR SUBSTITUTION

In all cases, it is a legitimate ploy for a player who has been released from a penalty to delay his re-entry to the field until a tactically advantageous moment arrives. This also applies in the case of substitution. However, the off-side rule and the illegal substitution rule must be obeyed at all times.

10.7 RELEASE OF CONFINED PLAYERS AT CENTRE FACE-OFF

- i) At a centre face-off, if a player who is confined to a goal area keeps his feet behind the goal area-line and leans into the central zone to pick the ball up, then no foul is committed.

If he picks the ball up and then, a split second later, and before a Referee has had a chance to shout "Possession", he touches the goal area-line or steps into the central zone, then no foul is committed.

The Referee's call is only a guide.

- ii) Where **ANY** foul, whether technical or personal, whether leading to a send-off or not, is committed at a centre face-off before possession is gained and before the ball touches or crosses a goal area-line or sideline, then the players in the goal areas are not released until the whistle blows to re-start play.

This means that, after a loose ball push by a Red player in the Red attack half, before "Possession" has been called, the Red attackers **CANNOT** drop back into the central zone to ride the Blue player who has been given the ball: they have to wait for the whistle. If necessary, they should be informed of this by the Referees before the whistle is blown so that an avoidable foul is prevented: "Behind the line: you're not released until the re-start whistle" should suffice.

A similar consideration applies to a player whose penalty time has expired and who is waiting for "Possession" or "Free ball", so that he can come onto the field, because the wing area on his side of the field was full when the whistle blew for the face-off. In such a case, where a foul is committed at a centre face-off before possession is gained and before the ball touches or crosses a goal area-line, the player must wait for the whistle which re-starts play before he comes onto the field.

10.8 THE CREASE

The rules and procedures concerning the crease should be carefully thought through.

The Lead Referee 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 count should be made audibly and visually as required by the Rules.
- The count should be "1001, 1002, 1003, 1004", as required by the Rules.
- The count **MUST** take four seconds.
- If the player in possession has not left the crease by the time the count is completed, then the whistle is blown: "1001, 1002, 1003, 1004" Whistle.

Even if the Lead Referee is "forced" away from his goal-line, he should normally still make the count. In **HIGHLY** exceptional circumstances, for example when the Lead Referee is forced into a corner, and his vision of the crease is obscured, or when the Lead is knocked over in the play, then the Single Referee should start, **and complete**, the count.

The goalie may play the ball in his crease with his hands – i.e. bat or direct the ball. He may not close his hands on the ball to make a save or to pick the ball up, but he can direct the ball with his hands into his stick or away from the goal.

The Additional Rulings in Rules 47, 48 and 49 should now be carefully re-read

10.9 STALLING

The procedures concerning stalling should be carefully discussed at the pre-game conference

Where ANY Referee feels that a team in possession of the ball outside the attack goal area is not making a reasonable attempt to attack its opponents' goal at any point in the game, then he shall ask that team to "Get it in". The team must then carry or pass the ball into the attack goal area within a reasonable time. Where any Referee feels that a team in possession of the ball inside the attack goal area is not making a reasonable attempt to attack its opponents' goal, then he shall ask that team to "Keep it in". The team must then keep it in the attack goal area. There does not need to be a consensus of the officiating team prior to the initiation of a stall warning. **The parameters around when a stall call should be implemented should be discussed in the Referees' pre-game meeting to ensure a consistent approach.**

Before making a "Keep it in" call, a Referee should ensure that the player in possession is **NOT** about to run out of the attack goal area. This avoids the call being immediately followed by the player in possession committing a technical offence by running out of the area. It may be better to initiate a stall warning call when the ball carrier is either outside the attack goal area, or if the ball is deep in the attack goal area. If the ball is being passed around it would be best to initiate the call when the ball is being passed in the direction of the end line, thus minimising the possibility that a player might step out of the attack goal area before realising that a stall warning has been implemented by the officials.

In both cases, when a Referee makes the call and signal, the other Referees should also give the call and the signal. All three Referees should hold the signal for a few seconds.

The Referee who instigated the original call is responsible for ensuring that **BOTH** of the other On-field Officials repeat the call and the signal and he must check that they do so. If the Referee who has instigated the call realises that one or both of the other Referees is **NOT** aware that the call has been made and that he has thus not repeated the call and the signal, then the initiating Referee **MUST** make every effort to ensure that he does hear the call. This may involve a change of position in order to get nearer to the Referee who has not heard the call and it may involve constant and loud repetition of the call. This will not look or sound pretty, but it is preferable to a team being unfairly disadvantaged.

If, despite his efforts, the initiating Referee realises that one of the Officials has not repeated the call and signal, then, providing a goal-scoring play is not imminent, he should blow his whistle, call a Referees' time-out and ensure that all three Referees audibly and visually make the call before re-starting play. He should **NOT** wait until a player is about to cause the ball to leave the stalling box before he does this, as he will then be accused of favouring that team.

Awareness in such circumstances is vital. As a tight match draws towards its conclusion, then, each Referee must be aware that a stalling warning is highly likely to be made by one of his colleagues. He should be ready to react. (Note that, in a similar fashion, all Officials must be aware of the time-out situation, or a stick check request so that they can react rapidly to a call from a coach.)

In an international tournament, where not all of the Referees are native speakers of English, the points made above become even more critical.

After **ANY** break in play, or after the ball has touched the ground or after a flag has been thrown, provided the stall call has not been cancelled, all three Referees should repeat the signal for a few seconds. **This should be done prior to the restarting of play.** This is particularly important after a time-out or an end-of-period interval.

Of course, a stalling warning dies when the opponents of the warned team gain possession of the ball. But it is also possible for a stalling warning to die **WITHOUT** the opponents gaining possession. Consider the following example:

- The penalty box is empty.
- Red has been asked to "Keep It In", for which they comply.
- The period ends with Red in possession of the ball.
- Normal rules would apply and there would be a face off

And the following:

- Blue #7 receives a one-minute penalty for a slash.
- Red #6 receives a two-minute penalty for retaliation.
- The fouls are simultaneous and Blue are given possession.
- After the re-start, Red gain possession of the ball and, aware that they have the longer penalty, they start to run down the clock.
- Red are told to "Get it in" and they do so: the Blue penalty expires.
- Red are now a man down due to their penalty and so they can no longer be called for stalling.
- If queried, the Referees should announce this so that players, coaches and the crowd are aware of the situation: "Red are now a man down: the stalling warning is over" should suffice.

The additional rulings in Rule 62 should now be carefully re-read.

10.10 STARTING A PERIOD WITH POSSESSION

In the event of an extra man situation at the conclusion of **ANY** period, then the next period, whether in normal time or overtime, shall be commenced by awarding the ball to the team which had possession at the conclusion of the prior period in the same relative position at the opposite end of the field. This, of course, applies whether the possession is player possession or team possession.

If the ball becomes dead immediately prior to the end of a period and the whistle then blows to denote the end of the period, then the team which has been (or is about to be) awarded possession is deemed to be in possession. However, if the period ends with no team in possession, then the ball shall be faced at the centre with all the usual restrictions.

The situations which need to be considered under this heading are of three types:

- a man is in the penalty box when the period ends: see Additional Rulings 34.1 to 34.7;
- a flag is down when the period ends: see Additional Rulings 34.8 to 34.12;
- a foul occurs after the end of the period: see Additional Rulings 34.13 to 34.15.

10.11 FOULS BY THE GOALIE

If a goalkeeper is sent to the penalty box, then a 30-second Officials' time-out should be called to allow another properly equipped player to take his place on the field.

If a team only has one goalie, and that goalie has to serve a penalty, then a Referees' time-out must be called to allow another player to don the required goalkeeper equipment: a throat guard, a chest protector and a box/cup. Once the goalkeeper's penalty has been served then, at the next dead ball, a further Referees' time-out must be called to allow the original goalkeeper to don the required goalkeeper equipment.

Safety is our prime concern, and a reasonable time must be allowed for the equipment changes. We **MUST NOT** allow a "temporary goalkeeper" to play without the required goalkeeper equipment.

10.12 DEAD BALL FOULS

Once a whistle blows to stop play, then the ball is dead. If a foul occurs when the ball is dead, then the following considerations apply.

If a foul occurs prior to the start of the game, or after the scoring of a goal or the end of a period, then play is restarted with the ball awarded to the non-offending team at the centre of the field. The offending player will also have to serve penalty time if the foul was a personal one or if the foul was a technical one and the non-offending team had or were deemed to have possession of the ball.

If the foul occurs at some other time during the course of the game, but while the ball is dead, then, for the purposes of penalty execution, the ball is considered to be in the possession of the team if the ball has been, or is about to be, awarded to that team.

The following illustrate:

- i) The ball has gone out-of-bounds, and is about to be awarded to Red. The Blue coach commits a technical offence.
RULING: Red are deemed to be in possession. The Blue In-Home serves 30 seconds.
- ii) The ball has gone out-of-bounds, and is about to be awarded to Red. The Red coach commits a technical offence.
RULING: Red are deemed to be in possession, and so the ball is awarded to Blue. No send-off.

10.13 SIMULTANEOUS FOULS

Simultaneous fouls can lead to problems, partly because not all players will be fully aware of their implications. It can be necessary to stop the clock(s) when there are simultaneous fouls.

When a member of a team commits a foul and then a member of the opposing team commits a foul, then the fouls are considered simultaneous fouls, provided that the fouls are not separated by a whistle which has restarted play, or by the scoring of a goal, or by the end of a period.

When simultaneous fouls have been committed, then the following rules apply:

- i) All fouls being technical, the fouls cancel and the team in possession when the **FIRST** foul was committed retains possession where the ball was when the whistle sounded. If no team was in

possession, the ball is faced where it was when the whistle sounded.

Where two or more simultaneous technical fouls occur, then the simultaneous fouls signal should be given first, and a call such as "Simultaneous technical fouls cancel: the ball was Blue: the ball stays Blue" should be made.

- ii) If at least one of the fouls is a personal foul, then penalty time shall be served for all the fouls, and the following rules shall apply:
 - If one team incurs more total penalty time than the other, then the team with the lesser total penalty time shall be awarded the ball. There can be no free clear.
 - If the total penalty times are equal, then the team in possession of the ball when the **FIRST** simultaneous foul was committed shall retain possession of it. No free clear.
 - If the total penalty times are equal, and neither team had possession of the ball when the **FIRST** simultaneous foul was committed, then the ball shall be faced where it was when the whistle blew.
- iii) For the purpose of totalling penalty time in the case of simultaneous fouls, an expulsion foul counts as a 3-minute penalty.

The Additional Rulings in Rule 81 should be carefully re-read.

10.14 THE LAST THREE MINUTES AND OVERTIME

During the last three minutes of normal time **AND ANY OVERTIME PERIODS**, the game clock and any penalty clocks stop whenever the ball becomes dead.

These are **NOT** considered official time-outs, merely dead-ball situations, and the rule summary in 8.2 should now be re-read with this in mind.

Except in sudden death overtime, a game cannot end on the scoring of a goal. By virtue of a stopping clock in the last 3 minutes of regulation time or all overtime periods, the ball must have entered the goal before the period ends, or it should be considered no-goal and therefore there needs to be a faceoff prior to end of the game. Because of this, a stick check may be legally requested.

10.15 FAKE PLAYS

A well executed fake play does not permit a player to check a non-ball carrier.

If a player fakes a pass or shot, and a confused opponent stick-checks the "wrong" player, then the technical foul of Interference has been committed.

If a player fakes a pass or shot, and a confused opponent body-checks the "wrong" player, then the personal foul of illegal Body-checking has been committed.

10.16 A SHOT AFTER A WHISTLE

Where a whistle has been blown and a player, aware that the whistle has blown, deliberately carries on playing and shoots at his opponents' goal, then he is guilty of unsportsmanlike conduct.

10.17 THE STICK-ON-STICK HOLD

- i) Red, at a face-off or a loose ball situation, covers the ball to draw it back. Blue clamps on top of Red's stick and, therefore, on top of the ball "via" Red's stick.
RULING: With-holding by Blue. Red ball. No send-off.
- ii) Red, at a face-off or a loose ball situation, gets his stick under the ball, so that Red's stick, still on or near the ground, has the ball in it. Before Red can do anything else, Blue clamps on top of Red's stick and thus stops Red going anywhere.

RULING: With-holding by Blue, whether the ball is covered or not. Red ball. Blue serves 30 seconds for the technical foul.

It is thus with-holding whether or not Blue's stick is covering the ball itself, so that any clamping of a stick on the ground with the ball in it or under it is a foul. Safety reinforces this interpretation and requires a rapid whistle.

10.18 THE TECHNICAL FOUL OF ILLEGAL STICK – FIRST OFFENCE

For a deep pocket (16.1), no butt-end and/or no adequate taping (15.4), long strings (16.5) or tampering which does not result in an Unsportsmanlike Conduct foul (16.4), any violation, including the first one by a player, is a technical foul.

See Rule 63.1.

10.19 GRASPING THE HEAD OF THE STICK

Rule 58.3 says that a player with the ball in his possession may not grasp any portion of the head of the stick with his hand, so that it becomes more difficult for the opponent to dislodge the ball from the ball-carrier's stick. This is intended to prevent a player from grasping the head of his stick to gain an illegal advantage. The Rule does **NOT**, therefore, apply to a player who, for example, has just won a face-off and who, with the ball in his stick, grasps the top of the head of his stick in order to straighten it.

10.20 FOULS BETWEEN PERIODS

When a member of a team commits a foul and then a member of the opposing team commits a foul, then the fouls are considered simultaneous fouls, provided that the fouls are not separated by a whistle which has restarted play, or by the scoring of a goal, or by the end of a period.

Thus a foul prior to the end of the period and a foul during the interval **CANNOT** be simultaneous fouls, and so the procedure outlined below should be followed at the end of every period, including overtime periods if required.

When the period ends, the status of the ball for the start of the next period is determined. It will be a Blue ball or a Red ball or a face-off. Referees should signal how the following period will start after the whistle to end the period is blown. Signal the current direction of the team which will get possession or face-off.

If no fouls occur during the interval, then the status of the ball, as decided at the end of the previous period, is unchanged.

If one foul occurs in the interval, then:

- If a personal foul by Blue, then Red are awarded the ball and Blue serves penalty time.
- If a technical foul by Blue, then Red are awarded the ball and
 - if the ball was going Red, then Blue serves penalty time
 - if the ball was going Blue or going to be faced-off, then Blue is not sent off.

If simultaneous fouls occur in the interval, then:

- If both or all of the fouls are technical, then they all cancel, no penalty time is served, and the status of the ball, as decided at the end of the previous period, is unchanged.
- If at least one of the fouls is a personal foul, then penalty time is served for all the fouls.
 - The ball is awarded to the team having less total penalty time of the simultaneous fouls which happened during the interval.

- If the total penalty times of the simultaneous fouls which happened during the interval are equal, then the status of the ball, as decided at the end of the previous period, is unchanged.

10.21 THE GOALIE PLAYING WITHOUT HIS STICK

The designated goalkeeper, whilst within his crease, can now play without holding his stick. This means that he can verbally direct his defenders and that he can save a shot, even if he is not holding his crosse, provided that he is in his crease.

If a wide shot goes out-of-bounds, and the goalie, without his stick, is still **INSIDE** his crease, and the goalie is the nearest to the ball as it goes out-of-bounds, then the goalie's team is awarded the ball.

If the stickless goalie is **OUTSIDE** his crease and he verbally directs his defenders or if he saves a shot or if he tries to play an opponent or if he tries to go back into his crease without his stick, then he has committed a foul: thus, once a goalie has lost his stick, he must pick it up **BEFORE** doing anything else.

If a wide shot goes out-of-bounds, and the goalie, without his stick, is **OUTSIDE** his crease then, if the goalie is the nearest to the ball as it goes out-of-bounds, the goalie does not count as a player, and the ball is awarded to the team of the next-nearest player.

10.22 THE BALL STUCK IN A STICK

If the ball becomes stuck in any part of a player's stick, then the player is with-holding the ball from play and he has committed a technical foul. In such circumstances, a referee must immediately blow his whistle and award the ball to the player's opponents. It is important that the whistle is blown immediately, as the offending player is in a highly vulnerable position: we must not allow him to be body-checked whilst he is still trying to sort out his stick.

A face-off man who comes up with the ball on the back of his stick is not considered to be withholding the ball from play unless the ball does not come off the back of the stick freely on his first attempt to put the ball into play.

The stick is **NOT** checked by the Referees, unless they see an obvious "safety" violation of the rules relating to the crosse.

If a player in whose stick the ball has just become stuck in and for example, is slashed by an opponent then, of course, simultaneous fouls have occurred, and both players must serve penalty time.

10.23 LOSS OF THE HEAD OF THE STICK

If, as a player shoots, passes the ball, attempts to play an opponent or attempts to play a loose ball or a ball in flight, the head of his stick comes off, then that player has committed the technical foul of using an illegal stick.

Thus, if the ball is in flight between two Red players and, whilst a Blue player is attempting to intercept the ball, the head of the Blue player's stick comes off, then a flag would be thrown or the whistle would be blown to signify the foul.

If a player whose crosse's head has just come off during the act of shooting is, for example, slashed by an opponent then, of course, simultaneous fouls have occurred, and both players must serve penalty time.

10.24 POSITIONING OF PARTICIPANTS

Unless he has been given permission to be elsewhere by a Referee or the Chief Bench Official, a player, substitute, non-playing member of a squad, coach or anyone officially connected with a competing team must remain in his team's bench area, except when he is legally on the field of play or legally in the special substitution area or legally in the penalty box. This rule shall apply at all times, except during the half-time interval.

A player may not deliberately enter his opponents' bench area at any time. If, in the normal course of play, a player inadvertently enters his opponents' bench area from the field of play, then no offence is committed, provided that the player leaves his opponents' bench area immediately.

10.25 JEWELLERY

A player must not wear jewellery or ornamentation, including body piercings, of any sort (Rule 18.7). Medical Alert items or religious items are excluded from this rule; however, they must be taped to the relevant part of the body. Currently there is no specific penalty for this infraction, so it has been deemed an Illegal Procedure. For subsequent Jewellery infractions to the same player, this will be deemed a repeated Technical Foul and therefore a 1 minute Unsportsmanlike Conduct Foul will be administered. Further transgressions of this rule by the same player would therefore incur increasing penalty time.

10.26 WITHHOLDING THE BALL FROM PLAY

Should a player lose his stick, the stick lands on the ground and the ball remains in or under the head of the crosse, the whistle shall immediately be blown and the ball awarded to the non-offending team, as the player whose stick the ball is in or under will be guilty of withholding the ball from play (Rule 58.4)

11 STOPPAGES

11.1 PROBLEMS

Where a problem occurs, such as a referee believes that another referee may have made an error in the application of a rule, a disputed goal or a Head Coach disagreeing with a call by the CBO, then a referees' time-out should be called. The Referees should get together to sort the problem out ensuring that they are also monitoring the players on the field. The decision should be communicated to the Bench Officials and the Head Coaches, and the game should be re-started as soon as is possible.

The Head Referee may need to take control of the discussions to ensure that a quick and accurate decision can be arrived at.

If a captain or a Head Coach queries a decision, perhaps during a time-out or between periods, then the opposing team should be invited to have a representative hear the discussion. They are, of course, entitled to refuse this offer.

If the Referees feel the need to talk to one Head Coach, then they should talk to both Head Coaches. If a coach wishes to talk to the Officials at half-time, he should be asked to do so four minutes before the end of half-time.

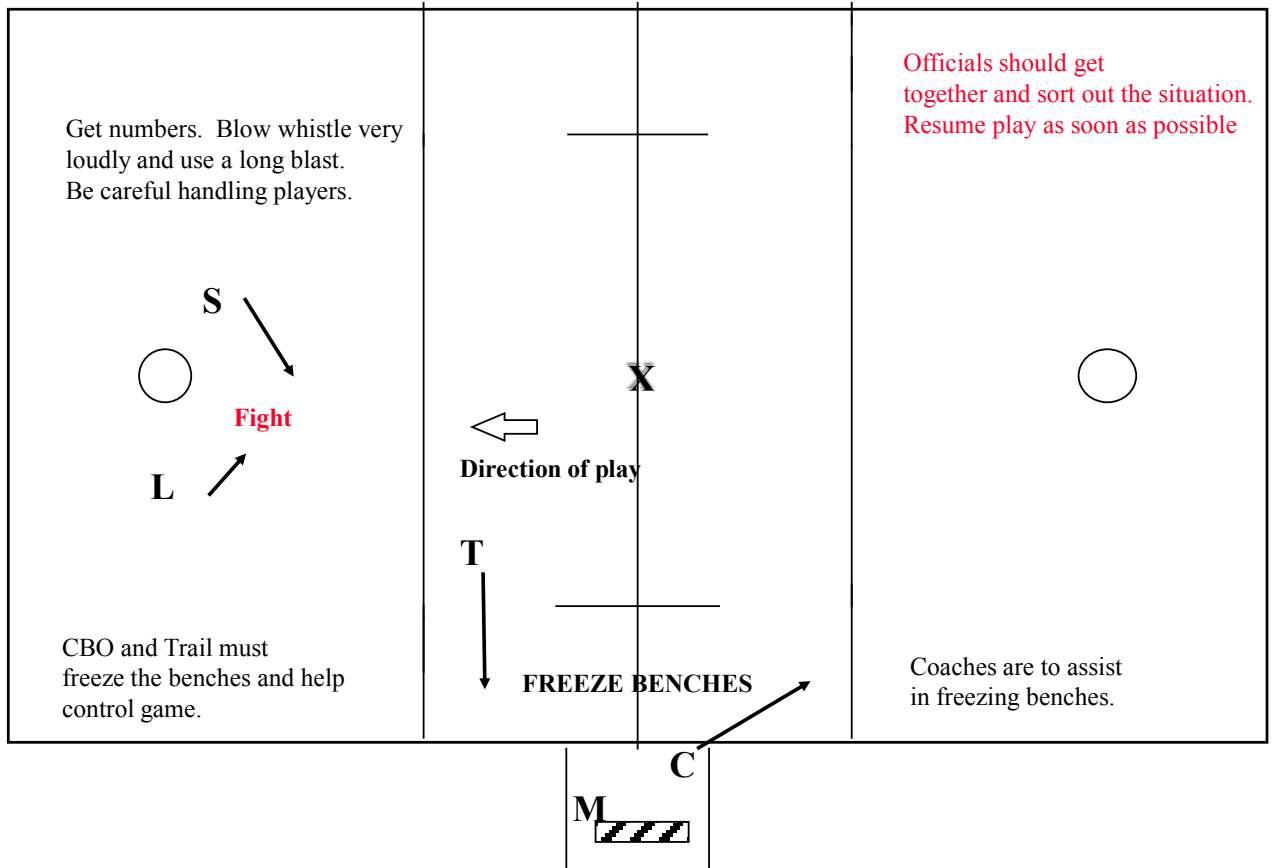
When an on field discussion between referees is required, either the referee who called the officials time-out (for simple issues / corrections) or the Head Referee (more significant issues) if he deems necessary, it should be resolved by:

- asking the other official(s) for a summary of their involvement in the problem or issue (not their opinion as an on-looker)
- summarising the known information and checking with the others for any other relevant factors (support or contrary facts, not opinions)
- determining a course of action (decision and outcomes)
- checking with the others re any potential errors
- briefing the crew on how the result will be executed (e.g. who is communicating what information to whom and any rotation of positions etc.)

11.2 FIGHTING

The diagram below illustrates the procedures that are to be followed in the event of a fight breaking out on the field of play.

Fight procedure



No Official wants a fight to break out in their game. The crew that covers a fight procedure in their pre-game will be better off in the long run.

If a fight breaks out on the field, then the Single Referee and the nearer Bench-side Referee (normally the Lead) should deal with it.

The other Bench-side Referee (normally the Trail) and the CBO must freeze the benches in front of them. This is done by facing the benches with the arms out-spread, blowing loudly on the whistles, and calling to the players to "Stay on the bench". Any squad member pushing past the Officials in these circumstances in order to join in an altercation must be expelled from the game.

The Bench manager, who is not wearing stripes, does **NOT** become involved in the freezing of the benches. The coaches also have a responsibility to freeze their respective benches and to work with the Officials to maintain order.

The CBO or Bench Manager needs to have the Time-Keeper stop the clock(s). All of these people should try to settle down the benches.

The Lead and Single have the tough job of stopping the fight. If they can get between the players before they start to fight it would be the best. However, most times this does not happen. They must blow their whistles very loudly and try to keep other players out of it.

Be sure to get the correct numbers.

Don't get yourself into a situation where you end up grabbing a player and either hurting him or yourself. Assess the penalties, and get the game restarted as soon as possible.

If two players from competing teams are fighting and a third player from either team joins in the altercation

with the intention of attacking an opponent, then that person may be expelled from the game.

After a fight, a Referee should stand between the two players, and walk them off to the penalty area. The other Referees should remain on the field to ensure other fights do not break out.

11.3 INJURIES

When a player is injured, the Referees should allow his squad's medical staff to deal with him: **HE SHOULD NOT BE TOUCHED BY A REFEREE.**

If the clock has to be stopped to allow an injured player to be treated then, unless a team uses one of its time-outs, the injured player must leave the field before the start of the next play, and he may not return before the next dead ball. If a time-out is used then, of course, he may remain in the game.

In either case, the CBO must be informed of the circumstances, so that he can ensure that the Rules are adhered to.

11.4 BLOOD

When a player is seen to be bleeding, and/or have blood on his clothes, equipment or skin, play must be suspended immediately and the player concerned must go to the bench area so that the flow can be staunched, and/or the blood washed off. The CBO must be informed of the situation so he can supervise the player's re-entry to the game.

Unless the team uses one of its time-outs, the player must leave the field before the next play. He may not return to the game until the CBO is satisfied that the wound has been dressed and/or all the evident blood has been disinfected or removed from his person and/or equipment.

If no team time-out is taken, then the Referee should call and signal a Referee's time-out. A blood rule time-out is indicated by crossing both arms in front of the head.

The player may return to the field once the CBO has confirmed that the flow has been staunched, and/or the blood removed. He need **NOT** wait for the next dead ball.

If there is so much blood on a player's shirt that a change of shirt is required, then the scorers, the Chief Bench Official and the opposing Head Coach must be informed of any change in the player's shirt number prior to the player's re-entry into the game. The FIL asks countries to bring a shirt numbered 99 to World Championships for this purpose.

11.5 INCLEMENT WEATHER

Where the weather, for example an electrical storm, makes it impossible for play to be continued, then the tournament's Referee-in-Chief or the game's Head Referee must suspend play immediately.

If play subsequently becomes possible, then the teams should be allowed a reasonable time to warm-up, depending upon the length of the suspension, as laid down in Rule 30.3.

11.5.1 Lightning

The National Athletic Trainer's Association (NATA) in USA has provided lightning safety guidelines to educate people about the dangers of lightning. The recommended guidelines follow.

(The parts in ***bold, italicised type*** have been added to identify the relevant person or location for a Lacrosse match.)

NATA's Lightning Safety Guidelines:

Seek a safe structure or location at the first sign of lightning or thunder activity is highly recommended. Once the Flash-to-Bang count approaches 30 seconds (or is less than 30 seconds), all individuals should already be inside or should immediately seek a safe structure or location.

Flash to Bang Method:

- Observer begins counting when a lightning flash is sighted. Counting is stopped when
- the associated bang (thunder) is heard. Divide this count by 5 to determine the distance
- to the lightning flash (in miles).
- Establish a chain of command that identifies who is to make the call to remove
- individuals from the field.

This should be the Tournament's Chief Referee or Deputy Chief Referee and, if neither of these is available, then the Head Referee in the game.

- Name a designated weather watcher. (A person who actively looks for the signs of
- threatening weather and notifies the chain of command if severe weather becomes
- dangerous.)

This should be all five game Officials as well as the Chief Referee and the Deputy Chief Referee.

- Have a means of monitoring local weather forecasts and warnings.

Officials should be aware of any weather forecasts that predict the likelihood of electrical storms.

- Designate a safe shelter for each venue.

Usually the allocated changing rooms/ dressing rooms/ locker rooms.

- **Use the Flash-to-Bang count to determine when to go to safety. By the time the flash-to-bang count approaches thirty seconds all individuals should be already inside a safe structure.**
- Once activities have been suspended, wait at least **thirty (30) minutes** following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.
- Avoid being the highest point in an open field, in contact with, or proximity to the highest point, as well as being on the open water. Do not take shelter under or near trees, flagpoles, or light poles.
- Assume the lightning safe position (crouched on the ground, weight on the balls of the feet, feet together, head lowered, and ears covered) for individuals who feel their hair stand on end, skin tingle, or hear "crackling" noises. Do not lie flat on the ground.
- Observe the following basic first aid procedures in managing victims of a lightning strike:
 - Survey the scene for safety.
 - Activate local EMS.
 - Lightning victims do not 'carry a charge' and are safe to touch.
 - If necessary, move the victim with care to a safer location.
 - Evaluate airway, breathing, and circulation, and begin CPR if necessary.
 - Evaluate and treat for hypothermia, shock, fractures and/or burns.
- All individuals have the right to leave an athletic site in order to seek a safe structure if the person feels in danger of impending lightning activity, without fear of repercussions or penalty from anyone.

End of NATA's Lightning Safety Guidelines

If the tournament's Chief Referee, Deputy Chief Referee or, in their absence, the Head Referee feels that play should be halted under the above criteria, then he should go onto the field of play and tell the nearest Official to suspend the play immediately.

The time of the stoppage and the score at the time of the stoppage should be noted by the Head Referee on the game sheet. The Head Referee should secure the Game sheet from the scorekeeper and retain until the restart of the game.

All participants, including players, referees, bench officials, ball persons and others, shall be required to go indoors at the earliest opportunity.

11.5.2 Hydration

For all FIL sanctioned events, The Referee-in-Chief, the FIL Games Committee Chairperson and the Tournament’s Senior Medical Officer will meet daily to determine the application of the FIL Heat/Hydration Policy.

It is intended that measurements are taken each day before play commences, and during the day to cover any changes, to determine the Wet Bulb Globe Temperature (WBGT). This is the most widely used and accepted index for the assessment of heat stress. The WBGT combines three measurements, natural wet bulb temperature, globe temperature and air temperature to produce an index measurement: Throughout the day, the authorised medical personnel will monitor and advise the Referee-In-Chief or his designate of any required changes to the playing of games using the chart below as their guide.

| Level | WBGT Temperature | Required Action |
|-------|-----------------------|--|
| 1 | < 80°F (26.7°C) | No specific action needed |
| 2 | 80–90°F (26.7–32.2°C) | Increase all quarter and overtime breaks to 7 minutes |
| 3 | > 90°F (32.2°C) | Increase all quarter and overtime breaks to 7 minutes Increase half time break to 20 minutes Institute 3-minute breaks at or around the 10 minute mark of the of each quarter (allow hydration during this time) |

In the absence of an FIL representative, the tournament Referee-In-Chief, Deputy Referee-In-Chief or Senior Medical Officer, the Head Referee will determine the application of the Heat/Hydration Policy always erring on the side of caution.

The CBO administers the hydration breaks. Once a hydration break is required, then the CBO will blow his whistle to stop the play, provided that the team in possession does not have an immediate scoring opportunity.

If the team in possession does have an immediate scoring opportunity, then the CBO will wait until the play has been completed before he stops the play. Where possible, the CBO will stop the play when the ball is dead or when a team has possession of the ball.

Thus:

- i) If the ball is dead when a hydration break is required, then the hydration break is taken immediately.
- ii) If a team is on a slow clear when a hydration break is required, then the hydration break is taken immediately.
- iii) If a team has possession of the ball on a settled play around its opponents’ goal when a hydration break is required, then the hydration break is taken immediately.
- iv) If a team is on a fast break when a hydration break is required, then the attacking team is allowed to complete the play.
- v) If a player is driving towards his opponents’ goal when a hydration break is required, then the play is allowed to be completed.
If the player takes a shot and the goalie saves the shot, then the whistle is blown immediately.
If the player takes a shot and the shot goes out-of-bounds behind the goal, then the whistle is blown immediately the ball goes out-of-bounds.
If the player takes a wide shot and the wide shot is picked up by a defender behind the goal, then the whistle is blown immediately.
If the player takes a wide shot and the wide shot is picked up by an attacking player behind the goal, then the attacking team is allowed to complete the play, subject to iii), above.
If the player takes a shot and the shot hits a pipe and an attacking player picks up the ball, then the attacking team is allowed to complete the play, subject to iii), above.

Examples of the timing of water-breaks, assuming that the medical staff has specified Level 3 and therefore no more than 10 minutes of play between the opportunity for participants to hydrate themselves the breaks, would be as follows:

| Elapsed Time | Clock Time | Action | Hydration Break @ circa |
|--------------|------------|-----------------------|-----------------------------|
| 5 minutes | 15:00 | Blue calls a time out | 5 minutes on the game clock |
| 8 minutes | 12:00 | Red Calls a time out | 2 minutes on the game clock |
| 12 minutes | 8:00 | TV Time Out | No break is required |

11.6 BETWEEN QUARTERS

The Referee who will be starting play in the next period usually retrieves the ball.

The referees should monitor players as they move to their team’s bench area until all players from opposing teams have cleared each other.

All Referees, the CBO and Bench Manager should then gather at the centre of the field and confirm the score and the position regarding time-outs. The Bench Manager will bring the Official Scorer’s game score and the number of time outs taken by each team. The Officials may then go to the timer's table while the Head Referee confirms the score and the time-out position with the scorer(s). In the event that the crew does not come to the timer’s table, the Bench Manager will upon returning to the bench confirm the score and time out positions with the Official Scorer.

The amount of any carry-over penalty time is established, so that the coaches can be informed of the time remaining on such penalties.

At half-time a four minute warning should be given. The Time-Keeper informs the CBO when this is due, so that the CBO can inform the teams and the Referees. If either team has left the field, then the CBO and Bench Manager must go to the dressing rooms to do this. The crew shall then go to the nearside wing line in anticipation of any potential meetings requested by the coaches from either team.

If either Head Coach wishes to speak to the Referees with four minutes of half-time remaining, then the other Head Coach must be asked if he wishes to send a representative.

The teams should be warned by the CBO and Bench Manager when there is one minute left before the start of the next period, and the Officials should take up their positions.

The coaches should both be informed by the CBO and Bench Manager about any outstanding penalty time, in order to avoid confusion. Do not go into a team’s huddle to communicate the information. Wait until the team is moving back to the field and the coach is not talking to his players.

Between quarters, the Referees should normally rotate one position clockwise from their positions at the start of the previous quarter each moving clockwise. Exceptionally, the Head Referee should vary this if he feels that a Referee has been "out of the game" for a long period, due to the way the play has gone. This could also be done after a team time-out, an injury or another delay, if appropriate.

11.7 TEAM TIME-OUTS

A team may call a time-out prior to the start of the game. It will count as a first-half time-out.

If a request for a team time-out is made to an On-field Referee or to the CBO, then the following procedure should be followed.

- i) If the ball is dead, then the Official should blow his whistle immediately and shout: “Stop all clocks. Time-out, Blue”.

- ii) If the team calling the time-out has possession of the ball, then the Official should blow his whistle immediately and shout: "Stop all clocks. Time-out, Blue"
- iii) If the opponents of the team calling the time-out have possession of the ball, then the Official should throw a Flag.
- iv) If the ball is loose, then the Official should invoke the Play-on technique, if appropriate.

This last set of circumstances is one of the occasions where the CBO would use the Play-on. Utilising the Play-on prevents a Coach from using a time-out request as a stratagem. A rather unlikely example could be where the Blue Coach, seeing that a Red player is about to pick up a loose ball and score in an empty Blue net, requests an (illegal) time-out in order to kill the play and prevent the goal. A Flag cannot be thrown, a whistle is not appropriate as it would prevent the goal, and so the Play-on solves the problem.

A coach may call a time-out when a player on his team is in possession of the ball in their opponents' half of the field.

When the whistle is blown, perhaps after a Flag or a Play-on, then the Official involved in the time-out request should stop the clock(s) and rapidly ascertain whether the request is legal or not.

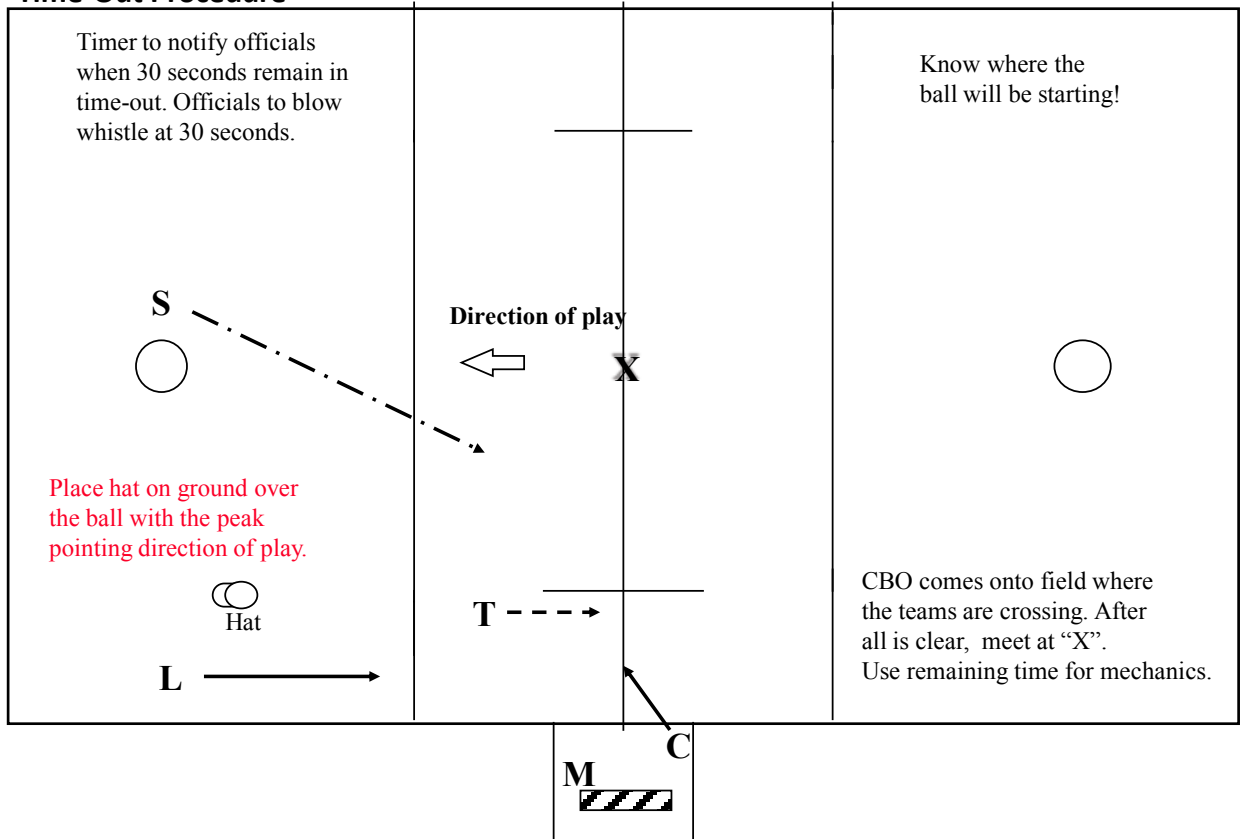
If the request is illegal, perhaps because the team did not have possession in their attack half or because they have no time-outs left in the relevant half or overtime period, then a technical foul has been committed and the usual rules apply. Officials should not ignore an illegally requested timeout. The Official should rapidly indicate that the call is illegal, in an attempt to prevent coaches and players going onto the field of play. If players do go onto the field, believing that a legitimate time-out has been called, then the CBO and the Bench Manager should ask them to go back to the bench areas. No penalties for illegal procedure should be inflicted.

If the time-out request is legal, then the Official should shout: "Time-out, Blue". If the CBO is the relevant Official, then he should step onto the field to make his calls.

All officials should anticipate when a time out call may likely be called by one of the teams and be ready to react to that call if needed. For instance, when an offensive player is trapped on the sideline and is about to be dispossessed, or after the scoring of a goal in a man up situation, the coach may want to preserve the penalty time by calling a time out. Be alert that a time out call may be coming. However, players or coaches are not allowed to reserve a time out where they might say, "I want a time out when the ball crosses the centre line." They will still need to make the request for a time out when they wish to have one. Respond with, "you still have to ask for it when you want it."

When a team calls a time-out, there should be at least 2 Officials in between the teams as they cross over. This can easily be the CBO and one of the On-field Officials. This is to deter any baiting and taunting, and any cheap shots that may be taken. The On-Official should retrieve the ball and place his hat over the ball with the brim facing the direction of play, and then join the other Officials.

Time-Out Procedure



Once the teams are in their respective huddles, all of the Officials should meet in the middle of the field near the centre “X”. The time of the time-out should be recorded, and the score and the position regarding time-outs confirmed. Any other free time can be used by the Head Referee to talk about mechanics or some other situations. This should be left up to the Head Referee.

The Time-Keeper should be keeping track of the time, and he should let the Officials and each team know when 30 seconds remain. The On-field Officials will also sound their whistles when 30 seconds remain in the time-out. One of the Referees then informs both head coaches of the position regarding time-outs. All Officials **MUST** know where the ball will be starting when play is resumed.

The Referee who is to re-start play holds the ball in his hand above his head at the point where play is to re-start. Just before the resumption, he notifies the opposing goalie of the position of the ball ("Blue 14 has the ball, Goalie") and, when he is sure that the goalie is aware of the ball, he puts it into the stick of the man who is to re-start the game, so that all can see it. He does **NOT** throw the ball up into the air. He then blows the whistle.

If a team asks a Referee or the CBO for a time-out to which they are not entitled, for example if they do not have possession in their attack half, or they have no time-outs left, then a technical foul is committed.

A time-out can only be foreshortened if both sides agree.

11.8 HEAD COACH'S REQUEST FOR A STICK-CHECK

If a Head Coach legally asks for a stick-check, then the Referee or CBO who has been asked for the stick-check should blow his whistle, stop the clock, move towards the relevant player and loudly advise him that his stick is to be checked. The Official must ensure that the player knows that his stick is to be checked.

If any Official is certain that a player knows that his stick is to be checked and that player or a team-mate or any member of his squad, coach or anyone officially connected with the team subsequently touches the head

or the stringing of his 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 a 3-minute penalty will be assessed on each of the players or squad-members involved and, if he has just scored a goal, then the goal will be disallowed. If the Referees can see the stick throughout, then they will still check it. If, after the actions of the player, the Referees are unable to locate the stick, or do not know which stick to check, then the stick-check cannot be carried out.

Rule 45.1 states that a head coach may only request a stick-check on a stick which is on the field of play. If, immediately prior to a stick-check's being legally called on his stick, a player runs off the field of play, other than into his own bench area, in order to circumvent this rule, then he shall be considered to have been still on the field of play when the call for the stick check was made. If the Referees do not lose sight of the stick throughout, then they will still check it. If, after the actions of the player, the Referees are unable to locate the stick, or do not know which stick to check, then the stick-check cannot be carried out.

Depending on the circumstances, the Referees may impose a penalty for Unsportsmanlike Conduct.

Once the stick is in the possession of the Officials, the three On-field Referees should come together for the check at the centre of the field. The Head Referee and R1 should carry out the check. The Head Referee should administer the stick-check with his back to the Benches. R1 should hold the stick while facing the benches. He looks past the HR to help monitor what is going on between the teams.

R2 should keep players away from the check and should watch the players on the field.

The CBO and the Bench Manager should be in the Bench Area, which may become lively at this point!

The Head Referee should check all aspects of the construction and dimensions of the stick:

- i) The crosse shall be of an overall length of EITHER 40 inches (101.6 centimetres) to 42 inches (106.68 centimetres) (short crosse) OR 52 inches (132.08 centimetres) to 72 inches (182.88 centimetres) (long crosse).

The goalkeeper's stick shall be an overall length of between 40 inches and 72 inches.

- ii) The head of the crosse shall measure between 6 inches (15.24 centimetres) and 10 inches (25.4 centimetres) inside measurement at its widest point.

The goalkeeper's stick may be up to 15 inches (38.1 centimetres) inside measurement.

- III) There may be a guard stop at the throat of the crosse.

If a guard-stop is used, the stop must be perpendicular to the handle of the crosse and wide enough to let the ball rest loosely on the stop. The guard stop shall be a minimum of 10 inches (25.4 centimetres) from the outside edge of the head of the crosse. This measurement is taken from the "face" of the guard stop or, if there is no guard stop, from the plastic.

The stop shall be constructed so that no part of the ball can be under the stop.

A guard stop which is "built-into" the plastic itself is a guard stop. A piece of sticking plaster or tape is a guard stop. A guard stop need not consist of one layer of material: it follows from this that a "double guard stop" counts as one guard stop.

- iv) The wooden or plastic walls of the crosse shall not be above 2 inches (5.08 centimetres) in height; where a wall is made of gut, it may be any height.

A STICK WHICH DOES NOT CONFORM TO THE SIZE LIMITATIONS SPECIFIED ABOVE COUNTS AS ILLEGAL

CONSTRUCTION AND INCURS A THREE-MINUTE PENALTY.

- v) No player shall use a crosse which is constructed or strung so as to be designed to with-hold the ball from play. No player shall use a crosse of trick construction or stringing which tends to retard the normal and free dislodgement of the ball by an opponent.
- vi) No player shall use a crosse which is constructed or strung or tampered with so as to be designed 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.
- vii) Adjustable length handles are illegal.

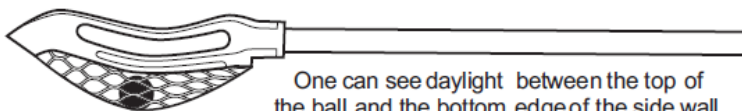
A STICK WHICH DOES NOT CONFORM TO THE REQUIREMENTS SPECIFIED ABOVE COUNTS AS ILLEGAL CONSTRUCTION AND INCURS A THREE-MINUTE PENALTY.

- viii) The butt end of the crosse handle must either be solid with no sharp edges or, if hollow, it must have its open end adequately covered with plastic, rubber or tape to prevent injury. The use of metal caps is prohibited.
- ix) All strings shall be limited to a hanging length of 2 inches (5.08 centimetres).
- x) No player shall use a crosse in which the pocket has been permitted to sag to such a depth that the top surface of a lacrosse ball placed therein is below the bottom edge of the sidewalls when the crosse is held horizontal to the ground with the net to the bottom of the crosse. This prohibition shall not apply to the crosse of the designated goalkeeper.

A STICK WHICH DOES NOT CONFORM TO THE REQUIREMENTS SPECIFIED ABOVE DOES NOT COUNT AS ILLEGAL CONSTRUCTION: A TECHNICAL FOUL HAS BEEN COMMITTED.

In order to check for illegal pocket depth and for trick construction or stringing:

- The stick should be held horizontal to the ground.
- The ball should be dropped from a height of a few inches into the stick: it should not be forced into the stick by hand.
- The depth of the pocket should be checked, as specified above.



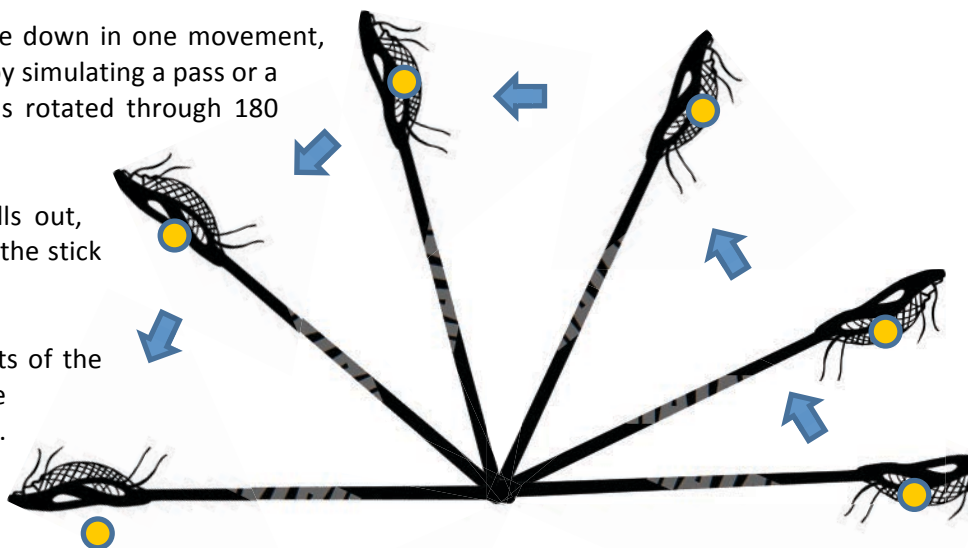
One can see daylight between the top of the ball and the bottom edge of the side wall. This is illegal — deep pocket.

The stick should then be turned upside down in one movement, taking two seconds or so. This is done by simulating a pass or a shot and continuing until the stick has rotated through 180 degrees and is thus upside-down.

This is done once only. If the ball falls out, then that aspect of the stick is legal. If the stick retains the ball, then the stick is illegal.

Since the referee is to check all aspects of the stick, it is feasible that more than one of those aspects will be found illegal. However the player shall serve only the most severe penalty. For example, Blue 14's stick is found to have a deep pocket and it is too short. Blue

14 will then serve 3 minutes "Unsportsmanlike Conduct" for Trick Construction. The deep pocket foul will not be served in this instance.



If a player has already been given a three-minute unsportsmanlike conduct foul for touching the head of his stick after the stick-check has been called and his stick is then found to be of trick construction or stringing, then a further three-minute penalty shall be imposed on the player.

The goal shall be disallowed if:

- after the scoring of a goal and before the next live ball, the stick of the goal scorer has been declared illegal for any reason;
- If an attacking player kicks the ball into the goal and his crosse is declared illegal for any reason;
- If the ball deflects off an attacker's body into the goal and his crosse is declared illegal for any reason.

If a stick-check finds a stick to be legal, then a note to this effect should be made on the Referees' score-cards as the coach is allowed to be wrong 1 time.

11.9 HEAD COACH'S REQUEST FOR A STICK-COUNT

If a head Coach asks the CBO for a stick-count, then the CBO should immediately try to ascertain how many long sticks are on the field. It is often quicker to establish that there are 2 short sticks in defence. (Provided that there are no long sticks in attack!)

If the number of long sticks is found to be legal, then the CBO should advise the Referees at the first opportunity, so that a note to this effect can be made on the Referees' score cards. The coach is allowed one incorrect request for a stick-check plus one incorrect request for a stick-count, before he is penalised.

If it is found that there are too many long sticks on the field then the CBO should either blow his whistle or throw his flag as the situation requires. When the play is suspended, the CBO should impose the appropriate technical penalty depending upon which team had possession of the ball.

11.10 THE END OF THE GAME

At the end of the game, the Head Referee collects the ball. The Referees meet at the centre of the field and confirm the score. The Referees then ensure that nothing untoward happens at the conclusion of the game. They then go to the timer's table and confirm the score with the scorer(s). They sign the score-sheet. The Head Referee thanks the Bench Officials for their efforts.

The Head Referee hands the ball to the Coach of the winning team and the Referees, the CBO and the Bench

Manager all leave the field together. It is traditional in the international game to stay for the conclusion of the handshakes but the officials can use their own discretion to leave sooner.

12 THE CHIEF BENCH OFFICIAL (CBO)

12.1 THE ROLE OF THE CBO

The CBO supervises over and holds complete jurisdiction over the Bench Manager, Time-Keeper, Penalty Time-Keepers, scorers, coaches, substitutes and any other Officials within the bench areas, the special substitution area and the penalty box. He is assisted by the Bench Manager, who can undertake many of the non-jurisdictional duties of the CBO listed below.

The CBO wears the same uniform as the Referees, except that he also wears a suitably inscribed armband. He is equipped with the same equipment as the Referees: see 6.3. He does **NOT** keep the score but he **DOES** need to keep track of team time-outs.

The job of the CBO is, in many respects, a more difficult one than a Referee's job. The CBO is in a highly visible position, and within easy ear-shot of the coaches and the players. His duties will prevent him from watching much of the play of the game. He will see things happen on the field which he feels should be called, but he will know that those calls are beyond his jurisdiction.

He has to be aware of many technicalities and he has to keep the special substitution area, the coaches' areas and the bench areas "tidy". If the CBO does not do his job well and there are complaints from coaches and players, then the feeling will spread to the field and the control and authority of the Referees may be adversely affected.

And yet, the CBO must remember that compliance by co-operation is substantially preferable to compliance by enforcement. He has the task of charming the coaches and the players of both teams into believing that they are having a good time – whatever is happening! If there ever were a time when charm is a man's best tool, then the occasion when he wears the CBO's armband is that time. But charm is not his only tool, as we shall discuss.

12.2 THE CBO'S PRE-GAME ACTIVITIES

The CBO is involved in all the pre-game activities discussed in Section 6.

12.3 CBO POSITIONING

The CBO's positioning is discussed in Section 13.

12.4 FOULS WHICH THE CBO CALLS

The duties of the CBO in regard to fouls are:

- i) The CBO checks the substitution of players going onto and off the field of play

As a player is running off the field in order to be substituted, the CBO should warn his replacement, who may well be chafing at the bit in his eagerness to get into the action, to "Make a good change" or "Keep it legal."

- ii) The CBO checks that each team has the correct number of players on the field of play and that each team has no more than four long sticks on the field at any one time. He carefully does this after each goal, after each time-out, after each interval, and at any other time when he suspects that one team has too many men or too many long sticks on the field of play. A team which has too many men in the game or too many long sticks on the field when the whistle blows to start play must be penalised with the CBO's whistle or flag, as appropriate.

Once such a check has been made, then, where single substitutions are subsequently made, the CBO

should be able to check that all remains well. But life becomes a little more complicated where four or five substitutions are made on the fly at the same time. It is thus important that, once several players have substituted in a short period of time, the CBO again counts the number of players and the number of long sticks each team has on the field of play.

If this is not done, and a Red coach suddenly indicates that Blue have too many players or too many long sticks on the field, then great confusion will arise, counting players will be difficult, and the game will be disrupted. The CBO must constantly be on top of the situation. Of course, if a Head Coach calls for a stick-count, then the CBO is highly likely to be asked how many long sticks were in the game!

A premature foot just over the side-line by a player who is about to go onto the field, or a foot over the side-line by a coach, makes life difficult for the CBO as, technically, a team then has too many men on the field of play. Warnings should be given in such circumstances in the first instance but, if the offences continue, then they must be penalised so that the bench area does not get out of hand, and so that the credibility of the CBO and, ultimately, the refereeing team, does not suffer. If the opposing coach notices one of the violations and it is not called a phrase such as, "I will give you the same consideration," should suffice.

Once such a call is made, however, the CBO **MAY** feel that he has moved on from compliance by co-operation to compliance by enforcement. Only the circumstances of an individual game can determine his next course of action.

- iii) The CBO assists the Referees in checking that each team obeys the off-side rule. Where the CBO is not occupied by activity in the bench areas then, if he has carried out his responsibilities concerning the number of players on the field, he should check off-side. Where a clear has been successfully completed then, if both teams are onside and the play is settled, and the Trail Referee is about to reach the centre-line in order to check for off-side, then the CBO should be prepared to tell the Trail Referee that all is well. "OK, Bill, you're safe" will allow the Trail Referee to forget off-side, go towards the goal, and concentrate on refereeing the play.

If the CBO is aware of an off-side, but an On-field Referee is in a position to make the call, then the CBO should leave the call to the On-field Referee.

If a loose ball breaks rapidly towards the centre-line from settled play, then it is likely that the CBO will be in the best position to deal with the potential off-side. In such a case, if the CBO sees that, for example, a Red foul has caused a Blue foot to touch or cross the centre-line, then he should call the foul, whether it be technical or personal. This is consistent with Rule 24.2 iii), which asks the CBO to "assist the Referees in checking that each team obeys the off-side rule".

- iv) The CBO checks that no illegal stick exchange occurs. Once a player is in the special substitution area or the bench area, then he may change sticks.
- v) The CBO checks that no illegal actions are carried out by a coach or official member of either squad.

Only **FOUR** coaches are allowed in the coaches' area. When a player/coach is in the coaches' area, he must not be wearing his helmet.

The CBO should ask the head coach to deal with any problems.

- vi) The CBO checks that no foul is committed by a player or substitute who is in the act of leaving the field of play or in the act of entering the field of play, or who is in the bench area, the special substitution area or the penalty box.
- vii) The CBO checks that only players who are about to go onto the field of play go into the special

substitution area and that no player, except a declared player/coach, goes into the coaches' area.

Warnings should be given in such circumstances in the first instance but, if the offences continue, then they must be penalised.

- viii) The CBO should check that a player who has been sent off raises his stick above his head. The rules of Lacrosse require that the player do so from the time he is sent off until he reaches the penalty box. It is considered more appropriate that the stick should be raised from the time the player reaches the bench-side wing restraining-line until he reaches the penalty box. Where appropriate, the CBO should remind players of this requirement.
- ix) The CBO should check that a player or substitute who is about to enter the field of play from the special substitution area gives way to any player who is leaving the field.

Where the CBO sees any of the infringements listed in Sections i) to ix), above, then he should sound his whistle or throw his flag, as appropriate.

12.5 THE OTHER DUTIES OF THE CBO

- i) If the CBO is in any doubt whatsoever as to the nature of a call which has been made by an On-field Referee, then he should blow his whistle and call an Officials' time-out in order to sort things out.
- ii) He informs Coaches of time remaining in the quarter, when requested, and he informs both coaches when there are three minutes left in the last quarter. Informing coaches of the time remaining in the quarter at 5-minute intervals may assist in keeping the requests for time to a minimum.
- iii) The CBO advises the coaches, if so requested, as to the decisions of the Referees.
- iv) The CBO notifies each team 30 seconds before the restart of play during a team time-out, one minute before the start of each period, and four minutes before the end of the half-time interval. If the teams have left the field during half-time, the CBO and the Bench Manager may need to go to the dressing rooms to give the 4-minute warning. They inform both coaches about any outstanding penalty time.
- v) The CBO notifies the nearest Referee if any player has incurred 5 personal fouls.
- vi) If a team asks him for a time-out, then, then the CBO should follow the procedure specified in Section 11.7. The CBO must take care to differentiate a time-out request from a query concerning the number of time-outs a coach has left.
- vii) If a fight breaks out on the field, then the Trail Referee and the CBO should "freeze" the benches, as laid down in Section 11.2.
- viii) If the clock has to be stopped to allow an injured player to be treated then, unless a team uses one of its time-outs, the injured player must leave the field before the start of the next play, and he may not return before the next dead ball. The CBO must ensure that this requirement is adhered to.
- ix) Where a player has been asked to leave the field because he is bleeding, and/or he has blood on his clothes, equipment or skin, then he **MUST NOT** return to the field until the CBO has confirmed that the flow has been staunched, and/or the blood removed. The Bench Manager can assist in this matter. The player need **NOT** wait for the next dead ball.

If a player returns **BEFORE** being given permission by the CBO, then the game should be stopped, and the player should be assessed a technical penalty.

If the CBO realises that a player is bleeding, and/or has blood on his clothes, equipment or skin, then he

MUST ensure that the player deals with the situation, as above. This applies whether the player is on or off the field, and the CBO may well need to call a time-out to sort things out.

- x) He acts as a designated weather watcher: see Section 11.5.
- xi) Where a team requests a stick check the CBO shall immediately stop all the clocks and assist the on field referees to identify the player whose stick has been requested to be checked.

12.6 SPECIAL POINTS FOR THE CBO

The CBO should be aware of the following points:

- i) When, at a centre face-off, a player's penalty time has expired after play has started, but before "Possession" or "Free ball" has been called, then, if the wing area on the bench-side was filled by that player's team for the face-off, the CBO should be aware that the player entering the field may result in a play-on or a violation. If the near-side wing area was left clear then, of course, the player may return to the field when his penalty expires, regardless of whether or not "Set" has been called and regardless of whether or not the whistle has blown. If the player asks whether he is allowed to enter the field the official should reply with, "Ask your coach."
- ii) If a penalised player is going to re-enter the game himself when his penalty time has expired, then he may spend the last 5 seconds of his penalty time on one knee beside the gate on his own team's side of the centre-line. He may then re-enter the game through any part of the gate.
- iii) If a substitute is to replace the penalised player when the penalty time has expired, then the penalised player should spend the whole of the penalty time on the seat. The substitute may then spend the last 5 seconds of the penalty time on one knee beside the gate on his own team's side of the centre-line, prior to entering the field through any part of the gate. The penalised player should then return to the players' bench.
- iv) Penalty time will only be served during normal playing time. Stoppages in play for all time-outs will also temporarily interrupt penalty time. During an authorised time-out, or between periods, a penalised player may leave the penalty box, but he must return at the commencement of play to complete his suspension.
- v) If a player who is serving a penalty stands up, then the penalty clock should stop until he sits down. The CBO or the Bench Manager may need to remind the Penalty Time-Keeper of this requirement.
- vi) Where players from opposing teams start, for example, a one-minute penalty at the same time, then, if there have been no problems during the penalty time, logic dictates that they should re-enter the field together. The CBO or the Bench Manager should supervise the termination of such penalties.

Where problems like those outlined in v) above occur, however, then it is possible that the two players may re-enter the field at different times. For this reason, it is important that each penalty is timed by a different Penalty Time-Keeper, even if equal penalties start at the same moment.

- vii) Where a player is sent off as a period is drawing to a close, it is particularly important that the CBO ensures that the Time-Keepers carry out their duties correctly.

For example, if a player is given a one-minute penalty with 55 seconds remaining in a period, then it is crucial that he is still in the box when the period ends and that he has 5 seconds left on his penalty. If something goes wrong in such circumstances, then the coaches will be very aware of it.

Similar considerations, of course, apply to a penalty starting with 65 seconds to go in a period.

- viii) Only 23 players are allowed in a squad and should be in team uniform for a game. Any squad members

not taking part in the game must be in alternative strip or track-suit tops. Once the game has started, and things are settled, the Bench Manager should check the number in each squad. The CBO should ask the Head Coach to deal with any problems.

- iix) The CBO and/or Bench Manager must ensure that the game clock and any penalty clocks are stopped whenever the ball becomes dead during the last three minutes of the game, and during **ANY OVERTIME PERIODS**. If the ball is already dead, and the game clock runs down to three minutes, then all clocks should stop at that point.
- ix) If the Bench Manager has to go onto the field to replace an injured Referee, then the CBO becomes the new Reserve Referee. The tournament's Referee-in-Chief will then have to make arrangements for a substitute CBO to be ready to take the CBO's place should the CBO be required on the field. The CBO should check that this is being done.
- x) In exceptional circumstances in which the CBO becomes aware of a player committing an **act of flagrant misconduct**, then – if this act is away from the current area of play and **is unlikely to have been seen by the on-field referee** – he shall either throw a signal flag or blow his whistle as appropriate and, when a whistle has stopped play, shall stop all clocks and inform the Head Referee of what has happened and the CBO shall make the appropriate call. Examples but not limited to may include:
 - A player viciously slashes a player a long distance away from the play
 - A player commits an act of unsportsmanlike conduct or unnecessary roughness

In the above instances, the CBO would most likely invoke an expulsion foul for the act(s) of flagrant misconduct.

12.7 THE END OF THE GAME

The CBO and the Bench Manager leave the field with the Referees, as detailed in Section 11.10.

REMEMBER:

AS THE CBO, YOU MUST COMMUNICATE WITH THE COACHES

AND KEEP THEM PROPERLY INFORMED.

YOU HAVE THE OPPORTUNITY TO MAKE THE GAME BETTER FOR EVERYONE,

EVEN IF YOU ARE THE ONLY ONE WHO KNOWS IT AT FULL-TIME!

13 THE BENCH MANAGER (BM)

13.1 THE ROLE OF THE BENCH MANAGER

As the CBO has to build up a special relationship with both sets of coaches and players, he will normally remain CBO for the whole game. The Bench Manager is, therefore, the Reserve Referee. If an On-field Referee is unable to continue, then the Bench Manager replaces him on the field. If the Head Referee is unable to continue, then the second Referee on the list takes over the responsibilities of the Head Referee.

The Bench Manager thus dresses in full Referees' kit, ready to go onto the field, except that he wears his jacket reversed or a black tee-shirt.

He lends an **UNOFFICIAL** hand in the bench area. He has no authority to make a call or to tell the CBO to make a call.

The Bench Manager should be ready at all times to enter the game should one of the On-field Officials fail to complete the contest for any reason. He should be watching the flow of the game, and be recording the **SCORE** and the **TIME-OUTS** on his scorecard. He will also verify penalties and goals scored with the scorers. He will assist the CBO as described below. This will keep him tuned into the type of game that is developing.

If the Bench Manager does have to go onto the field to replace one of the on-field crew, then the clock(s) should be stopped to facilitate the change-over. This is a highly unusual circumstance and the Bench Manager will have to quickly check that he is ready for his new role. Both coaches should be kept informed of the change.

At this time, the CBO becomes the new Reserve Referee. The tournament's Referee-in-Chief will then have to make arrangements for a substitute CBO to be ready to take the CBO's place should the CBO be required on the field. The CBO should check that this is being done.

In order to take the heat off a busy Chief Bench Official, the Bench Manager's tasks are:

- i) All calls and signals made by the On-field Referees are relayed to the Bench Officials by the Trail Referee. The Bench Manager must ensure that all calls and signals are received and clearly understood by the Bench Officials.

If the Bench Manager is in any doubt whatsoever as to the nature of a call which has been made, then he should request the CBO to blow his whistle and call an Officials' time-out in order to sort things out.

He answers queries from coaches, as appropriate, and explains decisions to coaches, as appropriate. He leaves anything contentious to be dealt with by the man in the stripes – the CBO.

- ii) He informs Coaches of time remaining in the quarter, when requested.
- iii) He answers queries from the Time-Keepers and the statisticians, as appropriate. He gives reminders over clock-stopping and clock-starting, particularly in the last three minutes of normal time and in any overtime periods.
 - Where a stadium clock is in use, the Bench Manager shall be responsible to ensure that the Stadium clock stops and starts appropriately. He shall raise any concerns to the CBO who shall correct the situation in conjunction with the Head Referee
- iv) He answers queries from the match announcer.
- v) He monitors the state of the light and the need for the flood-lights to be turned on. He acts as a designated weather watcher: see Section 10.5. He acts as liaison with television personnel. In all cases,

he reports to the CBO.

vi) He provides water and support for the other Officials between quarters.

But **REMEMBER**: the Bench Manager can **ONLY** give advice and help: he **CANNOT** make decisions and he **MUST** gain the confidence of the coaches.

13.2 THE BENCH MANAGER'S PRE-GAME ACTIVITIES

The Bench Manager is involved in all the pre-game activities discussed in Section 7.

13.3 THE BENCH MANAGER'S POSITIONING

The Bench manager's positioning is discussed in Section 14.

13.4 SPECIAL POINTS FOR THE BENCH MANAGER

The Bench Manager should be aware of the points set out for the CBO in Section 12.6.

13.5 THE END OF THE GAME

The Bench Manager leaves the field with the other Officials, as detailed in Section 11.10.

REMEMBER:

**WHEN REQUESTED, AS BENCH MANAGER,
YOU MUST COMMUNICATE WITH THE COACHES
AND KEEP THEM PROPERLY INFORMED.**

**YOU HAVE THE OPPORTUNITY TO MAKE THE GAME BETTER FOR EVERYONE,
EVEN IF YOU ARE THE ONLY ONE WHO KNOWS IT AT FULL-TIME!**

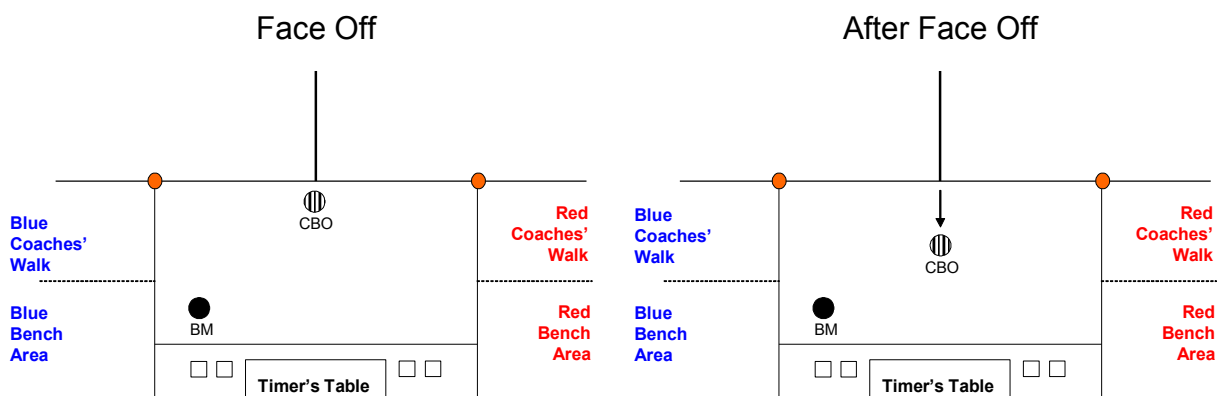
14 CHIEF BENCH OFFICIAL AND BENCH MANAGER MECHANICS

14.1 FACE-OFF

Prior to the Face-Off

At the centre face-off the CBO takes up a position just on the bench-side of and in the middle of the gate. When the bench area is ready for the face-off he should signal to the Single Referee by pointing down the side-line with his right hand. His hand should remain in this position until the face-off whistle has been blown.

The Bench Manager should take up a position at the rear of the substitution area and to the left of the timer's table. He does **NOT** point.



After The Face-off

Immediately after the face-off whistle has blown, the CBO should take two paces backwards and wait for possession to be called and then watch any subsequent substitutions

The Bench Manager should remain in the same position as for the face-off

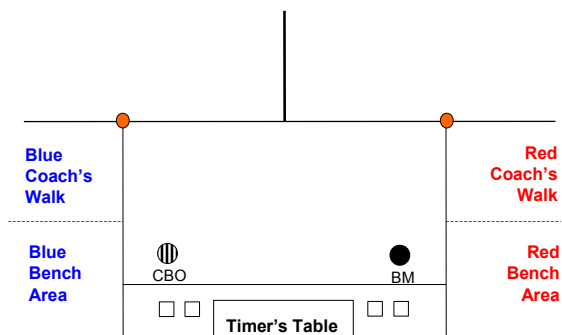
14.2 SETTLED SITUATION

Settled Situation in Right Attack Zone

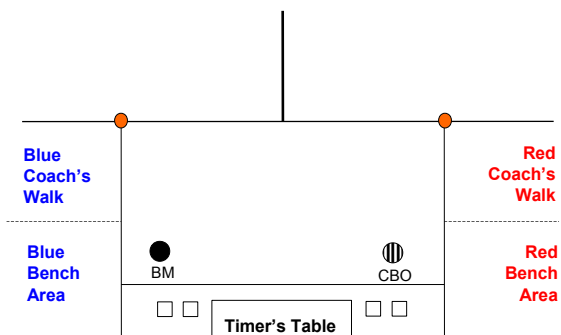
When the play has settled in the right attack zone and all substitutions have been completed, the CBO should back out to the left hand side of the substitution area, taking up a position approximately 1 yard (0.9 metres) behind and 1 yard (0.9 metres) out from the intersection of the left hand coaches' walk line and the side of the substitution area. This gives him a clear view of the play, keeps him out of the players' way, and yet reminds each set of players, alternately that he is being vigilant.

At the same time the Bench Manager should move to a similar position on the right side of the substitution area, for the same reasons.

Settled in Right Attack Zone



Settled in Left Attack Zone



Settled Situation in Left Attack Zone

When the play has settled in the left attack zone and all substitutions have been completed, the CBO should back out to the right hand side of the substitution area, taking up a position approximately 1 yard (0.9 metres) behind and 1 yard (0.9 metres) out from the intersection of the right hand coaches' walk line and the side of the substitution area.

At the same time the Bench Manager should move to a similar position on the left side of the substitution area.

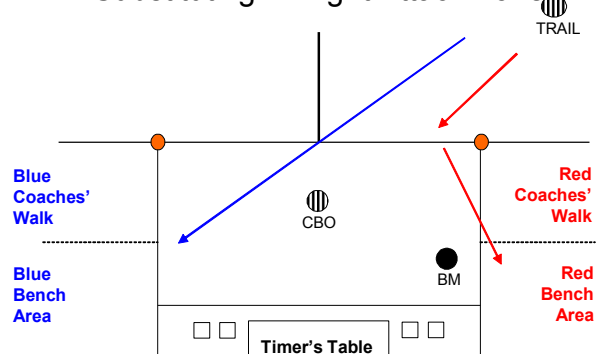
14.3 SUBSTITUTION

Substituting in Right Attack Zone

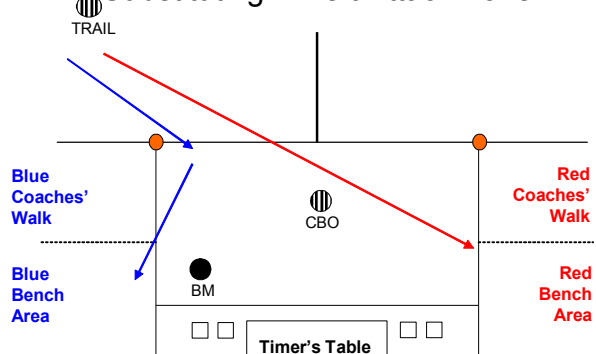
When substitutions are taking place with play in the right attack zone the CBO should move forward to the centre of the substitution area approximately 2 yards (1.8 metres) from the side-line so that he can observe the substitutions without getting in the way of the players. He should be in such a position that players cannot pass behind him.

Unless otherwise required, the Bench Manager remains in his position on the right-side of the substitution area.

Substituting in Right Attack Zone



Substituting in Left Attack Zone



Substituting in Left Attack Zone

When substitutions are taking place with play in the left attack zone the CBO should move forward to the centre of the substitution area approximately 2 yards (1.8 metres) from the side-line so that he can observe the substitutions without getting in the way of the players. He should be in such a position that players

cannot pass behind him.

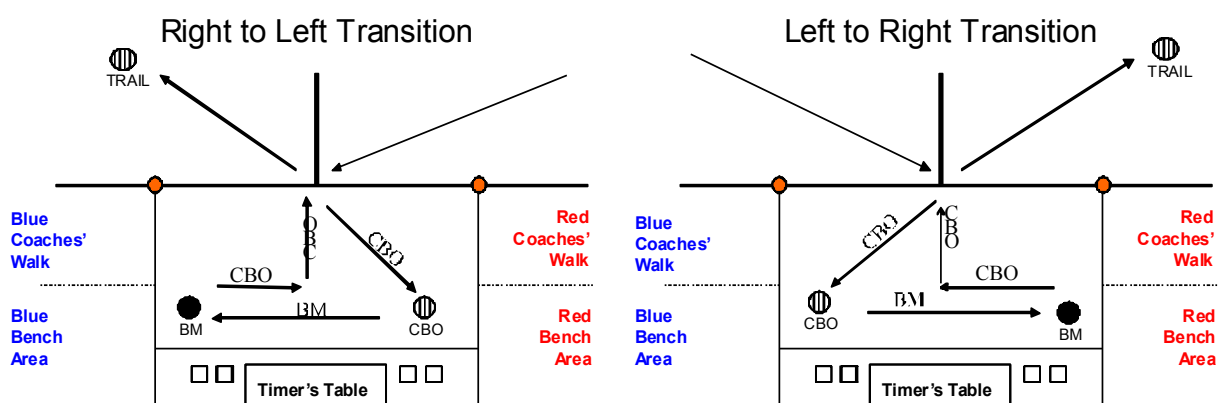
Unless otherwise required, the Bench Manager remains in his position on the left-side of the substitution area.

14.4 TRANSITION PLAY

Right to Left Transition

When the play transitions from right to left attack zones, the CBO shall move along the back of the special substitution box, to the centre line extended. Once the player substitutions are complete the CBO shall move up to the intersection of the centre and sidelines (the "T") to assist with the offside. The CBO shall also assist the Trail Official by advising him of the offside situation. As the Trail Official moves through the "T" the CBO can then assist him by advising the off-side situation. However, if substitutions are taking place at the same time, then the CBO must concentrate on those. When all substitutions have been completed and the play has settled in the left attack zone, the CBO should move to the right side of the substitution area and take up a position approximately 1 yard (0.9 metres) in from and 1 yard (0.9 metres) behind the intersection of the right coaches' walk line and the side of the substitution area.

Unless required to confirm any penalty or goal signals, the Bench Manager should move across the substitution area to the corresponding position on the left side.



Left to Right Transition

When the play transitions from left to right attack zones, the CBO shall move along the back of the special substitution box, to the centre line extended. Once the player substitutions are complete the CBO shall move up to the intersection of the centre and sidelines (the "T") to assist with the offside. The CBO shall also assist the Trail Official by advising him of the offside situation. As the Trail Official moves through the "T" the CBO can then assist him by advising the off-side situation. However, if substitutions are taking place at the same time, then the CBO must concentrate on those. When all substitutions have been completed and the play has settled in the left attack zone, the CBO should move to the right side of the substitution area and take up a position approximately 1 yard (0.9 metres) in from and 1 yard (0.9 metres) behind the intersection of the right coaches' walk line and the side of the substitution area.

Unless required to confirm any penalty or goal signals, the Bench Manager should move across the substitution area to the corresponding position on the right side.

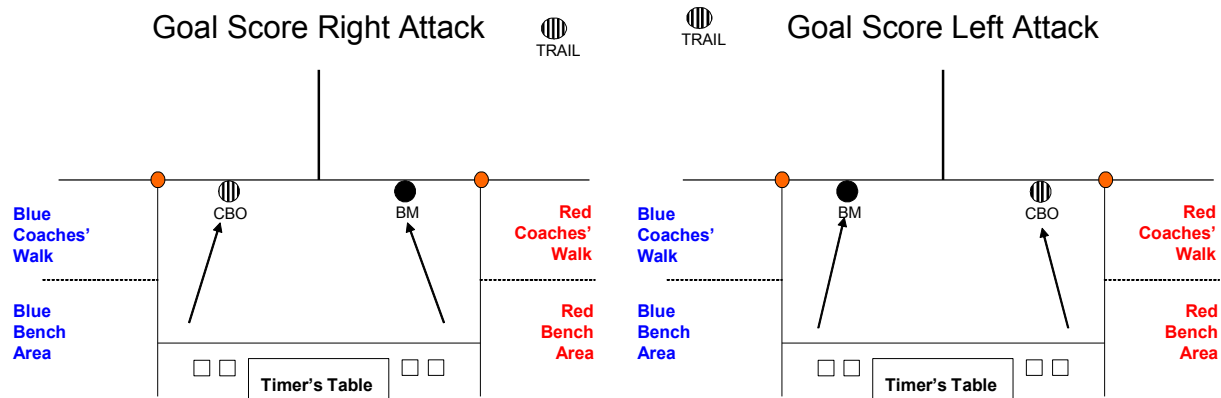
14.5 GOAL SCORE

Goal Score in Right Attack Zone

When there is a goal score in the right attack zone, both the CBO and the Bench Manager should move up the substitution area to a position close to the side-line. The CBO observes both bench areas during this substitution period.

The Bench Manager makes eye contact with the Trail Official in order to ascertain the colour and number of the goal scorer. The Bench Manager should make sure that this information has been correctly received and recorded by the scorers.

The CBO and the Bench Manager then take their positions for the next face-off, unless a time-out is called.



Goal Score in Left Attack Zone

When there is a goal score in the left attack zone, both the CBO and the Bench Manager should move up the substitution area to a position close to the side-line. The CBO observes both bench areas during this substitution period.

The Bench Manager makes eye contact with the Trail Official in order to ascertain the colour and number of the goal scorer and, if possible, the number of the assist player as well. The Bench Manager should make sure that this information has been correctly received and recorded by the scorers.

The CBO and the Bench Manager then take their positions for the next face-off, unless a time-out is called.

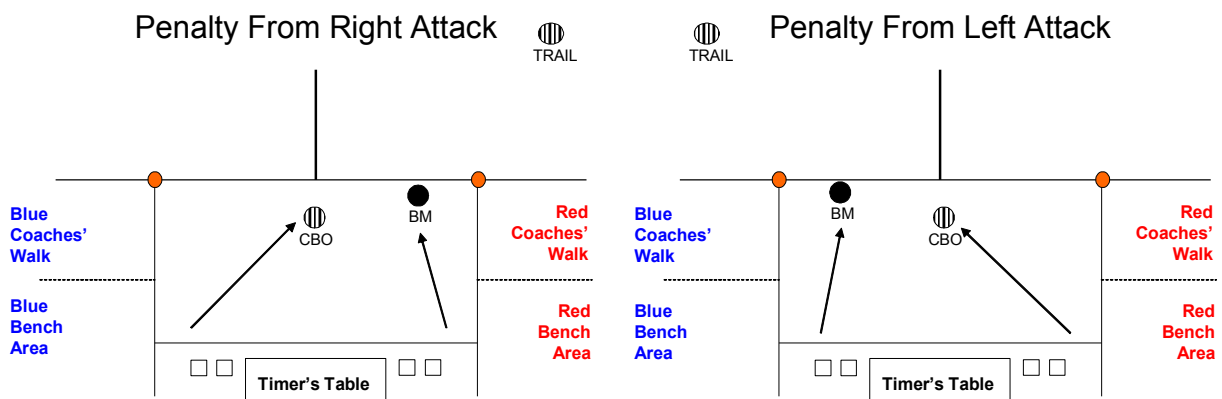
14.6 PENALTY

Penalty From The Right Attack Zone

When there is a penalty called in the right attack zone, the CBO should move to the centre of the substitution area approximately 2 yards (1.8 metres) behind the centre-line to observe any substitution taking place at the same time as the penalty call.

The Bench Manager should move up the substitution area to a position close to the side-line and make eye contact with the Trail Official in order to ascertain the colour and number of the player receiving the penalty as well as the nature and duration of the penalty. The Bench Manager should make sure that this information has been correctly received and recorded by the scorers. He should also be sure that he does not get in the way of any players substituting or leaving the field of play.

When a settled situation is achieved once more, the CBO and the Bench Manager return to their previous positions.



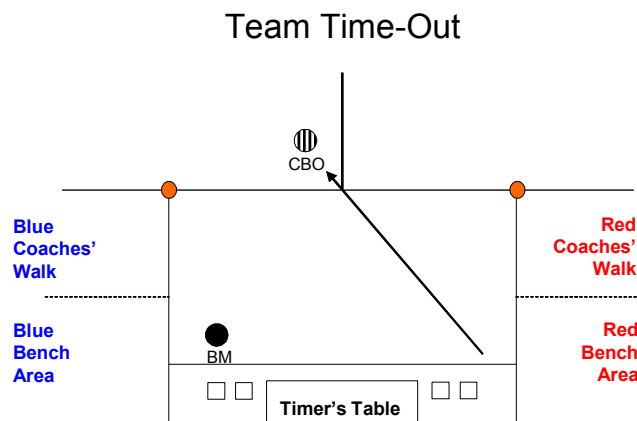
Penalty From Left Attack Zone

When there is a penalty called in the left attack zone the CBO should move to the centre of the substitution area approximately 2 yards (1.8 metres) behind the centre-line to observe any substitution taking place at the same time as the penalty call.

The Bench Manager should move up the substitution area to a position close to the side-line and make eye contact with the Trail Official in order to ascertain the colour and number of the player receiving the penalty as well as the nature and duration of the penalty. The Bench Manager should make sure that this information has been correctly received and recorded by the scorers. He should also be sure that he does not get in the way of any players substituting or leaving the field of play.

When a settled situation is achieved once more, the CBO and the Bench Manager return to their previous positions.

14.7 TEAM TIME-OUT REQUESTED THROUGH THE CBO



See Section 10.7 for the procedure to be followed when a team requests a time-out.

14.8 CONTROL OF THE BENCH AREA – TELEVISION CREWS

The CBO will be responsible for working with the television crews to coordinate any stoppages for commercial breaks. The CBO will ensure that all camera crews and television personnel are off the field of play and out of the gate and scorers area prior to the restart of play. The CBO will need to coordinate the timing of timeouts with the television representative to ensure that the game does not restart prematurely.

15 THE OTHER BENCH OFFICIALS

15.1 THE TIME-KEEPER

- i) The Time-Keeper must be equipped with a time piece which is able to record time in seconds.

The Time-Keeper keeps an accurate record of the time played in each period, stopping the clock during time-outs of any kind, and he goes out onto the field of play for the last 30 seconds of play in each period to count down the remaining time to the Lead Referee as follows; 30 seconds, 25 seconds, 20 seconds, 15 seconds, 14, 13....3, 2, 1, Zero. Please be diligent about asking the timers to do this as it provides consistency at a potentially contestable part of the game.

To do this, the Time-Keeper goes to the Lead Referee and stands by him or in front of and facing him. The Time-Keeper must not watch the play of the game.

It is important that the Lead Referee is the one to whom the Time-Keeper goes, as the Lead Referee is in the best position to see, at the instant that time is called, whether or not the ball has passed through the plane of the goal.

If the play breaks down, then the Time-Keeper should attempt to reach the "new" Lead Referee but, if this is impossible, then he should stay with the Referee whom he is with.

Of course, he stops the clock as usual if required.

It is recommended that, where possible, the Time-Keeper wears a Referee's shirt (if necessary, under his other clothing whilst he is at the timer's table) so that, when he goes onto the field of play, he looks the part.

- ii) The Time-Keeper needs to keep an accurate record of the time intermissions between playing periods, and he notifies the CBO one minute prior to the start of each period of play, as well as four minutes before the end of the half-time interval.

The Time-Keeper keeps an accurate record of the time taken during team time-outs, and he notifies the CBO 30 seconds before the re-start of play.

- iii) The Time-Keeper must inform the CBO when the game clock runs down to three minutes, so that the clock(s) can be stopped on dead balls during the last three minutes.

- iv) Where a stadium clock is available, then the following factors should be considered.

The Referee-in-Chief, in coordination with the FIL Games Committee Chairperson, shall determine if the stadium clock is acceptable as a means of timing the game.

Prior to the start of the game the Head referee shall inform both teams' Head Coaches that the stadium clock will be the "official clock".

IF we can trust the operator to use the stadium clock properly, including adjusting time forward and back as directed by the CBO, then it is best that the stadium clock is the "official time". A secondary watch shall be run as a backup in the event of a failure to the stadium clock.

This will mean that coaches, players, officials and the crowd know the time throughout, and the CBO and the Bench Manager will thus not have to constantly answer questions about the time.

The Time-Keeper, as required by the Rules, should still come onto the field for the last 30 seconds, however, so that he can count down from the stadium clock to the Referee whom he is with.

A responsible deputy must operate the stadium clock during the last 30 seconds of each period.

If there is an automatic horn, then this can be used to end the period.

Otherwise, the Time-Keeper's countdown to zero is used.

Just before entering the field of play, the Time-Keeper should synchronise the back-up stopwatch with the stadium clock. If the stadium clock does malfunction, then play shall be halted, the clock(s) should be stopped and, upon resumption, the Time-Keeper would use his watch to end the period.

Throughout the game, the CBO and the Bench manager need to be alert, so that they can make sure that the stadium clock is stopped and started correctly.

15.2 THE PENALTY TIME-KEEPERS

At least one and preferably two Penalty Time-Keepers are required for each squad, and they need to be equipped with time pieces which can record time in seconds. The Penalty Time-Keepers are positioned at either side of the timer's table, behind the penalty box.

The Penalty Time-Keepers time the period of any penalty imposed by the Referees and audibly count down the penalty time to the player concerned and to any substitute who may be about to go on to the field in place of the penalised player, as follows: 30 seconds, 15 seconds, 10, 9, 8...3, 2, 1, Release.

The penalty timekeeper must not provide penalised players with advice about legally returning to the field at the expiration of their penalty. The appropriate response to questions from a player is, "Ask your coach." This ensures the timekeeper is not held responsible for any penalty time incurred by the player illegally returning to the field.

The timing of a penalty begins when the penalised player sits down on one of the seats in the penalty box, or when the whistle blows to re-start play, whichever is the later.

If there are no empty seats left in the relevant penalty box, then the penalised player should kneel on one knee beside the seats.

If a penalised player is going to re-enter the game himself when his penalty time has expired, then he may spend the last 5 seconds of his penalty time on one knee beside the gate on his own team's side of the centre-line. He may then re-enter the game through any part of the gate. If a substitute is to replace the penalised player when the penalty time has expired, then the penalised player should spend the whole of the penalty time on the seat.

The substitute may then spend the last 5 seconds of the penalty time on one knee beside the gate on his own team's side of the centre-line (as described above), prior to entering the field through any part of the gate.

The penalised player should then return to the players' bench.

Penalty time will only be served during normal playing time. Stoppages in play for all time-outs will also temporarily interrupt penalty time. During an authorised time-out, or between periods, a penalised player may leave the penalty box, but he must return at the commencement of play to complete his suspension.

Where players from opposing teams start, for example, a one-minute penalty at the same time, then, if there have been no problems during the penalty time, they must re-enter the field together. The CBO should supervise the termination of such penalties.

If a player who is serving a penalty stands up, then the penalty clock should stop until he sits down. The CBO informs the Penalty Time-Keeper of this requirement.

Where problems like those outlined above occur, then it is possible that two players who started equal penalties at the same time may re-enter the field at different times. For this reason, it is important that each penalty is timed by a different Penalty Time-Keeper, even if equal penalties start at the same moment.

15.3 THE SCORERS

Each team provides a scorer and, unless otherwise designated by the Head Referee, the visiting scorer is the official scorer. Where it deems it appropriate, the organizing committee for a tournament shall appoint the scorers and nominate the official scorer. The scorers keep a record of the goals scored by each team and the name and number of the player scoring the goal.

The scorers should check with the Referees at the end of each period to ensure that they have the same score. They should also check the position regarding time-outs with the Referees.

The scorers keep an accurate record of the number of time-outs taken by each team, and they notify the CBO immediately if a team exceeds the number allowed in a half or in an overtime period.

The scorers keep a record of the name and number of each player upon whom a penalty is inflicted, the type of foul, the duration of the penalty, and the game time of the penalty.

The scorers notify the CBO if any player incurs 5 personal fouls.

16 REFEREEING WITH A TWO-MAN CREW

16.1 INTRODUCTION

This section of the manual deals with a two-man Referee crew.

It is assumed that there will be a Head Referee and another On-field Referee.

Where one of the Referees is much more experienced than the other, it is recommended that he acts as the Head Referee and that he works the bench-side of the field throughout the whole game, so that he can more easily deal with problems and queries from the coaches and the Bench Official(s).

If this is not the case, and it is felt that it would be beneficial to change the side of the field which each Referee is working at half-time, then the Head Referee should work the far side of the field during the first half and the near side of the field during the second half, when problems are more likely to arise.

Where possible, a Time-Keeper and at least two Penalty Time-keepers should be used. Of course, circumstances may make this impossible.

If game-time has to be kept on the field, then the Bench-side Referee should keep time.

If circumstances dictate that game-time has to be kept by one of the On-Field Referees, then the Referee who is NOT keeping game-time should take the first face-off of each quarter, to allow his colleague to start the clock.

As the principles of refereeing, covered at length in the main body of the manual, remain the same, this section is deliberately kept brief. The main emphasis is on the diagrams, where the inevitable differences in positioning are shown.

On the diagrams which follow:

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 referee positions:

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

HR – Head Referee, R1 – the other Referee.

For situations involving a face-off:

FO – Referee handling the face-off, R – the other Referee.

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

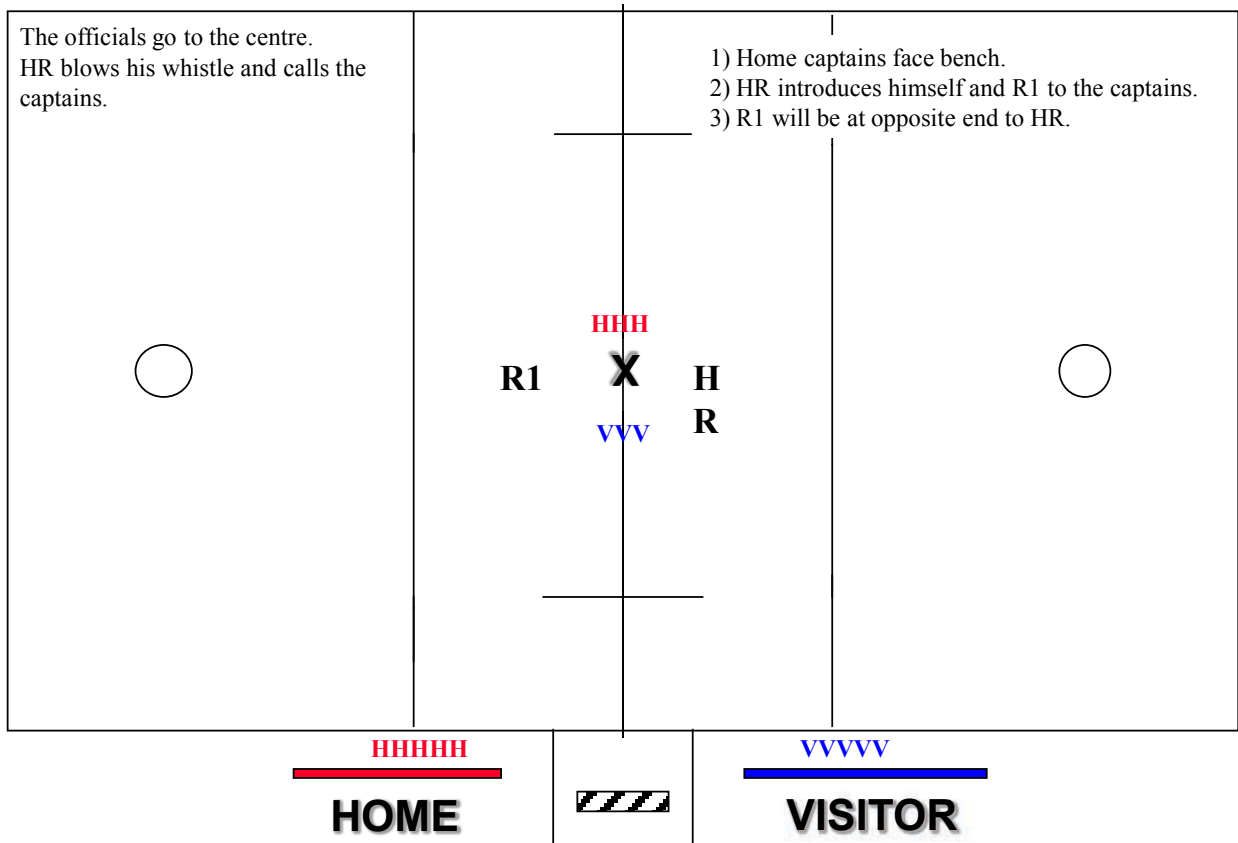
L – Lead Referee, T – Trail Referee, FO – Referee handling the face-off.

16.2 BEFORE THE COIN TOSS

The Head Referee and the Referee go to the centre of the field. The Head Referee blows his whistle and calls the captains to the centre. The Head Referee normally stands with his back to the goal nearer to the visiting team's bench but, if bright sunlight would be directly in his face, this should be varied. The other Referee stands opposite the Head Referee.

See the relevant parts of Section 7.9.

Before the Coin Toss (Home Bench is on the Left-hand Side)



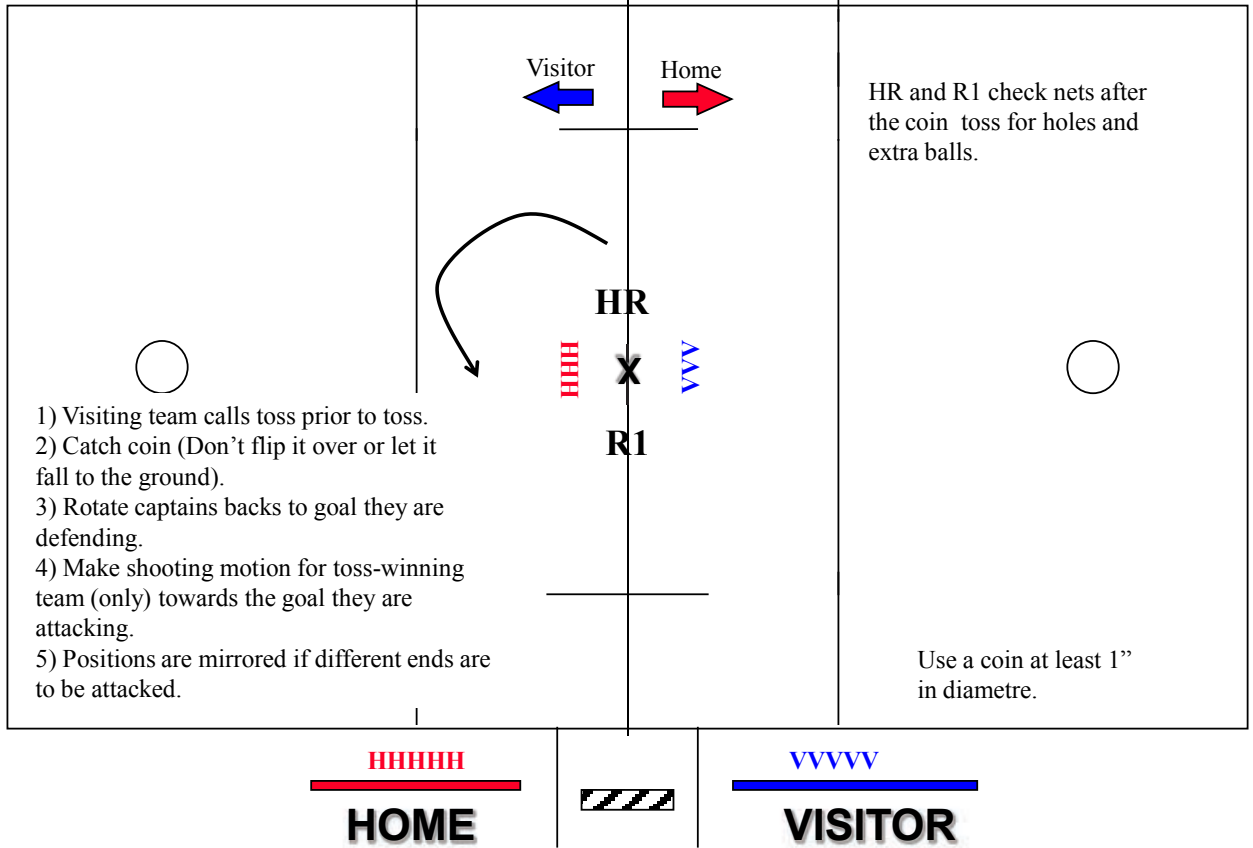
Of course, if the Home Bench were on the right-hand side, then the Head Referee would be at the opposite end of the square.

16.3 THE COIN TOSS

See the relevant parts of section 7.9.

The rotation of the Officials and the captains is carried out.

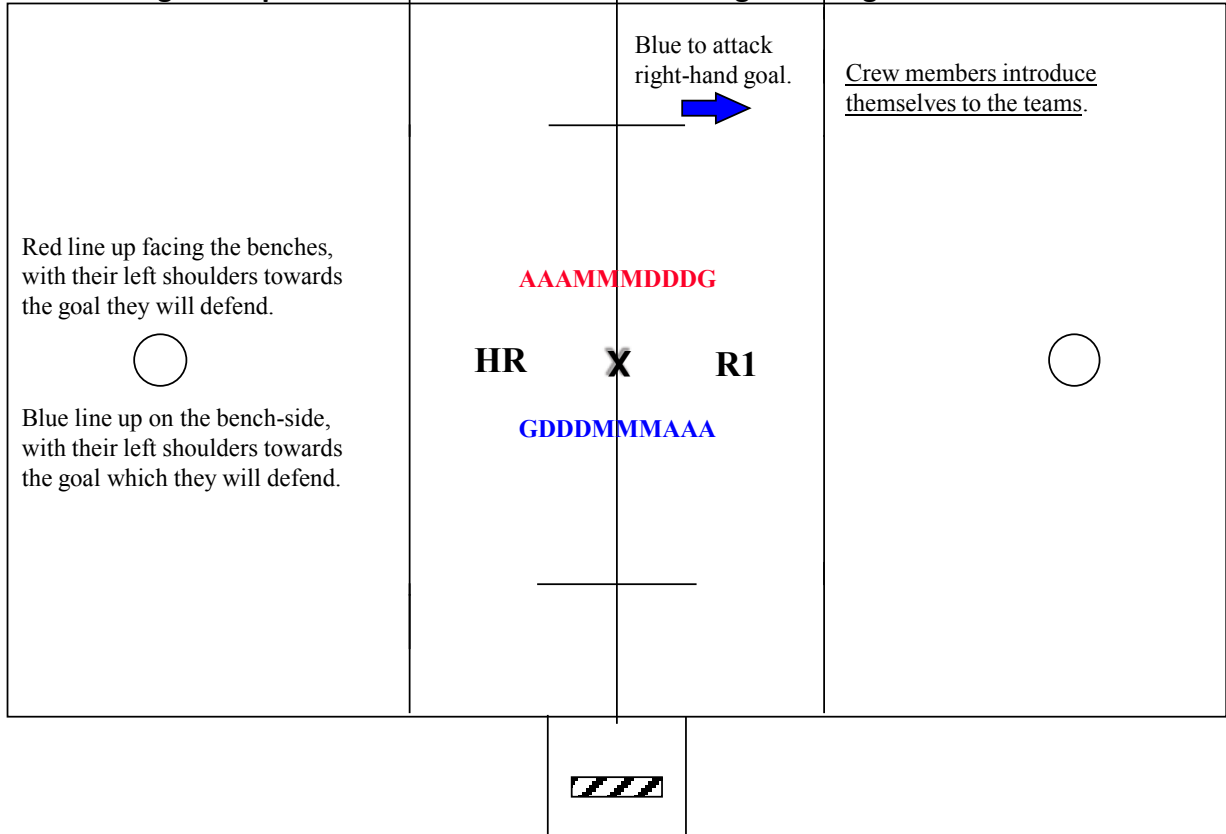
After the Coin Toss (Home Shoots Right and Home Bench on the Left)



16.4 THE STARTING LINE-UP

The Head Referee will be at one end of the lines, with the other Referee facing him.
See the relevant parts of Section 7.10.

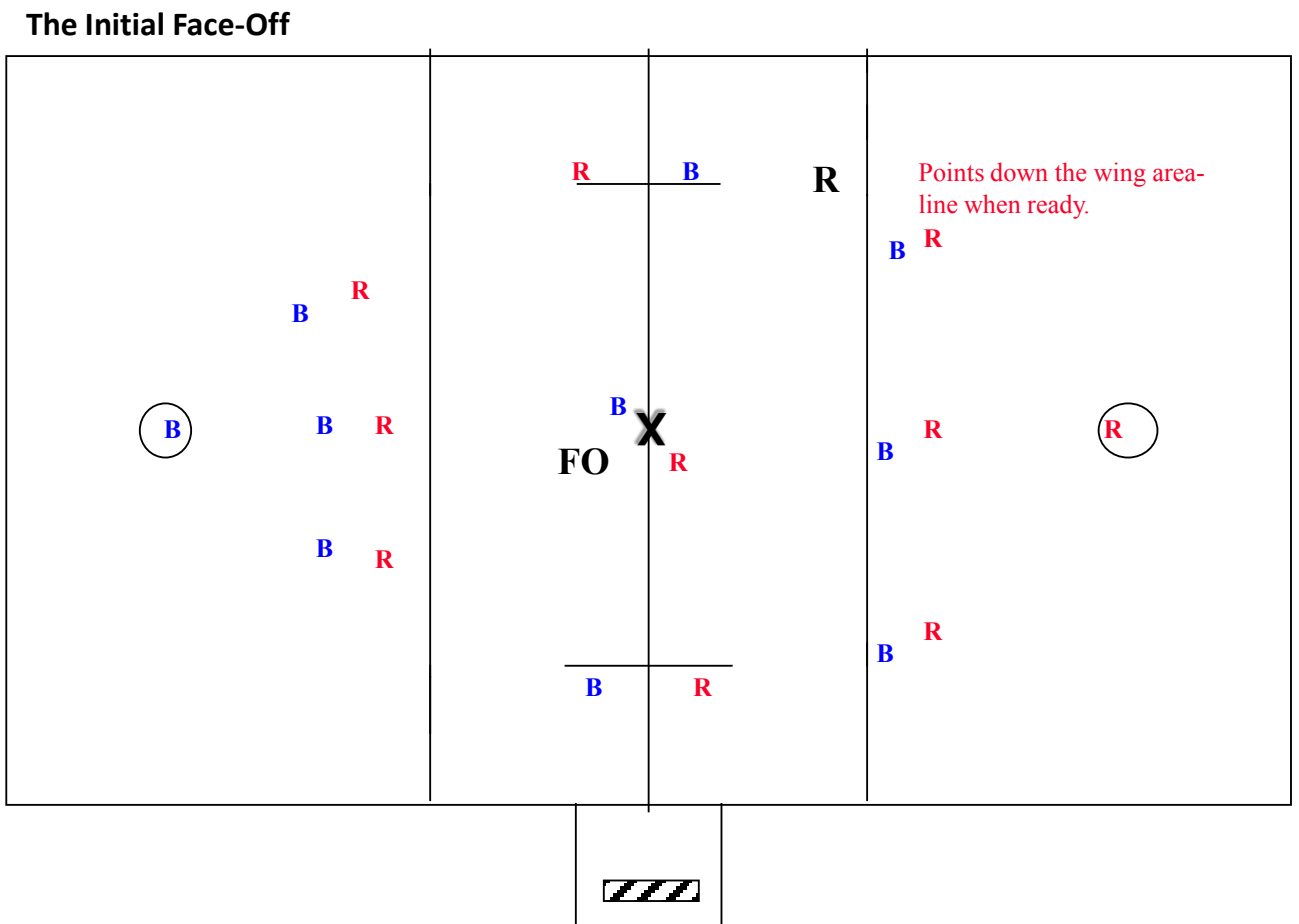
The Starting Line-up – with Blue About to Attack the Right-hand goal.



16.5 THE INITIAL FACE-OFF

In the diagram below, the Bench-Side Referee is taking the face-off. He should cover the goal to the left, as viewed from the benches, so as to allow him to back away from the face-off towards his goal and the benches, and still have maximum sight of the ball and the sticks.

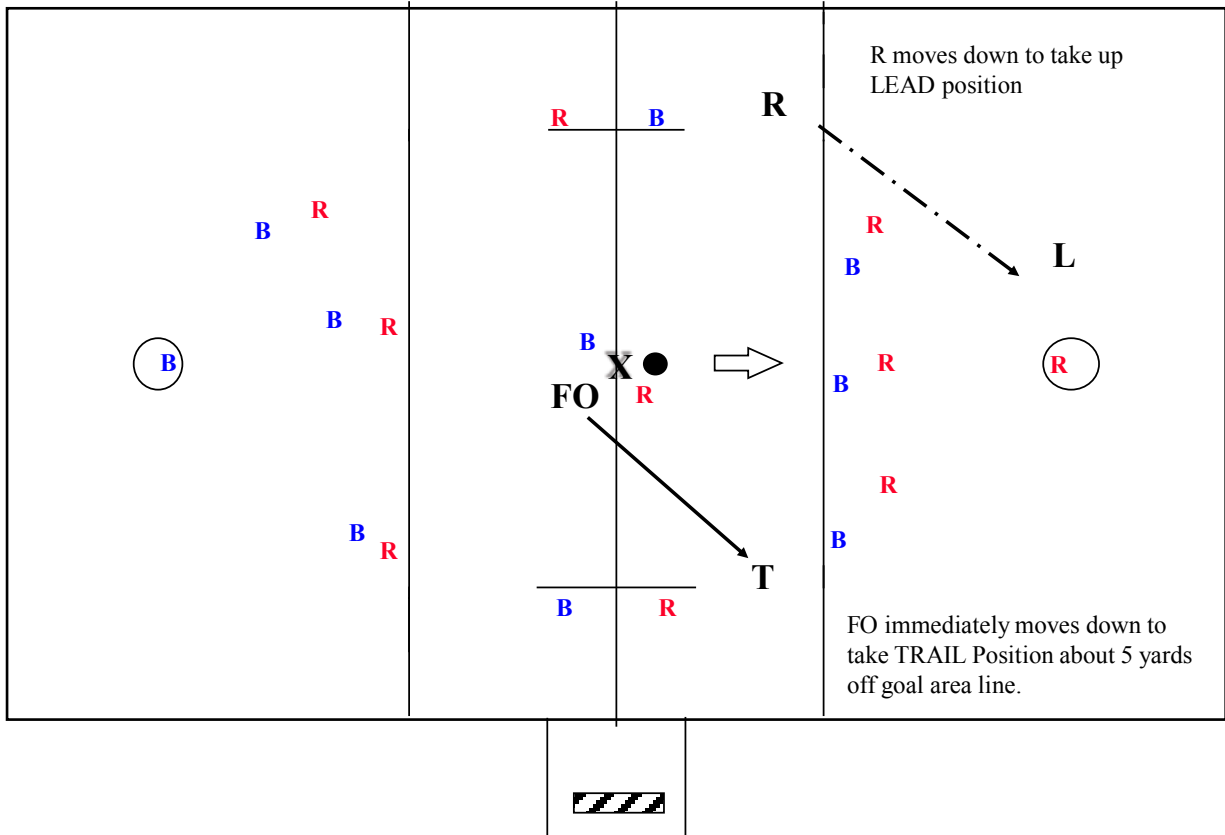
See the relevant parts of Section 8.2.



16.6 PLAY MOVES AWAY FROM THE FACE-OFF OFFICIAL

The far-side Referee moves rapidly to the goal-line.
See the relevant parts of Section 8.2.1.

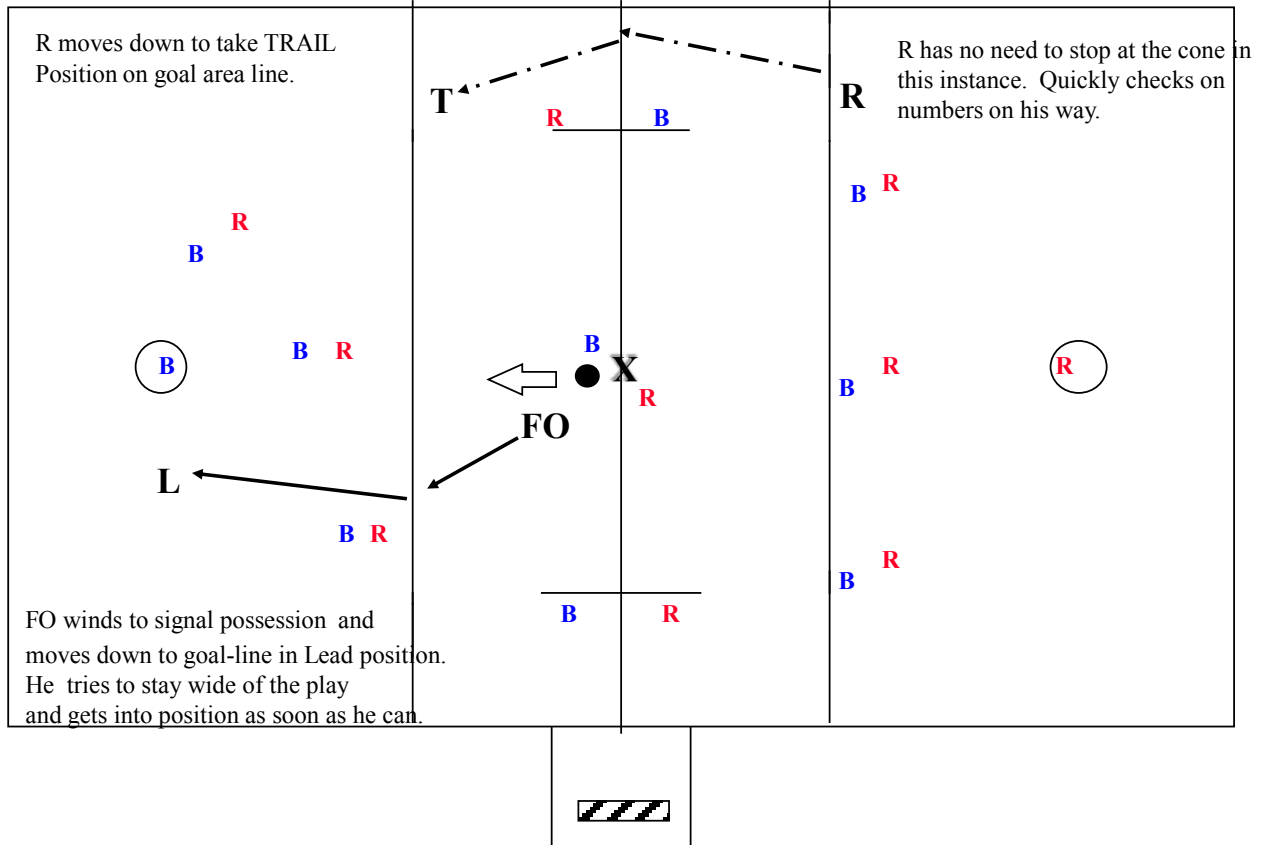
Play moves Away From the Face-Off Official



16.7 PLAY MOVES TOWARDS THE FACE-OFF OFFICIAL

The Face-off official endeavours to avoid being caught up in the play. He tries to gain his goal line as rapidly as possible,

Play Moves Towards the Face-Off Official



16.8 FACING-OFF IN OTHER PARTS OF THE FIELD

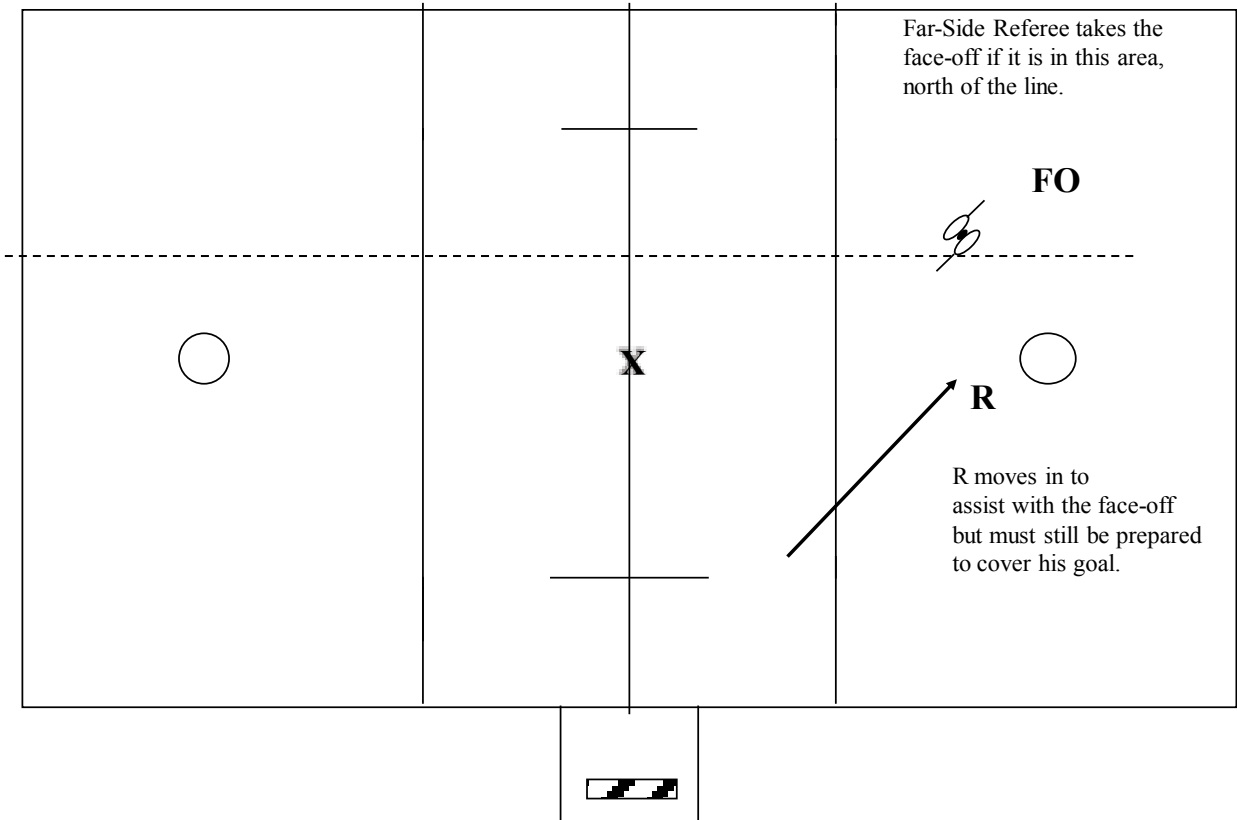
Where a face-off is required on the far side of the field, then it should be taken by the Far-side Official. On the diagram below, this is the half of the field which is to the “north” of the line.

Where a face-off is required on the bench-side of the field, then it should be taken by the Bench-side Referee. On the diagram below, this is the half of the field which is to the “south” of the line.

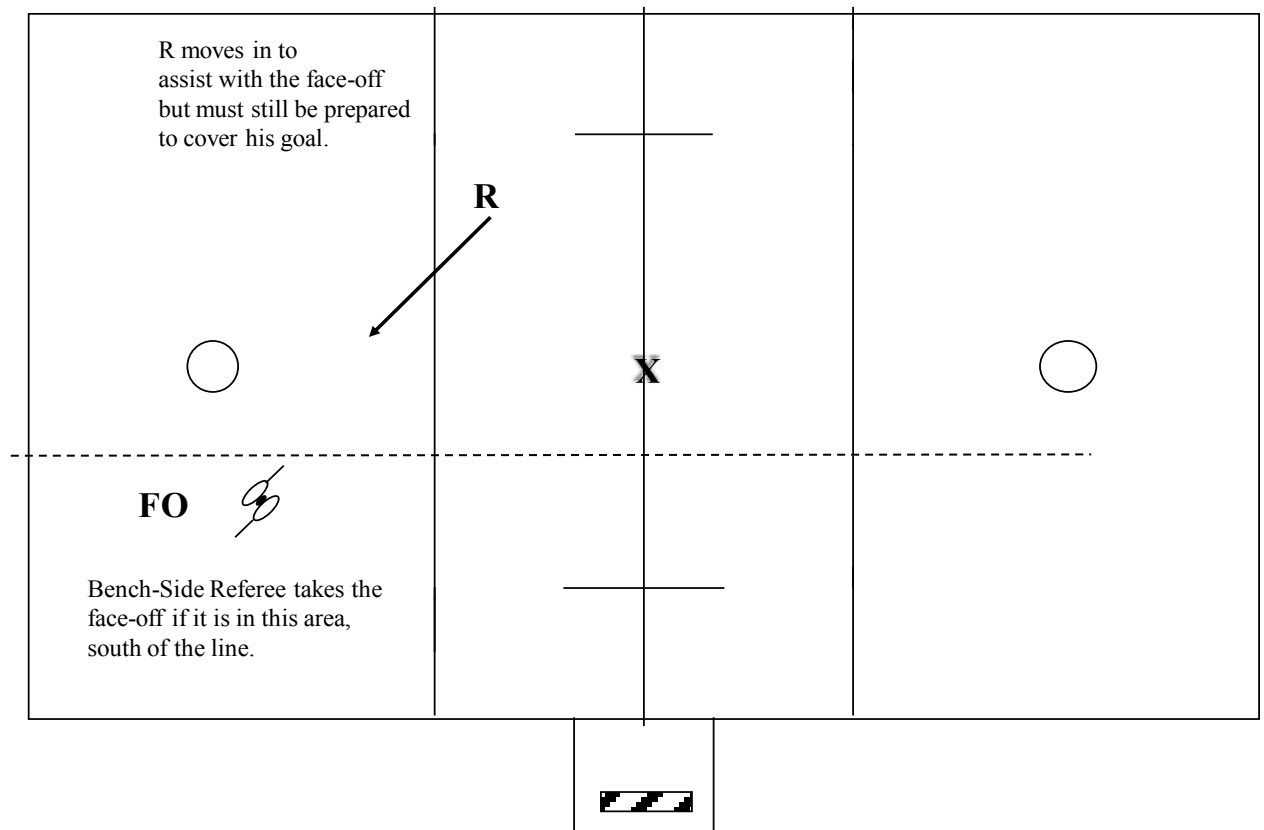
The other Official moves in to help. When the whistle is blown for the face-off, the other Official should move back to his required position whilst keeping a watch on the play.

Both of the Referees must be ever mindful of his responsibility to cover his own goal.

Face-Off By Far-Side Official



Face-Off By Bench-Side Official



See 8.4.3 regarding a face-off which would be near a goal or near a boundary.

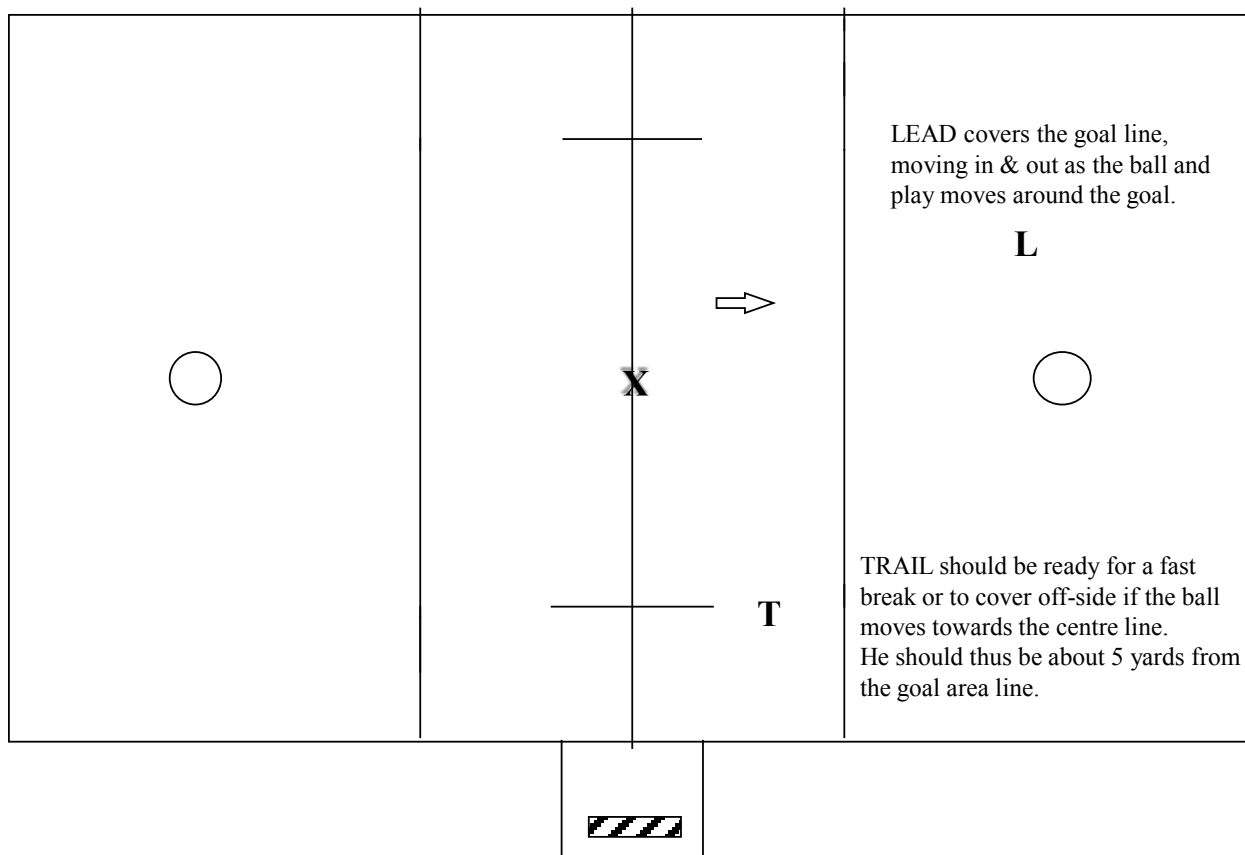
16.9 PLAY IS SETTLED AROUND THE GOAL

The Lead Referee should be just nearer to the centre of the field than the imaginary extension of the goal-line, so that he can see both posts, and thus determine whether the ball has crossed the plane of the goal. He should normally be about 5 yards (4.57m) to the side of the crease.

The Trail Referee should be about 5 yards (4.57 metres) in and 5 yards (4.57 metres) towards the goal from the end of the wing restraining-line.

Lead covers the goal-line. Trail is ready for a fast break towards his goal.

Play is settled Round the Goal

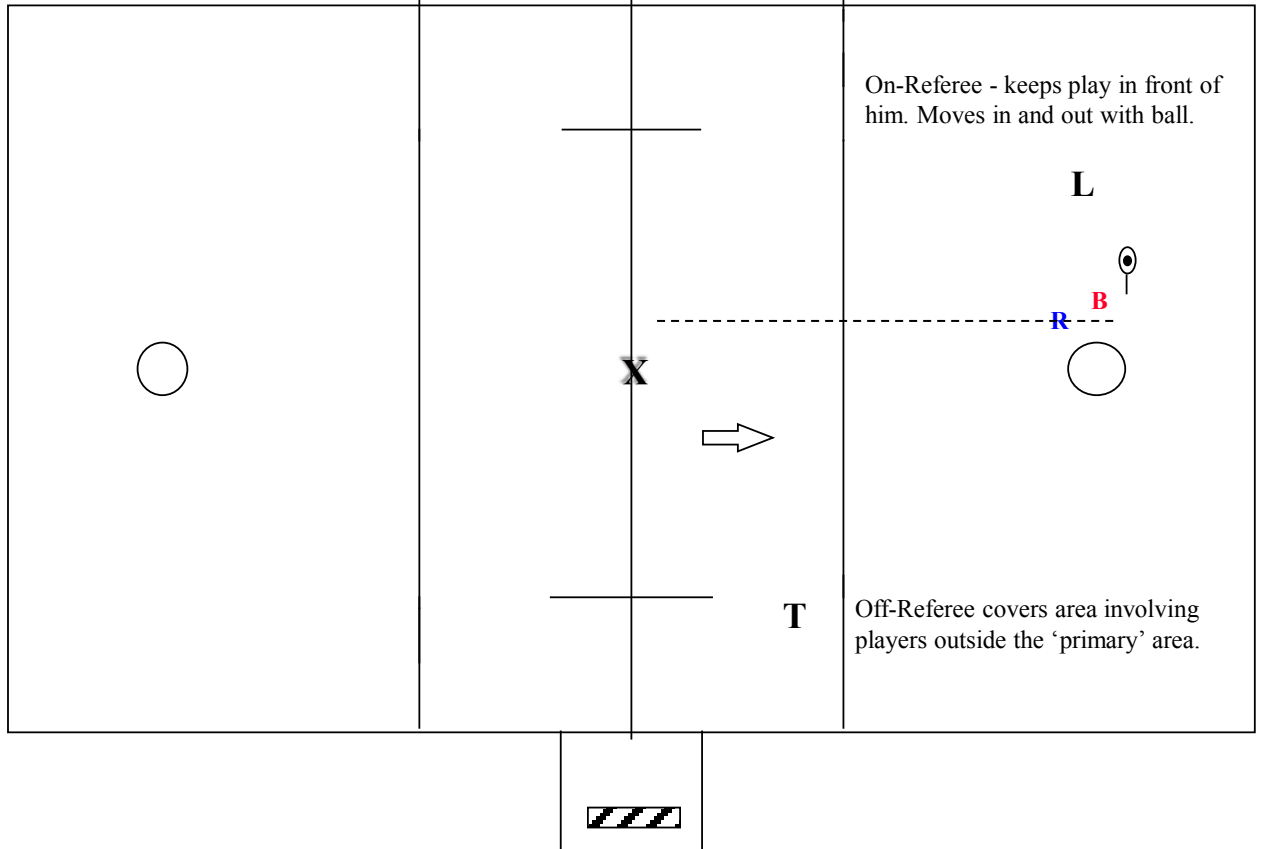


16.10 THE ON-REFEREE AND THE OFF-REFEREE DURING SETTLED PLAY

The roles of the On-Referee and the Off-Referee were discussed in Section 8.5.2 of the Manual. That section should now be carefully re-read.

The line on the diagram below shows the point at which the transition from On-Referee to Off-Referee occurs.

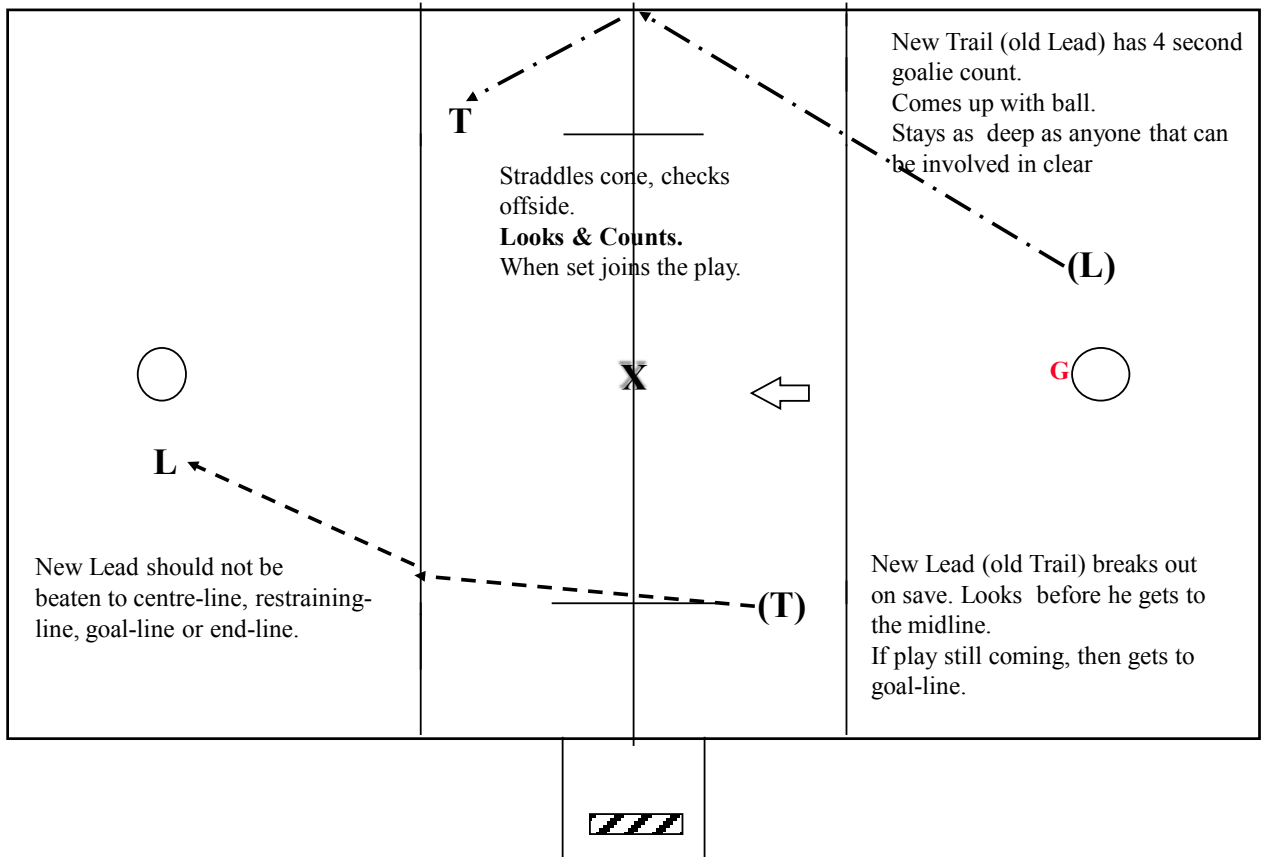
The On-Referee and the Off-Referee



16.11 THE FAST BREAK

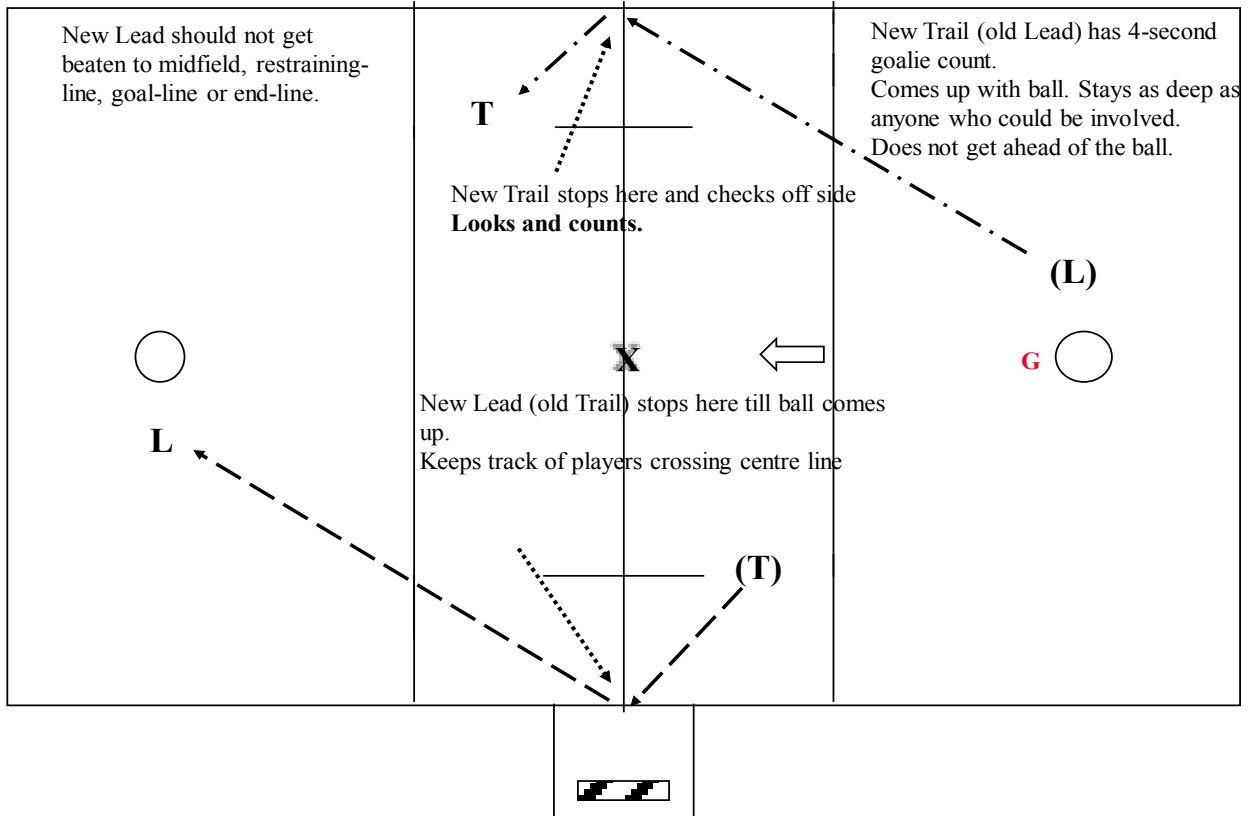
See the relevant parts of Section 8.6.

The Fast Break



16.12 THE SLOW CLEAR

The relevant parts of Section 8.7 should be read.



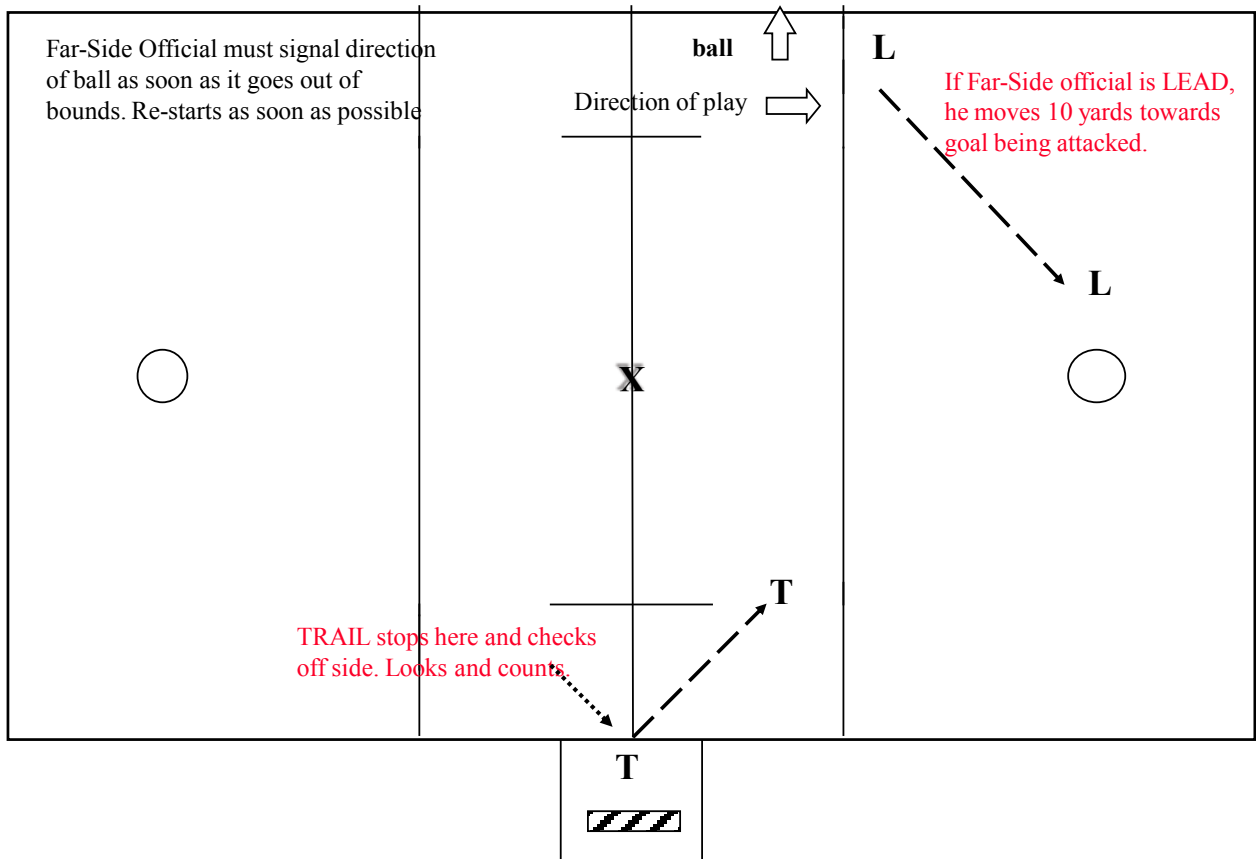
16.13 OUT-OF-BOUNDS ON THE FAR SIDE

The following diagrams and description cover the out-of-bounds situations that can occur in normal game situations.

The Official responsible for the out-of-bounds should blow his whistle and point the direction of the ball. This is most important for his partner as well as both coaches. The direction of play signal should be repeated by the other Official and held until the whistle re-starts play.

The Far-side Official is responsible for an out-of-bounds on the far side.

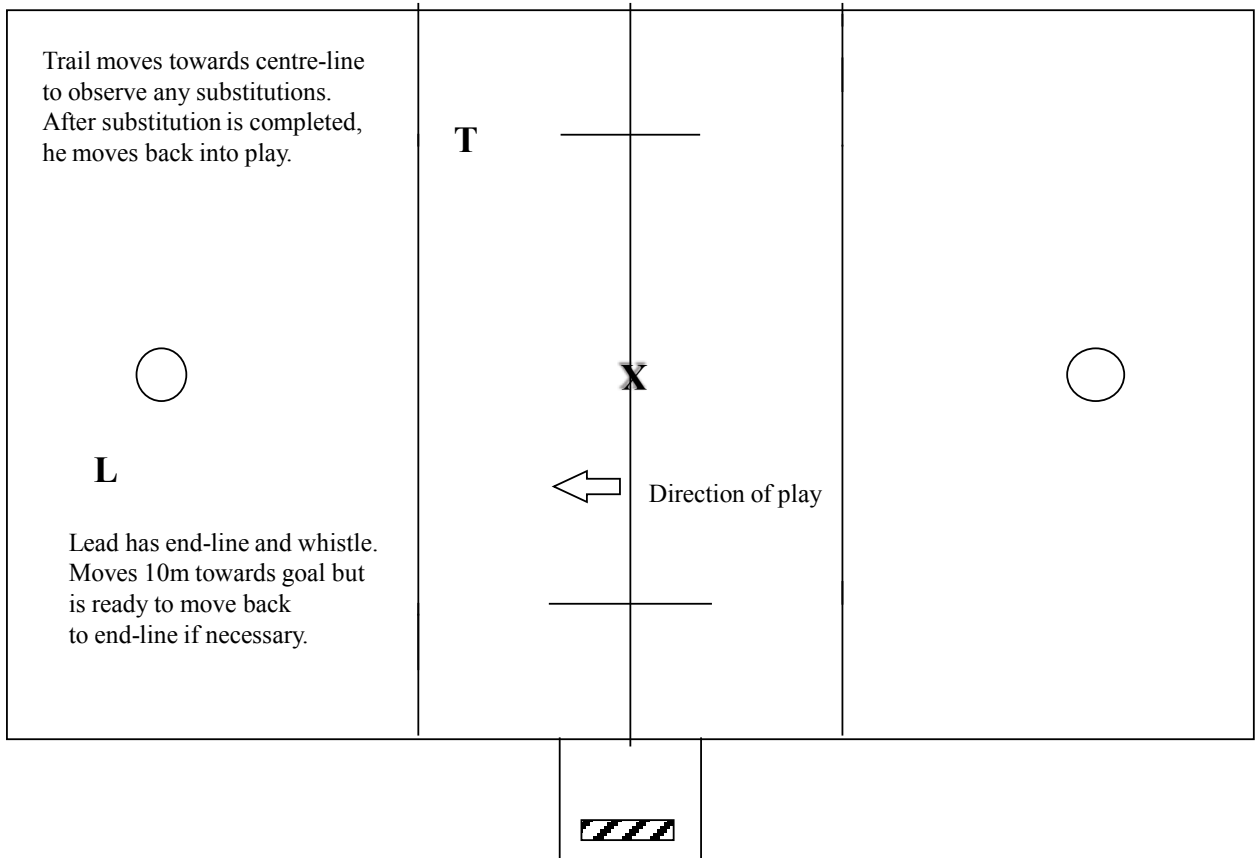
Out-of-Bounds on the Far Side



16.14 OUT-OF-BOUNDS ON THE END-LINE

The Lead Referee is responsible for the out-of-bounds on the end-line.

Out-of-Bounds on the End-Line

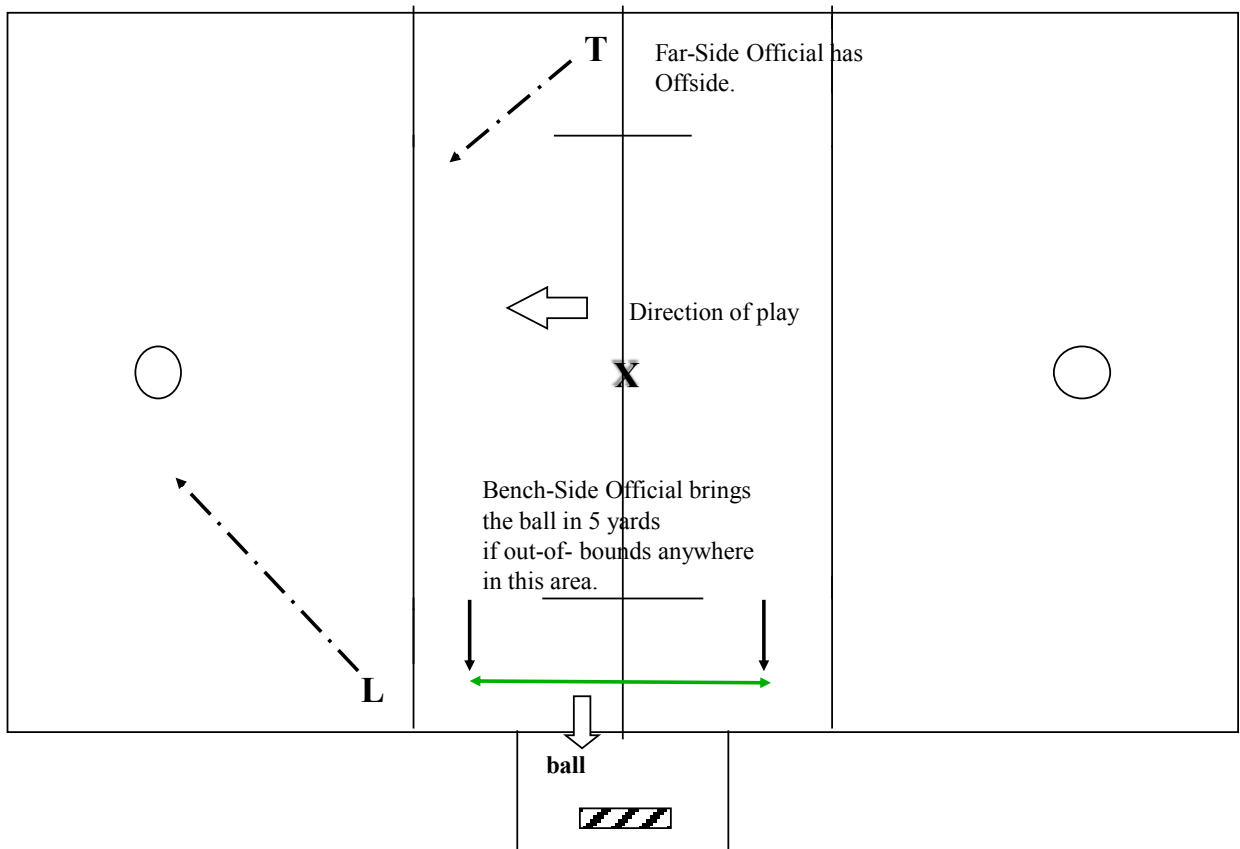


16.15 OUT-OF-BOUNDS ON THE BENCH-SIDE

An out-of bounds ball on the bench-side is the responsibility of the Bench-side Official.
If the ball goes out-of-bounds on the bench-side of the field either at the gate or within 5 yards (4.57 metres) of the gate, the Bench-side Official should move the player onto the playing field until he is 5 yards (4.57 metres) from the nearest part of the gate before restarting play
This is required by the Rules, so as to give the player a good cushion away from the substitution area.
This prevents his being jumped from behind.

See the relevant parts of Section 8.8.4.

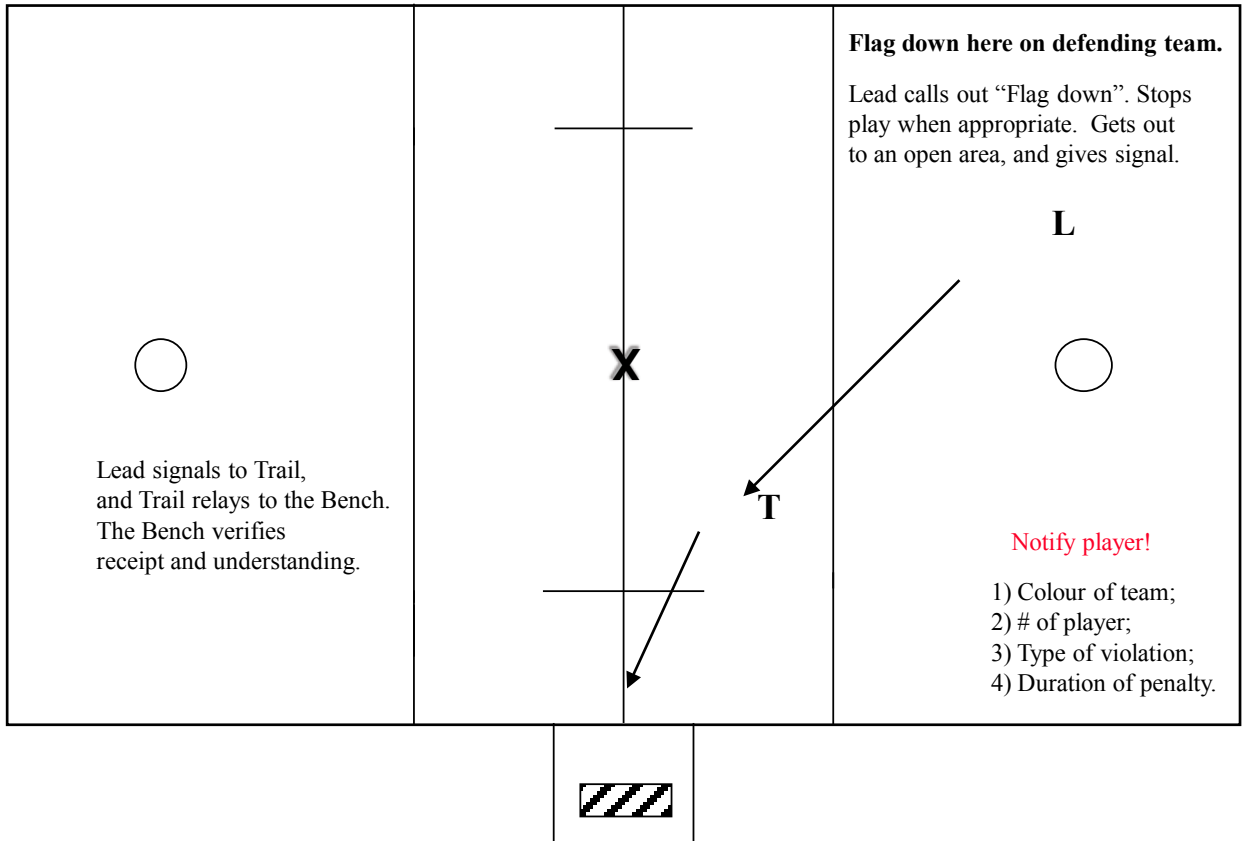
Out-of-Bounds at the Gate



16.16 PENALTY RELAY BY LEAD ON FAR SIDE

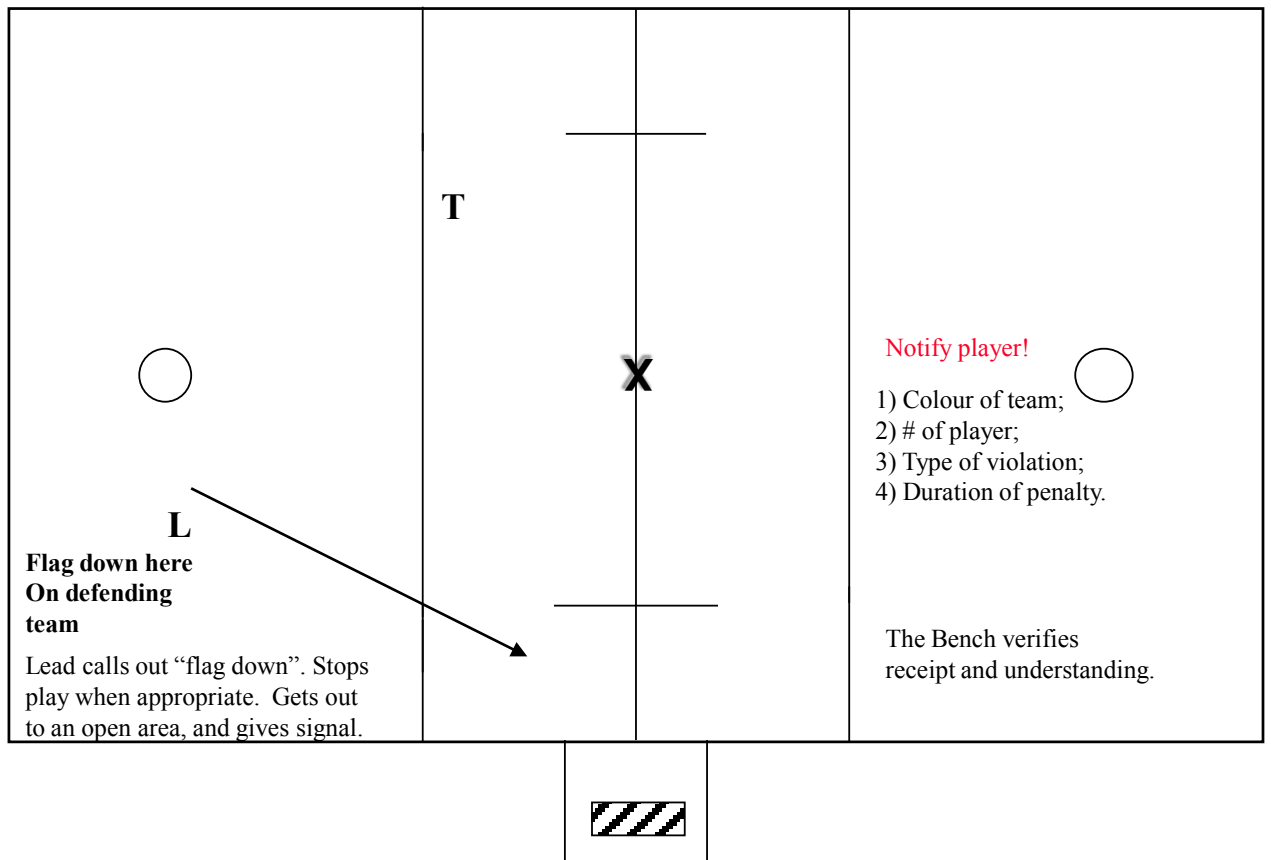
The Far-side Official relays the penalty to Trail, who relays it to the Bench Officials.
See relevant parts of Section 9 concerning the relay of penalties in the following diagrams.

Penalty Relay by Lead on Far Side



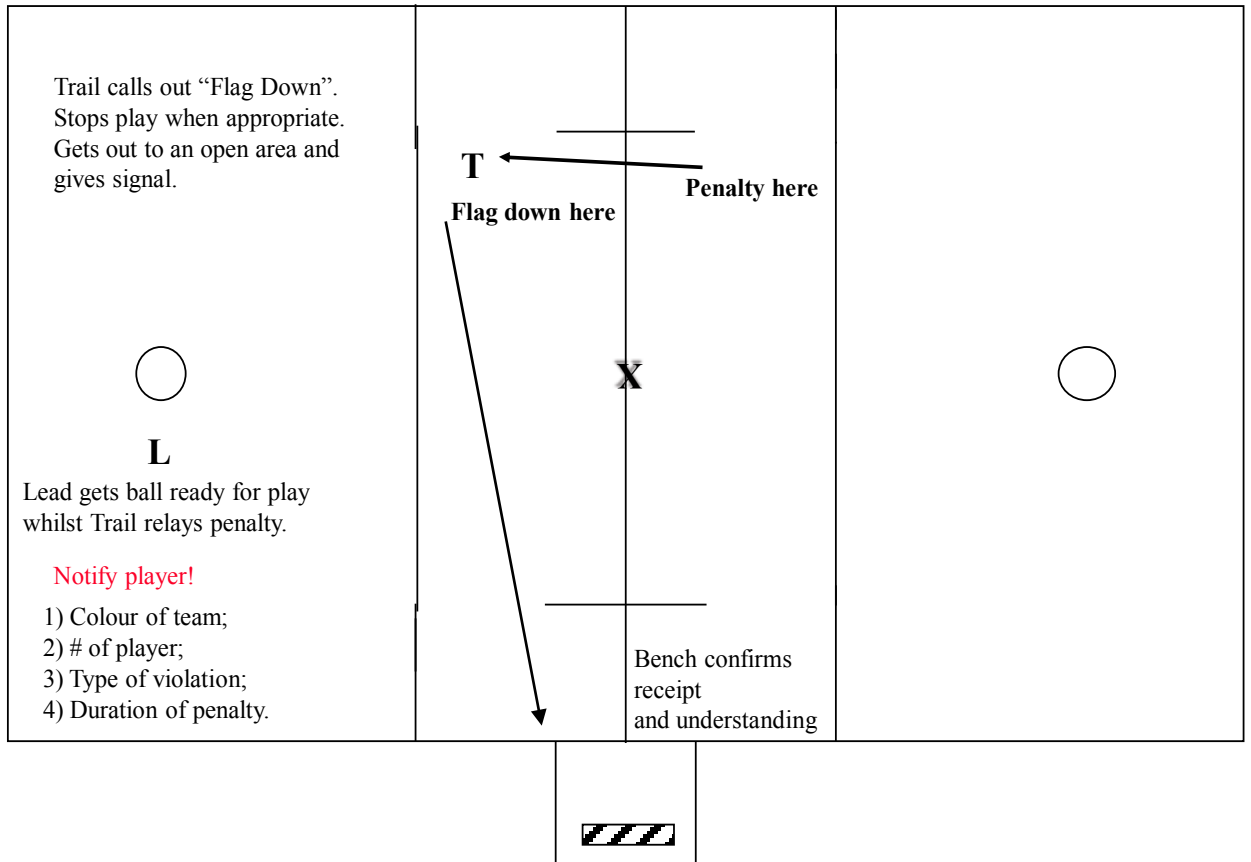
16.17 PENALTY RELAY BY LEAD ON BENCH-SIDE

Penalty Relay by Lead on Bench Side



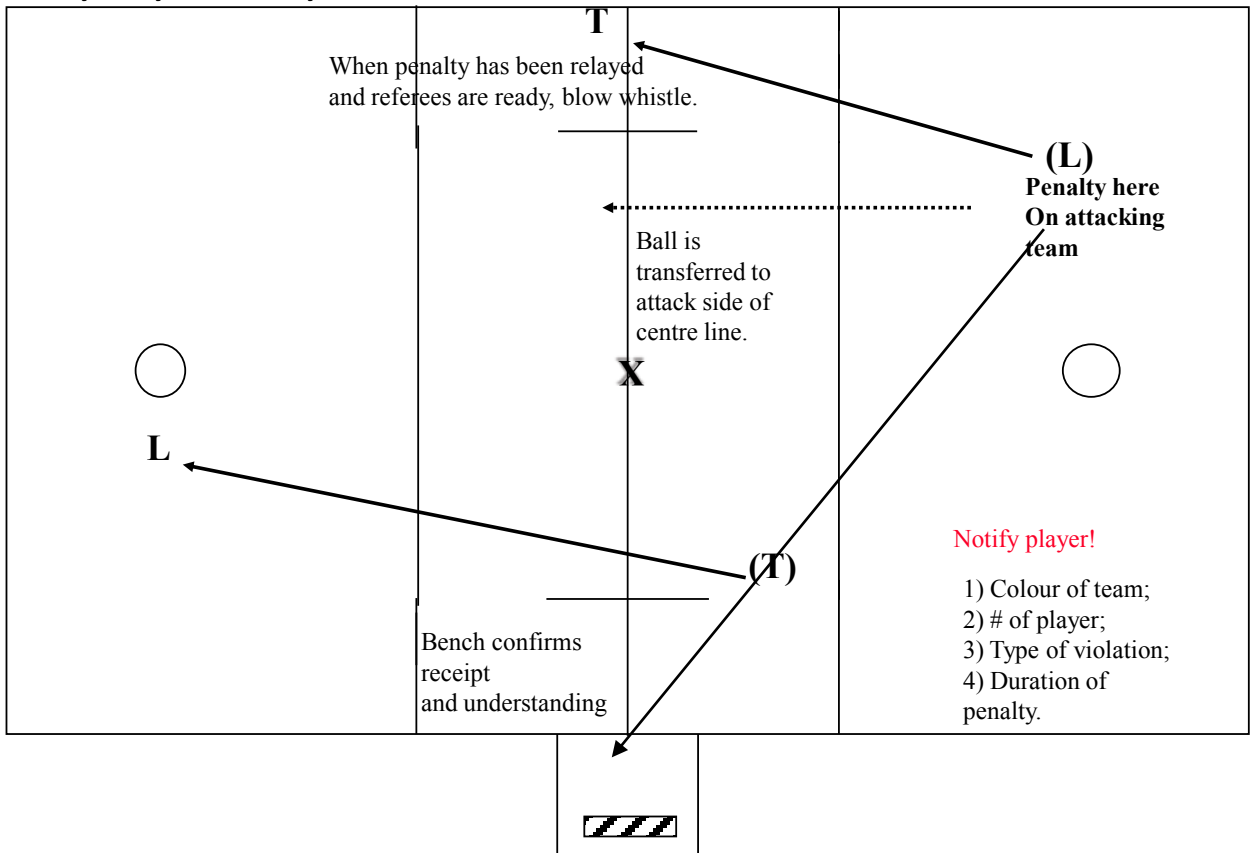
16.18 PENALTY RELAY BY TRAIL – WHETHER BENCH-SIDE OR FAR SIDE

Penalty Relay by Trail – Whether Bench-Side or Far Side



16.19 PENALTY RELAY FOR FOUL BY ATTACKER ON THE FAR SIDE

Penalty relay for Foul by attacker on Far Side



16.20 AFTER A GOAL

When a goal is scored, the Lead Official should blow his whistle immediately and run to the edge of the crease, level with the goal line.

If Lead is on the far side of the field, then he will relay the goal details to Trail, who will then relay them to the Bench. If Lead is on the bench side, then he will relay the goal details directly to the Bench.

Once on the crease, Lead should turn and make sure he has line of sight to the Trail Official or to the Bench, and he should then make his call.

If Trail is involved in the relay, he should also get himself into an open area to receive the call from the Lead. Trail will then relay the call to the Bench Officials.

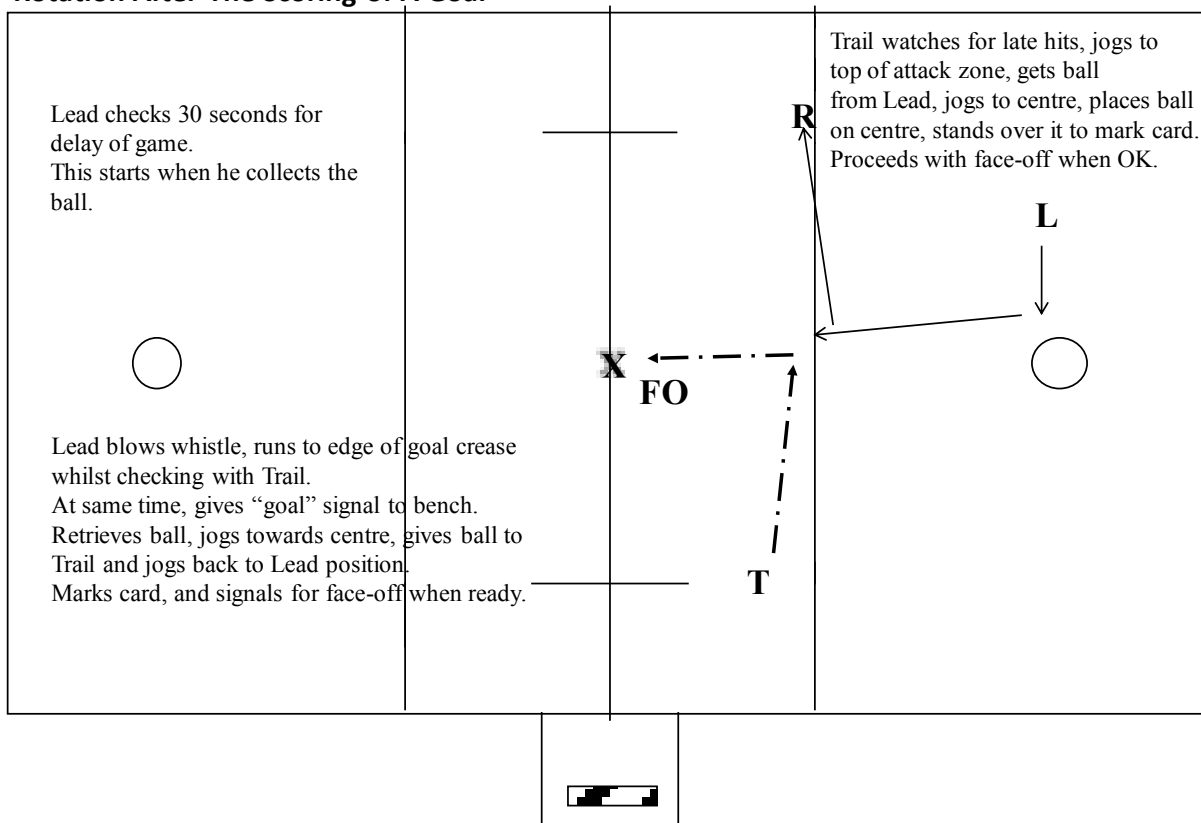
Lead Retrieves the ball from the goal, glances at the second hand or display on his watch, and makes a mental note of the time. If a team is not ready to play 30 seconds after the ball has been in the possession of the Lead Referee, then that team is guilty of delaying the game. The Lead Referee makes the call.

If the ball has been thrown up the field, then Lead reminds the goalkeeper and the defenders that the ball should be left in the net for him to collect. The Lead then runs out to meet the Trail at the top of the attack zone, hands him the ball, and then jogs back to his position as lead. He marks his card when he arrives at his position. When ready, he signals for the face-off to Trail.

Trail should then jog to his position for the face-off, mark his card and get ready for the face-off.

See the diagram on the next page and see Section 9.5 for more detail concerning the post-goal movement.

Rotation After The Scoring of A Goal



17 PERFORMANCE REVIEW

Performance reviews are critical to the development of a cycle of continuous learning and improvement.

A Performance Review may involve one or more of the following processes:

- **Post-Game Reviews** facilitated by the Head Referee – informal discussions immediately after the game that look back on the key points addressed in the pre-game briefing and addresses any other issues identified during the game. Participants should make their own notes of relevant learnings. The crew should always participate in a brief post-game review discussion before any post-game debrief with assessors.
- **Post-Game Debriefs** facilitated by an Assessor – this may be formal or informal depending on the level of competition and the assessing resources available. Participants should make their own notes of relevant learnings.
- **Assessment Reports** documented by an Assessor – this may consist of a simple summary of a post-game debrief, a copy of an assessment document or some performance notes compiled when it is not possible to conduct a face to face debrief or review.

The purpose of conducting them is to engage with all of the officiating 'team' members to:

- identify the positive aspects of the performance that need to be encouraged
- identify constructive issues for continuous improvements
- provide education and learning experiences for those involved
- assess the adequacy of procedures and processes
- identify training needs
- ensure the health and wellbeing of those involved is assessed and monitored.

The assessment of Officials, conducted as part of the performance review process, is designed to:

- develop referees at every level of competence
- provide consistency in a refereeing programme or tournament setting
- provide some sort of metrics for the selection of referees for game assignments
- allow referees to be marked both objectively and subjectively, on the field, for qualification and certification.

Performance Reviews and Assessments are not a tool for apportioning blame, they should enhance team performance by improving the self-reflection skills of the individual members of the team and, their self-correction, guidance and support to others during the course of a game.

Assessors and Head Referees facilitating performance reviews require questioning, listening, feedback and communication skills. It is critical that facilitators address these reviews as a 'coach' and 'mentor' as the most constructive way for officials to learn from mistakes is for them to identify the mistakes themselves. Judgements and other direct feedback may be required but this should not be delivered as statements or direct criticisms.

Facilitators must be mindful of the four key words that guide performance review conversations:

LESS MOUTH – MORE EARS

Group and individual reviews should encourage the referees to self-reflect, individually and as a team, by:

- engaging with the group and explaining how the session will run:
 - allow a free recall of the game (what happened during the game?)
 - invite them to sketch out a scenario and work through it (key play, positive or negative etc)
 - lead through a second recall of the game and discuss focal points in detail
 - ask them to work backwards from a focal point to get to something that occurred immediately before it (but not recalled)
 - probe to clarify the information provided and check the context of focal points

- facilitate the session by:
 - using an open question style that requires them to provide a 'narrative' response rather than short answers (e.g. describe a situation and ask them to explain how it played out)
 - using words such as "Tell me...", "Explain to me...", "Describe to me..." to draw out information about specific things
 - not interrupting, using prompts such as "Aha, Mmm, yeah" etc and open hand gestures to encourage them to keep going and draw further on their memory

- close the session by summarising the key points learned (not raised – learned) and involve all of the group to agreement on the correctly identified outcomes. That feedback must be about their self-assessment process first and your opinions second! Then complete any formalities re assessments.

Following this process should facilitate enhanced memory recall by the officials themselves, reduce the closed or limited responses used to 'protect' the individual's performance scores, promote better teamwork and create a learning environment at any level of competition.

17.1 Summary Reports

The Head Referee or an appointed Assessor Crew Chief is responsible for documenting any significant issues (e.g. inadequate procedures or training needs) identified during a performance review activity and submit it to the relevant jurisdiction (e.g. a competition or event referee in chief) for consideration.

18 INDEX

A

| | |
|--|----|
| absence of a Head Coach | 24 |
| anticipate when a time out call may likely | 86 |
| anti-doping testing | 18 |

B

| | |
|-------------------------------|----|
| bad language | 12 |
| ball persons | 24 |
| bleeding or has blood evident | 69 |

C

| | |
|-------------------------------|-----|
| call of "Shot" | 68 |
| count down the remaining time | 103 |
| count players | 71 |

D

| | |
|---|----|
| delay at face-offs | 32 |
| direction of play signal | 68 |
| disadvantage | 60 |
| Dissent | 12 |
| does not have "ultimate responsibility" | 16 |
| dynamic warm-up | 23 |

E

| | |
|--------------------------------------|----|
| <i>emotion regulation</i> strategies | 14 |
| equipment | 21 |
| error in the application of a rule | 17 |

F

| | |
|--|----|
| FIL Officiating Committee's Fitness Protocol | 18 |
| flag is thrown | 57 |
| four minutes of the interval remain | 24 |

G

| | |
|--|----|
| game cannot end on the scoring of a goal | 76 |
| Game Management | 12 |
| game should not start ahead of schedule | 28 |
| grey areas | 11 |

H

| | |
|---|----|
| Head Referee | 21 |
| home team captains will be facing the benches | 25 |
| hydration | 18 |

I

| | |
|-----------------------------|----|
| illegally requested timeout | 86 |
| injured player | 69 |

L

| | |
|----------------------------|----|
| Lead Referee | 42 |
| local ground abnormalities | 23 |

M

| | |
|----------------------------|--------|
| meet head coaches together | 23 |
| multiple flags | 55, 57 |

N

| | |
|--|----|
| NOT given time to get back to the cage | 69 |
|--|----|

O

| | |
|--------------|----|
| Off-Official | 44 |
| On-Official | 44 |

P

| | |
|-------------------------|----|
| penalty relay | 52 |
| Play-on technique | |
| overused | 60 |
| positional philosophies | 30 |
| positive calls | 69 |
| pre-game meeting | 15 |
| preventative refereeing | 11 |

R

| | |
|---|----|
| referee's uniform | 20 |
| referees' time-out | 69 |
| <u>remove the whistle from your fingers</u> | 31 |
| reporting the foul | 53 |
| representative is entitled to be present | 24 |
| re-start | 62 |
| rotation after a goal | |
| variance | 65 |

S

| | |
|---------------------------|----|
| sequence of the penalties | 58 |
| Single Official | 42 |
| stalling | |
| parameters | 73 |

T

| | |
|---|----|
| time-out prior to the start of the game | 85 |
| Trail Referee | 43 |

W

| | |
|---------------------------------------|----|
| WHEN the different fouls apply | 56 |
|---------------------------------------|----|



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