



Student Notes



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WHAT ARE MECHANICS?

OUR GUIDING PRINCIPALS

- **Mechan-ics** /mə'kaniks/
- **noun:** mechanics; plural noun: mechanics
- The way in which something is done or operated;
- The practicalities or details of something.

"The mechanics of lacrosse officiating"
How we move with purpose and signal for clarity

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THE MISSION OF OUR MECHANICS

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WHY CLEAR MECHANICS ARE IMPORTANT

COMMUNICATION IS KEY

Three basic things all coaches need to know...

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



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KEY CONSIDERATIONS

OPERATE WITHIN YOURSELF

- Know your physical ability
- Anticipate the play
- Put yourself in the best position to make the best decision
- Can you get in better shape?



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POSITIONING

RIGHT PLACE AT THE RIGHT TIME

- Where's the ball?
- Am I "on-ball" or "off-ball"?
- Where could the ball go next?
- Where are my partners?
- Can I see all the players?



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PRE-GAME MECHANICS

-  Coaches
-  Table Staff, Game Clock & Penalties
-  Captains coin toss
-  Face Off Players
-  Pre-game team line up, in-home on the field
-  Time outs and between quarters

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PREPARATION WITH TABLE STAFF

- Penalty Clock and Scorekeeper**
 - Prefer to use the game clock for penalties.
 - Know who we will be communicating penalties to.
 - Ask the penalty statistician to acknowledge our signals.
- Go over the conditions for a penalty to release.**
 - Penalties released AFTER possession on a face off.
 - Penalties usually released after a goal by the man up team.
 - Non releasable penalty situations
- Review "early" release procedures.**
 - Double horn next dead ball
 - Know the time remaining
 - Get it right

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PLAYER PREGAME LINE UP

EVERYONE IS WATCHING

Proper Setup

- Goalie's left shoulder to goal they are defending
- Defense, Midfield, Attack after Goalie
- Faceoff player should be on midline
- 5 yards apart set by Umpire and Field Judge



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PLAYER PREGAME MESSAGING

FINAL CHANCE TO SET THE TONE

Messaging

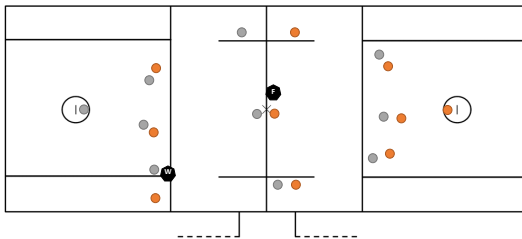
- Keep it short
- Know what you are going to say
- Ask the player to Respect the Game!
- Sportsmanship
- "Questions are OK, Comments are not!"
- Goalie's Cross
- Gentlemen, introduce yourselves



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PRE-FACEOFF

WING OFFICIAL RUNNING LEFT



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FACE OFF OFFICIAL'S RESPONSIBILITIES

THE FAR-SIDE OFFICIAL CONDUCTS THE FACEOFFS



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



Backs out diagonally to be clear of the players paths.



Watches player facing for early movement and other violations.



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



If a FO violation is called the new Trail should restart play, allowing the lead a moment to get in position.



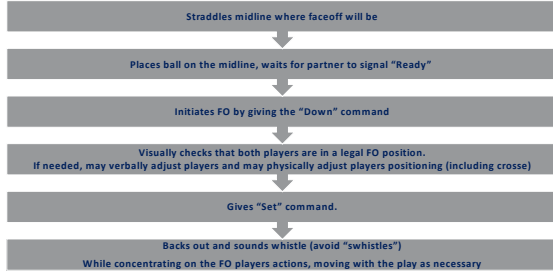
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FACEOFF OFFICIAL'S MECHANICS

PLAYER AND STICK POSITIONING



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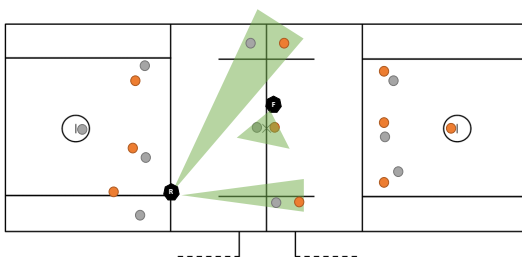
FACEOFF WING OFFICIAL'S RESPONSIBILITIES



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FACEOFF WHISTLE

WING RUNNING LEFT



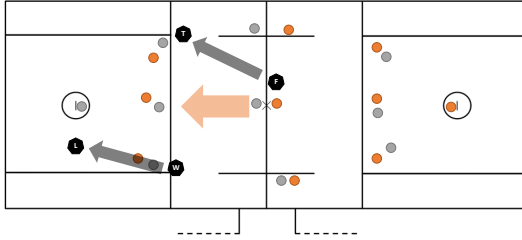
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FACEOFF- BALL GOES LEFT

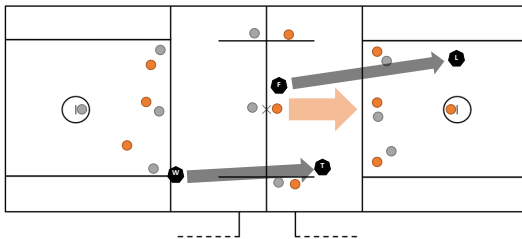
ANIMATED



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FACEOFF- BALL GOES RIGHT

ANIMATED



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FACEOFF VIDEO - BALL GOES LEFT

WING RUNNING LEFT



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FACEOFF VIOLATIONS

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

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

In 2-Person Mechanics, Trail Official handles all restarts

Restart from spot of violation

Wing Official - make sure boxes are locked (no release) and delays restarts if necessary



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VIOLATION & RESTART

PRE-WHISTLE VIOLATION



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VIOLATION & RESTART

PRE-WHISTLE VIOLATION

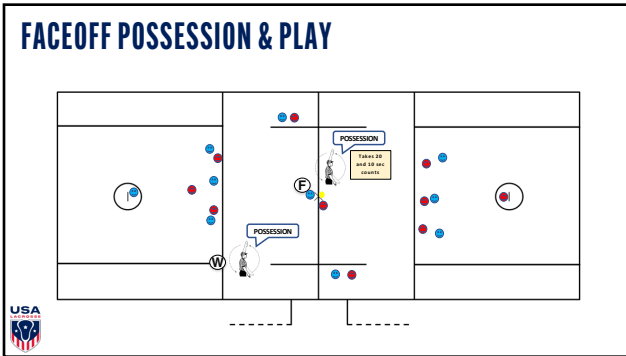


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FACEOFF POSSESSION & PLAY



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PRIMARY RESPONSIBILITIES

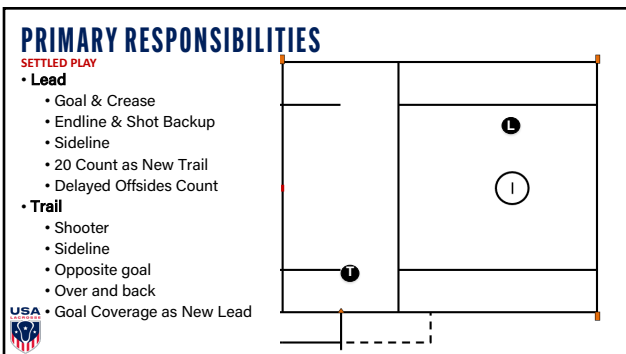
SETTLED PLAY

• Lead

- Goal & Crease
- Endline & Shot Backup
- Sideline
- 20 Count as New Trail
- Delayed Offsides Count

• Trail

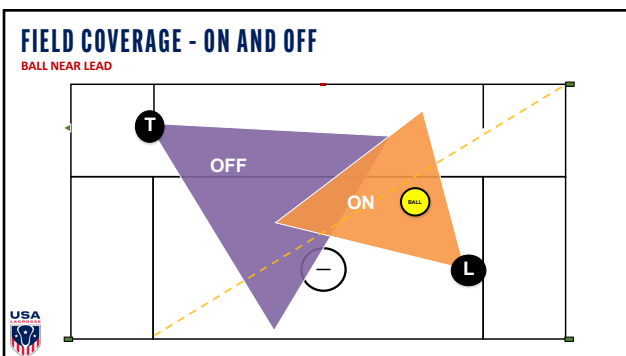
- Shooter
- Sideline
- Opposite goal
- Over and back
- Goal Coverage as New Lead



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FIELD COVERAGE - ON AND OFF

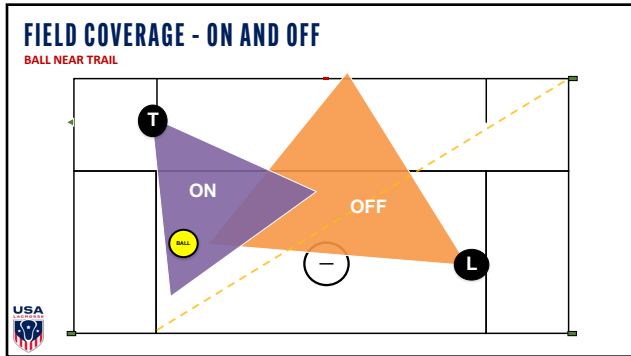
BALL NEAR LEAD



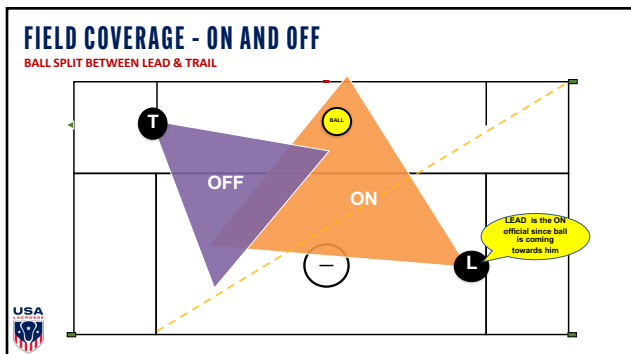
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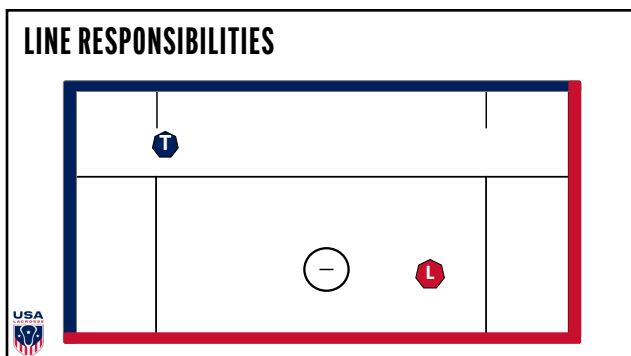
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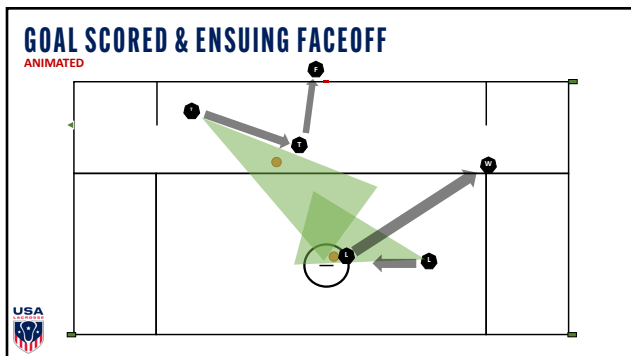
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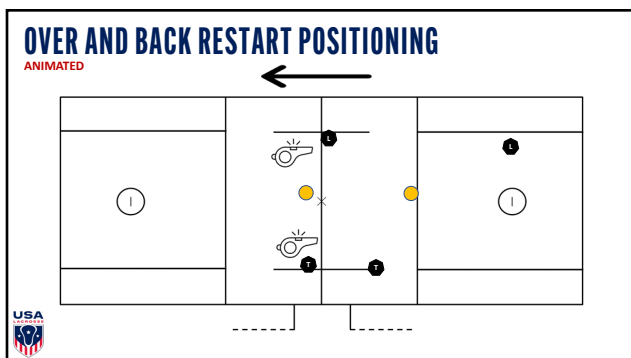
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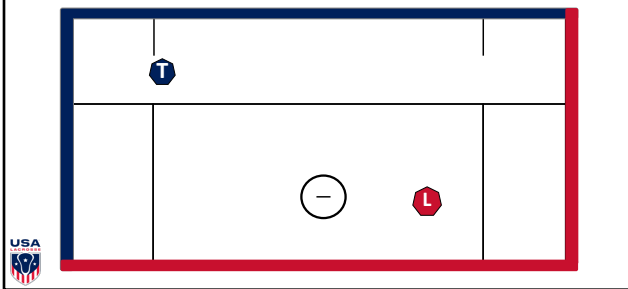


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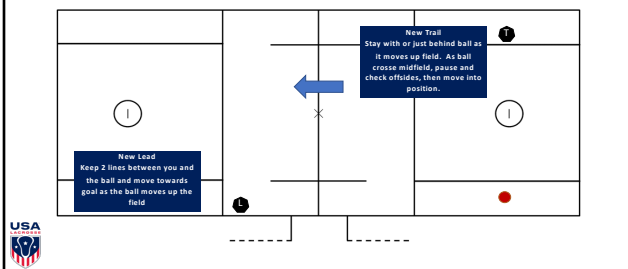
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SETTLED PLAY - WHO IS RESTARTING?



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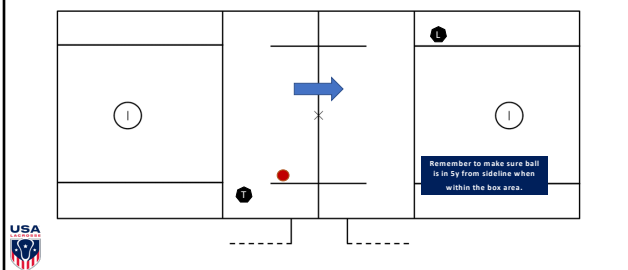
DEEP RESTARTS ACROSS FIELD



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RESTARTS AT SUBSTITUTION BOX

BALL ON DEFENSIVE SIDE



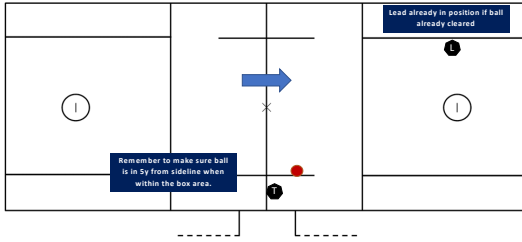
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RESTARTS AT SUBSTITUTION BOX

BALL ON OFFENSIVE SIDE

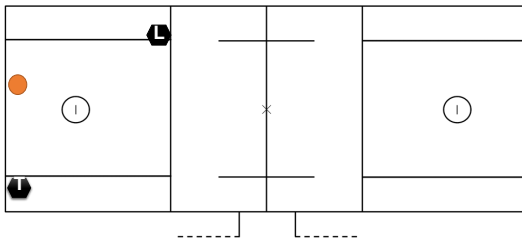


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ENDLINE RESTART AFTER SHOT

BALL TO DEFENSE - ANIMATED

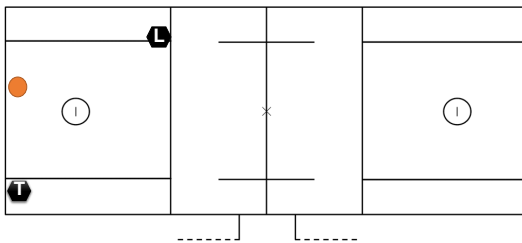


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FASTBREAK TO OPPOSITE END

BALL TO DEFENSE - ANIMATED



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PENALTY RELAYS

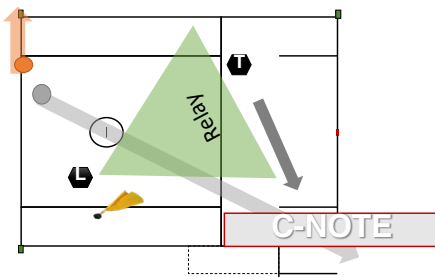
-  Inform your partner and the players
-  Get to open space, facing the table, near midfield
-  Take a breath
-  Be aware of Pace, Tone, Volume: Slow, Calm Relaxed
-  CNOTE
-  When and Why the "E"



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PENALTY RELAYS

ANIMATED



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PENALTY RELAYS

VIDEO SAMPLES



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Student Notes

CORRECTING MISTAKES BY OFFICIALS

YOU WILL MAKE THEM

- Mistakes are inevitable
- How you handle them will determine your future as an official
- Admitting your mistake is the first step
- HOW you "admit" the mistake is a key part
 - Are you self-deprecating?
 - Are you angry and defensive?
 - Do you ignore your mistakes?
- Know and practice YOUR process!

What do you do with a mistake: recognize it, admit it, learn from it, forget it.

DEAN SMITH

DEVIN SMITH



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END OF GAME

Have end of game exit strategy.

Sign the scorebook.

You job ends when we leave the immediate playing facility.

Leave the field together.

Acknowledging the coaches is ok.



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THANK YOU TO THE MEMBERS OF THE
2025 MENS OFFICIAL'S EDUCATION
DEVELOPMENT TEAM



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