



Student Notes



1



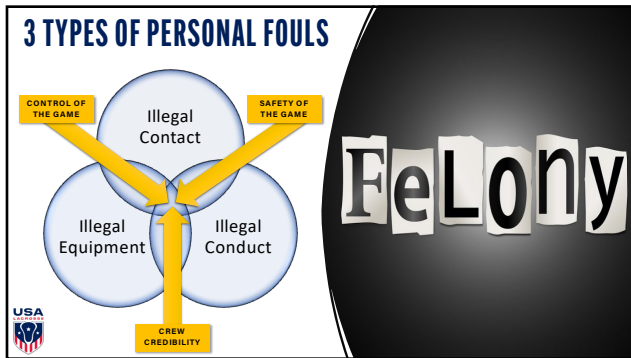
2



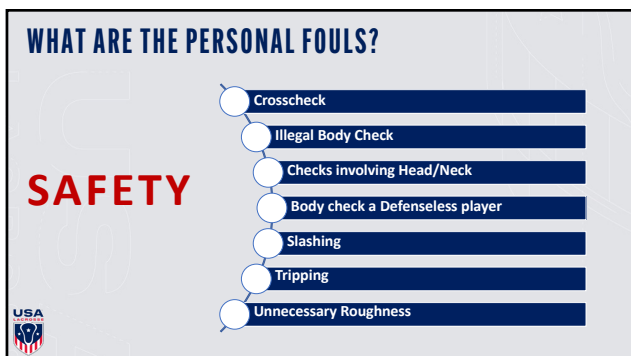
3



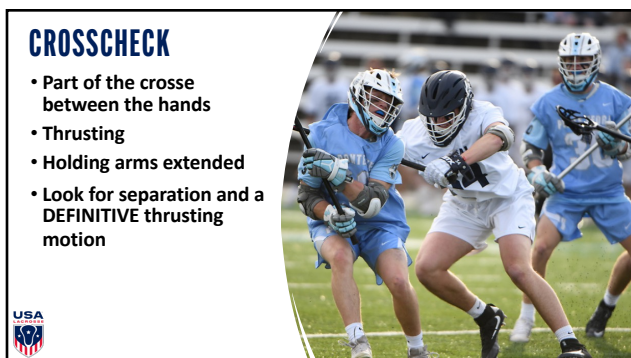
Student Notes



4



5



6



Student Notes

CROSSCHECK VIDEO



7

ILLEGAL BODY CHECK

- More than 5-yards from loose ball
- From the rear or below the waist
- Player on the ground
- Can still be 1-Minute



8

CHECKS INVOLVING THE HEAD/NECK



9



Student Notes

CHECK TO HEAD/NECK AREA VIDEO



10

CHECK TO HEAD/NECK AREA VIDEO



11

CHECK TO HEAD/NECK AREA VIDEO



12



Student Notes

DEFENSELESS PLAYER

- Blind side with & without possession
- Head down on loose ball
- **MUST** be a 2-Minute or 3-Minute Penalty
- You **CANNOT** "bring this down" to a 1-minute if you use the words "Defenseless"



13

DEFENSELESS PLAYER VIDEO



14

DEFENSELESS VIDEO



15



Student Notes

TARGETING

- Blind side with & without possession.
- Head down on loose ball
- **MUST** be a 3-minute, non-releasable foul
- Should be discussed as a crew



16

TARGETING PLAYER VIDEO



17

SLASHING

- Swinging with viciousness or reckless abandon
- Striking an opponent in the head, back, leg

ACTIVITY ALERT
Pool Noodle Demo!



18



Student Notes

SLASHING VIDEO



19

SLASHING VIDEO



20

TRIPPING

- Obstructing below the waist with POSITIVE PRIMARY action.
- Doesn't have to be intentional, most are not!
- Usually happens after a missed check and the follow-through
- Also happens when feet get tangled
- Would he have gone down without "help"?



21



Student Notes

TRIPPING VIDEO



22

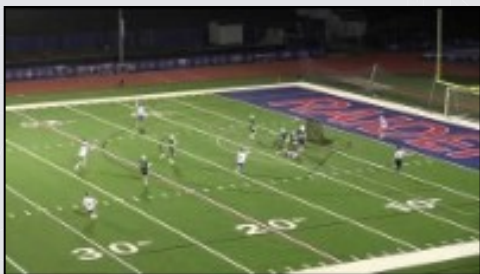
UNNECESSARY ROUGHNESS

- Excessively violent holding and pushing infractions
- Defensive player violent contact with screening opponent
- Avoidable deliberate violent contact
- Punching blows



23

UNNECESSARY ROUGHNESS - LATE HIT VIDEO

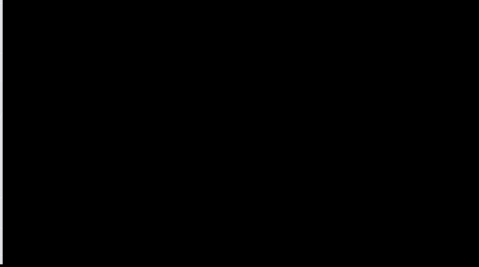


24



Student Notes

UNNECESSARY ROUGHNESS - RUNNING THROUGH A PICK



25

ILLEGAL CONDUCT

• Unsportsmanlike Conduct

- Remember the ladder
- Possession
- 30-Second Conduct
- 1-Minute USC
- Ejection

• Fighting

- Automatic Ejection
- 3-Minute Penalty (in-home)



26

COACH BEHAVIOR



Use the Ladder!!



Do not Ignore the Head Coach



Answer a question, not a statement



"Coach... it's over"



Be honest



27



Student Notes

PLAYER BEHAVIOR

- Control Player to Player Interactions
- Trash-talking
- Language
 - Teammates
 - Opponents
 - You!
- Race and Gender



Class Discussion Questions



28

TEAM BEHAVIOR



CAPTAINS CAN HELP DEFUSE SITUATIONS

ALL WARNINGS ARE TEAM WARNINGS





29

OTHER PERSONAL FOULS

Illegal Crosse & Equipment

- Gloves must completely cover the hands
- Note: Mouthpiece violation is technical foul

Certain Illegal Behavior:

- Grabbing ball or opponent crosse in face off





30



Student Notes

PENALTY ENFORCEMENT



31

PREVENTING PERSONAL FOULS

Pre-game communication with Captains.

- It's ok to ask questions.
- It's not ok to yell and scream.

In game Communication with Players

- It's ok to explain to players what they did wrong, so they don't do it again.



32

BE AWARE OF "FLASH POINTS"

- After Goals!
- Around the Crease!
- Stoppages of Play!
- Player Movement!
- Substitution!
- After a BIG HIT!



33



Student Notes

SITUATIONAL AWARENESS

- Feel the momentum shift!
- Big Long Loose ball scrums!
- Those first 5 minutes!
- After Big Hits!
- The Crowd Goes Wild!
- Near the Lines!





34

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

TAKE CARE OF YOUR CREW



USALacrosse.com

35
