



Student Notes



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Student Notes

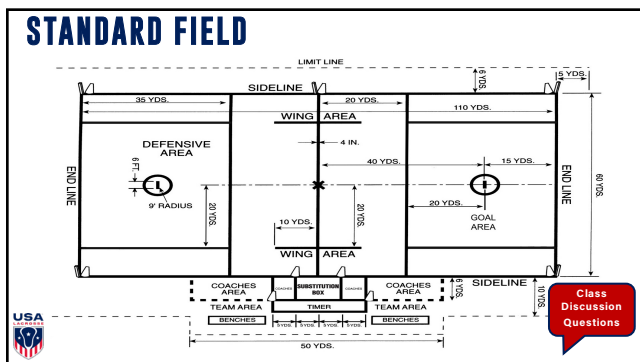
RULE 1- THE GAME, FIELD AND EQUIPMENT

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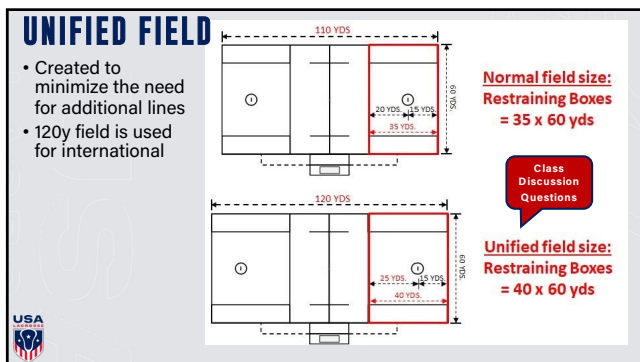
2 teams of 10
Legally equipped GK

Class Discussion Questions

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Student Notes

THE STICK (CROSSE)



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REQUIRED PLAYER EQUIPMENT



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REQUIRED EQUIPMENT- RECENT CHANGES

- Added requirement for protective cup or pelvic protector



- Added Chest Protector Requirement that adds protection for comio-cordis



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Student Notes

UNIFORMS



Jersey
covers the shoulder pads



NO Tinted Visors



Sweatpants
one solid color

Class Discussion Questions

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UNIFORMS- RECENT CHANGES

Jersey Color
Home wears **WHITE**



Number Restrictions
0-99 ONLY



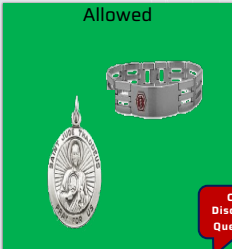
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EQUIPMENT- PROHIBITED & ALLOWED

Prohibited



Allowed



Class Discussion Questions

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Student Notes

RULE 2 – GAME PERSONNEL

- Officials
- Timekeeper
- Scorekeeper
- Players
- Captains
- In-Home
- Coaches
- Sideline Manager



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GAME OFFICIALS

- Minimum 2
 - Referee
 - Umpire
 - Recommended 3
 - Referee
 - Umpire
 - Field Judge
- EQUAL



Class Discussion Questions

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TIMEKEEPER



Class Discussion Questions

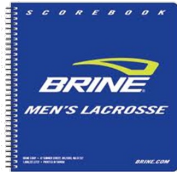


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Student Notes

SCOREKEEPER



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PLAYERS

STANDARD

- 1 Goalie
- 3 Defensemen
- 3 Midfielders
- 3 Attackmen

SPECIALISTS

- Faceoff (FOGO)
- LSM (Long Stick Midfielder)



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COACHES

- Head Coach
 - Certifies
 - Responsible for everyone
 - Acts in courteous manner
- Other coaches
 - Answer questions if asked respectfully



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Student Notes

IN-HOME

- Starting Attackman
- In pre-game lineup

ACTIVITY ALERT

Class Discussion Questions

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CAPTAINS

- At least one per Team
- If more than one, designated speaking captain
- Closest to Referee
- Visitor calls the coin toss before the toss

Class Discussion Questions

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BALL RETRIEVERS

- Must wear:
 - Helmet
 - Contrasting uniform

Not Permitted Behind Goal!

Class Discussion Questions

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Student Notes

GAME LENGTH

- FOUR, 12-minute, stop-time Quarters for NFHS high school Varsity games
- JV games can vary from location to location
- Youth Games vary by league
- 2-minute breaks
- 10-minute half



Class Discussion Questions

Last 2 min. - Stall rules for leading team if 4 or fewer goals

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STOPPING THE CLOCK

- **Out of Bounds**
 1. 1 long whistle blast
 2. Hand in the air for dead ball
 3. Point direction of play
 4. Hand back in the air
- **In-bounds or Unusual Play**
 1. Several short blasts
 2. "ta-tweet, ta-tweet, ta-tweet"
 3. "Cicada" Whistle
 4. Hand in the air for dead ball
 5. Explain the call
 6. Point direction
 7. Hand back in the air



Class Discussion Questions



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STARTING THE CLOCK

- Hand in the air
- Solid whistle blast for 2-count
- 1.5 winds backwards (no half winds)
- Hand finishes at side



Class Discussion Questions



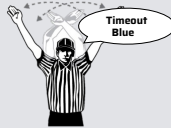
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Student Notes

SIGNALING A TIMEOUT

- **Dead Ball:** on-field player or head coach
- **Live Ball:** on-field player or head coach with possession
 1. Several short blasts
 2. "ta-tweet, ta-tweet, ta-tweet"
 3. "Cicada" Whistle



Class Discussion Questions



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TEAM TIMEOUTS

- Two per half for each team
- 1:40 + 20 seconds

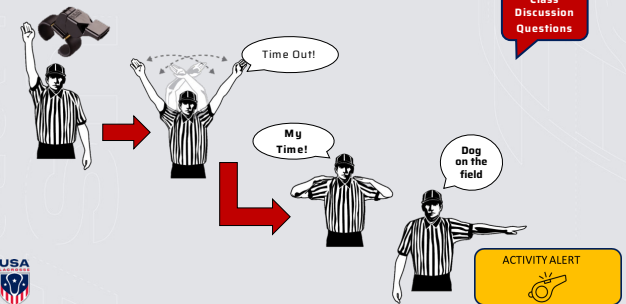


Class Discussion Questions



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OFFICIALS TIMEOUTS



Class Discussion Questions



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Student Notes

INJURIES

1. Stop play
2. Call trainer
3. Report unconscious players/major injuries*

DO NOT rush an injured player off the field



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MERCY RULE

- 2nd half only
- 12-goal difference
- Running Clock
- Continues through end of game
- Starts on next whistle
- Clock does NOT stop if differential becomes less than 12 goals



Penalty time is NOT time-and-a-half!

1 minute = 1 minute
2 minutes = 2 minutes
3 minutes = 3 minutes

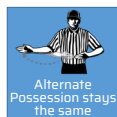
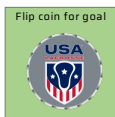


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OVERTIME

- 4-minute periods
- Call one captain from each team.
- Visitor calls coin toss for choice of goal only
- 1st goal wins (sudden-victory, golden goal)
- One Timeout per overtime period per team

Class Discussion Questions



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Student Notes

INTERUPTION OF PLAY



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

TAKE CARE OF YOUR CREW



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