



USA LACROSSE

Instructor Notes



Trainer Instructions:

MATERIALS NEEDED

- Projector or TV to present
- "Rule 5" PowerPoint presentation (this one)
- Copies of Student Notes (can send ahead via PDF)
- Copy of Instructor Notes
- Pool Noodles
- Lacrosse Stick(s)



PERSONAL FOULS



PERSONAL FOULS

Title Slide



WHAT DOES THE RULEBOOK SAY?

Rule 5: Section 1

- *“Personal fouls are those of a serious nature: illegal body checking, slashing, cross checking, tripping, unnecessary roughness, unsportsmanlike conduct, checks involving the head/neck, and the use of illegal crosse and or illegal equipment.”*

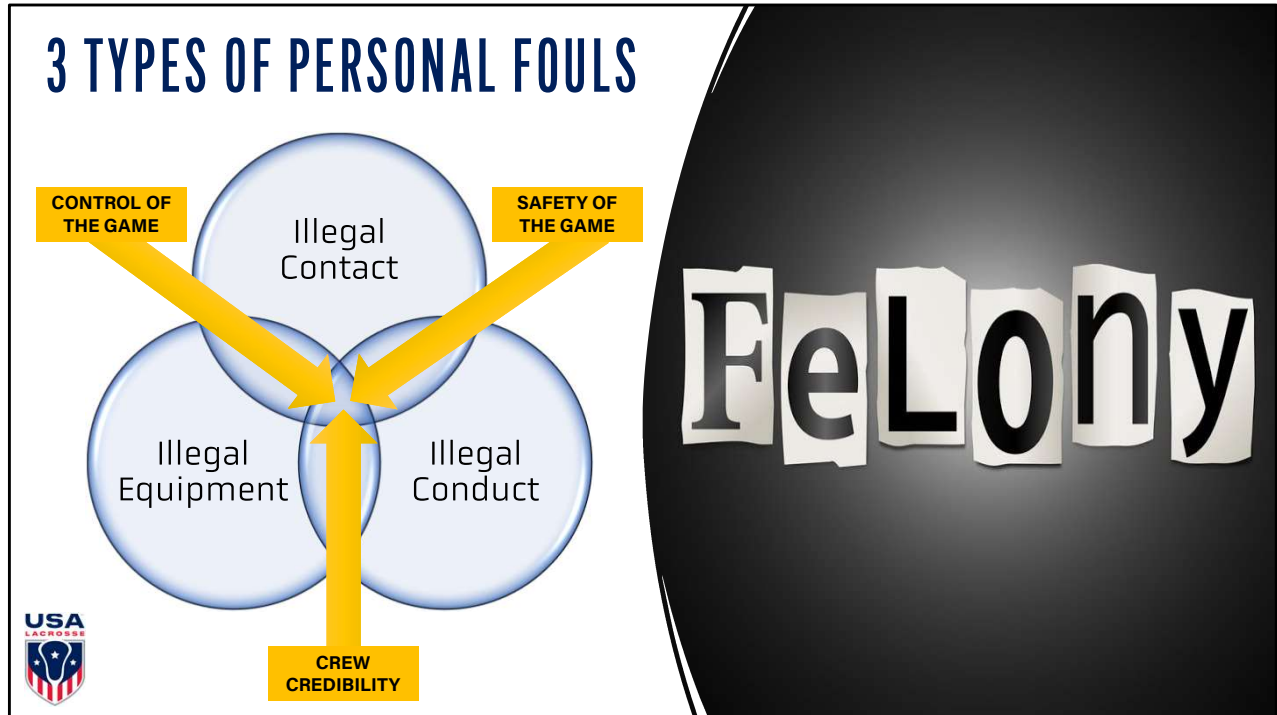


WHAT DOES THE RULEBOOK SAY?

- Know the rules!
- Understand the “spirit” of the rule
- When in doubt, make the FAIR call!



Instructor Notes



3 TYPES OF PERSONAL FOULS

- Illegal Contact are SAFETY Fouls.
- Illegal Conduct includes Coaches and Players Behaviors
- Illegal Equipment includes the stick and all mandatory required Equipment.

How you handle these areas, determines your...

- Control of the game
- Safety of the game
- Crew credibility

The following slides takes a deeper dive into these....



WHAT ARE THE PERSONAL FOULS?

SAFETY



- Crosscheck
- Illegal Body Check
- Checks involving Head/Neck
- Body check a Defenseless player
- Slashing
- Tripping
- Unnecessary Roughness

WHAT ARE THE PERSONAL FOULS

- SAFETY
- Some fouls happen in the natural course of the game
- Some fouls CAN be avoided and should be penalized severely



Instructor Notes

CROSSCHECK

- **Part of the crosse between the hands**
- **Thrusting**
- **Holding arms extended**
- **Look for separation and a DEFINITIVE thrusting motion**



CROSSCHECK

- A player may not check his opponent with his crosse in a crosse check position.
- A check with that part of the handle of the cross that is between the players hands, either by THRUSTING away from the body OR by holding it EXTENDED from the body.
- This rule has changed to allow PUSHING with the handle

DEMONSTRATION

- Have volunteers cross check, 1st show a regular 1-minute cross check foul, then show multi minute crosscheck to the head/neck area.
- This is very important to distinguish legal versus illegal



CROSSCHECK VIDEO



CROSSECHECK EXAMPLE

- 1,2 or 3 minute?
- Was this overly aggressive
- Was this targeting?
- Was it to the head?

This should be called as a 1-minute crosscheck



Instructor Notes

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**



ILLEGAL BODYCHECK

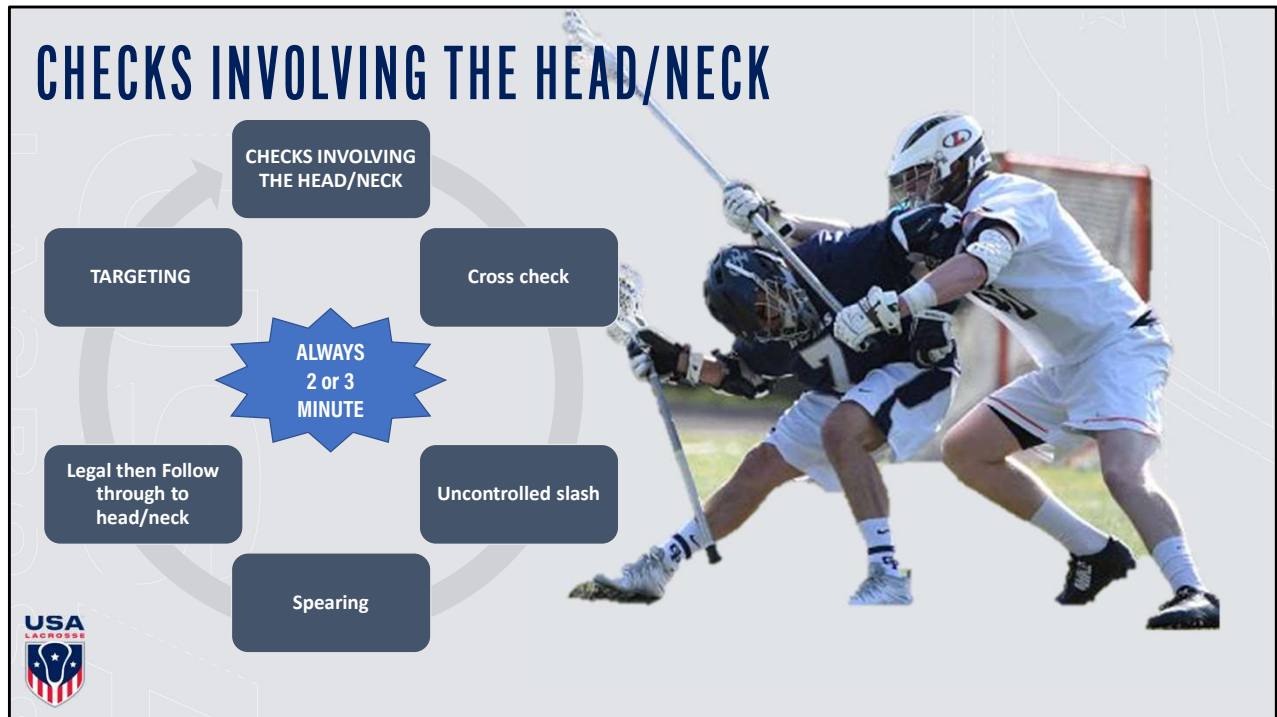
- Body checking an opponent who is not in possession of the ball OR within 5 yards of a loose ball.
- Body Checking an opponent from the rear or at or below the waist.
- Body checking of an opponent who has any part of his body other than his feet on the ground.
- Clarify the difference between this rule and the defenseless player rule.
- Penalty duration is usually 1 minute releasable, however could be more depending on the severity.

NOTE:

If a player who is about to be body checked turns his back, jumps or moves in such a manner to make what started to be a legal check appear illegal, no foul is committed by the player applying the body check.



Instructor Notes



CHECKS INVOLVING THE HEAD/NECK

- A player shall not initiate contact to an opponent's head or neck with a **CROSS-CHECK** or with any part of his body (head, elbow, shoulder, etc.).
- Any follow through that contacts the head or neck shall also be considered a violation of this rule.
- A player may not initiate an **EXCESSIVE**, violent or uncontrolled **SLASH** to the head/neck.
- A player, including an offensive player in possession of the ball, shall not block an opponent with his head or initiate contact with the head (known as **SPEARING**).
- A player shall not initiate a **BODY CHECK** legally that **SLIDES UP** into or follows through to an opponent's head or neck.

These are always 2 or 3 minutes, non releasable at the official's discretion. An excessively violent violation may result in an ejection.



CHECK TO HEAD/NECK AREA VIDEO



CHECK TO HEAD/NECK AREA EXAMPLE

Check to head/neck – easy call, right?

But what will you call?

- Does “driving” him into the ground matter?
- Does the fact that he heled him up matter?

This should be a 2-minute, NR, IBC to the head/neck area.

- Could be more if not his first offense in the game.



Instructor 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 “to the head”



DEFENSELESS PLAYER

- A player shall not body check a player in a **DEFENSELESS POSITION**.
- This includes but not limited to
 - Body checking a player from his “blind side”
 - Body checking a player who has his head down in an attempt to play a loose ball
 - Body checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check.
- **PENALTY**- These are ALWAYS 2 or 3 minutes, non releasable at the official’s discretion.
- An excessively violent violation may result in an ejection.



DEFENSELESS PLAYER VIDEO



DEFENSELESS PLAYER

- Body checking a player from his "blind side"
- Even the announcer got it
- We CANNOT miss these!!
- Could be targeting

What's the call? Ask someone to standup and show the signals.

This should be a 3m and ejection!



Instructor 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**



TARGETING

- A player shall not initiate **TARGETING** that intentionally takes aim at the **HEAD/NECK** of an opponent for the purposes of making violent contact
- This could include **SPEARING**
- These are usually "ANGRY" fouls
- Can almost always be predicted (not prevented) based on tone and temperature of the game



TARGETING VIDEO



TARGETING EXAMPLES

- What's the call?
- Should be targeting, 3m and ejection!



Instructor Notes

SLASHING

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

ACTIVITY ALERT
Pool Noodle Demo!



SLASHING

- Swinging a crosse at an opponents cross or body with deliberate viciousness or reckless abandon, regardless of whether the opponents cross or body is struck.
- Striking an opponent in an attempt to dislodge the ball from his cross UNLESS the player in possession, in an attempts to protect his cross, uses some part of his body other than his head or neck to ward off the thrust of the defensive players crosse and, as a result, the defensive players cross strikes some part of the attacking players body, other than the head or neck.
- Striking an opponent in any part of the body with the cross (including its end cap, except when done by a player in the act of passing, shooting, or attempting to scoop the ball.
- In all instances, the players gloved hand shall be considered part of the cross, except when in contact with a line marking.

Exercise

- Have 2 volunteers with swimming noodles to replace the stick shaft, to show legal actions and slashes.
- This is really key for new officials so you find that balance and don't over or under call the youth game.



SLASHING VIDEO



SLASHING

Everyday Slash by Defenseman

- Easy call to make
- Right in front of the official
- Should learn to expect these as attackman come to GLE and defender gets desperate



SLASHING VIDEO



SLASHING

Trail Slash by Attackman

- This is a CONTROL call you cannot ignore
- Was it bad, NO!
- Could it start a problem, YES!
- These are the calls that help you maintain control of a game



Instructor Notes

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"?



TRIPPING

- A player shall not trip an opponent with any part of his body or his cross.
- Tripping is obstructing an opponent at or below the waist with the cross, hands, arms, feet or legs by any **POSITIVE PRIMARY ACTION** if the obstructing player is on his feet or by any secondary action when the obstructing player is not on his feet.
- Tripping is obvious when it happens, although the actual cause may NOT be.
- Being at the right angle to see the players is key to getting this one right.
- When a player **LEGALLY** checks the cross of an opponent and the result is to cause the opponent to trip over his own crosse, no foul is committed.



TRIPPING VIDEO



Tripping

- These can be tough...why?
- Because we are never really sure HOW the player went down?
- Was it the feet, the stick or on his own?
- The bottom line is the player went down with help
- He would not have gone down on his own.



Instructor Notes

UNNECESSARY ROUGHNESS

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



1. An excessively violent infraction of the rules against holding and pushing.
2. Deliberate and excessive violent contact made by a defensive player against an offensive player who has established a screening position, aka "running through a pick".
3. It is not a penalty if the defensive player, while playing his opponent unknowingly collides into a legal pick.
4. Any avoidable act on behalf of a player that is deliberate and excessively violent, whether it be with the body or crosse. This may include a legal body check.
5. A check delivered with the gloved hand or hands may not be delivered with a punching blow.



UNNECESSARY ROUGHNESS - LATE HIT VIDEO

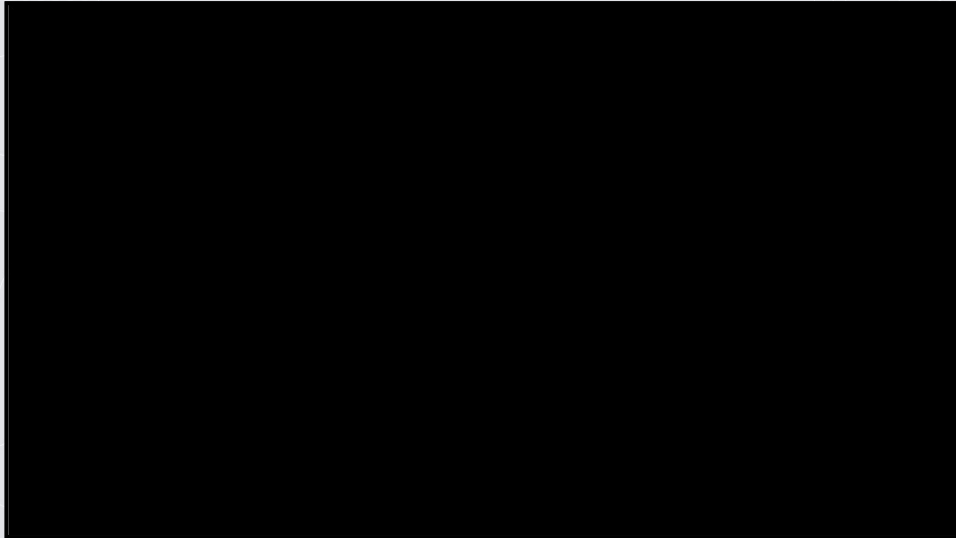


UNNECESSARY ROUGHNESS - LATE HIT

- This is the most common UNR
- Trail always has the shooter as should be looking for this
- Could the defender have stopped?
- Was he making a point?
- What else do you call?
- Make this call! OR REGRET IT LATER!



UNNECESSARY ROUGHNESS - RUNNING THROUGH A PICK



UNNECESSARY ROUGHNESS - RUNNING THROUGH A PICK

- This is one of the less common UNR calls and it can surprise us.
- Don't look past the pick before it happens
- Its also tough because you **MUST** judge intent
- Look for the extension of the arms
- Look for the head turn to see the picker
- Make this call!



Instructor Notes

ILLEGAL CONDUCT

• Unsportsmanlike Conduct

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

• Fighting

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



ILLEGAL CONDUCT

No player, substitute, non-playing member of a squad coach or anyone officially connected with a team shall:

- Enter into an argument with an official as to any decision
- Use threatening, profane or obscene language or gestures
- Bait or call undue attention to oneself
- Any other act considered unsportsmanlike
- Deliberately use his hands to play the ball or grab an opponents crosse with the open hand or fingers on a face off.

Items above are 1-3 min non-releasable penalties in all cases.

RELEASABLE 1-3 min USC penalties include:

- Throwing a crosse at the ball, a player or game personnel
- A coach who is on the field and obstructs play
- Repeatedly commit the same technical foul (*jumping on a faceoff purposely to go shutoff and go 1v1*)
- As a player deliberately fail to return immediately to the field after leaving the field while legally in the game
- As a substitute, deliberately fail to comply with the rules for entering the field of play.



Instructor Notes

COACH BEHAVIOR

The infographic consists of five dark blue rectangular boxes arranged horizontally. Each box contains a circular image at the top and text below it. From left to right: 1. A wooden ladder icon with the text 'Use the Ladder!!'. 2. A photo of a coach pointing at a referee with the text 'Do not Ignore the Head Coach'. 3. A photo of a coach talking to a player with the text 'Answer a question, not a statement'. 4. A photo of a referee with the text '“Coach... it’s over”'. 5. A photo of two men talking with the text 'Be honest'. A large, light gray double-headed arrow is positioned below the five boxes, spanning their entire width.

Use the Ladder!!

Do not Ignore the Head Coach

Answer a question, not a statement

“Coach... it’s over”

Be honest

COACH BEHAVIOR

- Allow the Coach to express his feelings and ask a question.
- ANSWER IT!, but be brief and factual when answering questions.
- Be careful to not reply to a statement.

USE THE LADDER IF NEEDED

- Conduct foul, take away the ball.
- Conduct fouls while the opponent has possession, 30 seconds served by the In-home player.
- Unsportsmanlike Conduct, 1 minute non-releasable.
- A second USC is an ejection of the coach, BUT, only a 1-minute penalty to be served by the in-home



Instructor Notes

PLAYER BEHAVIOR

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

Class
Discussion
Questions



PLAYER BEHAVIOR

- YOU set the tone for this early
- What you allow, will CONTINUE
- What you stop, will STOP!

CLASS DISCUSSION

- Trash-talk - What is OK? What is not? What are YOUR triggers?
- Racial slur - How do you handle? This is a tough one!
- Comments to Officials - What is your "line in the sand"? Should it be the same for all?



Instructor Notes

TEAM BEHAVIOR



**CAPTAINS CAN HELP
DEFUSE SITUATIONS**

**ALL WARNINGS ARE
TEAM WARNINGS**



TEAM BEHAVIOR

- When the behavior issues are wide-spread and non-specific, use the captains!
 - Individual discussions
 - BOTH team's captains and relay the message
- When the behavior is beyond the captains (such as fans, sideline, etc.) and involves BOTH teams, bring the coaches together
 - Discuss issues and what needs to change
 - No discussion or blaming
 - Consider the Game Manager if this has spilled into the fans



Instructor Notes

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



OTHER PERSONAL FOULS

- Gloves – How do we handle small holes versus palms cut out?
- What if he “swats” the ball during a faceoff?

DISCUSSION QUESTION:

- What’s the signal for illegal touch?



Instructor Notes

PENALTY ENFORCEMENT



1, 2 OR 3 MINUTES



AFTER END IF PERIODS



RELEASABLE/ NON-RELEASABLE



FOULING OUT



EJECTIONS



PENALTY ENFORCEMENT

SEVERITY MATTERS:

1, 2 or 3 Minutes depending on the rule and official's judgement of the severity and perceived intent of the personal foul.

General Guide:

- 1 Minute, releasable, for fouls occurring during the normal course of play, These may include non-releasable unsportsmanlike conduct.
- 2 or 3 Minutes, possible non releasable, for flagrant or excessive unnecessary roughness or unsportsmanlike conduct.
- 3 Minutes, non-releasable and possible ejection, for flagrant unsportsmanlike conduct or intentionally targeting; and fighting is an automatic ejection.
- 5 minutes of personal fouls disqualifies the player different than ejection.
- Ejection fouls for deliberately striking or attempting to strike anyone, or leaving the bench are during an altercation; a SECOND USC foul or any action deemed by the officials to be flagrant misconduct.

DISCUSSION QUESTION:

- What does FLAGRANT actually mean on the field?



USA LACROSSE

- Discuss various examples



Instructor Notes

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.



PREVENTING PERSONAL FOULS

Discussion Questions

- Should we talk to players during the game?
- Can we talk the off the "ledge"?
- Can we PREVENTATIVELY OFFICIATE?
- What does that mean?
- Give examples
- When is it too much? When are we coaching?



BE AWARE OF “FLASH POINTS”

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



FLASH POINTS

Discussion Questions

- Why are we surprised by these?
- Do we know the game of lacrosse or are new to it?
- Study the game by watching film
- Learn to EXPECT the UNEXPECTED and be surprised when it does NOT happen!



Instructor 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!**



SITUATIONAL AWARENESS

Discussion Questions

- Describe a time when you felt things change
- What led to the shift?
- How did you handle?
- What could you do better?



Instructor Notes

YOU MAKE THE CALL - 1



You need to be connected to the internet for these to play...

SLASHING



Instructor Notes

YOU MAKE THE CALL - 2



You need to be connected to the internet for these to play...

Legal Body Check



Instructor Notes

YOU MAKE THE CALL - 3



You need to be connected to the internet for these to play...

TARGETING



Instructor Notes

YOU MAKE THE CALL - 4



You need to be connected to the internet for these to play...

TRIPPING



Instructor Notes

YOU MAKE THE CALL - 5



You need to be connected to the internet for these to play...

CHECK TO THE HEAD & NECK AREA



Instructor Notes

YOU MAKE THE CALL - 6



This is the last one! Kahoot is next!

You need to be connected to the internet for these to play...

ILLEGAL BODY CHECK



Instructor Notes

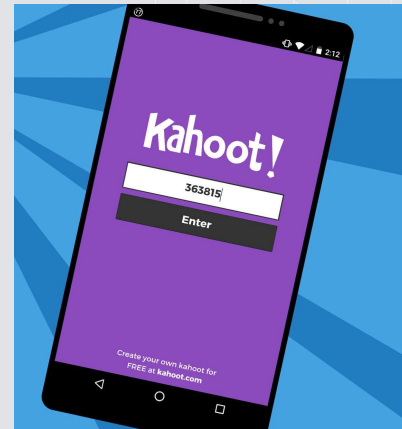
KAHOOT!

GAME-STYLE LEARNING

Kahoot! is a digital learning platform that uses quiz-style games to help students learn by making the information engaging in a fun way.

As one of the biggest names in quiz-based learning, it's impressive that Kahoot! still offers a free-to-use platform, which makes it highly accessible for teachers and students alike. It's also a helpful tool for a hybrid class that uses both digital and classroom-based learning.

The cloud-based service will work on most devices via a web browser. That means this is accessible for students in class or at home using laptops, tablets and smartphones.



KAHOOT (You need to be connected to the internet to Play Kahoot!)

- Practice this before the class starts
- Open the link and have it sitting in a browser window waiting
- No app or login is required



Instructor Notes

KAHOOT INSTRUCTIONS

PLAYERS

- On your smartphone, tablet or laptop, go to www.kahoot.it
- Wait for the instructor to give you the **Game Pin**
- Enter your first name and last initial **ONLY**

INSTRUCTORS

- A Kahoot account can keep track of results, otherwise, you can play without an account
- <https://create.kahoot.it/auth/login>
- Create a free BASIC account (up to 50 users) or paid PRO account (up to 100 users)
- Click on the link below
- Game will open in an internet browser window



[USA Lacrosse Officials Development Program -
PERSONAL FOULS : RULE 5](#)



You need to be connected to the internet to Play Kahoot!



USA LACROSSE

Instructor Notes

THANK YOU TO THE MEMBERS OF THE
2023 MENS OFFICIAL'S EDUCATION
DEVELOPMENT TEAM



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