



USA LACROSSE

Instructor Notes

MENS TWO-PERSON MECHANICS

USATM
LACROSSE



OFFICIALS EDUCATION , 2025



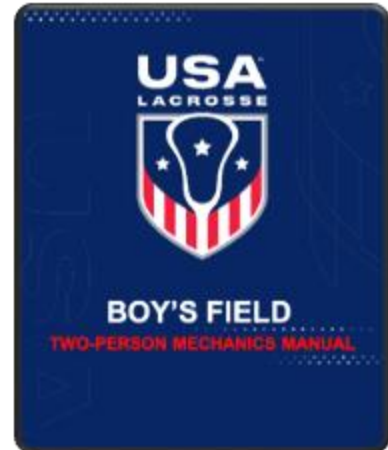
WHAT ARE MECHANICS?

OUR GUIDING PRINCIPALS

- Me·chan·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



WHAT ARE MECHANICS?

- Mechanics are simply the way we move on the field
- It's a team effort
- The goal is clarity for all involved to understand our actions and communications



THE MISSION OF OUR MECHANICS



THE MISSION OF OUR MECHANICS

Mechanics put officials in the best position to make the necessary calls to keep the game **safe** and **fair** by using methods that are easily applied in a consistent manner.

- **Position** – The best spot to be in for most game situations. Hustling to your next spot is one of the best ways to show the clinicians that you are focused on the game and giving your maximum effort.
- **Consistency** – Endeavor to make the same calls on each half of the field from the first whistle till the last. Communication with your partner is essential to crew consistency for an entire game.
- **Fairness** – Your technical foul knowledge and game awareness factor heavily in a fair game. Address issues that unfairly give a team an advantage.
- **Safety** – Priority number one for all officials in every game. Make the necessary safety calls when you see them.



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 ?



WHY CLEAR MECHANICS ARE IMPORTANT

- Mechanics are officials' main form of communication to:
 - Players
 - Coaches
 - Fans.
- We need to be clear, concise and consistent.
- When officials use clear, concise and consistent mechanics coaches know what is happening and is one less thing they will get uneasy about.
- Communication is your first line of defense.



Instructor Notes

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?



KEY CONSIDERATIONS

- Your success will be determined by understanding what you bring to the table
 - Are you in shape?
 - Are you older or younger?
 - Are you a good communicator?



Instructor Notes

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?



POSITIONING

- Ball Location – This will determine how close you are to the play, the crease or the midline
- On and Off Ball – When do we transition from "on-ball" to "off-ball"?
- Anticipation – Over and back, shots
- Partner – Does my trail have eyes on the goal if I go to the endline as Lead?
- Vision – Am I "inside" of the play getting "light-housed" or am I "yo-yo-ing" in and out as needed?



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



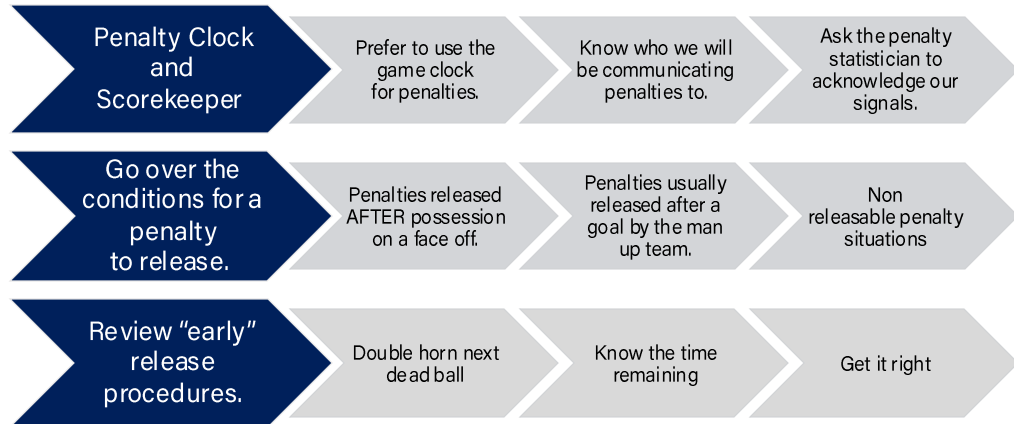
PRE-GAME MECHANICS

- You establish your credibility when you take care of your pre-game duties
- Your interactions with the various game stakeholders will determine your level of success during the game
- Don't minimize this part of the game



Instructor Notes

PREPARATION WITH TABLE STAFF



PREPARATION WITH TABLE

- The home team must provide the official timer and the official scorekeeper.
 - Identify who will perform each role.
 - Do they have experience?
 - If they are inexperienced go over their roles and responsibilities
- Use the game clock for releasing penalties.
- What to do if there is a problem:
 - Note who has the ball, where the ball is, and what the problem is
 - Sound a double horn at the next dead ball



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- The Head Referee will come to the table to sort out the problem while the Umpire keeps his eyes on the field.



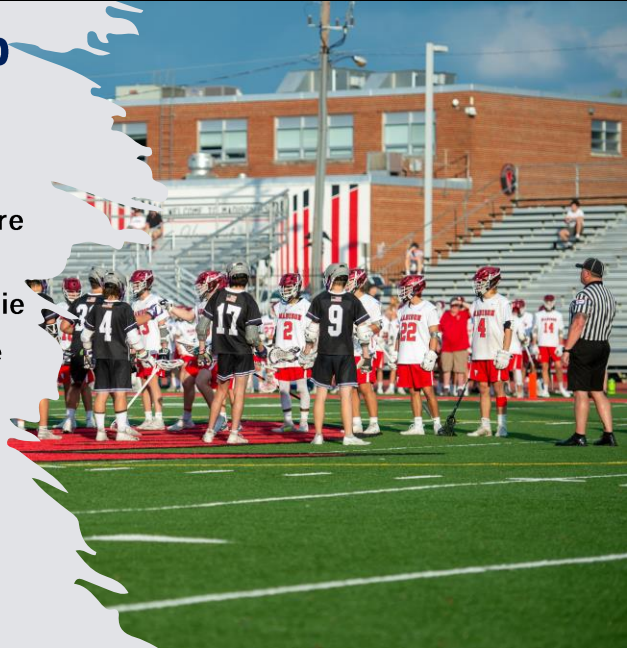
Instructor Notes

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



PLAYER PREGAME LINE UP

- Referee has the game ball and stands at midfield across from the Umpire & Field Judge
- Teams line up with their left shoulder to the goal they are defending.
- The Referees should escort or guide the players to their line up positions avoiding teams from crossing through one another.
- The Head referee introduces the Officials to the players and possibly a brief comment about sportsmanship and wishes all a good game.
- R tells the goalkeepers to cross and shake hands, and then the same for the rest.
- R becomes the faceoff official.
- The Umpire becomes the helper/left official, placing one arm in the air until the field is set.
- The Field Judge becomes the Right official

Note: The line up is not the time to check player equipment. Make yourself available before the game for equipment checks



Instructor Notes

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



PLAYER PREGAME MESSAGING

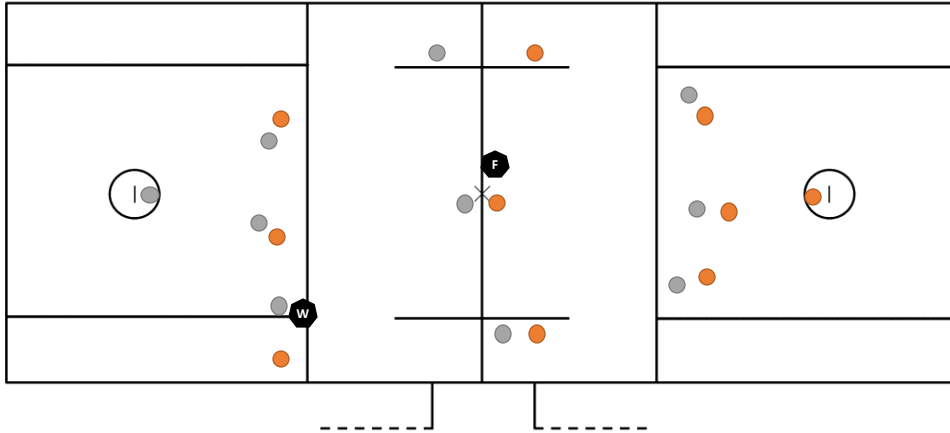
- This is unique to every Referee
- Style is a key element
- Establish your own style and practice your message



Instructor Notes

PRE-FACEOFF

WING OFFICIAL RUNNING LEFT



PRE-FACEOFF

- Count players to make sure you have the correct number including those in penalty area
- Check wings for shenanigans prior to faceoff
- Make visual contact with all partners
- Watch for “gamesmanship” with FO players
- Make “small talk” and get the FO players on your team
- For many FOGOs, they only care about this part of the game



Instructor Notes

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.



FACE OFF OFFICIAL'S RESPONSIBILITIES

- Control your environment
- Stand over ball until you get the "ready" signal from your partner
- Set the standard from the first faceoff



Instructor Notes

FACEOFF OFFICIAL'S MECHANICS

PLAYER AND STICK POSITIONING



FACEOFF OFFICIAL'S MECHANICS

- Each officials has their own style
- Some like to be close when blowing the whistle
- Some like to be further away
- KNOW where the wingmen are on far side



FACEOFF WING OFFICIAL'S RESPONSIBILITIES

Responsible for watching wings and all other players

Aware of players lined up next to each other for possible interference violations

Keeps all other players behind the restraining line

Watches for early release from restraining line

Locks players behind restraining line on violations



FACEOFF WING OFFICIAL'S RESPONSIBILITIES

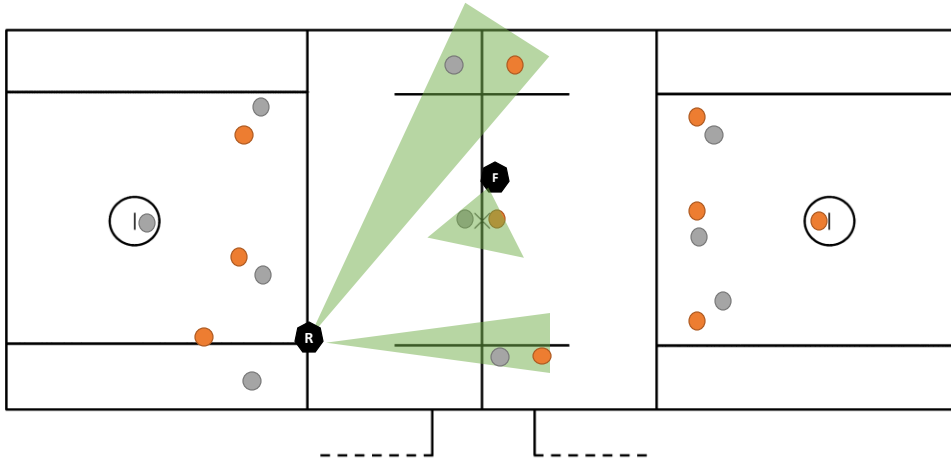
- Responsible for watching the wings and all other players on the field.
- Pay special attention to players lined up next to each other for possible interference violations
- Makes sure all other players are behind the restraining line
- Watches for early release from restraining line
- Locks players behind the restraining line on Violations



Instructor Notes

FACEOFF WHISTLE

WING RUNNING LEFT



FACEOFF WHISTLE – Wing Running Left

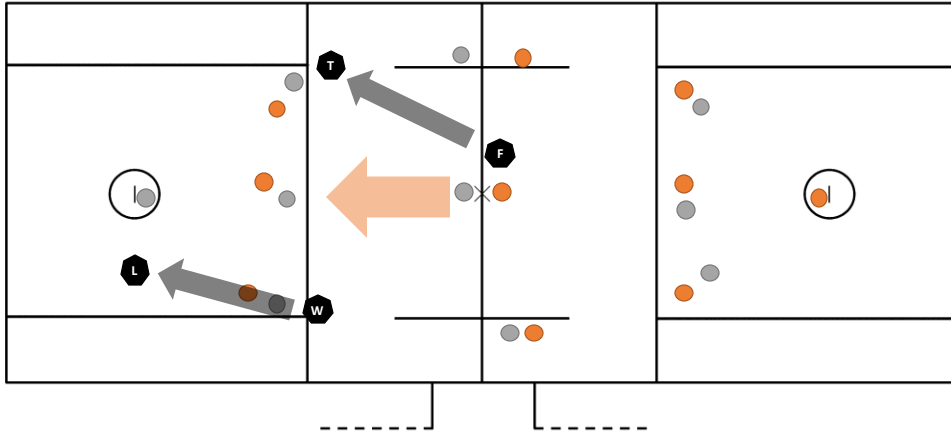
- What are we focused on at the whistle?



Instructor Notes

FACEOFF- BALL GOES LEFT

ANIMATED



FACEOFF- BALL GOES LEFT

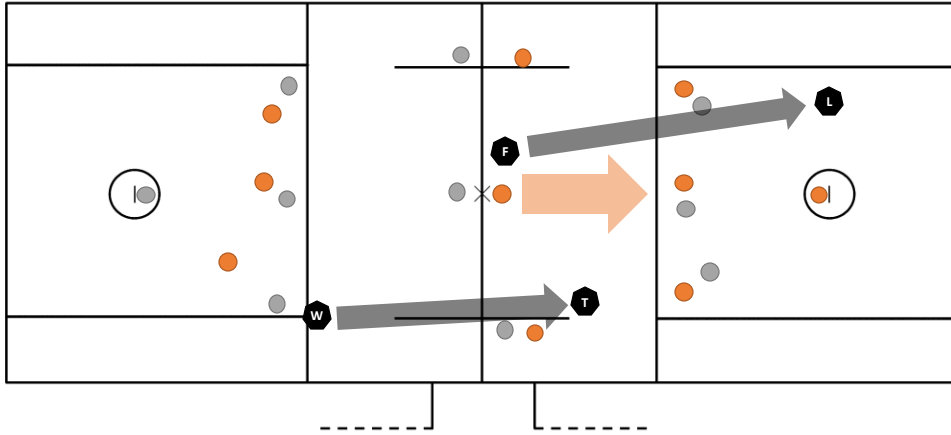
- Discuss proper mechanics



Instructor Notes

FACEOFF- BALL GOES RIGHT

ANIMATED



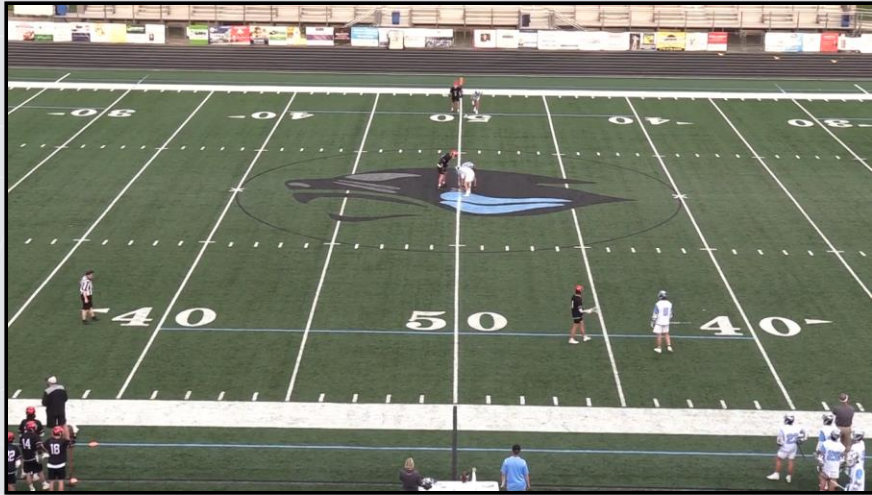
FACEOFF- BALL GOES LEFT

- Discuss proper mechanics



FACEOFF VIDEO - BALL GOES LEFT

WING RUNNING LEFT



FACEOFF- BALL GOES LEFT

- Video Example



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



FACEOFF VIOLATIONS

- Pre-whistle
 - Wing violations
- Post-whistle
 - When is the faceoff over and the foul is NOT a faceoff violation?
 - Consider saying “ball is loose” or “faceoff over”



VIOLATION & RESTART

PRE-WHISTLE VIOLATION



VIOLATION & RESTART

- Video Example
- Who ever is Trail has restart



Instructor Notes

VIOLATION & RESTART

PRE-WHISTLE VIOLATION



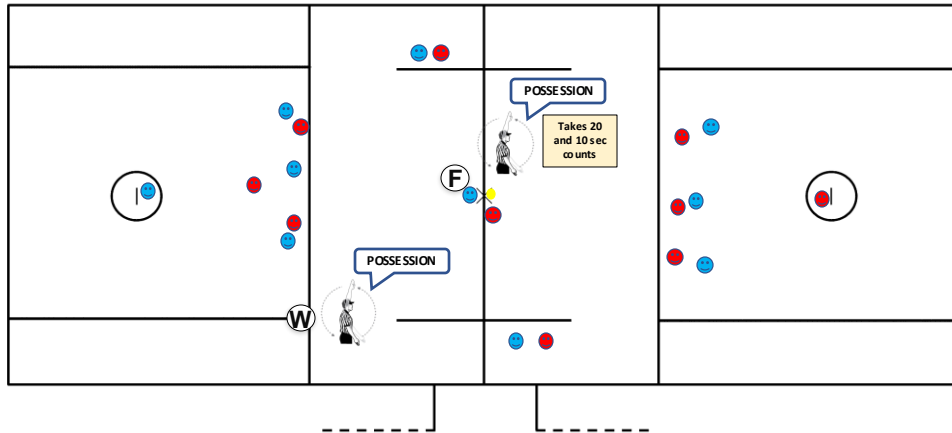
VIOLATION & RESTART

- Video Example
- Old FO Mechanic
- FO official has violation, gives signal and moves to get into position.
- Trail official restarts play



Instructor Notes

FACEOFF POSSESSION & PLAY



FACEOFF POSSESSION & PLAY

- When a player gains possession of the ball and make a lacrosse move (don't blow this too early)
 - the ON official first will wind his arm backward and yell "Possession!"
 - The other officials will echo his partner's call by winding their arms backward and yell "Possession!"
- Once possession is established, the trail takes further 10-counts
- If a loose ball crosses the restraining line the official closest will wind his arm backwards and yell "Play" with other officials echoing the call and signal.



Instructor Notes

PRIMARY RESPONSIBILITIES

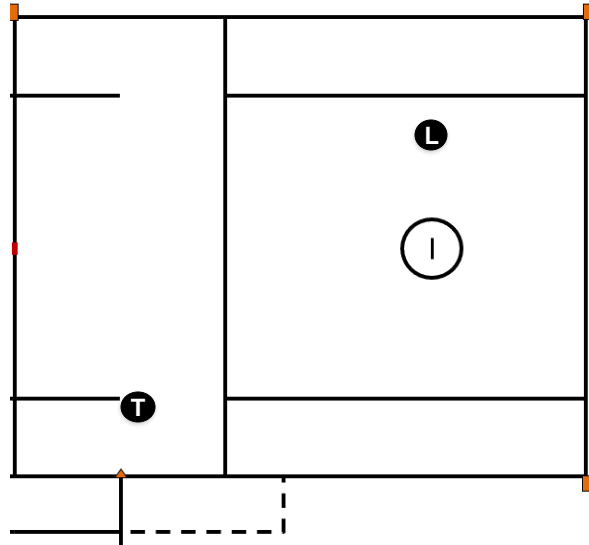
SETTLED PLAY

• 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



Lead Official:

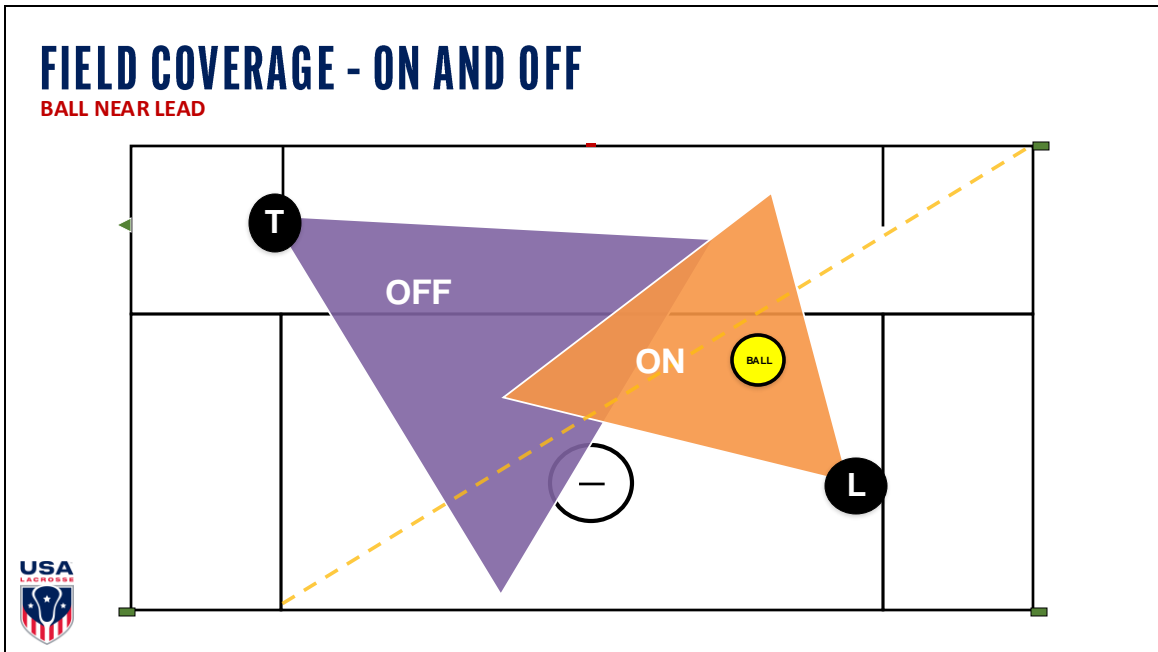
- Goal is primary responsibility
- Roughly one step above or below GLE and covers the end line on contested plays

Trail Official:

- Primary responsibility is the action in front of the crease
- Also watches for late hits after a shot
- Watches the shooter for late hits after a shot
- Watches the high crease area
- Watches for contested substitutions
- Covers the far goal on a long outlet pass
- Positioned near end of wingline
- Responsible for first 10-count crossing midfield in transition



Instructor Notes



FIELD COVERAGE – ON AND OFF BALL NEAR LEAD

“ON” Official: Has a narrow focus that is on the player in possession and surrounding 5 yards. Watches for fouls like pushing, holding, tripping, illegal body checks, unnecessary roughness, slashing, and warding.

“OFF” Official: Has a wider view of the play because off ball involves more players in a larger area. Watches for fouls like interference, illegal offensive screens, crease violations (cutters running through the crease), and late hits after passes.

Both Officials: The officials move as if they are connected on a string. As one moves out, the other moves in.

Note: The pre-game should be clear on how On/Off calls are communicated, especially in the transition area between officials. Typically, if a player is running towards you then you are about to be the On Official.

“Cut down the distance between your present location and the place where



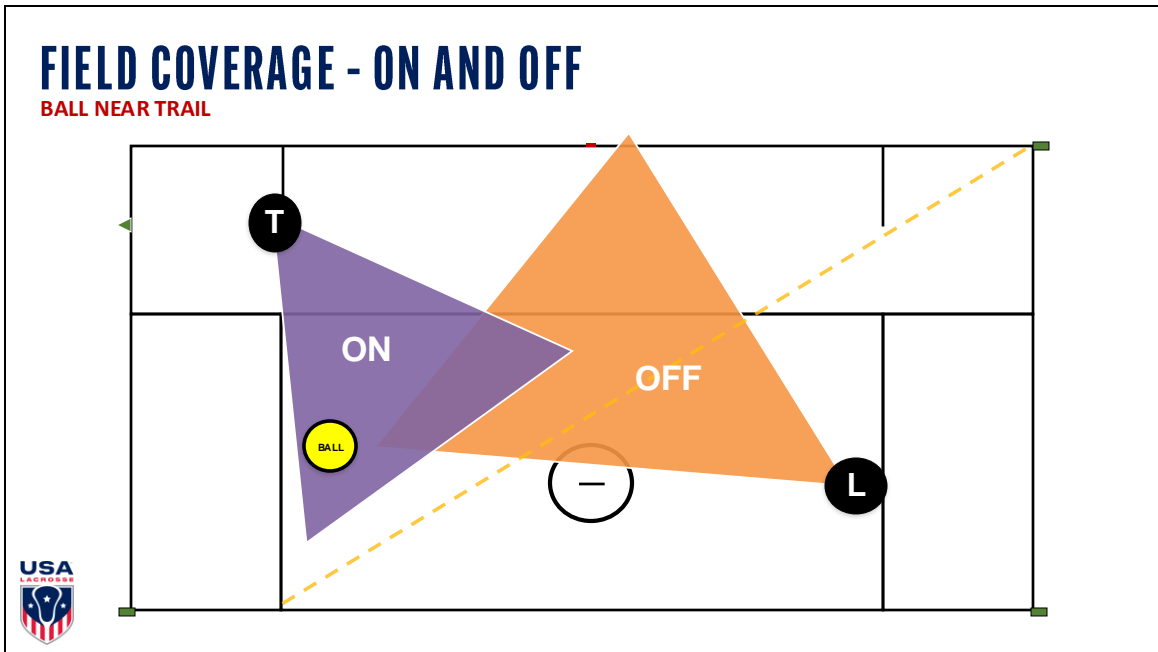
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impending action may take place. Aside from always trying to get as close to the crease as possible at any time, situations where a midfielder is barreling down the lane towards goal, or when attacker bobs and weaves through the thicket of defensemen to get between them and the crease, are exactly the times when the Lead should break out his John Deere and mow that lawn between him and the net.”

– John Bistowski, LAREDO Clinician



Instructor Notes



FIELD COVERAGE – ON AND OFF BALL NEAR TRAIL

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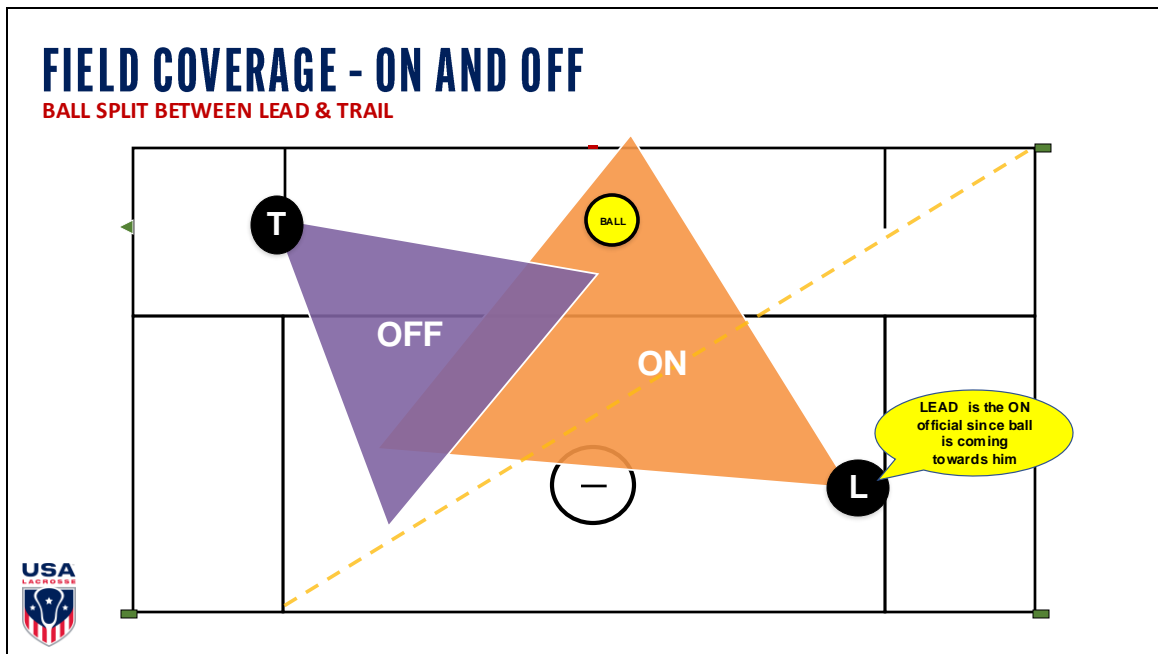
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– John Bistowski, LAREDO Clinician



Instructor Notes



FIELD COVERAGE – ON AND OFF BALL SPLIT BETWEEN LEAD & TRAIL

“ON” Official: Has a narrow focus that is on the player in possession and surrounding 5 yards. Watches for fouls like pushing, holding, tripping, illegal body checks, unnecessary roughness, slashing, and warding.

“OFF” Official: Has a wider view of the play because off ball involves more players in a larger area. Watches for fouls like interference, illegal offensive screens, crease violations (cutters running through the crease), and late hits after passes.

Both Officials: The officials move as if they are connected on a string. As one moves out, the other moves in.

Note: The pre-game should be clear on how On/Off calls are communicated, especially in the transition area between officials. Typically, if a player is running towards you then you are about to be the On Official.

“Cut down the distance between your present location and the place where



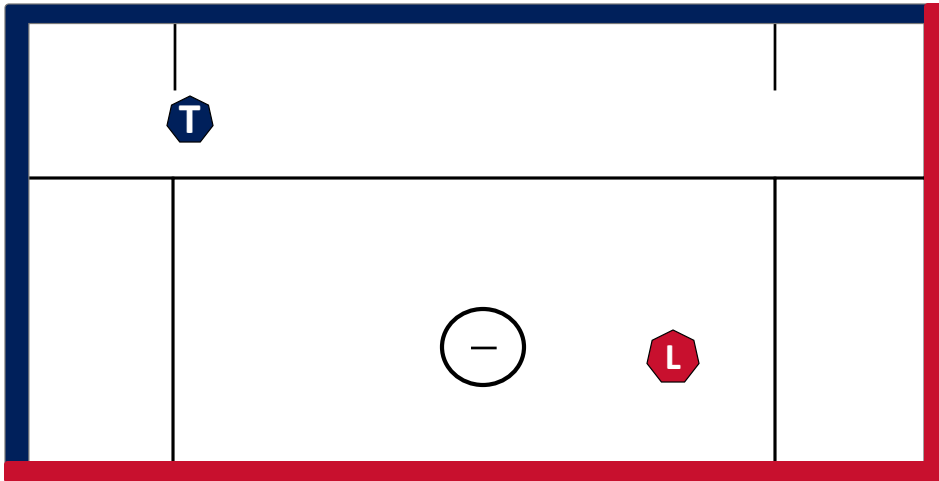
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LINE RESPONSIBILITIES



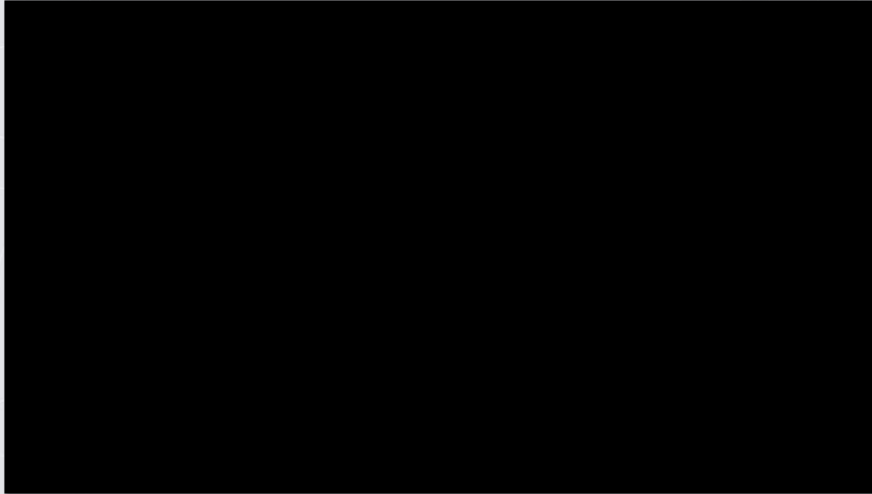
LINE RESPONSIBILITIES

- Out of bounds
- Some restarts



SETTLED SITUATIONS

VIDEO LESSON – 11-MINUTES



SETTLED SITUATIONS (Note: This video was made using previous mechanic of Running Right. Same Principles apply regarding On and Off official just positions would be flipped on the field for updated mechanic of Running Left)

ON Official

- The **“On”** official is generally responsible for calling fouls committed against the player in possession
- He also calls offensive fouls such as warding and withholding the ball from play.
- The **“On”** official usually has a narrow focus on the player with possession and the surrounding 5 yards.

OFF Official(s)

- The OFF official without ball coverage is focusing attention on the area in front of the crease and on cutters.
- The **“Off”** official is generally looking for fouls such as late hits, illegal offensive screens, interference, and crease violations, which tend to occur away from the ball.
- All officials must pay constant attention to their positioning.
- They should keep their eyes on the field & avoid turning their backs to the goal and



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the play.

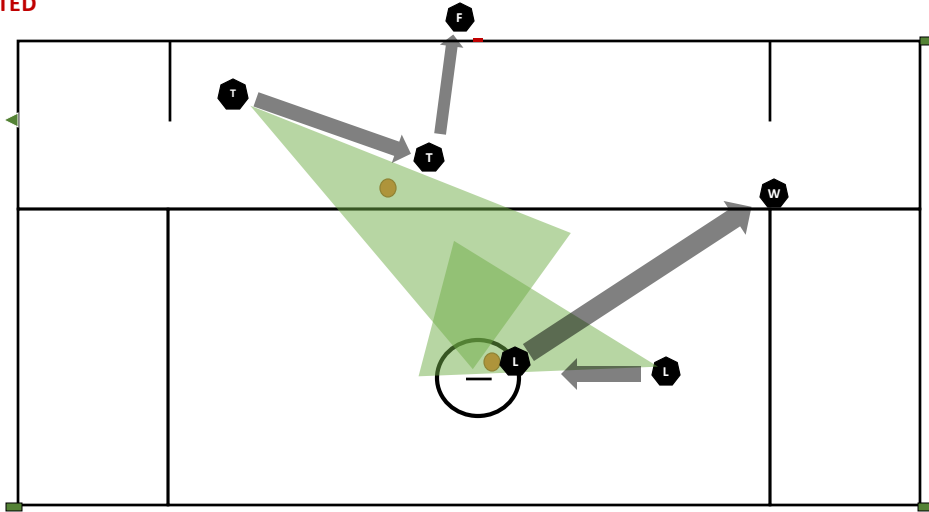
- If there is any doubt who is the ON or OFF official, communicate verbally or by pointing.



Instructor Notes

GOAL SCORED & ENSUING FACEOFF

ANIMATED

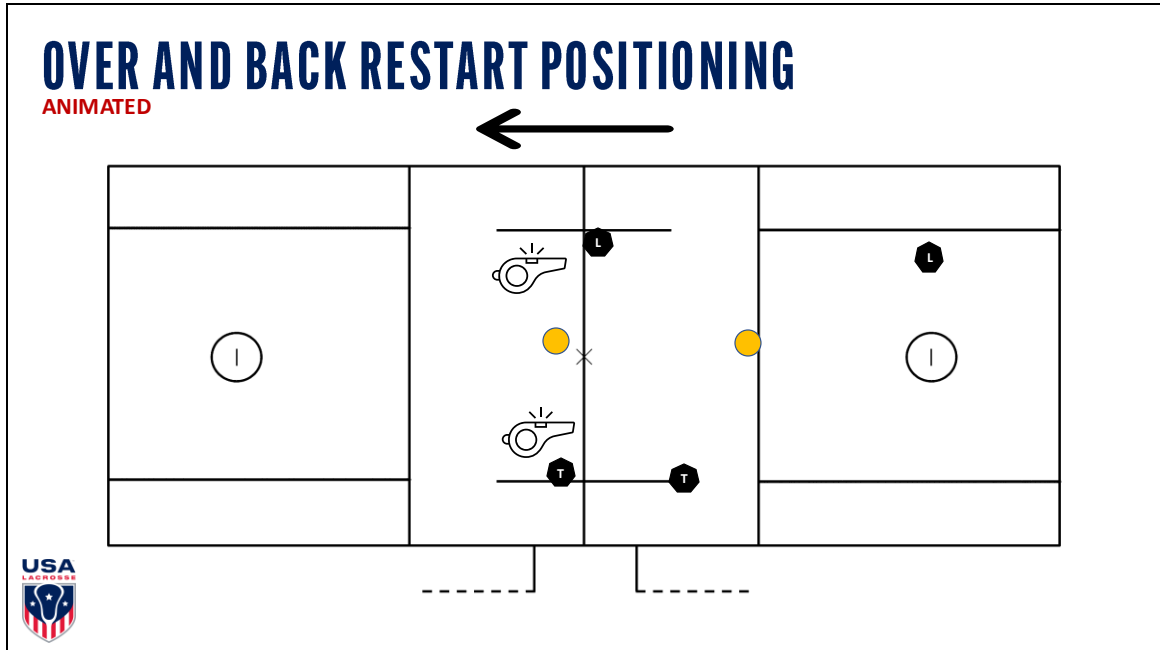


GOAL SCORED & ENSUING FACEOFF

- Animated proper procedure for goal scored coverage and faceoff



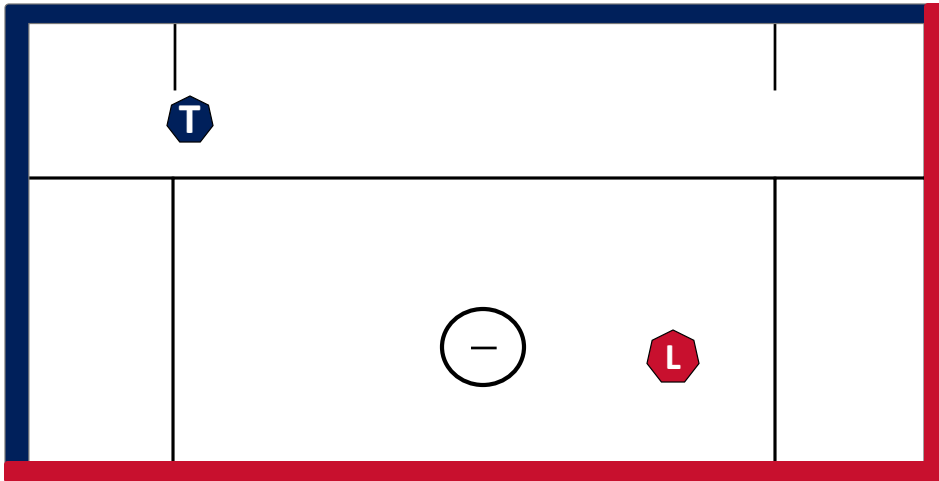
Instructor Notes

**OVER AND BACK RESTART POSITIONING**

- Trail whistles the play dead, then takes off as new lead for the GLE
- New Trail restarts play when player is ready at midfield



SETTLED PLAY - WHO IS RESTARTING?



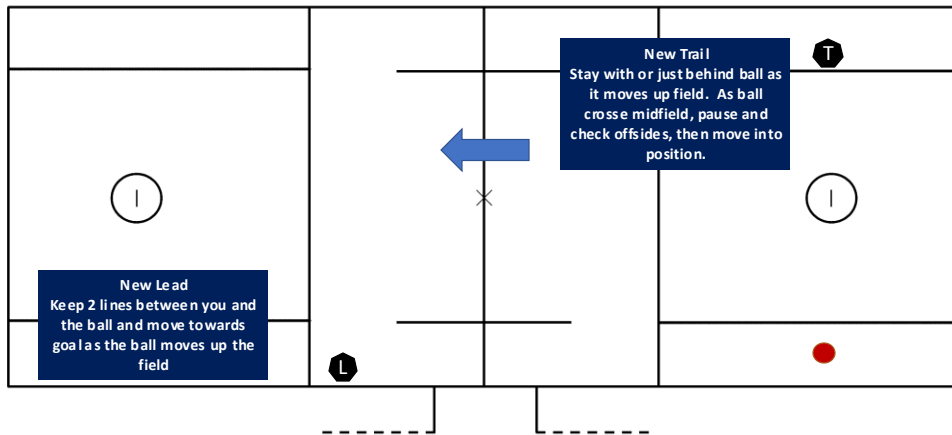
SETTLED PLAY – WHO IS RESTARTING?

- Which line was crossed?
- Where is everyone going?
- Walk through these scenarios



Instructor Notes

DEEP RESTARTS ACROSS FIELD



DEEP RESTARTS ACROSS THE FIELD

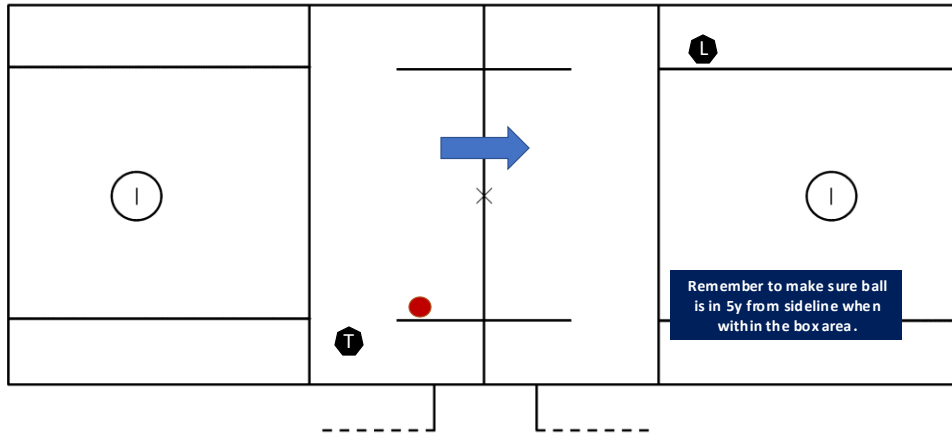
- Discuss ready relay from Trail to New Lead
- Discuss signaling for new lead to let trail know when player is on field
- Discuss “Double Line” concept



Instructor Notes

RESTARTS AT SUBSTITUTION BOX

BALL ON DEFENSIVE SIDE



RESTARTS AT SUBSTITUTION BOX

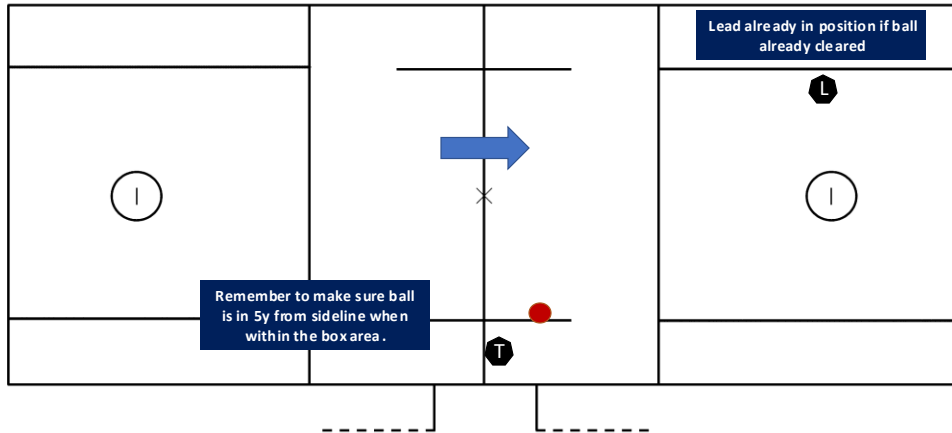
- **BALL ON DEFENSIVE SIDE**
- **2 Lines apart concept**



Instructor Notes

RESTARTS AT SUBSTITUTION BOX

BALL ON OFFENSIVE SIDE



RESTARTS AT SUBSTITUTION BOX

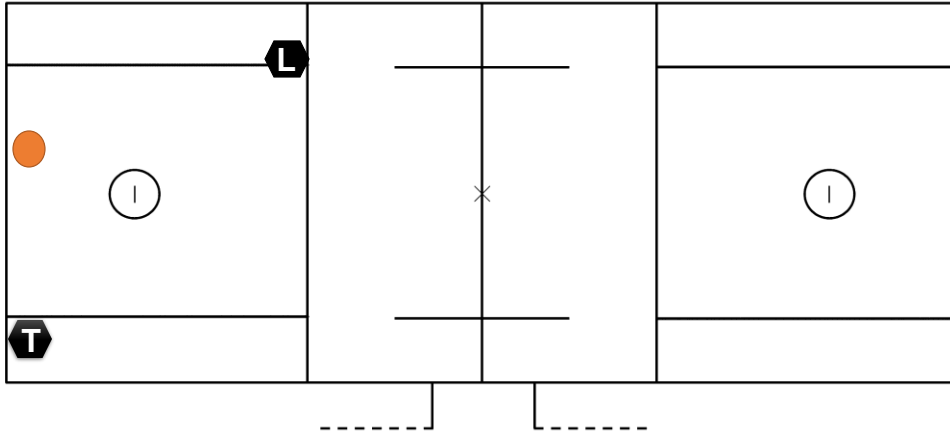
- BALL ON OFFENSIVE SIDE
- Lead already GLE



Instructor Notes

ENDLINE RESTART AFTER SHOT

BALL TO DEFENSE - ANIMATED



ENDLINE RESTART AFTER SHOT

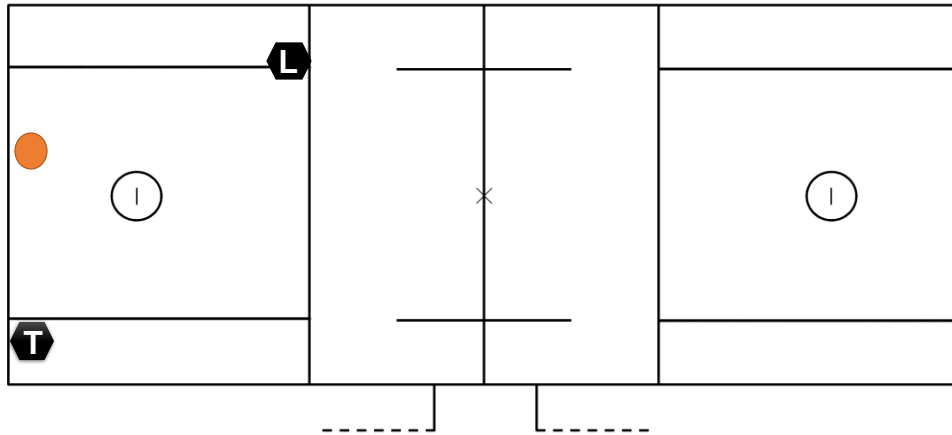
- New Lead hustles to midfield and then to far restraining line
- New Trail blows whistle as soon as player is ready (do not wait for partners)



Instructor Notes

FASTBREAK TO OPPOSITE END

BALL TO DEFENSE - ANIMATED



FASTBREAK TO OPPOSITE END

New Lead Official:

- Sprint to cover your goal. Allow your partner to pick up the offside
- Has the 10-second count when ball crosses midfield

Note: You may need to keep your eyes on the shooter if your Trail official is not yet in position.

New Trail Official:

- Has the 4-second crease count and 20-second clearing count
- Make sure all additional action has ceased and then hustle to your position
- Count forward when determining offside

Note: Do not leave your partner hanging. Hustle to your next position and tell your partner. It is a one-person game during a fast break until the Trail gets into position.



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"



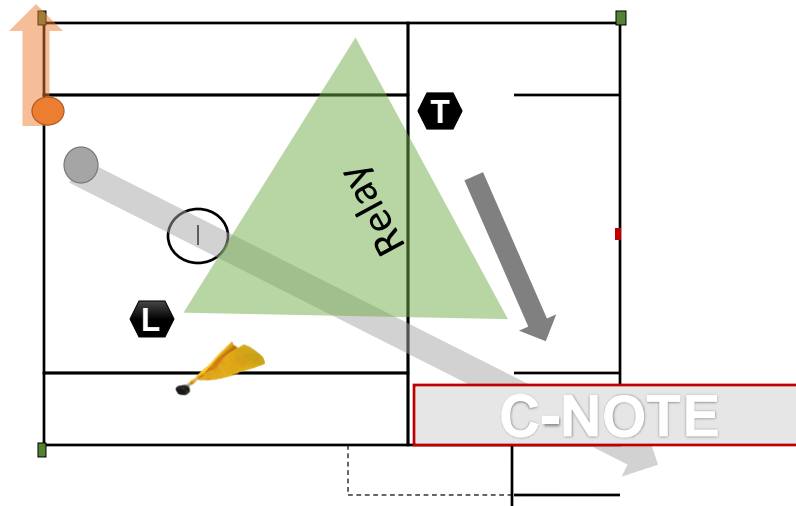
PENALTY RELAYS

- Discussion about relay to partners, then table
- Practice with the class



PENALTY RELAYS

ANIMATED



PENALTY RELAYS

- Animated replay
- Discuss getting field ready while penalty is reported



Instructor Notes

PENALTY RELAYS

VIDEO SAMPLES



PENALTY RELAYS

- Watch Videos
- 1 Click for each after each is done
- Have participants practice



Instructor 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



CORRECTING MISTAKES BY OFFICIALS

- You WILL make mistakes, we ALL do
- Acknowledge the mistake (pointing the wrong direction, error in penalty enforcement)
- Allow both coaches an opportunity to understand what the correct call
- Allow the teams to have the correct players on the field for the situation
- Only restart play when both coaches acknowledge they have the correct players on the field for the situation and let everyone know where play will be starting.



Instructor Notes

END OF GAME

Have end of game exit strategy.

Sign the scorebook.

Your job ends when we leave the immediate playing facility.

Leave the field together.

Acknowledging the coaches is ok.



END OF GAME

- Game management
- It's recommended to have an end of game exit strategy.
- Some areas require an official to sign the scorebook.
- The official's responsibilities end when we leave the immediate playing facility, NFHS Rule 2, Sect. 6, Art.1.
- The bench side official can approve the score and pick up any gear from the table area then meet the far side official to professionally exit the playing field.
- Acknowledging the coaches with a wave is ok. It is not required to shake hands with coaches or players.



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 - TWO PERSON MECHANICS](#)



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



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Instructor Notes

THANK YOU TO THE MEMBERS OF THE
2024 MENS OFFICIAL'S EDUCATION
DEVELOPMENT TEAM



USALacrosse.com

**THANK YOU TO THE MEMBERS OF THE
2024 MENS OFFICIAL'S EDUCATION DEVELOPMENT TEAM**