



Student Notes

**OFFICIALS
EDUCATION**



**USA
LACROSSE**

RULE 4-PART 1: FLOW OF THE GAME

MEN'S OFFICIALS DEVELOPMENT | 2025 SEASON

RULE 4 OVERVIEW

A LOT TO COVER



- Rule 4 is very comprehensive and covers a large amount of information
- The best way to learn is simply to study the rulebook and watch games
- We are going to break this down for you
- This presentation will focus on FLOW OF THE GAME
- How to keep the game moving!




FLOW OF THE GAME

WHY IS IT IMPORTANT?

- FLOW refers to the feel of the game for everyone involved
 - Speed of the game
 - Score of the game
 - Length of the game
- Is the game taking too long?
- Does it seem slow?
- Is it entertaining?
- Are the players having fun?
- You have more control than you think!



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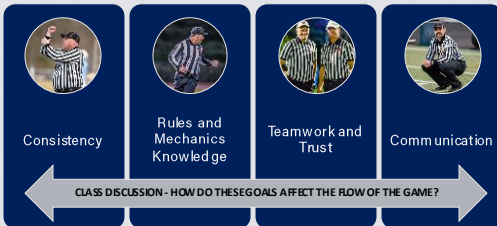
THIRD TEAM ON THE FIELD

GETTING ON THE SAME PAGE

- The PREGAME is our primary method of creating consistency
- For many high school games, we have little time to pregame on game day.
- Some advance communication between crewmates is necessary for a successful game
- Consider pregame emails, text messages or phone calls.
- Cover the important details at the game



GOALS FOR EVERY CREW IN EVERY GAME



HIGH SCHOOL GAME LENGTH

HUSTLE VERSUS NO HUSTLE

- There are required time lengths in every game that we can't control
- There are controllable aspects to every game
- This largely is controlled by the game officials
- **HUSTLE vs. NO HUSTLE!**

DID YOU KNOW
At the international level, officials must track the time from goal scored to the next faceoff.
Do you know why?

Situation	Time	No Hustle Game	Hustle Game
Quarters	48	1 Hour and 10 Minutes OFB required Time to Complete	
Timeouts	8		
Half - Breaks	24		
Goal to Face off	18	@ 45 sec = 13.5min	@ 12 sec = 3.6min
Penalty Admin	7	@ 10 sec = 14 min	@ 30 sec = 30 min
Restarts	~15	@ 30 sec = 2.5min	@ 9 sec = 1min
		30 minutes	81 minutes
		1:40	1:18





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PREGAME RESPONSIBILITIES

SET THE TONE

- 1 MEET AND CERTIFY COACHES
- 2 CAPTAINS/COIN TOSS
- 3 SUBSTITUTION COACHES-SET EXPECTATIONS
- 4 MEET TABLE PERSONNEL-REVIEW RESPONSIBILITIES
- 5 READY THE FIELD FOR PLAY
- 6 LINE-UP



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FACEOFFS & RESTARTS

MANAGING THE TEMPO OF THE GAME

- This section dives deeper into your role as the official in administering the face-off
- How your teamwork and communication can help keep the game flowing



FACEOFFS

WHERE THE FLOW BEGINS

- Pre-Game Faceoff Meeting
 - Set your expectations
 - Talk about speed of setup
 - Enlist the faceoff men as partners
- Opening faceoff sets the tone
 - Take your time and be legal
 - Call violations and explain them
 - Get the restart quickly





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FACEOFF SETUP EXAMPLE

IS THIS A GOOD SETUP?



Class Discussion Questions



AFTER A GOAL, BEFORE NEXT FACEOFF

THE REAL TIME-SAVER

Signal the goal and retrieve the ball, wherever it is.

Jog back to center... Do Not WALK

Dead ball officiating is important

Record the score when in position for the faceoff

Non-faceoff official signals when field is ready for play



NO HUSTLE AFTER A GOAL

THE REAL TIME-WASTER



Class Discussion Questions





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RESTARTS AFTER FOULS

MAKE THE CALL & START THE PLAY

- Be efficient between fouls and restarts
- Start play as soon as possible, but not before everyone is ready
- Before starting play ensure the following has been done:



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VIDEO - PROPER RESTART AFTER FOUL

THREE MAN MECHANICS



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WHAT ARE YOU DOING?

WHILE YOUR PARTNER IS RELAYING THE FOUL

Class Discussion Questions



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VIDEO - QUICK RESTART HUSTLE

THREE MAN MECHANICS



OUT OF BOUNDS RESTARTS

A KEY TO GAME FLOW

- No running restarts from out of bounds
- Start 5 yards on the field when in front of the table area
- Must give the goalie 5 seconds to return to their crease
- Offensive players must be more than 5 yards from the ball carrier
- Defensive players do not need to be more than 5 yards away, but..
- Can be penalized if they do not create a 5-yard separation
- Timeouts along endline start inside box



IN-BOUNDS RESTARTS

SOME SLIGHT DIFFERENCES

- Quick restarts allowed from in-bounds
- Play-On fouls should restart quickly
- Must give the goalie 5 seconds to return to their crease
- Offensive players must be more than 5 yards from the ball carrier
- Defensive players do not need to be more than 5 yards away, but..
- Can be penalized if they do not create a 5-yard separation
- Offensive restarts must be outside of box in alley if play stopped in box





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QUICK RESTARTS

A CLOSER LOOK

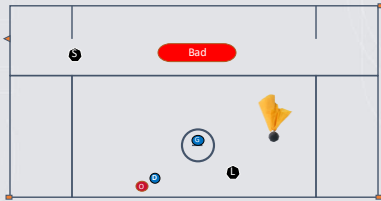
- The following requirements need to be met for a quick restart
- If not, a flag-down or turnover could occur



BAD RESTARTS FROM ENDLINE

ANIMATED 2-PERSON MECHANICS

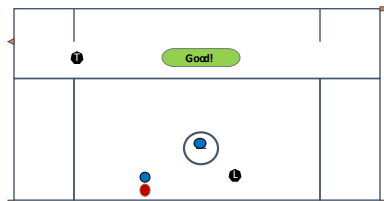
KEY
 OFFENSE ● (red)
 DEFENSE ● (blue)



GOOD RESTARTS FROM ENDLINE

ANIMATED 2-PERSON MECHANICS

KEY
 OFFENSE ● (red)
 DEFENSE ● (blue)



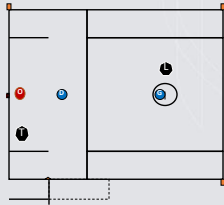


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RESTARTS FROM MIDLINE

ANIMATED 2-PERSON MECHANICS

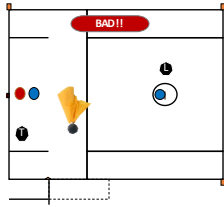
- When trouble happens most.
 - Over & Back
 - Restart after a faceoff violations



BAD RESTARTS FROM MIDLINE

ANIMATED 2-PERSON MECHANICS

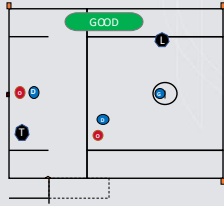
- When does this happen?
 - Faceoff violations
 - Shutoff in a man-down situation
 - Take-away defender



GOOD RESTARTS FROM MIDLINE

ANIMATED 2-PERSON MECHANICS

- When does this happen?
 - Faceoff violations
 - Shutoff in a man-down situation
 - Take-away defender





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GOOD RESTART FROM SIDELINE



TIMEOUTS & RESTARTS

A CHANCE TO GET ON THE SAME PAGE

- Anticipate when a TO will be requested
 - Last 2m of half
 - Close game
 - Possession saver
 - Man-down kill and double-team
 - Out of bounds in transition
 - If we start taking a bout stalling
 - Overtime Faceoff (this is key!)
- Trail official needs to expect this! **Pre game this point**
- Where's the restart?
- How many TO remain
- Tell the coaches



OFFICIALS TIMEOUTS

WHEN CLARIFICATION IS NEEDED

- Know the situation..
 - Create call (goal or no goal?)
 - Two Penalty Flags Thrown
 - A foul in which a player will be "locked" in
 - Issues at the Scorer's Table/Time Issues
- Report to coaches the results
- "Who's watching the players"?
 - 3rd official
 - Conference should never be all 3 officials
 - If 2-man, open-up your field of view to see the players





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STALLING

GET IT IN – KEEP IT IN

- When and where...
 - Usually start behind the goal
- Recognize the situation/level of play
 - Usually not called in lopsided games
- Bottom line, is the offense attacking the goal?
 - What does that mean?
 - Shots?
 - Dodges and re-dodges
- Last two minutes of the game with a 4-goal or less differential



ALWAYS BE PROFESSIONAL

DEMEANOR AND COMMUNICATION

- This lesson was about Flow of the Game
- Professionalism from the first whistle keeps everyone focus on their job (playing, coaching, officiating)
- Respect will come when you approach the game the way the coaches do.
- We may not make the "Big" bucks officiating but, we are still getting paid for the job. WORK HARD...Hustle!
- We, as officials must approach every game, regardless of level, as the most important game at that time.
- It IS the most important game for the coaches and athletes, it must also be for us!
- If you make a mistake, ADMIT IT & OWN IT!



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.





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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 - Rule 4 - Part 1 - FLOW OF THE GAME](#)