



**USA LACROSSE**

## Instructor Notes



### RULE 7: PENALTY ENFORCEMENT

- 30-60 min
- Lots of practice in this unit
- Consider filming each student with their phone so they can see the playback later for training



## Instructor Notes

### **PENALTY ENFORCEMENT**

**YOU SEE IT...NOW WHAT?**

- First, recognize the situation
- Second, make the call!
- If you hesitate, that's OK. This will come with experience
- Talk to your partners if you are not sure to get the call right
- Put the ball back in play and move on!



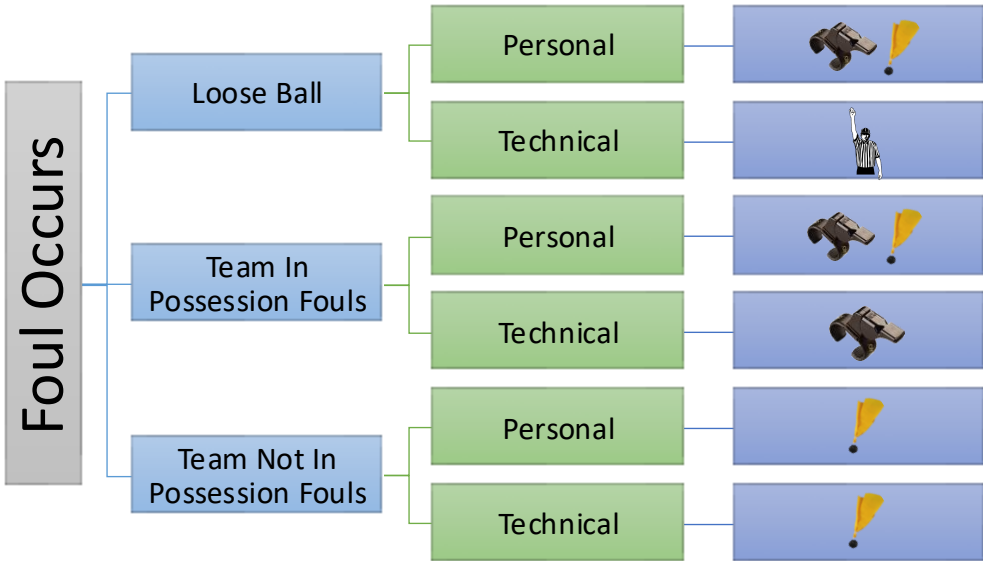
### **PENALTY ENFORCEMENT**

- Biggest challenge for new officials
- Don't be afraid to throw the flag
- If you make a mistake, it can be corrected
- NOT throwing the flag questions your judgement



# RECOGNIZE THE SITUATION

Class Discussion Questions



## RECOGNIZE THE SITUATION

- The **Offended** Team is the team who was fouled
- The **Offending** Team is the team that fouled
- Team A is the team in possession while reading the rulebook
- Team B is the team not in possession while reading the rulebook

## Class Discussion

- How long should a play-on last for?
  - The play-on varies by level, but generally look for a quick advantage. Kill the play if no immediate advantage



## FLAG DOWN-SLOW WHISTLE

### FDSW

- FDSW is used when a team is possession is fouled
- If you see a foul:
  - Throw the flag high
  - Yell "Flag Down"
  - Remember the number!
- Know the rules of when to stop the play
  - GOODIES



Class  
Discussion  
Questions

### FLAG DOWN-SLOW WHISTLE

- For a foul by Team B when Team A is in possession (other than most goalie interference and crease violation fouls)
  - Yell "Flag down!" and throw your flag without blowing your whistle.
  - Team A will then be allowed a chance to complete the scoring opportunity.
- When to end a Flag Down
  - Slow Whistle in NFHS using GOODIES
  - Explained in detail on next slide

### Class Discussion

- What would be a typical offensive violation that would result in the end of a FDSW?
  - A ward or illegal offensive screen during the free scoring opportunity are the most likely violations.



## Instructor Notes

### WHAT IS GOODIES?

AN ACRONYM TO HELP YOU REMEMBER

- **G**oal
- **O**ffense commits foul
- **O**ut of Bounds
- **D**efense gains possession
- **I**njury stoppage
- **E**nd of period/equipment loss
- **S**econd foul by defense



### WHAT IS GOODIES?

- When to stop play on a flag-down slow-whistle
- Discuss an “imminent scoring play” during second flag by defense



## FLAG DOWN, SLOW WHISTLE STEPS



### FLAG DOWN, SLOW WHISTLE STEPS

- Make certain you yell “flag down” while throwing your flag. This serves three purposes:
  - If you have trouble getting the flag out (sometimes they get stuck) everyone still knows a penalty was called. Keep repeating “flag down” until you can throw your flag
  - Your partner(s) will know that you threw a flag even if they don’t see your flag come out, and will be able to stop play at the right time according to the rules
  - The players will know you threw the flag. This prevents potential retaliation by the offended player who might assume you did not throw your flag
- Echo your partner’s “flag down” call.
  - You do not throw your flag if your partner throws theirs, but you should always echo their verbal “flag down” so the entire field knows the call
- Dead Ball Time
  - DO NOT lose sight of the players during the time immediately after your whistle.
  - Keep officiating and if you have to step in to prevent players from doing something foolish you should do so.



**USA LACROSSE**

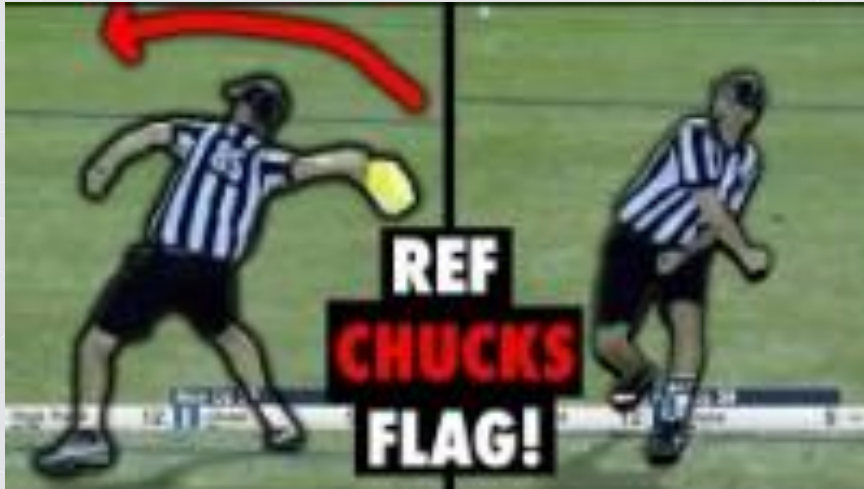
### **Class Discussion**

- Why is it important to echo your partner's flag down call?
  - So that the players and coaches who may be further away from the on ball action understand that a flag has been thrown. This also tells your partner that you know a flag is down and will recognize when to properly end play.



## FLAG TOSS

GO BIG OR GO HOME!



7

### FLAG TOSS

- Fun video of how NOT to do it!





### FLAG TOSS

LET'S TRY THIS AGAIN



8

#### FLAG TOSS – THE CORRECT WAY

- Fun video of how NOT to do it!
- Big flag tosses are encouraged but do it right!



## RELAY AND REPORT

1st

- Partner(s)
- Field

2nd

- Table
- Coaches

3rd

- Goalkeeper
- Others as necessary



Class  
Discussion  
Questions



### RELAY AND REPORT

- Check for flags from your partner.
- If there are multiple flags, you may need to conference to determine if you have two flags for the same foul or flags for two different fouls.
- Position yourself promptly but not “hurriedly” in open space:
  - Face the table
    - 2-person (Trail official)
    - 3-person (Closest official to bench, usually the Trail)
      - Should be at intersection of wingline and midline or closer
  - Make sure the table’s view to you is unobstructed
  - Stand up straight with your feet set
- Signal the penalty while pausing after each "word."
- Don't turn away from the table until table fully understands the situation

### Class Discussion

- Why is it important for the goalkeeper to know what the penalty is and how long?
- It is good to communicate with the goalkeepers of both teams so they understand the situation and can communicate to the defense. You should also tell the goalkeeper where the ball will be restarted so it is not a surprise.



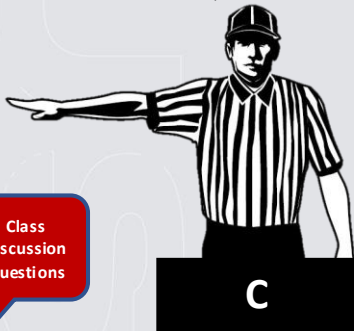
## REPORT PENALTIES (C-NOTE)

Blue

Two

Slashing

1-minute



C



N



O



T

Class Discussion Questions



Explanation is optional, use when needed:  
*"Dead ball foul, Team A ball at Center X"*

### REPORT PENALTIES (C-NOTE)

Announce the following information to the table:

- Color of the offending player's uniform (point to bench)
- Number of the player (optional signal numbers)
- Offense/Foul the player committed (give signal)
- Time to be served (give "T" signal if 30 second technical foul)
- Explanation (optional)

Quickly explain who has possession and where the ball will restart

- "Blue ball, free clear at Center X"
- "Red ball, side-left, outside the box"

Timer on after the report

- Teams have twenty-seconds to get the right players on the field
- Use the timer after the report!
- Keep the dead-ball time to a minimum by signaling "timer on" and turning your twenty-second timer on.
- This encourages both teams to be ready in time for the restart, and prevents extended dead ball time.

### Class Discussion



- Your partner is relaying the penalty to the table. What should you be doing?
  - You should be setting the field, which includes putting the ball where the restart will be
  - Informing the goalkeeper where the ball is and what the penalty is and for how long.
  - Count the man-up/man-down units to make sure the correct number of players is on the field.
  - This saves time and keeps the game moving.



## PROPER PENALTY REPORTING

WATCH THE BEST DO IT CORRECTLY



### REPORT PENALTIES WITH C-NOTE EXAMPLE

- Watch top NCAA lacrosse officials report penalties.
- Each report is played twice so you can see how C-NOTE is used.
- When reporting to the table it is recommended you only say it once.
  
- In the second part of this video LAREDO Head Clinician Sean Murphy explains why tone is important when reporting and how to better tell a story so everyone understands the situation. (deliver the story in a neutral tone)

**C-NOTE:** Color, Number, Offense, Time, Explanation if needed

**Note:** Freeze your feet and BE BIG when reporting penalties to the table area. It looks cleaner.



### PENALTY REPORTING PRACTICE

PRACTICE TIME



Throw the flag

Yell "Flag Down"



Report a penalty

Personal fouls  
Technical fouls

ACTIVITY ALERT



Give your phone to a neighbor  
and have them videotape you  
reporting fouls.

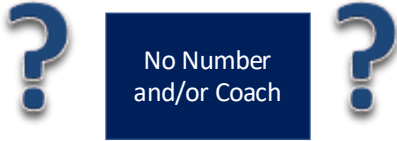


#### FLAG DOWN, SLOW WHISTLE PRACTICE

- Activity: Have each participant take turns practicing throwing the flag and going through the steps to report fouls.
- Videotape w/participants OWN phone so he can have to refer back to.



## WHEN TO USE THE IN-HOME



CAPTAINS		POSSESSION ARROW		CAPTAINS	
STICK CHECKS	IN HOME	←	→	IN HOME	STICK CHECKS
	2			14	
FIRST QUARTER			FIRST QUARTER		



### WHEN TO USE THE IN-HOME

**In-home:** starting attack player. (scorebooks aren't used much anymore)

- Get the number of the in-home from the head coach during the coaches certification.
- Write this on your scorecard for easy reference
- If a penalty is called against a team when no definite player is involved (not a simple offside) or when the penalty is against someone other than a player in the game (coaches/bench penalties), the official shall assess the penalty time against the **in-home**.

### Class Discussion

- Who is responsible for writing down the in-home on the scorecard?
  - Each official on the crew should have that information on their scorecards.
- What if the first listed attackman is already serving a penalty?
  - Use the next player listed in the scorebook.



## PLAY-ON

KEEP THEM SHORT



Play-On!

Class  
Discussion  
Questions



### PLAY-ON

- Loose ball technical fouls by either team result in a “play-on” if the offended team has an opportunity to pick up the ball and maintain their advantage
- If no clear opportunity for offending team to gain possession – blow the whistle and award possession

### Class Discussion

- Do you have to put your hand in the air when calling play-on?
  - Yes, the visual signal is critical so that even if the teams do not hear you they can see you.
  - This is also important for your partner to see.





## PLAY-ON PROCESS



### PLAY-ON PROCESS

North/South vs. East/West play-on

- The play-on is designed to allow the offended team to maintain their advantage.
- This typically involves the team being able to push the ball up field in transition
- With a north/south play-on (the player is going towards one end line or the other) the official may be able to hold the whistle a little longer as there is a greater chance for the player to create a fast break
- With an east/west play on (the player going towards one sideline or the other) the official may want to whistle play dead as the options for the player moving the ball up field are more limited

Play-on's near a boundary line should be killed quickly. Even if the player picks up the ball, if they are immediately pressured and forced out of bounds that player never had an opportunity to utilize the advantage they received from the play-on.

### Class Activity

- Practice the correct play-on steps.
- Have every official stand and go through each step.



### PLAY-ON VIDEO

LOOSE BALL INTERFERENCE



### PLAY-ON VIDEO

- LOOSE BALL INTERFERENCE



## Instructor Notes

### **TECHNICAL FOUL DRILL**

**DEMONSTRATE THE SIGNALS**

- Push w/ Possession
- Holding
- Offside
- Illegal Procedure
- Conduct Foul
- Interference



ACTIVITY ALERT



### **TECHNICAL FOUL DRILL**

#### **Class Activity**

- Groups of 2 for classes of 12 or more
- Work through each foul using C-NOTE on play-on, whistle scenarios



## Instructor Notes

### **CORRECTION OF ERRORS**

**WE ALL MAKE MISTAKES**

- Take Your Time
  - Clock stops when you blow whistle
- Understand the Mistake
  - What happened?
- Inform Everyone of Error AND Correction
- Give teams time to sub personnel
  - Do not advantage a team by restarting too fast.





## 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](http://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 7 - PENALTY ENFORCEMENT](#)



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



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## Instructor Notes

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



[USALacrosse.com](http://USALacrosse.com)