

# Lacrosse Pre-Game (2- and 3-Person Crews)

## 1. Crew Preparation & Game Logistics

- a) **Position Assignments** (*starting positions, rotation*)
- b) **Officials Assignments** (*captains, stick/equipment checks, ball boys*)
- c) **Coach's Meeting**
  - Official introductions
  - Certification (*in-home, crew card*)
  - Cover new rules & interpretations
- d) **Pre-Game Instructions** (*check field, watch players, check goals*)
- e) **Coin Toss** (*determine AP, review player decorum*)
- f) **Timeouts** (*officials positioning, timer*)
- g) **Halftime** (*clear field, start clock*)
- h) **Overtime** (*1 TO/period. Coin toss for direction only*)
- i) **Postgame** (*approve score, walk off as a crew*)

## 2. Point of Emphasis Review for Current Season

## 3. Mechanics

- a) **Count Players & Check the Clock**
- b) **Hand Signals**
  - Boundaries (*one arm up to signal dead ball*)
  - Restarts (*arm up, backstroke to wind clock*)
  - Faceoff (*wind arm and yell possession upon possession*)
  - In Goal Area (*one arm in the air and point to the ground*)
  - Fouls (*move to open area, relay to trail*)
- c) **Substitutions** (*box official has timer & player counts*)
- d) **Restarts**
  - Quick restart (*don't have to count players*)
  - Slow restart (*must count all players, crew gives "ready" signal*)
- e) **Faceoffs** (*wing official has timer following goal*)
  - Awareness of wing players as you back out
  - Crew Consistency
  - Man-down face (*Point out empty wing as reminder*)
- f) **Counts**
  - Goalie (*trail has count*)
  - Transition Counts (*2-person = Trail, 3-person = Single*)
  - Stalling (*crew agrees, trail initiates*)
  - Timeouts (*official who hears it calls it*)
  - Faceoffs (*must have a count on possession*)
- g) **Stick Checks**
  - When (*decide times to check sticks*)

## 4. Special Situations – NCAA vs. NFHS Rules

- a) **Fouls** (*simultaneous, live/dead ball, releasable, non-releasable*)
  - Flag down, everyone echoes
- b) **Play-On** (*permit advantage to offended team, stop play quickly if adv. lost*)
  - Midfield, Wing Lines, Sidelines, & End Lines
  - Goalie Interference
- c) **Positioning in Unsettled Situations**
  - Loose balls between the restraining lines
  - Man down clear/pressure ride
- d) **Stalling** (*no traps*)
- e) **Final 2 Minutes** (*NFHS – shot or deflection out of box, use play-on, NCAA – put on shot clock if consistent with earlier shot clocks*)
- f) **Fighting** (*differences in 2- vs. 3-person, one official freezes benches*)
- g) **Crease Coverage** (*2- vs 3-person*)
- h) **Restart Requirements**
  - NFHS (*in bounds, stationary, no player within 5 yards*)
  - NCCA (*in bounds, rolling restart allowed, players may be within 5*)

## 5. Coverage

- a) **Lead** (*2- or 3-person*)
  - Transition (*must beat ball downfield*)
  - Position (*GLE*)
  - End lines (*responsible for all out of bounds and contested plays*)
- b) **Trail** (*2- or 3-person*)
  - Transition (*primary is far goal line, late hits on shooters*)
  - Position (*5 yards above box*)
  - Offside & Substitutions
  - **Must watch the shooter on every shot**
- c) **Single** (*3-person*)
  - Transition (*responsible for late hits*)
  - Position (*5-7 yards above crease, covers GLE for lead if needed*)
  - Goals (*find shooter, keep players in vision*)

## 6. Equipment Checklist

- |               |                 |
|---------------|-----------------|
| a) Hat        | f) Flag (2)     |
| b) Crew cards | g) Whistle (2)  |
| c) Scorecards | h) Coin         |
| d) Pencil     | i) Tape Measure |
| e) Timer      |                 |