



# 2025 Three-Man Pre-Game

## KEYS TO SUCCESS:



- Anticipate!
- Eyes are always on the players!
- Be consistent as a crew.
- Call clear advantage/disadvantage.
- Hustle!

**SITE ADMINISTRATOR** R identifies who has lightening detector.

**COACH'S MEETING** get it done early to let teams warm up. R does the talking.

**CERTIFICATION** - Captains, In-Home, Crew Card, game time, issues?

**R's INSTRUCTIONS** with Head Coach, decorum, sportsmanship, time you will grab captains

**NEW RULES** Helmet, Head Contact (Indirect, Direct, Flagrant), Contact on FO, wearing equipment, loss of equipment/injury in scrimmage area.

**COIN TOSS** R at center X, U has home walks out first, then FJ with visitors, U and FJ repeat call.

**FOGO CONFERENCE** meet with all FOGOS prior to game to set expectations, check sticks.

**TABLE PERSONELL** Start/stop on whistle, 5-minute personals, stacking, release on FO, double horn.

**CHECK FIELD, GOALS, WATCH PLAYERS** Wait for warm-ups to end; stick checks on far side.

**HALFTIME** watch mixed colors, clear field, start clock.

**OVERTIME** – One Timeout per OT Period, Coin Toss for Direction Only, AP stays same, 1st goal wins.

**POSTGAME** Eyes on players. R approves score, watch teams cross, walk off as crew.

**ALWAYS COUNT PLAYERS & CHECK CLOCK** no dead ball restarts with too many or too few.

## COMMUNICATION

**ECHO** Flag Down, He's in, Reset, GIKI, AP, Tip, Game Time, All Even, Game Time, # of TOs.

**MIMIC** point ready, stop sign, direction, GIKI, Gained Attack Box, Possession.

**EYE CONTACT** be aware of where your crew, are they ready?

**PENALTIES** relay to crew, CNOTE, announce release time.

**MAN DOWN** always let keeper know where ball is before restart. Announce release time!

**ENDING COUNTS** make sure single stops count, verbalize "He's in." Key for Over & Back!

**AP** Make sure everyone knows what is happening.

**TIME** always be aware of the game clock, verbalize.

**BE AWARE** understand the situation; know the game you're working & how it's changing.

**HUSTLE** don't hurry, move to spot, stop, move to next spot. NEVER WALK!

**RESTARTS** No Player within 5 and partner ready. B can restart in box/crease; A is always out.

**COMMUNICATE** let partner and players know where the ball is. ALWAYS point or hold.

**QUICK** but don't rush. No running starts. "Plant your feet!"

**WHERE** Defense may restart in box or crease (5 yards). A is always outside box.

**REPOSITION** Only if Improper position gains advantage. Short time at exact spot!

**GOALIE** has 5 seconds.

**OFFSIDES** count forwards! A 1<sup>st</sup> (whistle), then B (FDSW), Lead, Single and Trail count, ALL recount!

**COUNTS** Signal with twirl, on change of possession. Verbalize if Single might not see.

**WHO** Single has ALL ten and twenty counts; Trail has 4-count.

**RESETS** Play on and timeout resets 10 and 20 counts (not 4).

**FACEOFF** possession begins either a 10 or 20 count.

**STICK & EQUIPMENT CHECKS** ALL required equipment? Minimum 2 checks.

**WHEN** at dead balls, don't double check. No one in box.

**BENCH SIDE** Lead and Trail grab stick in front of your bench.

**MECHANICS:** At midline: R faces out, U & FJ face in. Eyes on players.

**FACEOFFS** No one should be moving.

**SINGLE** Must get to far sideline and cover Leads goal on fast break if he's pinned. Has heads.

**LEAD LEFT** Do NOT adjust. Get in position and be set. Watch player facing you and initial move!

**WING** Timer on! Hold until field ready for play; focus on wing play. Goal coverage.

**VIOLATIONS** communicate to crew, players and benches, legal contact, holds!

**KEYS** work as a team, if you see player's front take ball; back you have push.

**RESTARTS** Single takes all restarts; LL and LR freeze players behind DRL.

**LEAD RUN.** Lead MUST beat ball downfield. NEVER WALK.

**POSITION** GLE to endline, work in as closely as possible, open shoulders to field.

**COVERAGE** Goal is primary. Get to the endline on shot or contested play; Single takes goal.

**BOUNDARIES** Lead has sideline until Trail arrives

**RESTARTS** endline, let Trail take sideline restart.

**CREASE COVERAGE** Player coming towards you = feet and goal, Back = push. Must have flag!

**SINGLE** Get to cone. Follow ball downfield. NEVER WALK.

**TRANSITION** Get to midline ASAP, initial offsides, count forwards. Let ball pass you at midfield.

**POSITION** Move from cone to 2-5 Yards Above GLE; work in and out.

**COVERAGE** Hybrid Trail/Lead: Offsides, Late hit on shooter, cover goal when needed.

**COUNTS** all 20 and 10 second counts.

**CREASE** cover goal if Lead pushed out or moves to endline.

**SHOT** If not on goal: Watch shooter/passers.

**OVER & BACK** must get to midline to help and for restart.

**TRAIL** crew saver, must have shooter and goal behind you. Anticipate! Only walk with GK.

**POSITION** 5 yards Above Box, Primary concern is shooter and return to Lead.

**COVERAGE** Initial offsides, substitutions, sideline. Watch the shooter!

**COUNTS** 4 second count.

**TRANSITION** primary key is goal behind you, good time to talk to bench, announce "I'm in" to Lead

**SUBSTITUTIONS** player on field has right of way, watch for delayed subs.

**SIDELINE** cover sideline for Lead when in position.

## SPECIAL SITUATIONS

**ON/OFF** NEVER ball watch, if unsure of who has ball, verbally communicate!

**PLAY-ON** Don't disadvantage offended team. Keep it short!

**DEAD BALL** Eyes on the inmates, set field for play: find ball, announce location, penalty time.

**TIMEOUTS** MUST be entitled to possession to call if LB stoppage, Trail Has 1:40 Timer, wait till teams are in huddle, watch mixed colors. Anticipate.

**GIKI** Communicate, don't penalize good defense, Even if uneven. Waive off if hits keeper/ pipe.

**OVER & BACK** Not if shot or tipped by B; immediate whistle if contested. Single has restart.

**FDSW** out of box; ends with goal, OB, TO or if B gains possession. Foul by A kills play. Kill on 2<sup>nd</sup> foul on B. Loose Ball technical (still A/D) by B is another flag and timeserving!

**2<sup>nd</sup> Flag Down** must be in offensive half, can't go below GLE, must continue to attack goal; turns away or ball hits ground kill play. ONLY one shot allowed.

**SIMULTANEOUS** Slow down; make sure we know who gets ball (entitled, less time, or AP) and where (Live ball, leave it or Dead ball, dead center before reporting.

**3+ in Box** Stack penalties, faceoff pending must bring defensive player up, can cross midline if engaged.

**SHOT AT END OF PERIOD** Hold whistle! Can't hit A, may deflect off B.

**FIGHTING** Officials closest controls fight, partner freezes benches. Get numbers.

**HELMETS** kill play immediately! A keeps ball, if loose AP, must be a whistle to resume play before player can return! Not a penalty!

