

BOYS' HIGH SCHOOL LACROSSE  
MIDLINE MECHANICS

2023

BOYS'

HIGH

SCHOOL

LACROSSE MIDLINE  
MECHANICS

2023

DESIGNED, COMPILED BY  
JENNIFER VOGEL

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COMPILED BY

JENNIFER VOGEL

RAISING &  
HONORING  
THE GAME

*2023 – Celebrating 12 years of*

*sharing this information with  
love, commitment and passion  
for the Game.*

*May you find this Guide helpful*

~ *Jennifer*

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# IN THIS COURSE

Overview

Key Definitions

General Info

Rule Changes for 2023

Timekeeper's Duties

Scorer's Duties

Spotter's Duties

Breaking Down Scorekeeping

Announcing a Game

Officials Signals

Resources

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5

# GAME OVERVIEW

# LACROSSE

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ONE FIELD

10 PLAYERS/TEAM TWO TEAMS

FOUR QUARTERS ONE WINNER

THE



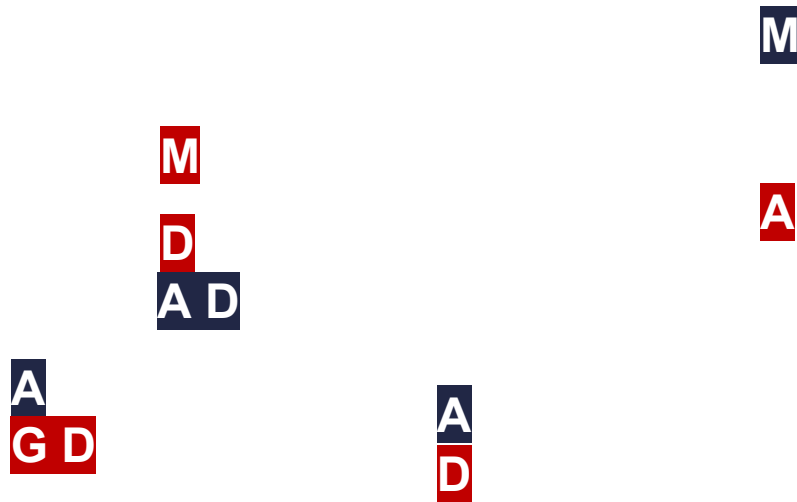
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OBJECTIVE

# WIN THE GAME BY SCORING THE MOST GOALS

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## BOYS' LACROSSE FIELD PLAYER POSITIONS



10 PLAYERS  
per TEAM



MXM

MM

(3)

G

Midfield

and – Long  
Defensive poles  
Middies (D-poles)

AD

(3)

Defense Goalie (1)

DA

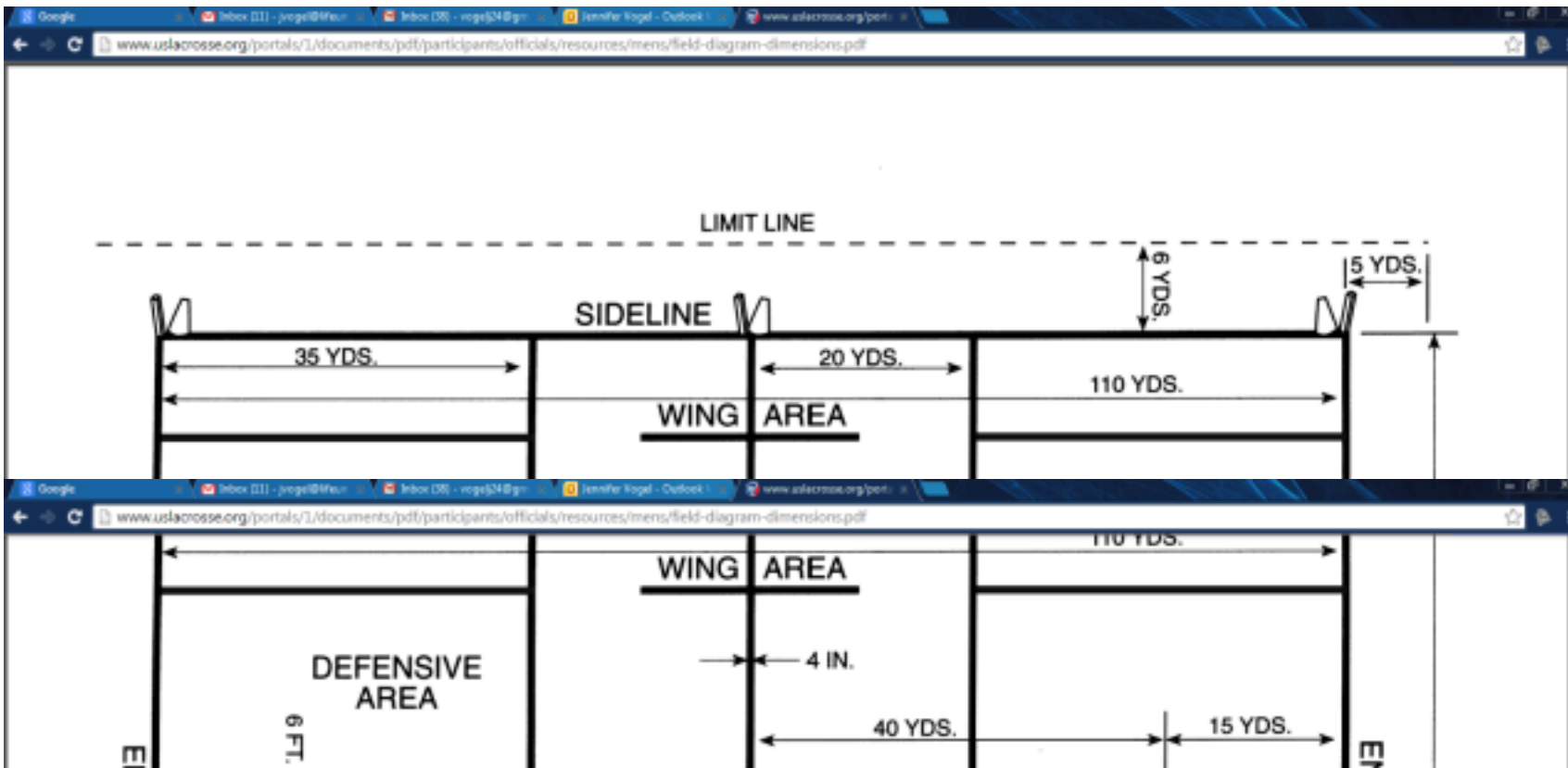
Attack

– Offensive (3)

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## BOYS' LACROSSE FIELD SETUP

Dimensions may vary – Width must be between 53.5 and 60 yards.







National Operating Committee on Standards for Athletic Equipment

**NOCSAE BALLS** Home team must supply NOCSAE imprinted balls at the time of manufacturing for game play. **All balls** must have the NOCSAE seal.

- Field setup – at start and after EACH quarter
- At least five (4) balls on each end line
- At least four (4) balls on each side line opposite benches
- At least 4 balls at the table

If the visiting team supplies the balls, the visiting

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A word cloud visualization of time-related terms. The words are arranged in a circular pattern, with 'Clock' and 'Countdown' being prominent. Other words include 'min', '12', '10', '2', '30', '5', '≤4', and '< 30 min'.

10 min min 10 2

**REGULAR TIME** is  
"STOP" TIME for Quarters  
and "RUNNING" for Half  
Time and TimeOuts.

min

## RUNNING CLOCK

during the GAME may  
occur: - To save daylight  
- If "mercy rule" applies -  
Always at the mutual  
agreement of coaches  
and officials

≤4 min

< 5 min

## OVERTIME

IF OT, a SHORT intermission is  
observed. No one leaves the  
field. SUDDEN DEATH  
determines game winner.  
Games do not end in a TIE.



Photo credit: USLacrosse

# KEY TERMINOLOGY

POSSESSION – SHOT – ASSIST – GOAL – SAVE – GROUNDBALL

# FACEOFF

- ✓ Start each quarter\*
- ✓ After each goal



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CARRY.

CRADLE.  
PASS.

SHOOT.

# GROUNDBALL

Away

- ✓ Interception
- ✓ From Faceoff
- ✓ From Shot
- ✓ From a Dropped Ball\*

✓ Change of possession ✓ Take

**Goal** A goal is scored when a loose ball passes from the front, completely through the imaginary plane formed by the rear edges of the goal line. The goal posts and the crossbar of the goal, regardless of who supplied the impetus.

**Goalkeeper Save** manner that had the ball not been stopped or deflected it would have resulted in a goal.  
A save is recorded any time the ball is stopped or deflected by the goalkeeper's body or crosse in such a

**Assist** Any one direct pass by a player to a teammate who then scores a goal without having to dodge or evade an opponent other than the goalkeeper. Only one assist is possible per goal.

**Team Goal** A goal scored by a member of the defensive team on its own goal is a team goal.

**Time of Goal** Time of goal is to be recorded as the time remaining in the quarter. It is the time "on the clock."

**Shot** A ball propelled toward the goal by an offensive player either via a pass, a kick or otherwise physically directed. If the ball ricochets from another player and results in a goal – no shot is awarded. Any shot at the goal.

**Shot On Goal (SOG)** goalie. Reconciliation – Saves + Goals = SOG

**Ground Ball (GB)**

Any ball not in possession of one team that becomes into possession of that team while in live-ball play is deemed a ground ball. It may be an intercepted pass,  
On a shot that results in scoring or those saved by the



a loose ball on the ground, a goalie snagged catch. a must.

The ball must be obtained under pressure – whereby

an opponent is within five (5) yards of the loose ball. If

the player drops the ball on his own volition and pick

it up again, no ground ball is awarded. Contestation is

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20

# SHOT versus SHOT ON GOAL

SHOT –A ball propelled toward the goal by an offensive player.

Shot on Goal results in a SAVE or a GOAL. Always.

A shot wide is simply a SHOT. Shot high is just a SHOT.

A shot hitting the pipe of the goal is just a SHOT, not a SOG nor a SAVE.

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SAVE vs. GB vs.  
NO STAT

Inside the square = SAVE or GOAL

Outside the square? NOTHING or  
GROUND BALL

Ball lands in the crease?

Hit the pipe? SHOT, GB or NO  
STAT

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# CREASE PERSPECTIVES

## **ACTION:**

Shot v. Shot on

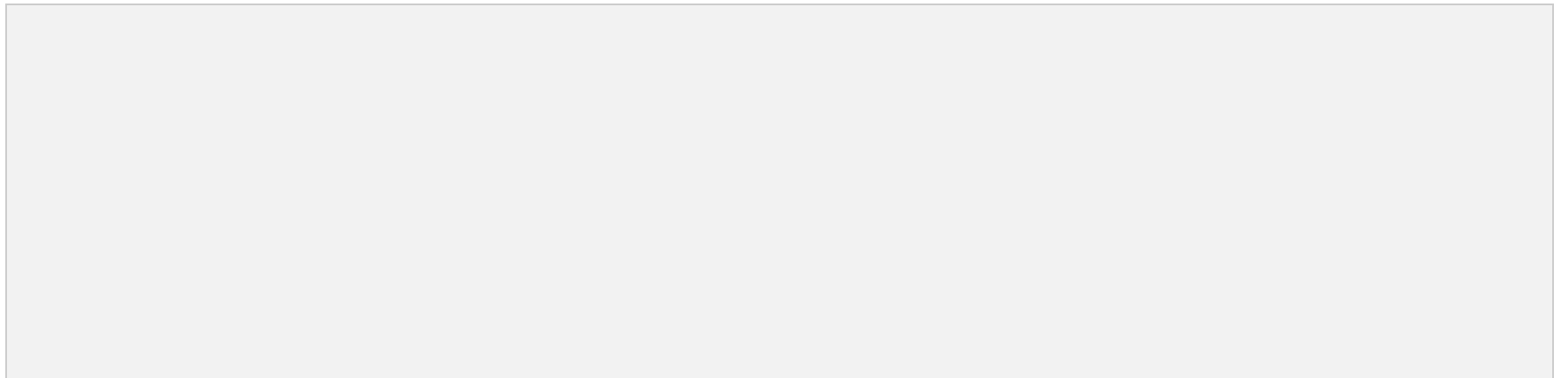
Goal **RESULT:**

Goal vs. Save

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# GLE

# Goal Line Extended

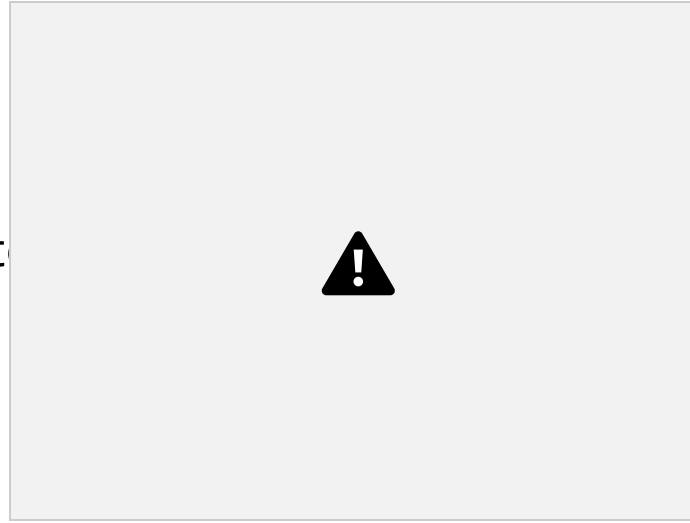


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# IN THE DETAILS –A GOAL

*Shot, kicked, swatted, deflected  
– all count, regardless of  
team/player.*

GLE  
Goal Line Ext



When is a goal a goal?  
*When the official rules it as such.*

# ASSIST





Awarded to THE player  
whom **WITH INTENT**,  
passed the ball  
to the player scoring  
the goal.

*At the discretion of the  
official scorer. PERIOD.*

Credit: ESPNU / 2014 ACC Championship

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# SAVE



Ball is PREVENTED  
from GOING IN  
THE GOAL.

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# GROUND BALL



Credit: ACC Network

*\* With contestation*

GB *always* results  
in possession.

- Faceoff
- Shot
- Interception
- Caused TO
- Dropped pass\*

- Player A drops ball, is not contested and regains possession, there is NO GB.
- Ball lands in crease, Goalie

picks up ball – NO GB

- GB is typically awarded on a Face Off. May not be if play ends out of bounds prior to possession being called.

High, Wide, Pipe

A ground ball is a **change of possession** or the result of a loss of possession and regaining it with **contestation**. *A ground ball does NOT need to be on the ground to be a GB. Possession is required.*

If the **goalie bobbles a save** and then gains possession, there is NO GB.

If the goalie saves the ball, and the ball drops in the crease OR if the goalie gains possession in the crease, there is NO GB.

If the shot hits the goal, otherwise known as a pipe, identify as a SHOT. No Save awarded.

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**Ground ball** is the ability to gain possession and demonstrate control: carry, cradle, pass, shoot.

A **shot on goal** results in a GOAL or a SAVE.



34

**Clear** The attempt from one team to move the ball into the offensive area from its defensive

area. A successful clear is awarded when the clearing team successfully establishes possession in their offensive area before the other team gains possession.

### **Offense/Defense**

If both teams are “short”, there is no EMO. Man-up goals are scored when more men short (extra) counts as an extra man opportunity for the offense. the defensive does not yet have a full-team on the field.

## **Extra-Man**

**Crease Violation** If an offensive player steps into the offensive crease. Possession is awarded to the defense.

**Turnover** Turnovers occur when a player or team in possession of the ball or entitled to possession of the ball loses possession of it – either live ball or dead ball situation.

The player responsible for the change of possession is awarded the turnover. If no one player is identifiable, the turnover is awarded to the team.

**In Home** The first player in the scorebook roster for the game. This player serves any team penalties. The time served does not count toward his total penalty time.

**Extra Man** Any time a team is playing one or more men short or extra counts as an extra-man opportunity (EMO) on defense or offense.



**All Even** Both teams have the same number of players on the field.

**Take Away** Defenseman takes the ball away from the driving offenseman. Results in a GB to defenseman.

**Interception** Pass caught by the opposing team when intended for a teammate; results in a GB.

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35

THE CLEAR BOX  
to BOX transition







THE FAILED CLEAR

# Turnover!

# EXTRA MAN OFFENSE

EVEN

vs 9 field players

vs 5 DEF field players<sup>MAN</sup>  
UPMAN DOWN

## EXTRA MAN / EMO

*MAN UP or MAN DOWN*

The penalized team loses an active player for an infraction.

MAN UP TEAM GOAL EMO

Success N/A MAN UP TEAM NO GOAL EMO Failure Penalty Kill

## & CAUSED TOs & TAKE AWAYS

Gain possession

- Forced out of bounds •

- Checked ball (Taken away) •



YOUR ROLE  
@ THE

# TABLE

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## GAME “OFFICIALS”



# THE TABLE CREW

- ✓ Avoid distractions – create clear space – the 20x6 box
- ✓ Plan for ANY type of weather
- ✓ Keep a clear line of view
- ✓ Keep focused
- ✓ Remain neutral
- ✓ Communicate clearly

# Do Your Best!

43

## HOME TEAM TABLE CREW

### *Requirements*

- Scorebook
- *Working*Timing Device
- Table
- Working horn (hand-held or part of the scoreboard)

- Personnel to score and time
- Officials for the game
- Trainer
- NOCSAE game balls with the field set (end and side lines)
- Writing instruments
- Current Rules Book

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# HOME TEAM TABLE CREW *Optional*

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*Optional:*  
Scorer & Spotter

## AED & CPR & MEDIC

Grants & Discounts Available

<https://www.uslacrosse.org/safety/aed-players-pulse>

<https://www.onebeatcpr.com/landing/limited-time-offer/>

NOTE: The home team is NOT required to provide your team with water.

**AWAY TEAM  
TABLE CREW**

45

*Requirements:*NONE



## TOOT TOOT / Double Horn

- ✓ head coach requests a count of long-sticks
- ✓ the table needs clarity on a call

**DEADBALL ONLY**

48

# TABLE ENVY



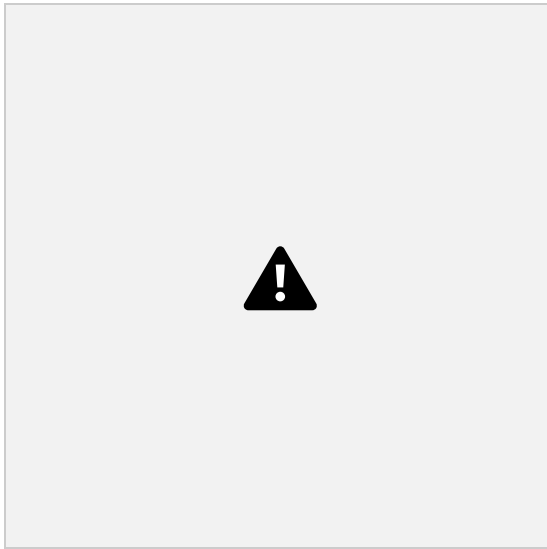
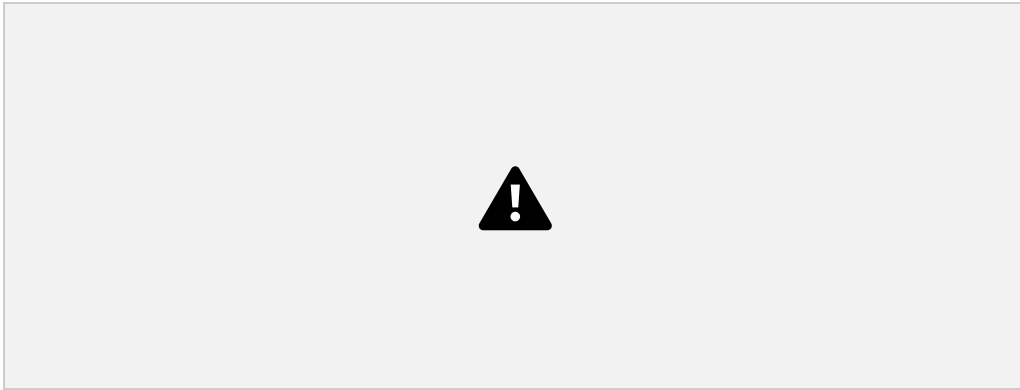
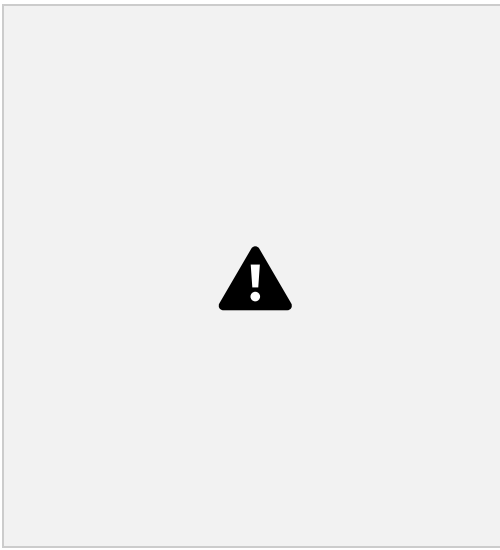
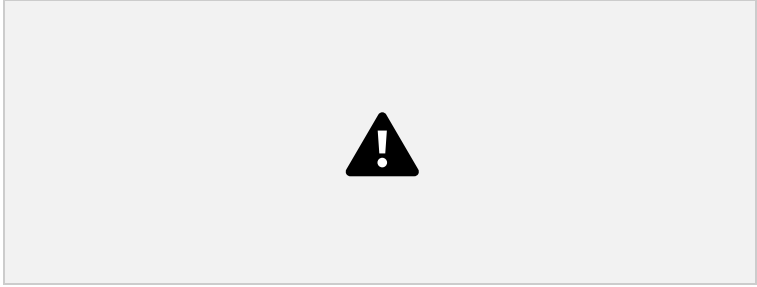






TABLE  
REALITY

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Shout out to SOCALLAXASSOC!

# EXTRAS

ONE –TWO TABLES required.

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- Tent or umbrellas for rain / heat
- Insect repellant
- Two chairs (not three or four) of appropriate height to write well
- Boards for under chairs (even if turf)
- Extra writing instruments
- Water for spotter
- Extra timer
- Extra batteries
- Hand warmers | snow gear
- Binder clips

# 2023

# RULES & CHANGES

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## Rule Changes & Clarifications for 2023

<https://www.usalacrosse.com/sites/default/files/documents/Rules/2023-Boys-HS-RulesInterp.pdf>

1. Centerline, sidelines and endlines must be continuous and clearly marked. If not, result in no faceoff and away team receives the first possession.
2. Table area and coaches areas on field – dimensions now 10 yards (5 yds either side of midline and 20 yards. respectively
3. Stick head protrusions prohibited.
4. Pocket and mesh dimensions changed – Pocket / net must be fully attached to the head and no holes in sidewalls larger than a golf ball (1.68")



This video is available for viewing at:  
**<https://vimeo.com/795390528>**

# THE TIMEKEEPER

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## KEEPING THE CLOCK & THE HORN



# TIMEKEEPER | WHAT YOU DO

- ✓ Home team provides the official timekeeper(s)  
– game and penalty clocks.
- ✓ If you are a time-keeper for the game, please arrive at least 30 minutes prior to the game start.
- ✓ Find and check operations of game clock. ✓  
Familiarize yourself with how the controller operates.
- ✓ If you use stop watches, know how to stop/start/reset **and do it quickly.**



# STOP CLOCK

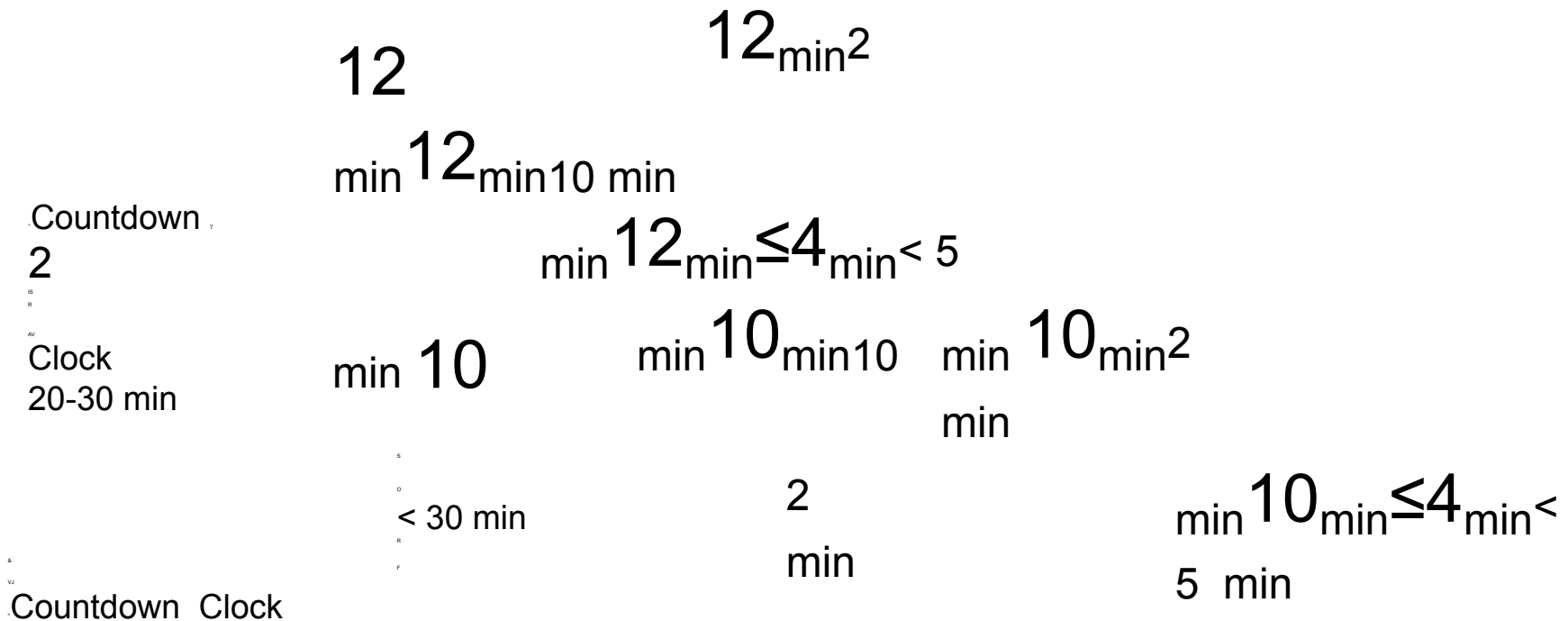
Game clock starts / stop on the official's whistle.

Best to remain attentive at all times:

**Whistle >> Clock ON**

**Whistle >> Clock OFF**

# GAME TIME



**REGULAR TIME** is "STOP" TIME for Quarters and "RUNNING" for Half Time and TimeOuts.

## RUNNING CLOCK

during the GAME may occur: - To save daylight - If "mercy rule" applies - Always at the mutual

agreement of coaches and officials

## OVERTIME

IF OT, a SHORT intermission is observed. No one leaves the

# MERCY RULE

## Running Clock...

- in the **Second Half**.
- when the GOAL differential is **12 Goals**.
- and remains running clock. • Clock only

stops for time outs and end of periods.

- Penalty time during running clock starts on the whistle. If goal differential becomes less than 12, go back to STOP CLOCK immediately on the next whistle

# GAME TIMEKEEPER'S

# DUTIES



# THE HORN

- A horn is required at the table, regardless of using a scoreboard for the end of period/game.
- You will sound the horn at the end of each time period.
- The horn may be **DOUBLE TOOTED**

during the next dead ball for a coach's

request, when official's help is needed  
or

on an early release from the penalty box.



# PENALTY TIMEKEEPER'S DUTIES

Track the penalty time for BOTH  
teams and  
manage the penalty box.

# PENALTY TIMEKEEPER

Penalties vary in time

- Personal fouls – 1-3 minutes depending on the infraction
- Technical fouls – 30 seconds

Penalty Types:

- **RELEASABLE** Penalty – penalty time is over when goal is scored
- **UNRELEASEABLE** Penalty – the full penalty time is served regardless of goal or period ending

# PENALTY TIMEKEEPER



Set the penalty clock Calculate the "release"  
time



whistle



Audibly countdown  
from 10-seconds

Start the clock on the



3-2-1-RELEASE Reset the clock as  
"get-ready"

# QUICK CALC for PENALTY TIME

## RELEASE :30 SECOND PENALTY

If seconds at the time of penalty are between 0-30 seconds, subtract 1 min and add 30 seconds:

*For example –*

Time of penalty is 8:03,  
30-second penalty release is 7:33

$8:03 = 8-1, 03+30 = 7:33$

If seconds on the clock at

the time of penalty are between 30-59, subtract 30:

*For example –*

Time of penalty is 3:53,  
30-second penalty release is 3:23

$3:53 = 3-0, 53-30 = 3:23$





# THE SCOREKEEPER

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## SCORER'S DUTIES



# SCORER'S DUTIES

Verify your roster with coach

Enter opponent's roster

Share your roster with opponent's scorekeeper

Verify the in-home player\* for both teams and share with the head referee

Record all officials' names

in book

Record goals/assists by player

Record penalties by type and player

Record timeouts by team by half

Track and tally stats accurately

Confer with officials

Update the



announcer

Update score on board  
Tally game stats

Provide coach with book

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# HOME TEAM SCORER'S DUTIES

## *Pregame*

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1. Unless specified by the head official, the home team scorer shall be the official scorer.
2. You should be on-site at least 20 minutes prior to the start of game.

3. Obtain the scorebook from your team's coach.
4. Verify that the roster has been entered for the game.
5. You will be asked by the official who is the "in-home man" for each team.
6. Enter pertinent game information –
  1. Opponent's name, coach's name, officials' names
  2. Game date/time (Weather)
  3. Your name
7. Obtain the opponent's roster and enter into your scorebook.
8. Share your roster with the opponent's scorer.
9. Share rosters with the announcers (optional). Take photo and email to the press box.

# SCORER'S DUTIES *In Game*

player #

- **Verify the goals/assists and player #s** with the referee at the end of each quarter.
- **Record *timeouts*** accurately. Notify the nearest referee immediately if more timeouts are taken than allowed.
- Record the time of, duration, infraction type and player # when ***penalties*** are assessed.
- Notify the nearest official immediately if a player accumulated more than five (5) minutes of personal fouls.
- Notify the nearest official if a player enters the contest without being on the roster prior to game start.
- **Track all statistics accurately.**
- Tally stats by quarter.
- Be friendly with the opponent's scorer.
- Ensure that the focus at the timer/scorer table is on the game and clear from visual and audible obstructions.

# SCORER'S DUTIES

## *Post Game*

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- ✓ Offer humble **congratulations** and gratitude to other table officials and respect opponent
- ✓ **Tally statistical totals.** Confer with opponent scorekeeper if needed.
- ✓ Provide head coach with the score book following the game for signature.
- ✓ **TAKE PHOTOS** of the entire

Game's stat sheets.

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# PRIORITY OF STAT RECORDING



# THE SPOTTER

## SPOTTER'S

## DUTIES





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✓ Keeps an extra set of eyes on the game. ✓ Calls/confirms the plays of the game. ✓ Helps with penalty time keeping. ✓ Leave the binoculars at home.

77

## SPOTTER'S JARGON

**“X from Y”** Player X scored the goal; Player Y had the assist, where X and Y are the players' numbers.

**“White X Groundball”** Award Player X in the white jersey a ground ball, where X is the

player's number.  
**“Blue X Shot (wide/high)” “Blue X Shot on Goal”** Award Player X in the blue jersey a shot. Shot may be on-goal or not.

**“Save”** Goalie prohibits goal as shot on goal is made.

**“Blue Possession”** “Blue” team wins face off. “White” team loses face off.

**“Clear by Blue”** “Blue” team successfully moves ball from their defensive area across the midline and into the offensive area.

**“White X” and “Blue Y”** Name the faceoff players numbers with a pre-call of the team color.

**“Caused turnover White X, Turnover Blue X, Groundball White Y”** as well as the ground ball (team color and number). Call the player team color and number whom turned the ball over.  
If the event of a caused turnover, call the team color of the player whom caused the turnover



# KEEPING THE BOOK



