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Lacrosse Officiating Principles

ADVICE TO MAKE YOURSELF A BETTER LACROSSE OFFICIAL

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Lacrosse Officiating Principles

Foreword

This book contains principles to help lacrosse officials improve. The book is divided into chapters covering one principle or theme. The goal is that you will learn something you did not know to help you develop your lacrosse officiating craft skills.

The first three chapters address the three essential questions all new officials must learn the answers to, which are:

1. Where Should I Be Positioned on the Field?
2. What Should I Be Looking At?
3. What Should I Be Looking For?

The remainder of the chapters focus on specific aspects of becoming a good official, such as knowing that perfection is impossible. Concrete advice for becoming a higher-rated official is given based on years of numerical feedback data submitted by coaches via their post-game reports of officials.

The benefits of attending referee training (aka, LAREDO training) are discussed, and a great deal of feedback from five years of LAREDO training is presented in synthesized format. The book is full of quotations from a number of eminent officials and senior clinicians with national and international officiating experience.

The book concludes with rich chapters on pre-game and post-game activities, which unfortunately are some of the most overlooked and under-utilized activities.

Live it! Love it! Lax it!

-The authors

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Safety of the Players

Safety of the players is the most important aspect of lacrosse. Each player wears equipment designed to protect players from injury during normal play.

Goalkeeper's crosse

The crosse of the goalkeeper is part of the goalkeeper's safety equipment. It is true that the goalkeeper uses his crosse primarily to block shots and "defend" against a goal scored, but the goalkeeper also uses his crosse to "protect himself against injury" from a shot to the body/head. The field players (i.e., the nongoalkeepers) use their crosses only to attack or defend. The crosses of the field players are tools for scooping, cradling, passing, or shooting the ball. The goalkeeper's crosse is a tool for the same functions, except that it also acts as a piece of the goalkeeper's required protective equipment. The goalkeeper crosse is no different than his helmet, throat protector, chest protector, etc. Why this distinction is important is that the rules for a broken crosse are different for a goalkeeper than a non-goalkeeper. When a goalkeeper's crosse breaks, the officials must immediately blow a whistle to stop play because this is a safety issue. However, when a field player's crosse breaks, play continues and the officials do not stop play. The field players generally will either pick up their own broken crosse and exit the field, or the field players will leave their broken crosse on the field and exit the field (thus leaving their garbage on the field, which is considered OK).

If a goalkeeper drops his crosse, play is not suspended even though the goalkeeper would be without a piece of his protective equipment. Play continues as a policy matter, which is to say that the rulebook needs to give the goalkeepers an incentive to hold onto their crosses. For example if the rule were different, a goalkeeper could merely drop his crosse any time the other team was about to shoot. Thus, the lack of the goalkeeper crosse because of a dropped crosse is the goalkeeper's decision, so play continues. However, if the goalkeeper's crosse becomes broken, then play is stopped immediately.

Chapter 1 – Where Should I Be Positioned on the Field?

The most important question a new official asks is, "Where should I be on the field?" The best calls are made when the official is in the best position to make the call.

Be a Fast Lead – Slow Trail

One general truism is that the Lead official must be fast enough to cover his goal on a fast-break opportunity. Thus, when transitioning from Trail to Lead, make sure you run quickly to your new position. The Trail has the luxury of following the action. In a two-person officiating crew, the Trail is supposed to keep up with the ball, but this is seldom possible. At best, you will lag the action as Trail on any fast-break. In a three-person crew, the new Trail official is in no hurry to move upfield with the action because both the Lead and the Single can cover the fast-break without the Trail. This gives the Trail time to move wide toward the sideline and work his way upfield – stopping at first cone, the center line (to watch for substitutions), and the second cone – before moving ultimately to his settled position as the Trail.

Cheat into Position

There are two ways to give yourself an advantage in covering a fast-break or other transition opportunity. The first is to "cheat backwards" a sufficient distance to make sure you have enough time to get back to your post-transition position. How much you need to cheat is a function of your own physical mobility.

If you are a fast runner, then you have less need to cheat your position, but you will conserve your energy better if you do cheat at opportune moments.

Anticipate a Turnover

The second way to cheat your position is to start taking steps backwards immediately once you sense a possible turnover. Taking 5-10 steps backwards when the ball becomes loose could give you an extra 5-10 yards of distance in case of a turnover and a fast break. If the turnover does not happen, then all is well, and you can move back into your settled position with no loss of attention span. In all cases, keep your eyes on the action. Back-pedaling while keeping your eyes on the action is better than turning your head away from the action and running away.

Keep the Action in Front of You

Never turn your back to the action. The old saying is, "Don't take your eyes off of the inmates." As soon as you turn away from the action, something bad will happen and you will never know what it was. This means you will have to backpedal often times to get out of the way AND keep your head looking toward the action. An experienced lacrosse official does much of his running by back-pedaling.

Don't Get Lighthoused

To get lighthoused is to allow the ball carrier to get behind you before you can back-pedal and thus you get turned around 360 degrees while you follow the action. This is bad. You should always be prepared to move quickly enough to avoid being lighthoused. Anticipate what you will do if the play comes directly at you. You might have to take evasive maneuvers to avoid getting used as a pick by the ball carrier. Run away, run backwards, run any way you can to keep from getting lighthoused. Keep your distance enough to avoid getting lighthoused, but don't stay so far away that you are not close enough to the action.

Mow the Lawn in Front of You

Once principle is to vacuum up empty space in front of you, especially as the Lead in a settled situation. Don't remain stationary in the alleys just because you don't want to get lighthoused. If you as the Lead see large amounts of empty space in front of you, move into it. Get closer.

Take the "Carboneau Challenge"

One of the tactics employed in training is to teach officials the attempt the Carboneau Challenge, which is named after a legendary senior clinician and trainer of lacrosse officials, Mr. Jim Carboneau. The Carboneau Challenge is for the Lead to at least once each quarter get close enough to the crease to actually step a foot into the crease circle. This is tough to do because the action usually does not let you get that close without a danger of being lighthoused or becoming part of the play. The only time a Lead can fulfill the challenge is when the action has moved to the opposite sideline and no players are between the Lead and the crease. Only then can the Lead move in close enough to get a toe-tap into the crease. Since the window of opportunity for meeting the Carboneau Challenge is so short-lived, the Lead will constantly feel a "gravitational pull" toward the crease, which is the whole point of the challenge. The idea is to force the Lead to be constantly thinking, "How can I get closer to the crease?" The Carboneau Challenge works as a tool for training lacrosse officials by forcing the Lead to get closer to the crease, whenever possible.

Chapter 2 – What Should I Be Looking At?

Now that you know where you should be positioned, the next most-important question is, “What should I be looking at?” Just being in the best position is no guarantee that you are focused on the correct zone of coverage. Although a thorough discussion is not possible in such a short paragraph, a couple of thumbrules will help.

On-ball Official

Regardless of your position, at times you will either be the “on-ball” official or the “off-ball” official. The on-ball official watches the ball carrier and players in the immediately vicinity.

Off-ball Official

When you are not the “on-ball” official, you are by definition the “off-ball” official. The off-ball official has a much wider zone of coverage and watches the rest of the action. Do not ball-watch as the off-ball official. When a shot gets taken, the off-ball official must never follow the shot. Instead, the off-ball official must continue to watch the action against the shooter after the shot, especially to watch for late hits. The brim of your hat does not lie. If you are ball-watching during a shot as the off-ball official, the brim of your hat will follow the ball, and your observer/evaluator will highlight your deficiency in the post-game evaluation. One good thumbrule for the off-ball official is to mentally say, “Shooter, shooter, shooter” to yourself as the player is taking a shot in order to force yourself to keep your head focused on the shooter and NOT follow the flight of the ball. Some officials will also open their hips toward the shooter to force the official to focus on the shooter and not turn to watch the flight of the ball.

On-ball Official

The on-ball official merely watches the ball. This is human nature to watch the action, so you generally do not need to try very hard to focus your attention on the ball carrier. This comes naturally. The key is to know when you should change from the on-ball to the off-ball official.

Transitions from On-ball to Off-ball, and Vice Versa

The transfer from on-ball to off-ball is as simple as answering the question, “Who is closer to the action?” In general, the closer official will be the on-ball official.

The officials should talk to one another by saying, “I’m on” or “I’m off” to indicate who has primary coverage when the action is moving around the field, especially during settled play around the crease when the ball passes through “X” behind the goal cage.

Occasionally, one official will get pushed way back toward his own sideline. In that case, the other official will need to pinch in closer toward the crease to assist in case of a quick pass and shot.

Lead Official

The Lead generally looks at the goal cage, crease circle, and the ball carrier nearby. The lead has primary coverage for goal scored, so looking toward the goal is imperative. The Lead also runs toward the endline after a shot to make sure he is in the best position to see which inbounds player is closest to when the ball breaks the plane of the field boundary line.

Although the Lead has a smaller coverage area than does the Trail, the Lead actually works harder during settled situations because the Lead is constantly moving in/out to remain close to the crease without

getting into the action and because the Lead is chasing every shot toward the end line. Contrary to popular belief, the Lead is not a position where the official can rest.

Trail Official

The Trail generally has a wider zone of coverage than does the Lead. The Trail will usually be farther from the action, and thus have a larger portion of the field in his view. The Trail looks backwards occasionally to ensure that there are no issues on the other half of the field. The Trail needs to watch for timeouts called by coaches in obvious game situations, such as toward the end of a close game. The Trail also pays more attention to the substitution area to make sure that the player substitutions are proper. The Trail is also more attuned to watching for instances of offsides, especially during transitions.

Chapter 3 – What Should I Be Looking For?

Just because you are in the correct position of the field and looking in the proper zone of coverage, it does not mean you know what you should be looking for. The best officials anticipate what might happen next and can thus focus more attention on those events. Much of what to look for comes with knowledge of the strategies teams use to attack and defend.

On-Ball Official

Ball carrier is being chased

Watch for slashes, pushes, illegal body checks, trips, etc. The defender is trying to force the ball to become loose. Watch for penalties that might occur.

Settled action

Screens

Watch for illegal offensive screening. The attacking team wants to set picks to give their ball carrier a clean shot on goal. Thus, picks will be set frequently by the attacking team. Watch to make sure the pick-setter's feet are not moving and that the pick-setter is stationary. Also watch to make sure the player being picked does not "light up the pick" by trucking the pick-setter, which is illegal.

Interference

Watch for interference, especially in congested areas of the field. The defending team wants to impede the mobility of attackers cutting toward the goal or running past the top of the crease. The defenders want to maintain contact with these "cutters" and will use their sticks as crossing guards to impede the movement, which is illegal.

Who has the short stick?

Defenders can defend better when using long sticks. However, in games with 10 players per team, each team can use a maximum of four long sticks at a time. This means that two other defenders (probably midfielders), will be defending with short sticks. The attacking team wants its best shooter to be guarded by one of the short-stick defenders. Thus, you will see the attacking team trying to set screens to peel away a long-stick defender from the ball carrier and force a short-stick defender to defend the ball carrier. Once the ball carrier has a "shorty" guarding him, this sets the stage for the attacker to go one-on-one with the short stick defender and possibly enhance his chances of scoring a goal.

Chapter 4 – Develop a Repertoire

Officials often get tongue-tied when making routine reports, signals, or calls. The best officials commit certain phrases to memory to keep from having to think.

Faceoff violations

Just point and say one word – the color of the team that gets the ball. Don't mess with lots of ornate explanations. The players will see the point, hear the color of the team that gets the ball, and start moving accordingly. The last thing you want is to say two colors, such as, "Red moved early. White ball." The coaches and players will key on the first color they hear and start preparing substitutions to attack or defend. If you say the wrong color first, then one or both teams could be disadvantaged.

No goal due to illegal push into the crease

Just say "No goal. Push" while making the proper arm signals for no-goal and push. You do not need to include "crease violation" because it is obvious that the crease violation caused the no-goal and the push was illegal (from behind).

Pushed offsides

Just say, "Push. Red." You don't need to announce, "Simultaneous fouls; White player pushed red offsides illegally from behind; It will be Red's ball."

Playing from out-of-bounds

Just whistle, make the illegal procedure signal, and point the direction the ball will be going. Then say "Red" to give teams a verbal indication of the same. You don't need to announce that a player was "Trying to participate in the action with one foot out-of-bounds and his crosse touched the ball while the ball was still inbounds…"

Pre-game coaches' certifications

Just ask, "Coach, are all of your players legally equipped by rule?" This simple phrase gets twisted into so many different variations that are all wrong. The certification question isn't, "Are all of your players properly-equipped by rule." It isn't, "Are all your players properly equipped according to the rulebook?" it isn't, "Do all of your player have their equipment and are properly instructed to wear it?"

The coaches should hear the exact same certification question every game. Getting it wrong is akin to not knowing the words to the Pledge of Allegiance or the National Anthem.

Chapter 5 – Gray Areas

Certain calls are classified as “gray areas,” which means that the calls could be interpreted differently depending on the game situation.

Pushing

Examples of gray areas are the exact definition of when a push is from behind (illegal) versus from the side (legal). Some officials call a push only when it causes the player to fall in the forward direction. Others will use a 45-degree bisecting angle between the shoulder blade and the spine. There is no perfect definition. Players who spin into a legal push to make it illegal should not get a pushing call because of the “turning rule.” All of these factors make a push very difficult to call.

Chapter 6 – No-Calls

Coaches will tolerate a no-call for something you perhaps could/should have called, but they will never forgive you for making up a call for something that did not happen. The first guiding principle of making calls is, "Never make a call for something you did not see." Coaches go ballistic when there was no contact and yet their player got called unfairly for a slash, trip, etc., and they can tell that you were just inventing a call.

The no-call is a useful tool for avoiding "ticky-tacky" calls, which keeps the game moving along and establishes a better flow for the game. Coach

Offsides

There is debate as to whether a player scraping the center line should be called as offsides. Some officials will say that if the player was making a play on the ball carrier but unfortunately touched on/over the center line, then offsides must be called. Other officials will say that if the player was nowhere near the action and just carelessly touched the center line, then a no-call is appropriate.

Offsides is one of the toughest calls to catch each and every time because the event often happens away from the ball carrier, so the officials are looking in a different direction. Also, the swirling of players during transition and the similarity of team uniform colors can make the counting of players next to impossible.

Crease touches away from the action

When an attacking team's player who does not have possession of the ball runs around the back of the other team's crease and scrapes his foot on the crease line, you might be the only person on Earth who saw the crease violation. Ask yourself, "Do I really need to call this?" There is nothing interesting going on at the back of the crease. Did the attacking team gain an advantage? No. Was the goalkeeper infringed by this? No. No-call it. Keep going.

Stick-checks that barely miss

The typical stick-check misses occasionally. However, if you can tell the defender is making a legitimate lacrosse move, but he just barely missed and the check was not excessively forceful, then maybe you don't want to call a slash every time. Talk to the player. Say, "Get stick" or "Easy." Players will understand what you are telling them. Communicating to the players gives them a measurable boundary for knowing what constitutes a slash today and what does not.

Missing mouthpiece

The "fishhook" mouthpiece is one of the most common infractions for illegal procedure due to the mouthpiece. Truthfully, players can breathe more easily when the mouthpiece is missing, so they like to fishhook it. Technically, the rulebook states the officials should call this since it is only a technical foul. The game situation might merit a no-call and a quick warning to the player.

Chapter 7 – Expect Many Mistakes Each Game

Research on the officiating accuracy rates was conducted by the authors by using public data for various popular sports, including lacrosse. Lacrosse is one of the more difficult sports to officiate perfectly due to the speed of the game, physical contact, a large field, substitutions on the fly, a small ball moving at highway speed, a large intricate rulebook, and a fairly small number of officials assigned to each game. Only basketball has a lower officiating accuracy than lacrosse. Soccer and ice hockey are comparable to lacrosse. Baseball and football have the highest accuracy rates, but this is because the plays start from settled action, instant replay can be used by the officials, the action occurs within a smaller fraction of the field, and many other factors.

Comparison of Officiating Accuracy for the Six Sports

The table below summarizes the probability for a perfectly-officiated game in several sports.

Figure 1 - Occurrences and Probabilities of Perfectly-officiated Sports

Sport	Accuracy Rate Per Call in a Game	Perfectly-officiated Game Once Every	Comments
Baseball	99.3% for 150 calls	3 games	Easiest to get right
Football	98.5% for 160 calls	11 games	Seven officials
Ice Hockey	95.0% for 150 calls	2,200 games	2-4 officials
Soccer	92.3% for 100 calls	3,000 games	Solo field official
Lacrosse	90.0% for 80 calls	5,000 games	2-3 officials
Basketball	86.3% for 80 calls	175,000 games	Never happened

Baseball appears to be the simplest game to call perfectly, which is to say that professional baseball umpires do not egregiously make a bad call more than once every three games or so. One has to wonder if this includes the home plate umpire, whose judgment is proven amiss several times per inning by the computerized ball-trackers on TV.

Football also enjoys great success with a perfect game being called about once every 11 games. This may have to do with the fact that professional football has seven officials, which helps them focus on a smaller number of players or touches. Also, every play start from a motionless, pre-set condition, and the ball is large and moves rather slowly, which makes it easy to track.

Ice hockey, soccer, and lacrosse are comparatively similar and wide-open sports with lots of action and frequent contact by the players. Perfectly officiated games may occur once every 2000-5000 games.

Basketball appears to be the most difficult game to officiate perfectly, with a perfect game occurring only once every 175,000 games, which is to say that it has probably never happened more than once in the history of basketball at the professional level. This is supported by anecdotal comments made by Mr. Matt Palumb, a well-known lacrosse official who also officiates NCAA basketball. Mr. Palumb has stated that basketball is the hardest sport to officiate – even harder than lacrosse – because basketball has a contested call on almost every trip up or down the court.

The useful output of the research is that a perfectly-officiated lacrosse game should occur only once every 183 years, and this is only if the best professional officiating crews are used on every lacrosse game. This is almost to say that a perfectly-officiated lacrosse game will never happen in your lifetime.

Distribution of How Many Errors Per Game of Lacrosse

Officiating accuracy rate = 90.0% for N=80 calls total. The author found a simple formula for calculating how often a particular sporting event or game will be played that contained X errors, as a function of how many calls have to be made and how accurate the officials are in making their calls. The formula for determining the relative frequency for X errors in a game with Y calls/no-calls at an accuracy of Z% on each call is as follows:

Figure 2 - Formula for Calculating Relative Occurrence of N Errors Made by Officials in a Sporting Event

$$Probability = \frac{(Y)!}{(Y-X)!\,(X!)}(Z)^{(Y-X)}\,(1-Z)^{X}$$

$$Probability = \frac{(TotalCalls)!}{(GoodCalls)!\,(BadCalls)!}(AccuracyRate)^{GoodCalls}\,(ErrorRate)^{BadCalls}$$

Where the exclamation point means the factorial function. Recall 8! = 8x7x6x5x4x3x2x1. Thus, the probability of getting 72 correct calls out of 80 by officials possessing a 90% officiating accuracy rate is:

Figure 3 – Calculation of Relative Occurrence for 8 Errors Made by Officials in a Sporting Event with 80 Calls at 90% Accuracy

$$Probability = \frac{(80!)}{(72!)(8!)}(0.9)^{72}(0.1)^{8}$$

$$Probability = 0.14712 \approx 15\%$$

Using the same formula, a table can be built to list the relative frequency of the crew making X errors in a lacrosse game, while holding the number of calls/no-calls made at a constant 80 per game, holding the officiating accuracy rate constant at 90%, the officiating error rate constant at 10%, and varying the number of bad calls made per game from zero mistakes (i.e., the perfect game) to 16 mistakes (i.e., a game officiated so horribly that it is also very rare).

Figure 4 - Frequency of Lacrosse Officiating Errors Made by the Officials on a Game Crew

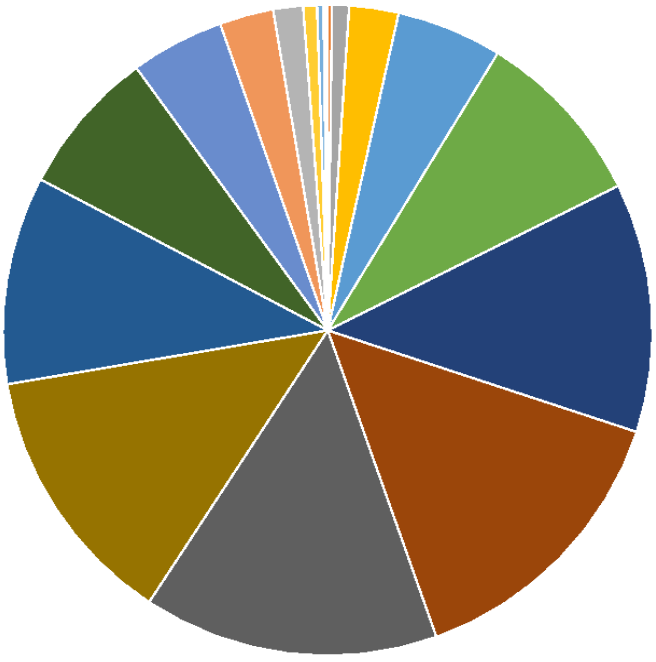
Total Number of calls made per game	**Good** calls made per game	**Bad** calls made per game	Relative Occurrence	Cumulative Occurrence
80 total calls	80 good calls	0 bad calls	0%	0%
80 total calls	79 good calls	1 bad calls	0%	0%
80 total calls	78 good calls	2 bad calls	1%	1%
80 total calls	77 good calls	3 bad calls	2%	4%
80 total calls	76 good calls	4 bad calls	5%	9%
80 total calls	75 good calls	5 bad calls	9%	18%
80 total calls	74 good calls	6 bad calls	12%	30%
80 total calls	73 good calls	7 bad calls	15%	45%
80 total calls	72 good calls	8 bad calls	15%	59%
80 total calls	71 good calls	9 bad calls	13%	72%
80 total calls	70 good calls	10 bad calls	10%	83%
80 total calls	69 good calls	11 bad calls	7%	90%
80 total calls	68 good calls	12 bad calls	5%	95%
80 total calls	67 good calls	13 bad calls	3%	97%

Total Number of calls made per game	**Good** calls made per game	**Bad** calls made per game	Relative Occurrence	Cumulative Occurrence
80 total calls	66 good calls	14 bad calls	1%	99%
80 total calls	65 good calls	15 bad calls	1%	99%
80 total calls	64 good calls	16 bad calls	0%	100%

The above table shows the most common outcome is 7-8 bad calls per lacrosse game, which is about two bad calls/no-calls every quarter. This is using the performance data from the best lacrosse officials, who possess an accuracy rate of 90% on any given call. If a game has officials who are not the best professional lacrosse officials in the world, then that crew's officiating error rate will be higher, and the average number of bad calls made per game by the officiating crew will increase, perhaps significantly.

The relative frequency of errors made in a typical lacrosse game can be seen more easily with the above data presented in a pie chart. As you can see, the biggest slices of the pie are for games with 7, 8, or 9 bad calls, which is 2-3 bad calls each quarter.

Figure 5 - Relative Occurrence of Officiating Errors Per Game of Lacrosse



Using officials who possess 90% accuracy on their decisions, the average lacrosse game ought to contain about eight bad calls/no-calls. Lacrosse games with 6-10 bad calls ought to comprise more than two-thirds of all games.

Do coaches understand how hard it is to officiate the sport of lacrosse? Imagine the following conversation:

- COACH: “The officials made five bad calls today!”
- FAN: “Really?... They were that good?”
- COACH: “What do you mean?”
- FAN: “Well, according to sports research data, a lacrosse game with only five bad calls is in the upper 18% of best-officiated games because 82% of all lacrosse games have six or more bad calls per game. You should feel lucky because you had a high-performing officiating crew today.”

As a coach or fan, bring an abacus (or worry beads) to a game. Count each bad call. When you hit eight bad calls, then you might have a reason to start complaining, but only if your game has been officiated by the best officials in the sport of lacrosse. It is more likely that your game has not been officiated by the absolute best officials in the sport of lacrosse (i.e., those at the professional level), so the expectation is that your game will probably endure 8-12 bad calls/no-calls per game, which is 2-3 missed calls per quarter.

Chapter 8 – What You Can Learn from LAREDO Training

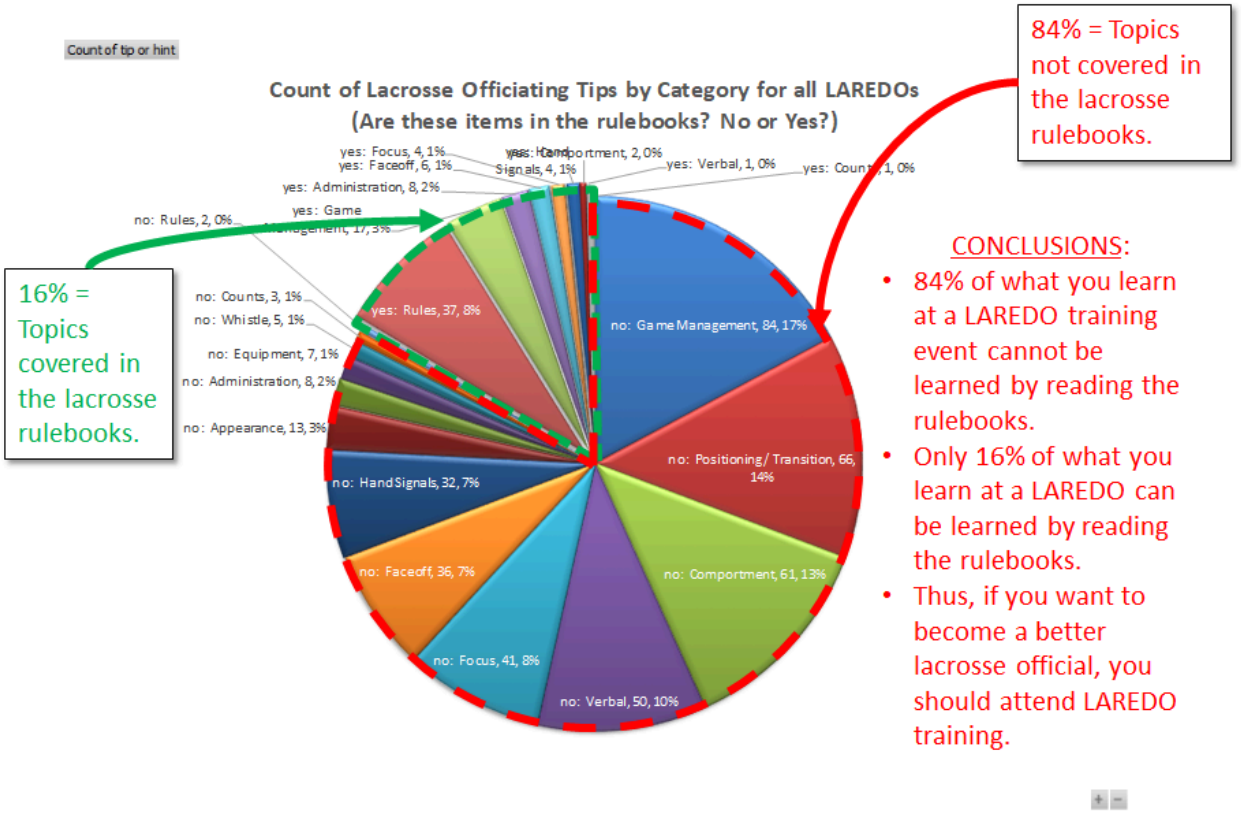
History of LAREDO training

LAREDO is an acronym taken from the phrase "Lacrosse Referee Development." The LAREDO is essentially a training event for lacrosse officials that is staffed and sponsored by US Lacrosse, who sends its best and most senior clinicians to the event to conduct training for aspiring officials who want to improve. Events are typically 2-3 days long and are usually run commensurate with a large lacrosse tournament.

Figure SEQ Figure * ARABIC 6 - LAREDO Training Logo

The authors have compiled feedback from more than five LAREDO events spanning the years 2014-2018 and distilled the advice given into specific subjects. The most significant high-level finding is that more than 80% of what you learn at a LAREDO training event cannot be learned just by reading the rulebook. The implication is that if you want to improve and move up to the next level as an official, you will benefit immensely by attending a LAREDO training event.

Figure 7 - LAREDO Teaches You Mostly What Is Not in the Rulebooks



Chapter 9 – You Can't Run Yourself to Success

Having better mobility is generally an asset for a lacrosse official. However, physical speed is not a very good predictor of being a good lacrosse official. You can be a very good lacrosse official even if you are slow, and you can be a low-rated lacrosse official even if you are fast.

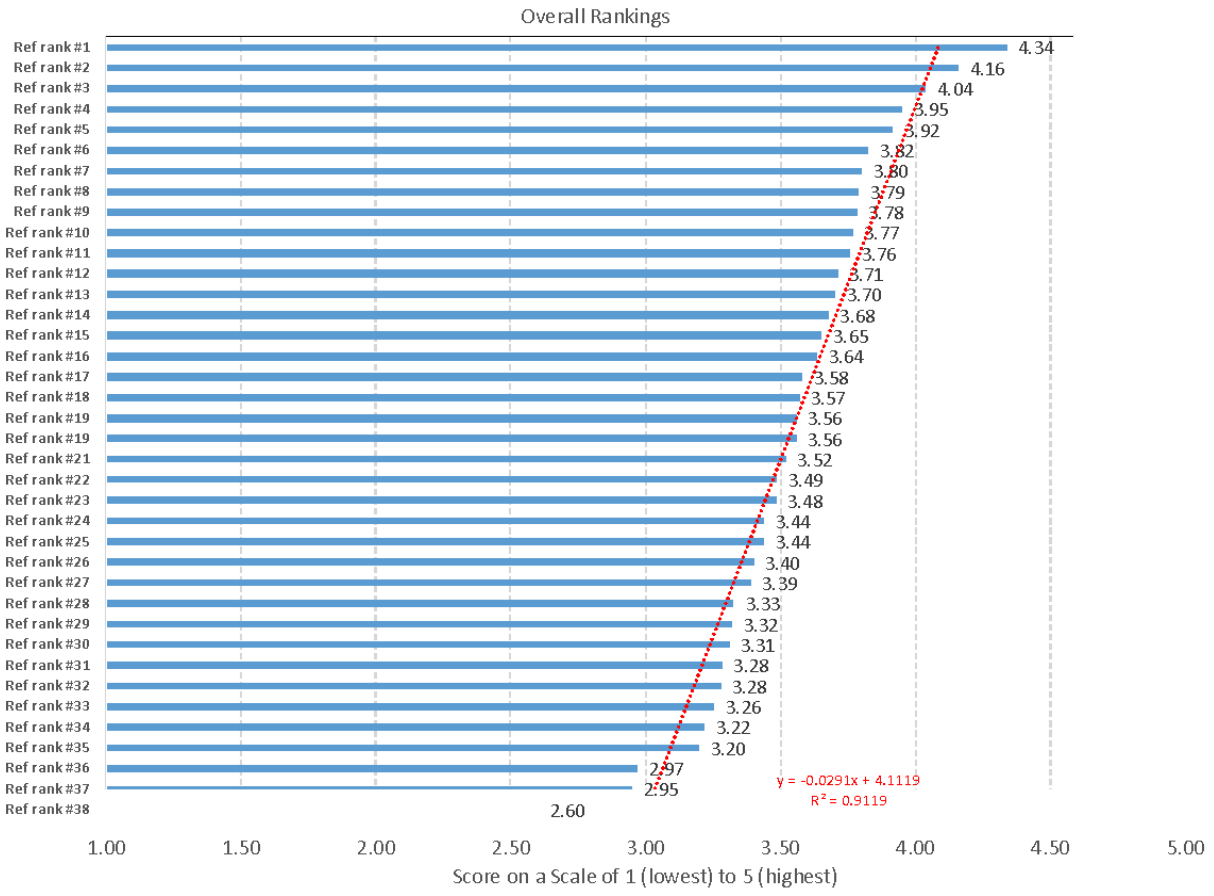
Of the five attributes tracked by the Texas High School Lacrosse League, only "mobility" is poorly correlated with the overall performance score given by coaches in their feedback reports on officials.

Overall Ratings Given by Coaches to the Score/Rank the Lacrosse Officials in 2017

Texas High School officials are evaluated after every game by both team's head coaches. The feedback data is collected via the Arbiter game-scheduling system. The head coaches rate each game official on a scale of 1-5 on the five metrics (with a rating of a 1.00 being the worst and a 5.00 being the best):

1. Official demonstrates a thorough knowledge of game and rules ["Knowledge of Rules"]
2. Demonstrates good game management, control, and mechanics ["Game Management"]
3. Professionally communicates and interfaces with players, coaches, and table ["Communication"]
4. Demonstrates good mobility and is capable of keeping up with the physical demands of officiating a game ["Mobility"]
5. Consistency in making calls ["Consistency"]

Figure 8 - Overall Rankings and Scores Given by High School Coaches for Lacrosse Officials in Houston

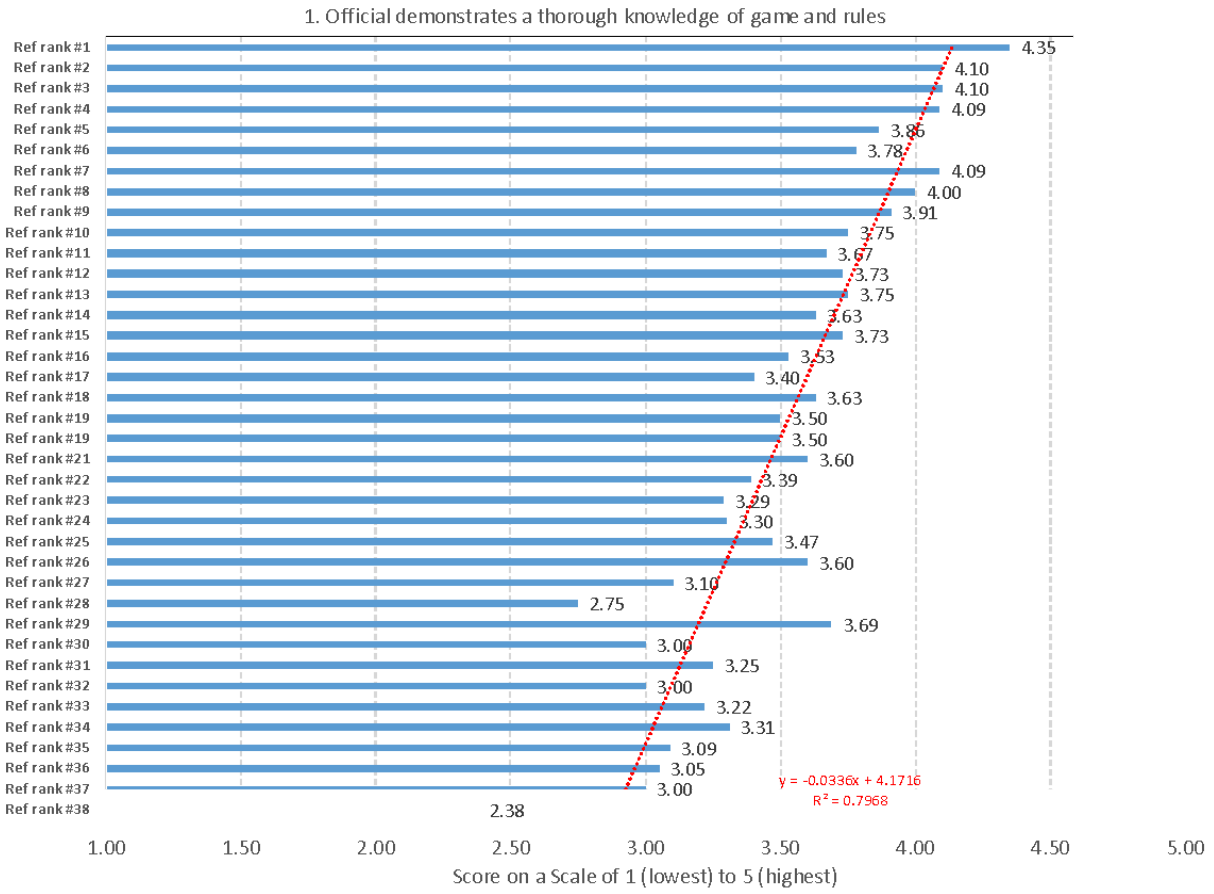


As you can see in the previous figure, the highest rated official received an overall score of 4.34 on a scale of 1.00 to 5.00, while the lowest-rated official received an overall score of 2.60 (seemed to be an outlier). The median score was 3.56, which is halfway between 3.00-Average and 4.00-Good.

Knowledge of Rules

Knowledge of the rules is highly correlated (80%) with being a good lacrosse official. The metric for "Official demonstrates a thorough knowledge of game and rules" shows that knowing the rules will generally help an official receive a higher score from the coaches. Put another way, coaches appreciate having officials who actually know the rules of the game. Thus, officials must take it upon themselves to get into the lacrosse rulebooks, read the rules, and commit them to memory.

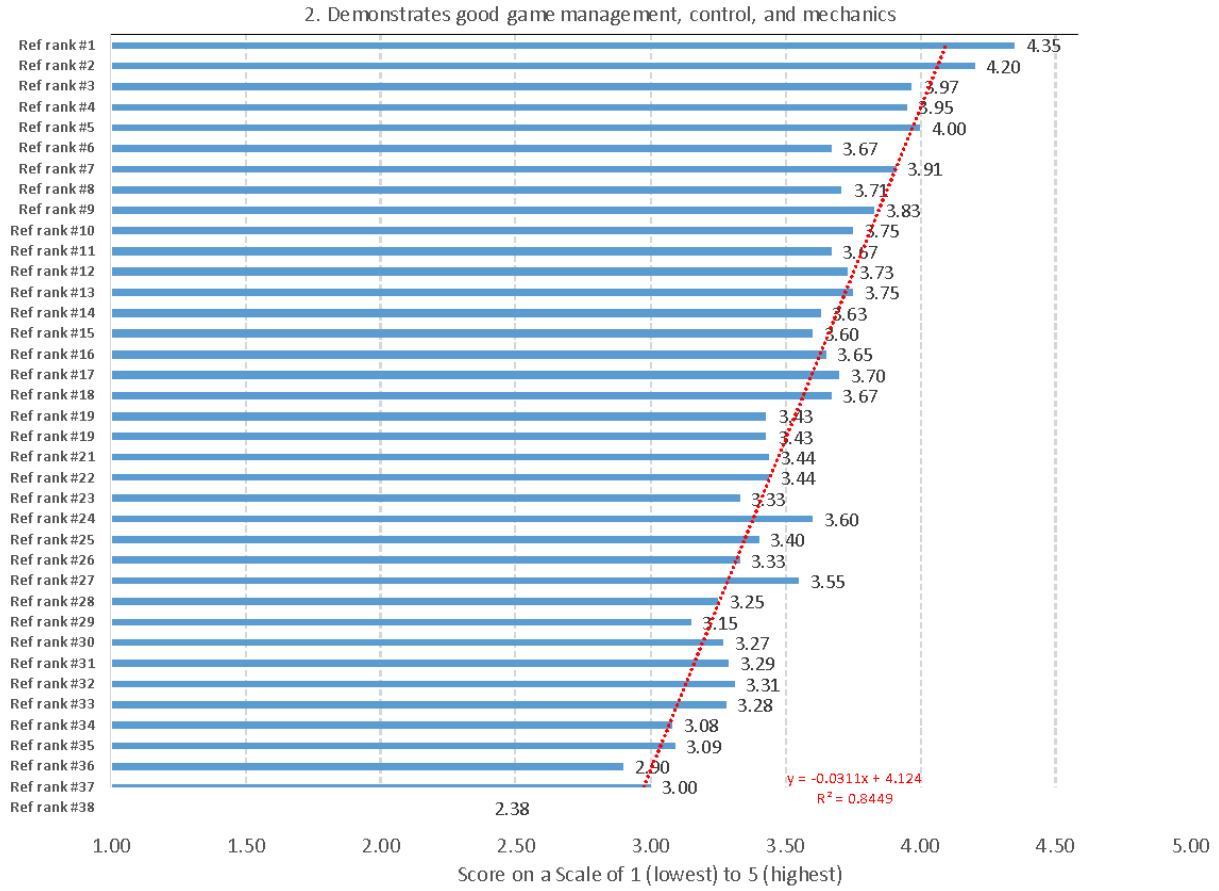
Figure 9 - Knowledge of Rules is Very Important to Becoming a Highly-Rates Lacrosse Official



Game Management

The metric for game management ("Demonstrates good game management, control, and mechanics") shows that this metric is tightly correlated (84%) with the overall score given. The metric for game management is almost a perfect predictor of the overall score given to an official. Thus, coaches really appreciate it when an officiating crew does a good job of game management by establishing a good flow of the game.

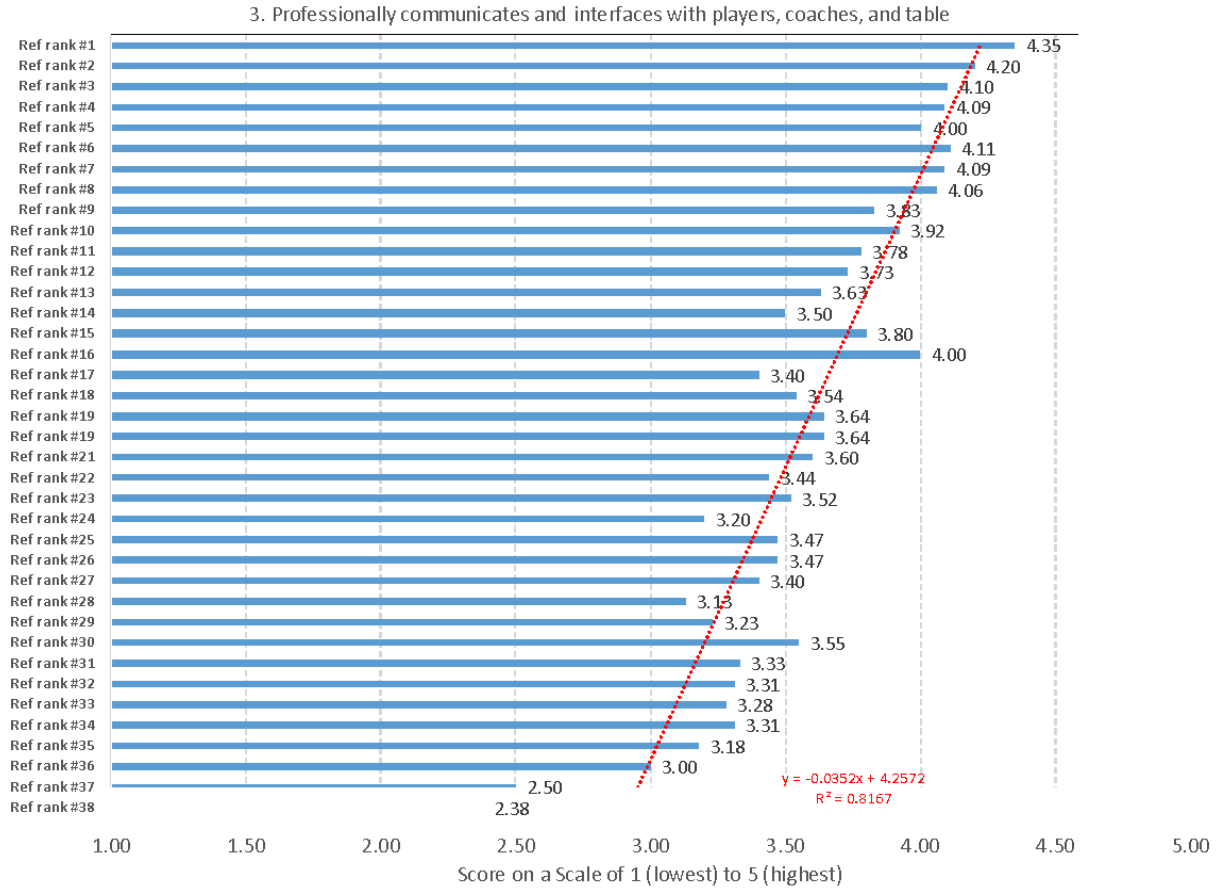
Figure 10 - Game Management is Very Important to Becoming a Highly-Rates Lacrosse Official



Communication

For the attribute called "Professionally communicates and interfaces with players, coaches, and table," the coaches strongly correlate (82%) the overall ranking given to an official with good communication. This implies that coaches appreciate and value good communication from the game officials.

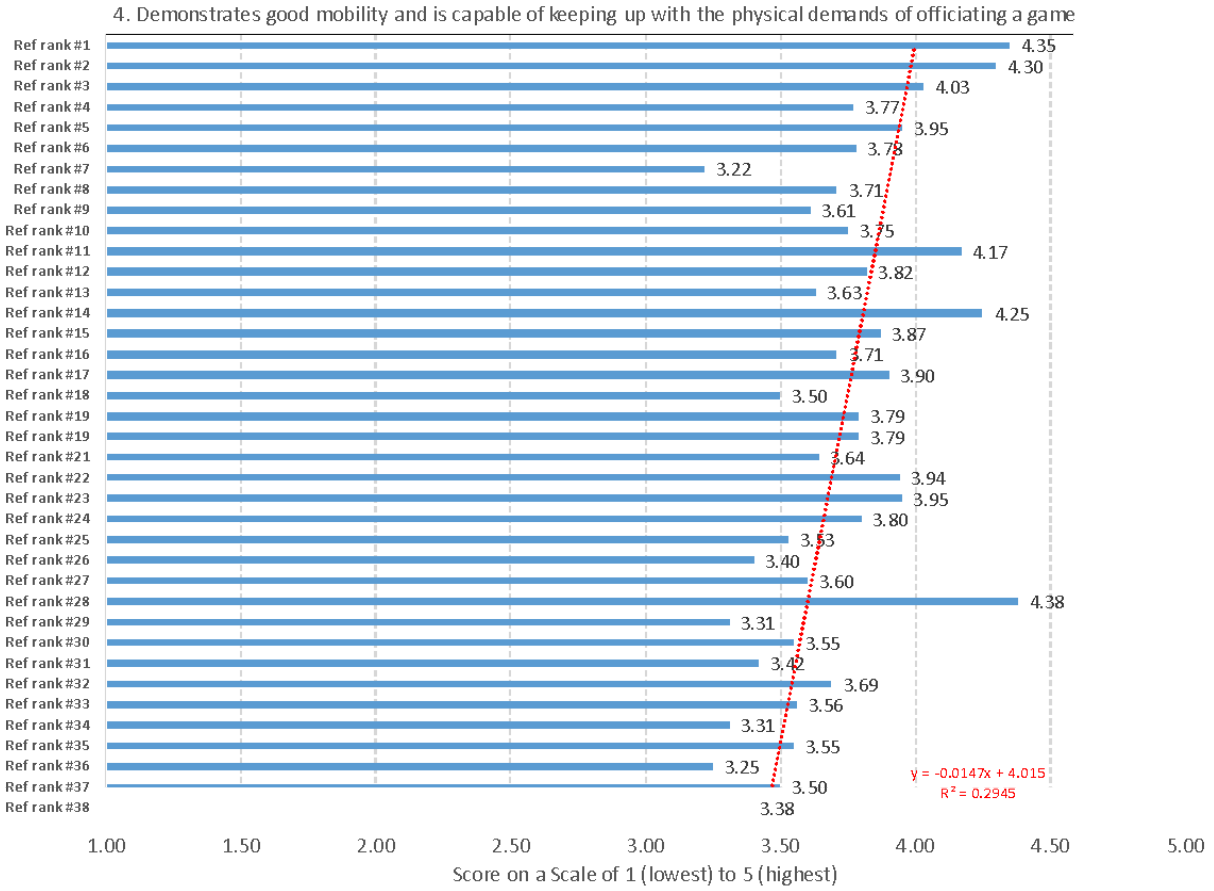
Figure 11 - Communication is Very Important to Becoming a Highly-Rated Lacrosse Official



Mobility

The attribute for mobility is poorly correlated (29%) with an official's overall ranking score. Thus, you cannot run your way to a good rating. Another way of interpreting the data is that mobility matters very little in terms of what coaches really want from a lacrosse official. The other metrics are considered far more important than mobility. Look at Official #7. He is one of the slowest officials, but he is ranked overall in the upper 20% of the officials. Look at Official #28. He is the fastest official, but he is ranked in the bottom third of all officials. Thus, speed helps only slightly, but it does not hurt. Physical conditioning is important for being in the proper location of the field, but even slow officials can find ways to cheat themselves into good position and by anticipating fast-breaks.

Figure 12 – Mobility is Poorly Correlated with High Feedback Scores and Rankings of Officials

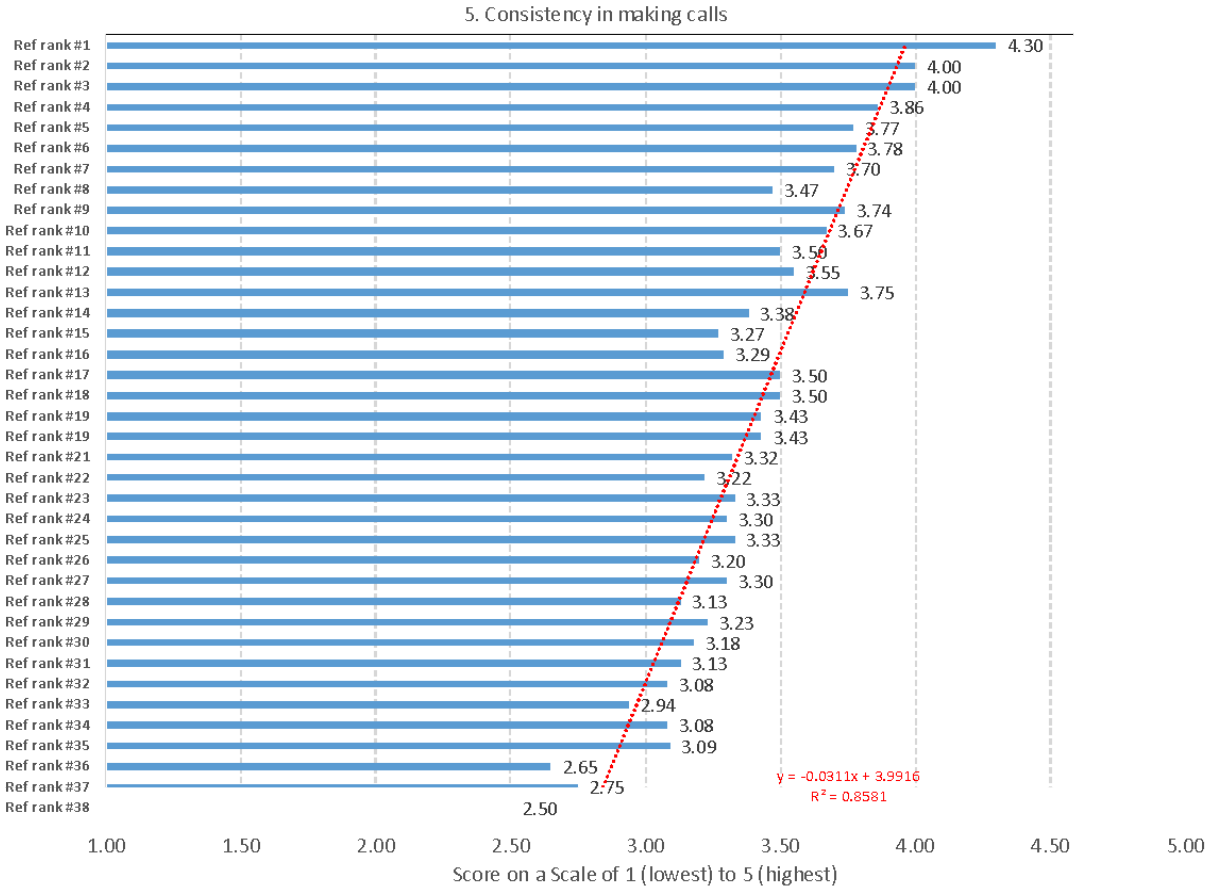


Consistency in making calls

Consistency in making calls is very strongly correlated (86%) with an official's overall ranking score. The metric does not differentiate whether the consistency is from game-to-game or whether the rating is for consistency by the same crew within the game. However, it is noted that coaches appreciate consistency from the officiating crews.

Thus, training with the entire officiating corps is important to get all of the officials "on the same page" in terms of how they call the game. Coaches do not like it when a crew on one day calls the game a certain way, and then a crew on the next day calls the game completely differently. Consistency is one of the keys to being a good lacrosse official.

Figure 13 - Consistency in Making Calls is Very Important to Becoming a Highly-Rated Lacrosse Official

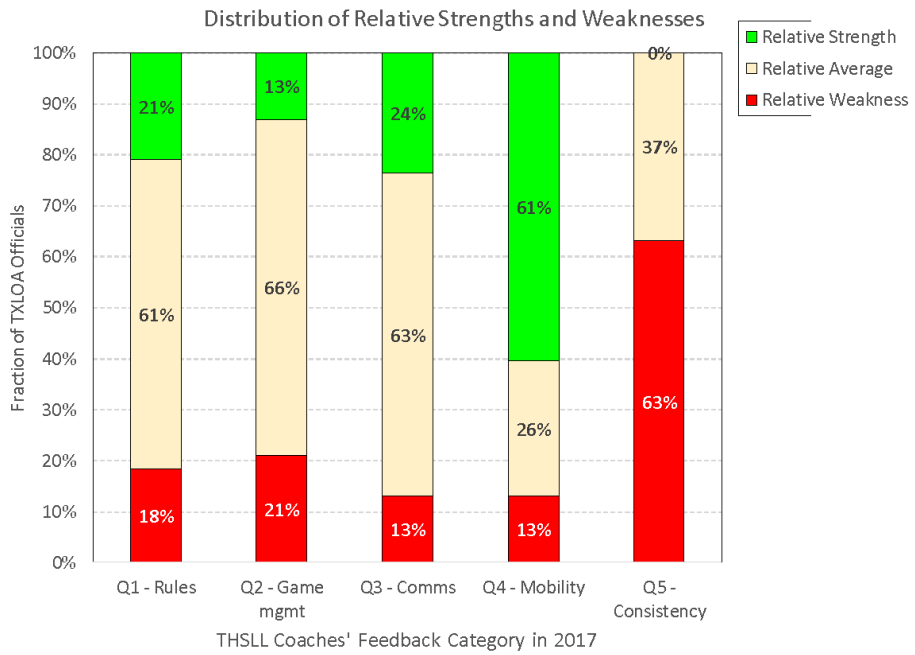


Relative Strengths and Weakness

One good way of looking at the data is to see which of the five metrics is your best attribute and which metrics are your worst attribute. Then, you know where you need to improve the most in the eyes of the coaches.

The figure below implies that speedy mobility is the easiest to measure because it stands out so obviously that it is hard for the coaches to ignore. It should also be noted that no official was rated as having a relative strength in the area of consistency. This implies that no matter how hard you try, being consistent will never be your highest-rated metric. This is because the only way for this to improve is for every other official in the league to improve along with you. Thus, consistency is a goal, but coaches will probably rate other metrics higher for you. Also, poor consistency will stand out like a sore thumb. Coaches believe that a majority of officials need to improve their consistency in making calls.

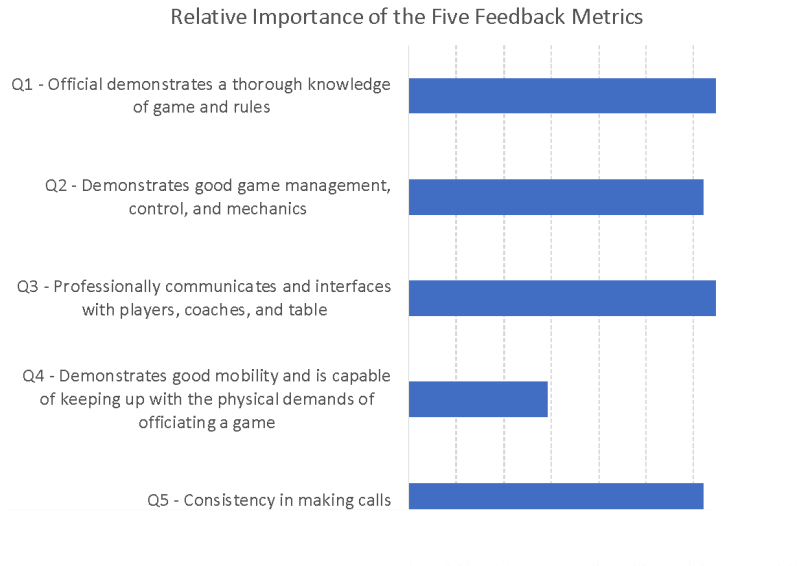
Figure 14 - Relative Strengths and Weakness on Feedback Scores by Category



Summary of the Ranking Data

This data from high school coaches has been tracked over several years in Houston. Over many years, the single best predictor to a high overall ranking has been the metric for "good communication." This is because bad communication makes coaches angry, creates arguments, spawns confrontations, and often results in more penalties against that team. Players feed off of this and get more aggressive. The flow of the game goes downhill from there.

Figure 15 - Relative Importance of the Five Metrics Based on Coaches' Feedback Data



Officials need to work on improving their relative weaknesses based on coaches' feedback data.

Good communication is the most important indicator of success, followed closely by knowledge of the rules, consistency in making calls, and game management/control.

Consistency is the most difficult score to make one's relative strength – zero officials had this as their relative strength.

Mobility is the easiest score to make one's relative strength (61% of officials did so). This is because you can train by yourself to make yourself a good runner, or maybe running comes naturally to you.

Chapter 10 – Game Management

Game management is defined as controlling the temperature of the players, coaches, and fans by calling the game well and by keeping the game moving forward smoothly and without incidents. Some call this "establishing a good flow of the game." Characteristics of a game with good game management is one where the officials do not have to throw many penalty flags because they are communicating well to the players and calling the game consistently well. When players know their boundary limits, they are less likely to overstep their bounds and commit penalties.

Table 1 - Hints and Tips for Game Management

#	Tip or Hint	Detailed Explanation
1	Don't over-downgrade.	Don't downgrade an obvious slash to a push just because the offending team is behind by 12 goals.
2	Every single cross-check hold is a different circumstance.	The best officials have difficulty trying to codify the exact call that could cover every situation.
3	Easy to start tight and then get looser.	Calling everything loose early is a recipe for a disaster.
4	Know the game situation and adjust your calls and your positioning accordingly.	Look harder for call-able borderline pushes or holds in a prolonged scrum. Nothing good will happen on a prolonged scrum.
5	Know the rules, but also do "common sense officiating."	For example, if one official inadvertently blows the whistle just as Player A1 was just about to scoop the ball, give that team the ball in lieu of using Alternate Possession rule (which might award ball to the other team… and rather unfairly). No one is likely to complain if you apply common sense where an arcane, little-known rule gets overlooked in favor of common sense.
6	If both faceoff players are perhaps leaning but doing so equally, then just blow the whistle and go with it.	Neither player is disadvantaged by starting the play.
7	Perfect your game management skills.	Listen and adjust your own behavior to improve.
8	Don't control to micro-manage. Instead control to let things happen.	Don't try to force things to happen. Don't try to impose yourself on the game. Allow the events to unfold. You are merely there to officiate.
9	Tell encroaching player to get back five yards before a restart.	Don't whistle the play in hurriedly because time is of the essence. If the defender refuses to cooperate, then you can flag him for delay of game.
10	Consider downgrading an "oops" profanity from an unsportsmanlike conduct (personal) foul to a (less severe technical) conduct foul.	Especially if the player is the goalkeeper.
11	Don't officiate only "by the book" - instead officiate to include "game management" principles.	The rules are guidelines that will guide you in the right direction, but they will not cover every possible situation or circumstance. Overly strict interpretation and

#	Tip or Hint	Detailed Explanation
		enforcement of the rules will occasionally create the wrong outcome.
12	Say to yourself before a game, "Today, I am going to work on my game management."	Try to relate to the players and the coaches. Lacrosse is a game. It needs to be enjoyed. Don't take it too seriously.
13	Apply common sense to your officiating.	Don't just quote rules from the rule book.
14	Preemptive statements can prevent players from making bad decisions.	Saying "ball's gone" might cause a charging defender to stop his charge. Saying "get stick" can remind defenders to clean up their stick checks.
15	Don't seek to find violations during a requested or random stick check.	The stick rules are a guideline, but being too harsh would be an example of poor game management. If the stick is so far off that the ball has difficulty moving out of the stick, or is so distorted that it is obvious to the eye, or has been physically altered post-construction to gain an advantage, then that would be an example of where the stick check rules must be enforced strictly. Minor dimensional differences in the width of the head, for example, are unlikely to make any difference in the playability of the game. Heads tends to warp during usage, so don't look for perfect dimensions on the head.
16	Look for obvious stick or uniform violations during warmups.	This will defuse a heated debate later.
17	Stay sharp as referees	Come together occasionally at timeouts or quarters to discuss how you think the game is going. Ask yourselves what you need to focus on to improve the game.
18	Confer as officials when making a big call or decision.	Examples would be an ejection, a multi-minute or nonreleasable penalty, or a goal-not-counted decision.
19	Use "common sense officiating" to make the right call.	Certain officiating mechanics (who does restart) might differ under special circumstances. Example: if a player leaves the bench during an altercation, but he was restraining his own player to prevent further escalation, do not expel the player who entered the field since the player was doing the right thing (albeit against the rules). Warn the player and coach that players cannot leave the bench during an altercation. Get back to playing lacrosse.
20	Do not fail to call a line violation infraction just because "no advantage was gained."	Call the offsides even when "no advantage was gained." It is a common myth that officials should ignore making the offsides call just because "no advantage was gained." Reasoning: There are multiple situations where no advantage was gained on a line violation, so you must be consistent and call them all. You would never ignore the following line violations where no advantage was gained: (1) Shooter's toe stepped one inch over the crease line on a shot; (2) Player making a clearing runs is pushed toward the sideline where his foot just barely scrapes the sideline;

#	Tip or Hint	Detailed Explanation
		(3) Player being warned to "keep it in" steps on the attack box restraining line. (4) Player exits the field of play during live action by entering the coaches box (instead of going through the cones). In all of these examples, you would enforce a close call on a boundary line regardless of whether or not an advantage was gained or not. Thus, make the tight call on offsides if you see it. The only exception might be if a player away from the action accidentally steps on a portion of the midfield line and no one else saw it.
21	"The rulebook is merely a guide." - Sean Murphy quoting advice he received from former NILOA President Jim Carboneau.	Apply common sense officiating.
22	"If we ref to the letter of the law, then we are in trouble." - Sean Murphy.	Common sense officiating is necessary to prevent the game from having no flow (i.e., if every slash was called, the game would practically stop.)
23	Dead ball officiating is just as important as live-ball officiating, especially in contentious games.	Examples of good "dead-ball officiating": (1) Reset the field during the reporting of a penalty (to speed the game), (2) Watch for post-whistle infractions (cheap shots), (3) Remind each other and the coaches of how many time-outs each team has, (4) Remind penalty area that a player cannot release from the penalty box during a faceoff scrum until after possession is gained or "possession" or "play" is signaled.
24	Give information that will help the table.	Before a faceoff with only a short amount of time remaining on a penalty, tell the table (and the player) not to release until possession gets called.
25	Note the time of the penalty.	If a coach asks, how much time is on the penalty, you can quickly answer and make yourself look like a genius in front of the coach. Optional to announce that the penalty will expire at 7:34 before the restart.
26	Watch the FOGO in warmups to see what style of faceoff moves he makes.	You might catch him doing a move that forebodes an intention to cheat on the faceoff. Observing the faceoff practice moves will help you look for the same cheat during the live game. Example: FOGO is straddling the ball and opening his fingers on his bottom hand to practice a "bottom hand grab of the ball."
27	Pick up the ball during timeouts.	Get ball in hand during timeouts. Don't leave the ball on the field.
28	Self-critique at halftime and make adjustments in the second half	Officials should try to improve. Discuss points of emphasis for second half. Anticipate certain game situations (late timeouts, stick check strategy, etc.).
29	Allow the assistant coach to speak to you if he does so in a gentlemanly manner. Allow	The old rule about "Only the head coaches shall address the officials" is still a good rule, but that doesn't mean you have to shut off all communications with the assistant

#	Tip or Hint	Detailed Explanation
	yourself to establish a rapport with the assistant coaches, if it is advantageous in making the game go smoother.	coaches. Sometimes, it might be advantageous to ask the assistant coach to help out the head coach by keeping him off the field or to ask the assistant coach to remind his players of something they are doing consistently wrong. Examples: Clean up the substitution timing, keep the coaches area clear of players who are standing there unnecessarily, clean up the substitution area of players loitering there. Rapport with an assistant can be a valuable asset. However, you cannot let the assistant coaches berate the officials.
30	Make eye contact with your other officials.	Especially before restarts. Looks bad if you have to kill the play and restart it because one official was still not ready for the restart.
31	Don't verbalize or signal for the other team's players to establish the five yards before a restart by the ball carrier.	This is considered coaching the players, which will make one coach angry at you and deservedly so. If a team is about to commit an infraction, then let them commit it, and then thrown a flag-down, slow-whistle for the "delay of game" infraction. It is on the coach to coach his players. Note: By NCAA and NFHS rules, you must get the ball carrier's own teammates at least five yards from the ball carrier prior to a restart. This rule prevents the hidden ball trick on a restart. This is the only time it is acceptable to verbalize (to the offensive team) to establish five yards before the restart.
32	Keep the coaches off of the field.	This is a point of emphasis for lacrosse. If the coach is trying to communicate to his players or the officials, he must do so from his coaches area. If the head coach looks busy, you might talk discretely to an assistant coach to ask him to help out with this. Most assistant coaches will appreciate the heads up, which builds rapport with the coaching staffs.
33	For any correctable mistake, the officials should correct the mistake, if possible.	Don't just use Alternate Possession for fixing a mistake. Possession should not be affected just because the officials made a mistake. Fix it. Make it right. Example: the restart following a penalty was conducted on Team A's own defensive end line instead of getting a free clear. Kill the play and move the play up to midfield. Then restart it.
34	Use the E in CNOTE to help explain what might have been a complex call.	For example, a coach might be wondering if the ball was loose before the technical hold/push was called. The official reporting might be able to quickly advise the coaches that the initial holding infraction is what caused the ball to come loose (although it was hard to tell from the coaches box) and then the big obvious continuation of the hold spun the attacker to the ground (as part of the same holding infraction). Thus, the penalty was a time-serving penalty and not a play-on.

#	Tip or Hint	Detailed Explanation
35	Rotate officials if one official gets stuck on the Single side.	Otherwise the SSO will get exhausted if there are lots of fast-breaks and no one scores. Some suggested rotating after three transitions, if practicable. Depends on the fitness levels of the officials involved.
36	Don't be afraid to throw your flag.	You can always pick up a flag, if needed, but you cannot just throw a flag a long time after-the-fact without drawing negative attention to the officiating crew.
37	The cross-check penalty is probably not called often enough.	This is especially a problem when the finishing thrust is upward toward the head/neck.
38	If a player commits what is an obvious retaliation action that must be penalized but you did not see the instigating bang-bang action/reaction, then it might be wise to throw two flags and penalize both players.	Avoids a situation where the guy who retaliated gets busted while the instigator gets away with it. The worst thing that can happen if you penalize both players is that neither team will increase/decrease its advantage/disadvantage. If you don't penalize both players, one of the coaches will certainly get very angry, which is never a good thing. An unfair EMO is a tough pill to swallow for a coach. EMOs are game-changers.
39	Be careful what you flag first.	The first flag thrown sets the tone of the game. Make sure the first foul is really earned and not nit-picky.
40	Call the back-slashes.	Too many of these were missed. If there was no opportunity for the defender to have access to the ball or stick (i.e., swinging a stick through the body), then call a slash.
41	If the end-line out-of-bounds (OOB) call was blatantly incorrect by the Lead and the Single knows it, then it is imperative for the officials to be strong and correct the obvious egregious mistake.	Be careful. Don't throw the Lead under the bus too often because it does look bad on the officials. However, it is better to correct an obvious mistake than to allow a coach to blow up over something everyone, including you, saw but the Lead did not. To soften the overturn of the call, it might be good for the Single to approach the Lead and have a quick face-to-face discussion to help sell the call. Then have the Lead make the corrected signal, which puts him back in charge of the play and restores crew credibility.
42	Call the slap-checks, especially big ones on the arms and elbows that were not legitimate attends to loosen the ball.	Call these sloppy, unwarranted, and potentially injurious slap-checks as slashes. Try talking to the players to prevent them from continuing their sloppy slap-checks. If the player continues, you warned him and he knows what's coming.
43	Use the escalator with the coach for administrative infractions. Don't lose your head and start with the nuclear option on the first instance.	For example, the chirpy coach might get a warning, followed by a change of possession for the next infraction, followed by a time-serving technical foul, followed by USC, followed by possible expulsion. The phrase "We're done" is an acceptable termination of a discussion with a coach to let him know he has reached the end of his rope.
44	Good tripping call by Tim.	Yes, this was a good call. The best thing was that Tim explained to the coach of Team B that A1 had scooped the ball, then as A1 was trying to exit the scrum, B1 missed

#	Tip or Hint	Detailed Explanation
		with his stick check and tripped A1 from behind, which caused the ball to come loose. The reason A1 lost his balance was NOT due to a push from behind; rather it was a trip. The coach appreciated the explanation and a blowup was avoided for what looked to everyone else like a push.
45	Don't use play-ons near the outside of the crease circle.	Just kill the play. Nothing good happens during loose-ball play-ons in front of the crease.
46	No play-ons around a faceoff scrum.	Nothing good happens during play-ons during a faceoff scrum. Kill the play, award possession, and then conduct the restart. Possible exception is if the play-on will result in an obvious advantage gained, then you should use the play-on to allow the offended team to gain the advantage.
47	Kill faceoff play-ons faster unless there is a very compelling reason to allow the play-on to continue.	Advantage or disadvantage situation often disappears in a nanosecond, so there is usually no good reason to allow a contested loose-ball faceoff scrum to continue under a play-on.
48	Pushes from behind that create a disadvantage to the player attempting to scoop the ball must be called - even if the push was tiny.	A push is a push. If it creates advantage/disadvantage, then kill the play and award possession. Don't assume that a tiny push should never be called. Even a tiny push can create an unfair situation.
49	Back-slashes must be called.	If you don't call back-slashes, you will continue to see them all game. Players will eventually retaliate.
50	Players will adapt their physicality of play to your no-calls.	If you consistently make a no-call, then players will figure this out quickly, so make sure you are ready to make the same no-call the same way the rest of the game.
51	If a team commits lots of penalties, then you have to call them.	Don't assume that the count of penalties should be equal against both teams. The team that is winning is usually on offense more, and most penalties are committed by the defense.
52	Stick checks are sometimes taken by a coach who has exhausted his allotment of timeouts.	A clever coach will scout the other team during warmups to find which players have excessively long strings on their sticks, which will give that coach an extra timeout in a pinch.
53	Throw the penalty flag forward on a transition.	This is so you don't have to circle back to pick it up later.
54	Don't wait for the wing men to get 100% to their wing areas before declaring the field ready.	This allows the game to flow better since by the time the faceoff whistle is blown, the wing men are ready. This takes practice, but the Wing official can usually point "ready" when the wing players are within 10 yards of their wing areas. This speeds up the game and provides a really good flow for the game.
55	Good slash call by Tim.	"That was a strike," per Buzz Lynn, when commenting on a hard stick check thrown horizontally to the ground that

#	Tip or Hint	Detailed Explanation
		struck the ball carrier on the arm between the elbow and the shoulder with a loud "thwack."
56	Use play-on for over-and-back when there is an obvious advantage to be gained by the other team.	Otherwise if the play is contested at the midfield line, it is better to just kill the play immediately rather than using play-on.
57	Call a delay of game if a frustrated faceoff player who got called for taking more than one step with the ball clamped in the back of his stick decides to launch the ball away to deny the other team its quick restart.	This is to keep a team from denying a fast-break opportunity going the other way.
58	Good slash call by Tim.	Another good call.
59	Pace yourself over the game.	Don't exhaust yourself early and then be too tired to continue late. The end of the game is more important than the beginning.
60	Conduct quick restarts.	Get the ball back into play as soon as the team entitled to possession is ready to restart. Don't be the reason play is being held up.
61	Well-officiated games end quicker than poorly officiated ones.	A long, slow game is a symptom of an officiating crew that is not working hard enough to push the pace of the game. As the game is longer, everyone gets more tired. Also, if the fouls are not controlled, then more of them happen, which slows the game even further. Push the pace. Strive for a quick game. Hustle but don't rush. No pants on fire. Good things will happen.
62	Be quick on play-ons and the subsequent restart.	Play-on. Whistle. Player is ready. Whistle again. This is all very quick.
63	Conduct preemptive officiating.	For example, as players are taking the field for the first faceoff, it is a good idea to reminder players to put their mouthpieces in. Tim did this and one of the players ran off the field to fetch his mouthpiece without causing a delay of game. This averted a player safety issue and avoided a potential penalty later in the game.
64	Sometimes you have to fish in someone else's pond [by throwing a penalty flag for an infraction that occurred in another official's zone.]	In some situations, you might have to throw a flag from 40+ yards away, such as for a big run-up and take-out check that the other two officials did not see because they were screened or because they were looking in a different direction. The "don't fish in someone else's pond" is not a hard-and-fast rule. Sometimes you have to exercise a long distance flag to "save the crew."
65	Don't assume you always need to save your crewmates with a foul call.	Let your crewmates live and die by their no-calls. If the call is in their zone, let them explain it to the coach.

#	Tip or Hint	Detailed Explanation
66	Change your pre-game routine to adapt to teams or situations.	Every team is different. Every situation is different. Your pre-game should be tailored to what you expect from the game that day. There is no one "perfect" pre-game discussion that fits every game match-up. Different match-ups require different pre-game discussions.
67	Scout for information on the teams in advance of the game, if possible.	Although this could bias you, it is more likely to help you understand where you need to focus to avoid pitfalls. Examples of good information to know in advance of the game: faceoff cheaters, tendencies, rivalries, history, playoff impact, incidents between the teams earlier in the season.
68	Remind coaches to remain in their coaches boxes during timeouts.	This is a point of emphasis. Coaches forget they cannot enter the field of play during timeouts, except at halftime.
69	Try not to allow a field dimensional violation ruin the start of a game with a 3-minute NR penalty. Assume that this is not a player-safety-related problem, which has to be addressed.	Give the coach sufficient lead time to allow him to address the problem. If it cannot be fixed, then report it to the local league or association and let them deal with it. Just play the game without a huge penalty to start the game, assuming it is not a player safety issue.
70	Don’t no-call the quality fouls.	If you have quality fouls, call them. You might consider passing on the nit-picky fouls depending on the particular situation.
71	Be aware of obvious timeout situations and adjust your position relative to the bench accordingly.	The Trail might back up toward the coach and state, "Coach, it is windy out here. If you need me to hear something you say, please make it loud." Or you could say, "Coach, I'm here if you need me." Or you could keep stealing glances at the coach to make it obvious that you will are making a concerted effort to see him or hear him. Perhaps tell the coaches pre-game about being loud for timeout calls. Perhaps instruct the coaches to make big time-out hand signals and yell loudly repeatedly to get the officials' attention. If might be the Single who detects the visual timeout request if it is windy. Perhaps tell the coaches to yell, "Timeout red, Timeout red, Timeout red..." and make big hand signals until the officials grant the timeout. This is all good pre-emptive officiating and will prevent screwing a coach who called a timeout at a crucial moment and couldn't get it.
72	The appropriate threshold for fouls depends on the intensity of the game being played by the players.	In a blowout, you might consider only technical fouls and use personal fouls for only the safety-related situations. In a close game, you might have to officiate differently depending on the game situation to prevent tilting the game unnecessarily in one direction, especially late in the game.

#	Tip or Hint	Detailed Explanation
73	Certain calls must be made regardless.	Catch the ROUC - the rough, the obvious, the unnecessary, and the cheap.
74	No play-ons for faceoff violations.	Unless an obvious advantage exists to continue play, blow the whistle and get the ball into the stick of the team that deserves it.
75	Listen to what the faceoff guys and coaches and benches are saying about the faceoffs.	Focus your attention to what is being complained about. You might be missing something important.
76	Consider letting the "gray calls" go.	Fewer calls in the gray area is generally a good thing. Coaches object more to a gray area called than they do to a gray area no-called.
77	Don't call everything you see.	Some calls were meant to be no-called, such as ticky-tacky fouls or minor administrative infractions away from the action that have no bearing on the game (e.g., crease violation away from the action, illegal substitution by a half-step, offsides by stepping on the center line when the offender was not playing anyone).
78	Acknowledge the coach on a close call he is complaining about.	A good response is, "Coach, he was close." or "Coach, I hear you." This frequently happens on faceoffs where one coach thinks there is a pin, kick, hold, or withhold and nothing was called.
79	If a player goes down injured, wait to see if it endangers anyone before blowing the whistle.	Don't instinctively suspend play just because someone is injured. Minor injuries that are not part of the action should allow play to continue.
80	Try to get an explanation for a questionable call or no-call.	When the questionable call is someone else on the crew but the coach is talking to you, consider saying something like, "Coach, I don't know, but I will talk to my crew and get an answer for you."
81	Avoid rule debates with coaches. Move on quickly.	Pre-game or halftime is when coaches can ask about a rules question.
82	Acknowledge the coach on a close call he is complaining about.	Consider saying, "That's not a foul, but it was close." This lets the coach know you understand that it was a close call.
83	Use phrases that can help you on a non-call.	"That was not a foul." or "That was not a penalty." or "I didn't see it that way."
84	Lacrosse is a finesse sport with contact, not the other way around.	Physical contact is not the intent of lacrosse. Physical contact is allowed, but it should not be allowed wantonly (e.g., big hits for the sake of sending a message.)
85	Identify the problem-children.	Find out pre-game, if possible. Watch the known problem children. Don't let things escalate.
86	Game situation matters as it relates to exercise of judgment.	A chest bump of an opponent post-goal: In a game without much fouling, then perhaps a Conduct foul, but in a game with lots of fouling, then perhaps an Unsportsmanlike Conduct foul. Depends on how the game has been going. Player intent matters. What preceded the infraction? How heavy was the bump?

#	Tip or Hint	Detailed Explanation
87	Control the temperature of the game.	Don't allow the game to degrade into a slash-fest. Use the USC foul, if necessary, to prevent intentional harsh fouling, especially in the waning moments of the game.
88	Don't over-call the game.	Don't call everything you see just because you saw it.
89	Create the five-yard restart distance (NCAA rules) in a way that is not obvious to others.	Under your breath say things like, "That's not five yards… You're good." or "Back up." or "Move back." or "Too close." These softly spoken phrases let the players know where they stand vis-à-vis the five-yard restart rule requirement.
90	Don't do "make-up" calls.	Two wrongs do not make a right.
91	Don't let coaches call the game.	Coaches who continually question, protest, or influence calls are committing a Conduct foul.
92	In a blowout game, certain technical fouls might be called to offset the blowout.	A team running up the score is an F-U to the other team. A foul against the winning team helps to control the temperature of the game.
93	Trust your judgment.	Trust your no-calls. Trust your calls. Loose-ball technicals are gray areas, so they can go either way depending on the game situation.
94	Wait for first flag.	First flag thrown sets the tone of the game. Don't throw a ticky-tacky first flag. Make the players earn the first flag.
95	Consult as officials for situations that require more than one official to agree (for appearance's sake).	Examples: (1) A goal scored, (2) Assessment of a nonreleasable foul, (3) Assessment of a multi-minute foul, (4) Ejection. If you are making a decision single-handedly, then you had better be 100% certain of your call, such as on a crease violation to wipe out a goal (and then sell the call big-time).
96	Control the attitudes (of players and coaches) in lieu of just officiating to the rule.	Officiating to the rule will get you in trouble and ruin the game under certain situations. Game situations do matter. Call the game according to the game situation.
97	Restart position need not be exact, but don't allow an unfair restart position.	There is a big difference between restarting at "X" behind the goal and restarting at the corner. If the ball goes out of bounds at a corner, don't allow an attacker to scoop a ball at "X" and attack from directly from behind the cage. This would be a disadvantage to the defending team. In such a situation, point to the corner and tell the ball carrier to move toward the corner until he is completely out of the play and then you can restart the play. Don't be too fussy about sending the player all the way to the corner. Send him far enough until the defense has him covered, so to speak.
98	Don't be afraid to throw your flag.	Sometimes you have to throw a flag to keep the players honest and to keep the game safe and fair. Sometimes a crew chief might instruct a hesitant co-official to throw a flag (almost for any reason) just to get the official into the game.

#	Tip or Hint	Detailed Explanation
99	Keep officiating calls correctly even if it favors the team leading in a blowout.	Don't let your guard down. Don't tilt the field in one team's direction. Comebacks can happen. Do play a role in an unfair comeback.
100	Avoid long loose-ball scrums, if possible.	Look for a reason to suspend play during a lengthy loose-ball scrum. Get the ball off the ground. Do this by shortening your fuse for what you see/call.
101	Don't just officiate to the rules without regard to the game situation.	Some calls/no-calls are gray depending on the game situation. Initiating a shot clock in the first minute of a game when teams are still feeling each other out is probably not a great idea. Enforcing a meaningless crease violation 40 yards from the ball is a terrible call.
102	If the pace of the game has you absolutely exhausted, grab a few seconds of rest time by conducting a time-wasting administrative check of some sort.	It is OK to pull out your card, look at it, stare at the scoreboard to confirm the correct score, perhaps ask another official how many timeouts he has marked on his card, talk to your co-official, etc. You can grab a few seconds of rest this way to keep yourself in the game.

Chapter 11 – Comportment

Comportment is your personal bearing or conduct, your demeanor, and your behavior. Comportment is a matter of being professional and polite – but also firm and fair. The goal is for a coach to not even remember who you were after the game. This will only happen if you are "green," which means you blend in with the field. Calling attention to yourself unnecessarily will only cause the coach to remember who you are. Minimize disruptions. After the game, exit the field quickly and stay away from the table area, if possible. An angry coach will only get angrier if you loiter about the table area after a game. Don't give the coach another bite at the apple.

Table 2 - Hints and Tips for Comportment

#	Tip or Hint	Detailed Explanation
1	Don't get overexcited.	Speak in a slow, measured tone to the table when reporting a foul. CNOTE.
2	Trust your other referee.	Don't have excessive discussions with your partner just because you are the referee and he is the umpire. Only discuss things when absolutely appropriate. Excessive conversations send a signal that the officials aren't quite sure of what they're doing.
3	Thrown your flags very high regardless of whether it is a serious offense or a minor offense.	Consistency. A weak flag throw or a straight flag drop exudes weakness and under-confidence in your call. A high flag throw exudes confidence in your call.
4	Use the same volume when reporting to the table.	Don't let overexcitement create a louder volume. Consistency or reporting builds confidence in your calls.
5	Random means random on a stick check.	Do not seek out or hunt for a specific player whose stick you desire to check. This looks like hunting. Coaches will perceive this as antagonistic.
6	Jog to about 10 yards from the table and stand motionless directly in front of the table to report penalties.	Do not report while moving toward the table. Get there first. Then report. Then leave.
7	Ask "Table ready?" before the faceoff to start a quarter.	Don't want to start a quarter until the table is ready.
8	Relax when stationary and observing the action.	Don't tense your muscles in a "gunslinger" position. Don't rest hands on knees (you look tired). Don't rest with hands behind your back (looks military). Just rest with your hands at your sides and your arms straight down.
9	Talk in positives - not negatives.	"Example: When the faceoff official is instructing the two faceoff players, use positive language to sound more professional and less like you are talking down to a small child. Incorrect: "Don't have glove on plastic, don't have stick on line, don't have strings touching ball, don't lean your stick forward..." Correct: "Gentlemen, come down with sticks parallel to the line, with heads vertical, gloves off plastic..."

#	Tip or Hint	Detailed Explanation
10	Maintain your composure even when the coach has lost his.	Be the adult. Maintain your calm. Don't stoop to the coach's level of behavior. Don't start spraying the ground with flags. Think before flagging a head coach with a gripe.
11	Maintain a relaxed pose when on the field.	Don't be a coiled spring. Tension of the body transfers to the voice, hand signals, positioning, and other aspects of officiating.
12	If you blow an inadvertent whistle during a flag-down situation, don't try to restart the flag-down situation.	Just enforce the penalty. Yes, this causes one team to lose its free scoring opportunity. Mistakes happen.
13	Try to keep an even keel.	Don't get overexcited.
14	Breathe deeply before signaling or speaking.	The slight pause will slow you down and make you look more relaxed and professional.
15	Move slowly and deliberately when going through the faceoff sequence and subsequent signals or announcements.	The slight pause will slow you down and make you look more relaxed and professional.
16	Be aware of situations when all eyes are on you and conduct yourself as you would with undue attention on you.	Use perfect form when you are being examined closely, such as when reporting a penalty to the table or speaking to a coach.
17	Don't stop to explain to players about the reason for the penalty.	Just tell the coach, if he asks. You undercut your own authority if you have to justify your foul calls to the players.
18	Have fun.	Lacrosse is a game.
19	Don't talk to the assistant coach.	If the assistant coach gets out of line, then talk to the head coach and ask him to control his assistant coach. Doing so in a close-quarters hushed tone to the head coach only might help to defuse the situation better.
20	Don't be afraid to undo a bad flag you just threw.	After the play stops, just pick up the flag, wave it over your head, and announce there is no penalty. Flags are reversible. You don't lose credibility by picking up a flag.
21	Never touch players or coaches.	Nothing good can happen if you touch a player. If you need to break up a fight, blow your whistle as loudly and as long as necessary to get the players to disengage. Similarly, don't even touch players to reposition them. Use verbal instructions only and get the players to reposition themselves.
22	If you spy an obvious stick or uniform violation before the game, talk to the coach and not to the players.	You don't want players to think you are singling them out. Players should have a neutral view of the officials. Give the coach a chance to fix his problems. You don't want to go behind the coach's back by directing a player to do something, such as trimming strings or removing a wild-colored shooting shirt. Having the conversation with the coach out of hearing range of the players may also improve the situation by sending the message to the coach

#	Tip or Hint	Detailed Explanation
		that you would rather take care of the matter without making a big deal of it.
23	Don't halt the game to buckle a player's chin strap.	Better would be to allow play to move away from the offending playing and then quietly inform the player to buckle his chin strap. This avoids stopping the game. This also keeps the attention "not on the official" who has now drawn attention to himself unnecessarily.
24	When teams get sloppy, don't let the referees get sloppy too.	Keep your focus up, especially during blow-out games. It is easy to keep one's focus during a tight game, but it is difficult to do so in a blow-out. Keep focus and positioning, which will avoid escalations in physicality due to poor officiating. Keep sharp as referees.
25	Speak in a low tone of voice to players, especially if stating something that could be construed as advice or coaching.	Example: "In my opinion, your feet were not set. That's why I called you on that screen."
26	Fix correctable mistakes.	It is better to get the call right. Don't worry about the ego of the official whose decision is being overturned.
27	When instructing the coaches, use a positive tone and attitude.	Don't disparage the coach by yelling, "Coach, get off my field." Instead say, "Coach, a little closer to the bench, please." Or you could say, "Coach, do me a favor" while motioning your hand to visually direct him back into his coaches' box.
28	De-escalate and get away, especially if just gave out a big penalty.	Don't stay engaged in an argument with a coach following a big call. Just get away and allow the coach to vent by himself. Don't amplify the situation by staying and arguing. Depart with a simple, "Coach, I've got it. Thanks."
29	Be discrete when counseling the coach.	Don't make a big show. Don't say, "Coach, according to Rule ABC, you cannot do XYZ." Instead approach the coach and quietly inform him of the same to avoid embarrassing him in front of his players. The coach will appreciate your discretion to both inform him and to do so in a way that avoids embarrassing him. This discretion will build rapport and goodwill with the coaches. It will also send a signal to both coaches that this official knows what he is doing, which builds their confidence in you as an official.
30	State "you did not see something" if using discretion to pretend you did not see it.	Don't say to the coach, "Yeah coach. I saw that, but I'm not going to call that." See aforementioned example about offsides. If the coach is pleading for offsides and you see it, don't say, "Coach, I saw that - no advantage was gained by going offsides." Instead say, "Coach, I think I missed it."
31	Be open to being overruled by the other officials - even if you are the Crew Chief.	It is better to get the call right. As Crew Chief, you should be more concerned about your crew getting it right than you are about your own ego. However, if no consensus can be found, then the Referee makes the final decision.

#	Tip or Hint	Detailed Explanation
32	If the players are crowding the coaches' box, get them to back up.	Tell the closest coach or assistant, "Excuse me coach, the table cannot see the action. Can you have your players back up a bit?" Or say, "Coach, do you mind getting your players back?"
33	Handle scuffles with situational and game management in mind.	If a player leaves his bench (illegal, ejectable offense), but the player was restraining only his player to prevent a fight, then apply some judgment and consider not flagging the player. Once the scuffle is over, warn the player and tell the coach that his player can't do that again. Move on. No harm. Get back to playing lacrosse. Don't draw attention to yourself unnecessarily.
34	If a coach asks why a player was not ejected for entering the field of play for "doing the right thing" to help calm his teammate, address the coach maturely.	Say discretely to the coach, "Coach, the player came out and did the right thing. I would do the same thing for your team if that happened to your player."
35	Flag loud profanities that can be heard by fans, spectators, or the table area.	If an f-bomb is loud enough to be heard by the sideline, then the following people could be hearing it: (1) Athletic Director, (2) Small children, (3) Principal of the school. You must do something about this. Drop a flag and penalize the offender for USC NR.
36	Warn players for soft profanities that no one else can hear.	You can warn a minor indiscretion with a simple verbal warning. "Guys, watch your language." If the ball was loose when you first heard the profanity, just signal "play on" and then allow the play to develop.
37	Never pick up a dropped penalty flag during live action.	If you want to pick up the flag, do it after the whistle has blown.
38	Never reposition a dropped penalty flag to move it closer to where you want to be.	Leave the flag on the ground. Don't pick it up and carry it forward as you are running and then re-drop it, which looks like you are dropping a second flag. It also looks lazy on your part.
39	Use "common sense officiating" when talking to coaches or dealing with them.	The game situation might change how a call or no-call is made. You never want the outcome of the game determined by the officials. You want the outcome of the game to be determined by the play of the players on the field.
40	Don't lecture the teams during the pregame lineup, especially for a high-level game.	Players won't remember a thing you tell them. Exception: During playoffs, congratulate both teams on their accomplishment of reaching the playoffs. Otherwise, just introduce your officiating crew and then direct the goalkeepers to shake hands. There is no need to remind players in a high-level game to keep chinstraps buckled and mouthpieces in because they already know this.
41	Don't be "the show."	An official's job is NOT to draw attention to himself. Officials are supposed to be the adult and a calming

#	Tip or Hint	Detailed Explanation
		influence on the game. Don't be a show-boater. Less is more.
42	Calm yourselves as an officiating crew during halftime.	If there was a lot of energy and tension building up because of the first half action, then use halftime to recalibrate and rejuvenate the crew.
43	If you are observed by a trainer or observer and you don't agree with the feedback, then just accept it and move on.	Clarifications and explanations are OK, but don't try to change the mind of the observer if it is obvious his findings will not change. Agree to disagree and let it go.
44	Run hard. Work hard. Shine.	Nothing looks worse than a lazy lacrosse official.
45	Hustle, but don't hurry.	No need for pants-on-fire all the time.
46	Don't point at the player who fouled.	Walk toward him instead if you need to get the player's jersey number. This is so that it doesn't look like you are saying, "I've got you" and send the wrong message.
47	Commit to making your good officiating skills just a matter of habit.	If you get good at officiating, then you will be able to officiate well without even thinking about it. You will officiate well unconsciously. For experienced officials, "The game slows down." This means that if you know what you are doing, you can focus your attention on what is likely to occur and know or being in the best position to watch for it.
48	Game situation matters as it relates to exercise of judgment.	The following factors should be considered as it relates to judgment calls - the score, the situation, did someone just get hurt, what type of penalty was it, the rivalry between the teams, the time remaining in the game, etc. There is no exact answer for every situation. You must use your lacrosse officiating IQ to get to the right answer for your situation.
49	Know your partners' names.	It is poor form to call your crewmates by the wrong name.
50	During pre-game discussions, be open to other ways of doing things.	Why don't we try it this way today? Don't say, "Do it my way, or else." The Referee position is not a dictatorship. Treat the rest of the crew with respect. Don't condescend. You need them. You need your partners. It is how you work together as a crew that matters most. Also be a good Umpire or Field Judge, if that is your role. Not everybody should try to be the R, but you should try to support the R.
51	During pre-game discussions, the Referee needs to be positive with his Umpire and Field Judge.	
52	Try to focus on the game in a relaxed way.	Be loose. Don't be uptight. The game is supposed to be fun.
53	Have fun.	Don't forget to enjoy the moment. Lacrosse is supposed to be a celebration of sport. Respect it, but also don't let it consume you.
54	Strive for continuous improvement.	Even experienced officials and crews can improve. Perfection is the goal, but it is never attained.
55	If you mess up, fix it (if possible).	Don't let your ego prevent you from overturning a bad call.

#	Tip or Hint	Detailed Explanation
56	Use only a word or two when explaining a rule to a coach.	Don't be drawn into long rules discussions with the coaches.
57	If you feel yourself being drawn into a conversation with a coach, consider running away from the situation.	If play is restarting, just run away from the coach. That will end the conversation.
58	Don't be rude or funny.	Sarcastic comments usually backfire by making the coach even angrier. "Coach, if I want your opinion, I'll give it to you."
59	Make your judgment calls independently of how you think the coach will react.	Don't let the coach influence your decisions, or else he has gotten inside your head and is part of your crew.
60	Have an answer to the coach's question before he asks it.	Be proactive. If you know something squirrely just happened, think about how to handle a question from the coach. Nothing looks worse than the deer in the headlights response. A quick response of "we got nothing" on a no-call nips the complaint before it even happens.
61	Don't overturn everything as the R just because you have the authority to do so.	R cannot let his own ego wipe a flag. Trust your fellow officials. Don't wipe a foul unless it is an obvious error or misapplication of the rules.
62	Don't get nervous.	It's just a game.
63	Create a connection with the faceoff players pre-faceoff.	Saying something to the faceoff players can help build a bridge of confidence between the official and the players. Say something like, "This beats studying, doesn't it?" or anything similar just to break the ice. You might even ask if the player has his mouthpiece or his faceoff tape. Or you can remind both players about top-to-stop positioning. Anything just to create a small connection.
64	Never pick up a penalty flag during live-ball action.	Never do this for an inadvertent flag. Never do this for repositioning purposes to shorten your retrieval of the flag. Once you throw a flag, it stays where it lands until play is suspended.

Chapter 12 – Communication

Officials would be wise to remember that “silence cannot be misquoted.” Another often used maxim is “Don’t wake the coach.” Attempts at humor by the officials often come across as snotty and offensive, such as the official who says, “Coach, if I want your opinion, I’ll give it to you” or “You must be the assistant coach because I can’t hear you.” Bad communication has a more detrimental effect on the coach than a missed slash or a bad call because bad communication causes anger to accumulate.

- Use fewer words rather than more words.
- Silence cannot be misquoted.
- Don’t wake the coach.
- If you think you're going [speaking to the table staff] too slow, go slower.
- Let the R be the one to talk to the coaches.
- The more you talk to him [the coach], he's not going to be any happier.
- Never make a smart-ass or sarcastic remark to the coach.

The hints and tips for Communication are listed in the chapter called “Verbal.” Thus, the hints and tips are not duplicated here.

Chapter 13 – Appearance

You only get one chance to make a first impression. Be a professional. Look the part. Have a clean uniform. Show up on time. Present yourself with confidence when introducing yourself to the coaches, interacting with the table staff, and walking the field pre-game.

Your uniform must be clean, you must have all of your required officiating equipment, and you must come to the ready to give it your best effort.

Table 3 - Hints and Tips for Appearance

#	Tip or Hint	Detailed Explanation
1	Make sure your shirt doesn't keep coming out of your pants.	Tuck your shirt into your underwear or compression shorts if you have to. Tighten your belt. A flapping shirt looks unprofessional.
2	No sunglasses should be worn by officials doing games for JV or above.	Wearing sunglass looks less professional. Sunglass should only be allowed for summer tournaments when the sun is incredibly bright.
3	The officiating crew should enter the field as a team at the beginning of the game and at halftime.	Sets a good first impression and makes your crew look organized.
4	Never pick up a flag during live-ball action.	If you throw the flag, it stays there until the next dead-ball situation. Never pick up the flag during live action to carry it further downfield.
5	Run hard toward the faceoff spot as the new faceoff official.	This looks good. This makes you shine. This also keeps the game moving along smartly, which gives players less time to lose focus, keeps coaches' heads in the game, shaves 5-10 minutes off of a game, and sends a subliminal message to the coaches essentially stating, "These guys know what they are doing. This is an A-Team officiating crew."
6	Run to your spot; don't walk.	Excellent hustle by Tim.
7	Maintain a sharp appearance.	You only get one chance to make a first impression.
8	No hands on hips (when you get tired).	This looks like the "offsides" hand signal. Also, you look tired. You are sending the message that you are tired and cannot keep up any longer. Stay sharp. Stand up straight. Arms off of the hips.
9	Don't lean as an official.	If you have to learn to see something, then you should probably be moving your feet to get into the correct position. Leaning makes the official look lazy.
10	Don't run with stiff arms.	Run looking relaxed. Stiffness makes an official appear nervous or lacking confidence. Run with a longer stride to make you run smoother.
11	Throw the penalty flag high into the air.	Three steps for a good flag-throw: (1) Grab, (2) Strong pull downward, (3) High throw into the air (the higher, the better). Nothing looks worse than a weak flag-throw.
12	Throw a strong flag.	Exudes confidence and helps to sell the call.

#	Tip or Hint	Detailed Explanation
13	Sometimes you can signal that you saw something but decided not to call anything.	Open your hands and straighten your arms down at 45-degree angles (looks almost like a shoulder shrug but with the hand kept at waist level instead of being over one's head). This arm signal indicates, "I got nothing" but it also signifies that you saw what everyone else just saw. You don't need to do this every time, but occasionally it helps to sell big a no-call, such as during a big scramble for the ball or after a collision where it is uncertain if anyone is at fault.

Chapter 14 – Verbal

Having a clear, loud, confident voice is another important aspect of being a good sports official. Don't speak too quickly. Slow and steady sounds much more confident that fast and excited. You are supposed to be the calming influence on the game. Speak slowly. Don't rush.

Table 4 - Hints and Tips for Verbal

#	Tip or Hint	Detailed Explanation
1	Don't offer too much information to the coach who has asked for an explanation, and certainly do not critique the coach.	"Example (incorrect): ""Coach, the slash was one-handed. You gotta teach your players. We talked about this during the pre-game line up.""
2	Same example (better): ""One-handed stick check.""	
3	Do not signal or say "brush."	Your partner might throw a flag, and then the two officials appear out of sync, which is likely to irritate one coach who won't get the call his way.
4	Talk very quietly if coaching the players (e.g., "get stick" or "hands together" or "not the free hand."	The opposing coach may object. Speak in a voice that only the player who needs to hear can hear if, if possible.
5	Economize your words.	"Example (incorrect): ""We've got white number twenty-six with a slash because it was one-handed. Penalty is one-minute. The penalty will be releasable.)""
6	Same example (better): ""White, two-six, slash, one minute.""	
7	Ask the table for the amount of penalty time remaining on a carryover at the end of a quarter.	Then inform both coaches of the time remaining on the penalty and the location of the restart. This way, the coach can strategize on what he wants to do and tell his players during the break between periods.
8	Yell "flag-down" immediately even if you can't find your flag.	Don't delay yelling "flag down" just because your flag is stuck in your pocket and you can't get it out.
9	Sell the crease call.	Be very demonstrative on a crease violation call, especially when a goal was scored. A weak crease call makes non-believers out of coaches, players, and fans.
10	Shorten the announcement to the table when reporting a technical that was canceled by a subsequent goal scored.	"Incorrect (because too formal): ""White. Two-One. Push. Penalty canceled by goal scored. Faceoff. All even.""
11	Correct: [while waving flag above head] ""Penalty waived off by goal scored. Faceoff.""	
12	Don't be afraid to communicate verbally to each other as an officiating team.	There is no need to use only silent communication. Use vocals or hand signals to indicate where one official is doing something, such as covering an activity normally done by the other official. You can say things like, "I've got it" or you can just tap your chest. You can also point to the other official if you want him to do something. Coordination is

#	Tip or Hint	Detailed Explanation
		needed to look synchronized as a team. Communicate for things like who is doing the 10-second count on a fast break, where the ball should be placed on a reset, or who will blow the restart whistle in a borderline area.
13	If the coach is yelling, then don't yell back at the same volume.	It is much better to lower one's voice when speaking to a coach. Better yet, approach the coach at a more opportune moment if what you would tell him might embarrass him in front of his players. Protect the dignity of the coach, if you can.
14	Speak in a professional tone, especially to either head coach.	"Incorrect (poor tone): ""I've heard about enough from you.""
15	Alternate (better tone): ""Coach, I hear you.""""	
16	Use the word "play" instead of "release" to announce the termination of a faceoff.	When a loose ball rolls over either restraining line during a faceoff, do not use the word "release," which might confuse a player in the penalty box who thinks he is released.
17	Only report the penalty once.	Don't repeat the penalty a second time unless the table asks you to do so.
18	Give information to add credibility.	Examples: (1) Remind each other and the coaches of how many time-outs each team has, (2) Remind penalty area that a player cannot release from the penalty box during a faceoff scrum until after possession is gained or "play" is signaled, (3) Remind coaches of how many faceoff infractions they have (NCAA rules only)
19	Relaying of the penalty information should be smooth and crisp.	Use short version to inform your officiating partners (1-minute slash). Then the official who reports should use the full version (C-NOTE).
20	Communication style hints - speed, tone, still, don't repeat.	(1) Speed - quick brief relays of information between officials; (2) Tone - calm, no screaming; (3) Still - remain motionless while reporting to the table; (4) Don't repeat the penalty report to the table - once only - otherwise the table or coaches might get confused and think you are reporting two penalties instead of one.
21	Don't repeat the announcement of the penalty report to the table.	The table might get confused and mark down two penalties instead of one. It will also be tough if you have to legitimately report two penalties on the same player (e.g., two slashes against the same player), then you would have to report four times - - ugly. Some officials do this on TV, but they are doing it wrong.
22	Talk to faceoff players before the faceoff and remind them of what you want to see as the faceoff official.	Examples: I want to see both of you coming down together, tape visible between your glove and the plastics, both sticks top-to-stop, nothing touching the midfield line, nothing in the neutral zone (head/elbow).
23	Instruct players on the top-to-stop mechanic before a faceoff,	Example: "Gentlemen, top-to-stop, pull them outward (maybe show with your hands), first player down doesn't have to move, second player down has to adjust his stick…"

#	Tip or Hint	Detailed Explanation
	especially if players are not the same two fogos.	
24	Trail should communicate to the Lead once he reaches his settled spot.	This lets the Lead know that the Trail has the bench sideline calls and restarts. The Trail can state: "I'm in!" or "I've got your back" or "I've got your sideline."
25	Talk to a coach in a low voice if the coach is screaming at you.	This forces the coach to come down to your volume level. Don't mirror his intensity because that will not have a calming effect.
26	Verbalize to each other when you are on/off.	This is especially important between the Lead and Single, who often need to improvise when one (let's say the Lead) gets pulled out of position and he needs the Single to guard the goal. Say something like, "I've got your goal line" or "I've got your line" and then also say, "I'm back in" when recovered.
27	Communicate the penalty to the third official before relaying it to the official who reports it. Never run straight toward the penalty area to report without having first informed the rest of your crew.	This is so the third official can help set the field and communicate to the goalkeeper the restart position, the length of the penalty, the number of players down, etc. This gives the goalkeeper enough time to determine his defensive strategy and position his players before the restart.
28	Verbalize time remaining on the clock whenever the time clock is not visible.	This helps the players and coaches know the game situation. It also helps the officials not get caught unaware of either an end-of-quarter or an end-of-game situation.
29	Yell "tip" and don't just make a silent hand signal.	The verbal signal must accompany the hand signal.
30	Make an audible "reset" signal along with the arm twirl on a change of possession.	Some trainers preach that the "reset" signal should be silent. Check with Chris on this. Both Mike Infantino and Buzz Lynn were adamant about this.
31	Use a silent "no-call" whenever the potential over-and-back situation exists.	Only make an audible "Tipped" whenever there is not an over-and-back situation because of a defensive tip. The reasoning is that any cleared ball moving back toward the midfield line is assumed to be a potential over-and-back violation UNLESS one of the officials verbalizes/signals otherwise. This just keeps the game quieter. It also eliminates the "yes, yes, yes" or "no, no, no" audibles, which might confuse the players and cause them to cease play.
32	Don't let the coaches or players overhear your private conversations.	If you need to discuss something that ought not be heard by the coaches or players, speak discretely and at a distance from prying ears.
33	Do a lot of listening if you are the Umpire or the Field Judge.	This was advice from Mike Infantino. Know who you are and know your role in the game. Not everyone needs to act like the R and be in charge.
34	Don't say the words "personal foul" when reporting a penalty.	The picture in the rulebook is the hand signal for one minute's worth of personal fouls. This does not mean you are supposed to say the phrase "personal foul" when

#	Tip or Hint	Detailed Explanation
		reporting personal foul penalties. The picture shows an official holding up one finger because it is a 1-minute foul. There should probably be a separate picture of an official holding up two fingers with the caption reading "2-minute personal foul." There should probably be a third picture of an official holding up three fingers with the caption reading "3-minute personal foul." This would eliminate the confusion in the rulebook that causes some officials to verbalize unnecessarily the phrase "personal foul."
35	Reports to the table should be made slowly and methodically.	Don't rush. Let the table staff digest what you are telling them in a way that allows them to write it down on the score sheet in real time and without having to ask you to repeat. Put yourself in their shoes. The table staff might be running the table for the first time and have no idea of where to write things down. Coach them pre-game and then communicate clearly and slowly during penalty reports to the table staff.
36	Avoid banter with the coaches.	When in doubt about what to say, consider saying nothing, especially to the coach
37	Let the R be the primary spokesperson.	Don't have the FJ or U doing a lot of the primary communication to the coaches. Let the R control the flow of what gets said to the coaches.
38	KISS: Keep It Simple Stupid. Use short explanations.	Minimize lengthy explanations. Use fewer words, if possible.
39	Extract yourself from lengthy conversations with the coaches.	Don't allow yourself to get drawn into a full conversation with a coach. Coaches try to trap you and get inside your head by talking a lot to you.
40	Communicate to the other official when transitioning to/from on-ball or off-ball.	Say "I'm on" or "I'm off" to let you officiating partner know. This is common between the Lead Official and the Single Side Official during settled play around the crease.
41	A late push or hit is a foul.	Coaches might protest a call made for late contact. Have a good response.
42	Use good table mechanics.	Address table from intersection of center line and wing line. Feet stationary. Slow report to table (with confidence).
43	Communicate to wing players if they are jostling for position pre-faceoff.	"Fellas! Clean in!" This tells them no contact away from ball once the faceoff whistle sounds.
44	Don't call "possession" too early.	Make sure the ball carrier can make a lacrosse move (cradle, carry, pass, shoot) before calling possession.
45	Limit words to coaches.	Talk in short blurbs, not complete sentences. The fewer the words, the better.
46	Avoid improper phrases when making calls.	Don't say, "Going this way" because no one know what "this" means.
47	Don't say "Timer on."	Just put the timer on. You don't need to state it.
48	Don't overcommunicate things unnecessarily to the coaches.	You don't have to tell the both coaches how many timeouts they have remaining or how many faceoff violations they

#	Tip or Hint	Detailed Explanation
		have committed every time you pass the box. You are too bossy if you do this.
49	Point toward goal and yell "shot" on a shot in flight as the horn is sounding.	This helps to communicate that the shot in flight is a live-ball.
50	Don't say the word "technical" when reporting a 30-second foul to the table. Ditto for the word "personal" when reporting a 1-3 minute foul.	Eliminate unnecessary words. Since all 30-second fouls are technical fouls, you don't need to state "technical." CNOTE does not require the words "technical" or "personal" foul because stating the duration of the foul is sufficient to indicate whether it is a technical or a personal foul.
51	When officials relay a call to each other, there is no need to state "1-minute" if it is a personal foul.	Any person foul is assumed to be a one-minute foul unless specified otherwise.

Chapter 15 – Focus

Focus is keeping your head in the game, even when the game is getting out of reach or boring. Some officials say a code word that wakes them up and helps them refocus on the game.

A time where focus is lost is immediately after a big call, a big no-call, or a controversial event. It is easy for an official to start over-thinking about what just happened and lose focus on the game. Be aware of when you are getting sidetracked by re-thinking the past. Stop thinking about the past and start focusing on the action in front of you. Often times, you can snap out of your daydream by taking some positive action that requires movement, such as making a call, communicating to your co-officials, or switching your whistle from one hand to the other. Whatever technique works best for you is OK. The point is, you need to be aware of your own loss of focus when it happens, and you need to have a mechanism for helping you refocus on the game.

Also remember that your job is to watch the action. Don't turn away from the action. Also, when the whistle blows, the players stop but the officials keep officiating.

- "Ball goes dead. We come alive." – Jim Carboneau

Table 5 - Hints and Tips for Focus

#	Tip or Hint	Detailed Explanation
1	In games where there is no electronic scoreboard and the table is keeping the clock, do not fret the time remaining.	A quick check of the time is OK at the appropriate dead-ball moment, but don't lose focus on the live game because of wanting to know the time remaining.
2	Let table personnel do the releasing of the players from the penalty box after a goal scored.	Post-goal time should be spent by the officials observing the transition of players moving past one another as they exit the field. Don't turn your head away to deal with an administrative matter. If the table did not release the player after the goal scored, then you can fix this in a bit.
3	Don't sweat the table in a "big-time" game.	Let the table do its job. Focus on the officiating.
4	Don't turn back to explain to the coach who is requesting an explanation during a fast-break going the other way.	Keep eyes forward. Explain later. If you feel a need to explain to the coach, talk with your body facing away from him. Don't lose focus on the live action.
5	Don't sweat the small stuff.	Like whether or not a penalty was released after a goal. "We're here for the felonies. Don't pick fly-shit out of pepper."
6	Use your angles better when covering the field, especially during transition.	Don't just run the straight line between where you are and where you need to be. It might be better to take a slightly angle on your run to avoid a dangerous area or to improve visibility of everything in your responsibility, such as offsides, substitutions, action away from ball, etc.
7	Keep your head up during transitions.	Focus your attention on your areas of responsibility. Don't duck your head down to help yourself sprint faster.

#	Tip or Hint	Detailed Explanation
8	Don't ball watch.	Referees need to cover their assigned responsibilities. Don't just follow the ball.
9	Scan your cone of view.	Don't zone in on just one thing. Don't just look straight ahead. Scan quickly. Then back to main focus.
10	Eyes up and scan your cone of view.	Especially important during transition from lead to trail.
11	Trail needs to watch for contact after a shot.	Lead must watch the goal, so the trail must watch for the late hit on a shooter.
12	Both officials should try to count all players before a restart.	This is to back each other up in case one person has miscounted.
13	The Referee has the home team and the Umpire has the away team.	Used when escorting captains onto the field, conducting random stick checks, keeping track of faceoff violations (NCAA rules only), etc.
14	Don't relax and stop throwing penalties just because the game is a blow-out.	Need to keep flagging legitimate penalties to prevent the game from escalating in the level of physicality.
15	After a goal gets scored, get to your position with your eyes up and on the players before looking down to mark your score card.	Never look down and mark the score card while walking toward to your next faceoff position. Otherwise, you will miss the action of players entering or leaving the field where an infraction might occur.
16	Count forward for offsides.	Don't get lazy and count backwards since the absence of a defender might be due to the team having only nine players on the field and the tenth player has not yet entered because the substitution is still in progress.
17	After a goal gets scored, the Trail should go to his wing line and watch the substitution area.	The substitution area is where all of the action is happening. It will also make it easier to hear a coach's request for a timeout, assuming the coach might want to call one if 3-4 goals just happened in rapid succession.
18	Stay or leave midfield cone as SSO, depending on the situation.	Stay if action is still near the midfield line, so the SSO can switch directions quickly if a turnover happens. Leave if the ball has crossed midfield and you have counted forward to confirm no offsides has occurred.
19	Don't lose focus on the field just because you are discussing what to report on "multiple flags down."	"Keep an eye on the inmates." You need to watch for cheap shots or listen for trash-talking while players are transitioning on/off the field. Don't get tunnel vision as an official.
20	Don't ball watch on a shot.	This is a player safety issue. Trail and Single must get out of the habit of ball watching on a shot. If necessary, turn your body toward the shoot, plant your feet, and force yourself to stare down the shooter without flinching your head. This is the only way to watch for late hits.
21	Don't ball watch as the ball is being passed around in a circle.	You are there to officiate, not to watch the players play the game. Redirect your focus when the ball leaves your coverage zone. When the ball is out of your zone, pay attention to something else. A likely good place to focus your attention is on the action in front of the crease.

#	Tip or Hint	Detailed Explanation
22	As settled Trail, don't look behind you to on an uncontested substitution.	You really don't want to have to call a substitution infraction when the sloppy substitution will have zero effect on the game. If you watch a substitution that is mostly directly behind you, you will have to spin around and you might miss something more important going on in your zone of coverage. You will also start a pissing match between the head coaches if you see a sloppy substitution and then one coach gets mad because you didn't call it, the coach yells, "You saw that," which offends the other coach because he thinks his counterpart is being a nitpicky knucklehead.
23	Watch the players immediately after a goal is scored.	Do this even if the Lead. Reason: stuff happens right after a goal. Also, if discussing goal/no-goal between Lead and Single, make sure you don't take your eyes off of the players. The players might get into each other while you are chatting and conferring on the goal/no-goal judgment call.
24	Don't turn your back to the field when talking to a coach during a live-ball situation.	You might miss something important. Talk with your back to the coach. This means you might have to get closer to the coach. Don't speak too long. Just a few words and then move on. Coaches will appreciate this.
25	Watch for cross-checks to the neck. Checks to the neck should be nonreleasable penalties.	This is a player safety issue.
26	Practice good dead-ball officiating, especially after a goal when player tensions are at their highest.	Keep focusing on the players after a goal gets scored. Single should loiter in the area longer to make sure the players separate from each other. The Lead has to jog toward the faceoff spot as soon as he gets the ball, so the Single has to be the one who watches over the inmates.
27	Watch the free hand to make sure there is no warding off infraction.	This is especially true for a ball carrier who is cradling one-handed and is making a dodge, a swim move, or a spin move. Failure to spot this advantage gained could result in a goal.
28	If one of your crew members "zones out" or gets distracted/confused, then help him out.	Help your partners. Don't criticize or rag on them. Be constructive. If you lose him, it will go downhill the rest of the game. Help him snap out of it. Coaches will blame the whole crew. Act like a team because you are one.
29	Think about "what could hurt most?" when thinking about where your focus, attention, positioning, and mechanics should be.	For example, it is a higher priority to cover the goal than it is to speedily move toward settle Trail position. Keep thinking to yourself about your priorities and adapt throughout the game. This is dynamic officiating, and it makes a crew better.
30	Be aware of potential "third F/O violations" and throw the flag immediately to avoid an inappropriate quick restart.	We did this perfectly. Immediate flag. Strong "flag-down." Immediate signal for "delay of game" and informing coach that the in-home must serve the penalty time.
31	Good off-ball officiating.	Keep eyes on your zone. No ball-watching.

#	Tip or Hint	Detailed Explanation
32	Don't relax and stop throwing penalty flags just because there is already a flag-down during the free play.	Keep on officiating. Lee did a great job of staying alert and flagged two additional obvious fouls before the whistle had to be blown. Good job on throwing his hat in lieu of a third penalty flag.
33	During a dead-ball situation, keep watching the players and look for extracurricular activity.	Don't look down or look away. Keep you eyes focused on players, especially after a goal scored or play suspended because of a personal foul or a big hit.
34	Maintain your focus during dead-ball situations.	Dead-ball officiating is just as important as live-ball officiating, especially in contentious games.
35	Don't ball-watch as the off-official on a shot or a pass.	Protect the shooter. Protect the passer.
36	Sometimes you need to point your entire body toward where you should be looking.	For example, on a shot. As the off-official, you should open your hips toward the action to make sure you stay focused in that direction.
37	Never relax your attention span.	Be alert for shenanigans. Bad stuff happens when you least expect it. Especially during dead-ball situations.
38	Don't zone in on the ball as the off-ball official.	The off-ball official looks at big picture. If you have nothing good to look at, then look in the direction of the area in front of the crease, which is where the contested actions usually arise.
39	Watch for blind-side hits.	Don't ball-watch. Protect the players. Off-ball officials need to watch for blind-side hits.
40	Watch the shooter's feet if the ball is coming toward you.	Toes are coming toward you, so you can see if the feet touch the crease.
41	Watch the shooter's back if the ball is moving away from you.	Watch for pushes or body checks from behind.
42	On a tight crease play, the Trail does not crash the crease.	Trail watches the big picture on a tight crease play. Look for things outside the action, such as screens, late hits, etc.
43	ABC = always be counting.	Count players on both teams. Focus on attacking team first. Then on defending team. All the officials should count the players.
44	After a goal, the old Single Side Official should linger around the goal to watch players and guard against any bad behavior.	Don't trot next to the old Lead (new Single), who is jogging toward the faceoff spot, because this means both officials' backs are to the players where a goal was just scored. Something might flare up. One official has to loiter around the goal and watch the players to prevent cheap-shots, etc.
45	Write on your scorecard after you run to your position. Minimize the time spent looking down.	Don't look down immediately after a goal scored to record the goal. Remember the number of the goal scorer. Keep your head up. Watch the players. Move to your position. Then when the coast is clear, you can look down to record the score (as quickly as you can). Then look back up to keep on guard.

Chapter 16 – Faceoffs

Faceoffs are the most important event in the game of lacrosse. Winning possession of the faceoff is valuable because it creates a scoring opportunity for one team and places the other team on defense. Getting the faceoffs fair is a challenge because players have many ways of winning the faceoff using illegal means that can be very difficult for the officials to spot.

Table 6 - Hints and Tips for Faceoffs

#	Tip or Hint	Detailed Explanation
1	Don't move on a faceoff unless the ball is coming at you.	Maintain your position after the face-off whistle; don't move unnecessarily, such as by backing out quickly. Stay in and stay focused on the action; look for cheats, such as hand on stick, fingers on ball, elbow pinning the opponent's stick, etc.
2	The faceoff official should be in position and motionless before he even says, "Down."	This eliminates any distractions for the players, who could be drawn to jump early by any movement by the referee. Also, the faceoff players cannot use movement of the faceoff official to anticipate the whistle.
3	If you want to see the position of hands on stick pre-faceoff, just ask the player, "show stick" and he will turn his hands to prove his glove is not on the plastic.	You don't want to move all the way around to see the player's glove position and then move back.
4	Don't signal "possession" prematurely on a faceoff scrum.	Wait for full possession before you call it. Make sure the player can pass, shoot, or cradle before signaling possession. If you signal prematurely, then you will quickly have an undesired 9v9 scrum, which is a melee.
5	Don't get too close to the faceoff.	There is such a thing as getting too close to the faceoff. This often happens when taking the 45-degree angle position. You need to be able to see both faceoff players to look for foot positioning, stick end positioning, etc.
6	Proper faceoff technique.	Once the faceoff official is ready, get into position, get motionless. Then Down, Set, Tweet. Be still. Don't back out (unless to avoid the action). Rotate with the players to keep your view of the ball. Note: you will always lose something, such as the possibility of getting beaten to GLE on a fast-break, but it is more important to officiate the faceoff than to avoid getting beaten to goal on a faceoff fast-break.
7	45-degree angle and 90-degree angle are acceptable faceoff positions.	Go with what feels best for you, but the 90-degree position is perhaps the better position of the two choices.
8	Faceoff official should focus on two players; the other official focuses on the other 18 players.	By standing your ground after the faceoff and focusing on the two players facing off, the faceoff official can watch for the subtle faceoff cheating techniques that would otherwise go undetected.

#	Tip or Hint	Detailed Explanation
9	Freeze before conducting the faceoff sequence since any movement of the official could be detectable by the two faceoff players - even if they cannot see you.	On sunny days, the faceoff players can watch the shadow of the referee's hand to see when he places his whistle in his mouth, or the faceoff official might also have a "tell" or twitch that gives away his intent to blow the whistle that might be visible from shadows or movement of the official's body.
10	If you are having a difficult time getting a good faceoff without false starts, then emphatically remind both faceoff players to listen for the whistle before moving.	A game with excessive faceoff violations reflects poorly on the officials. Try to get legal faceoffs.
11	Rotate your position during the faceoff to improve your view.	Don't freeze in one spot. You cannot see through players.
12	Never reach with your hand to fix a stick before the faceoff.	Officials are not supposed to coach on the field. If you need the player to correct his stick position, tell him verbally in a quiet tone that cannot be heard by the benches.
13	If both players have something wrong with their faceoff position, it is OK to stand them both up and try it again.	Avoid doing this too often. Otherwise you will send the signal that you are being too picky on faceoffs.
14	On possession, both officials should yell "possession" and both officials should wind their arms to signal possession.	Redundancy is needed because both teams and benches need to know that possession was called, which is difficult to hear on a windy day or difficult to see with players possibly obstructing one or both officials.
15	Don't seek to create faceoff violations.	Quite the opposite, the faceoff official's job is to get a good, clean faceoff to start the play.
16	Make sure the first faceoff of the game is a slow one.	Don't have a super-quick first faceoff, or players will continue to jump for the remainder of the game.
17	Conduct a single official faceoff with very little time remaining in a tied or close game	In a 3-man game, this is a special faceoff mechanic that provides better coverage of both goal lines, which might be necessary with very little time remaining in a close game.
18	Assistant Faceoff Official (AFO) should never touch the players or sticks while preparing for the faceoff.	Let the Faceoff Official (FO) be the only one to physically touch the players or sticks. The AFO can verbalize corrections. Looks bad if the AFO moves the stick and then the FO moves it back.
19	On a faceoff, the Wing official makes sure the far side wing men are not over the line. The AFO makes sure the bench wing men are not over the line.	I thought the Wing official did this for both wings. I thought the AFO should be focusing his attention only on the faceoff spot.
20	Watch the faceoff players out of the corner of your eye during warmups to find out what kinds of "cheats" they plan to use during the game.	Don't be obvious when watching them. Otherwise, they won't reveal their cheating techniques.

#	Tip or Hint	Detailed Explanation
21	Conduct clean faceoffs. Avoid trying to make the players commit faceoff violations.	The goal is to get the ball into play fairly and without faceoff violations. If you keep having faceoff violations, try to instruct the players next time in manner than helps them avoid faceoff violations. Tell the players, "I might be early on this next whistle" and then blow it early so that neither player jumps before the whistle.
22	Watch for the ball popping out on a faceoff.	The ball popping out demarks the start of wing players being able to initiate contact with the faceoff players.
23	Contact of the crosse to the arm/forearm of the other faceoff player is a violation.	Watch for the stick-to-arm rake or rip-back during a faceoff scrum. This is holding. Sometimes this is called the pitchfork move. It is OK if all of the contact is stick-to-stick.
24	Faceoff player must play the ball first.	If one player gets the clamp, don't let the other player bang him. Wait for clamper to move the ball away from the faceoff spot, then the other player can make a play.
25	Look for a fluid movement after one player wins the faceoff clamp.	Don't let the clamper take multiple steps spinning and looking for somewhere to rake the ball. This is withholding.
26	Consider applying a "two steps maximum" rule for a faceoff player who has won the clamp.	If a clamper is taking multiple steps and just spinning around with the clamp and not moving the ball fluidly away from the faceoff spot, then this is withholding the ball from play.
27	Get the ball moving; otherwise it is withholding.	Faceoff players must get the ball moving away from the faceoff spot quickly once they have won the clamp.
28	Pre-game your faceoffs as a crew.	One-at-a-time when talking to the players while setting up the faceoff. Suggestion: Down. SSO backs out. AFO comes in. Talks. Fixes. AFO backs out. SSO comes in. Talks. Fixes. Hand on sticks. "Set." Back out. Whistle.
29	As the assistant on a faceoff, don't give multiple instructions while setting up the faceoff.	Assistant should show a presence. Fix the stick on your side. Back out. Look at wings. Let the SSO finish the faceoff prep.
30	Assistant Faceoff Official (AFO) should be about 7-10 yards away from the faceoff spot.	Don't stay too close because you might not be able to cover your goal line on a quick fast-break toward your goal. You might have to get farther in a tied game with 15 seconds remaining to make sure you can cover your goal line.
31	Use the phrase "sticks left" to achieve the top-to-stop alignment on a faceoff.	Since pulling the sticks apart is "left" for both faceoff players, then stating "left" gets both sticks moving in the proper direction.
32	Vary your faceoff whistle cadence.	1-2 seconds is a short whistle. 3-4 seconds is a long whistle.
33	Proactively warn faceoff players if you think they are trying to jump the whistle.	Tell players "I might be long" to prevent them from jumping. Don't say, "I will be long" because you might not be and then you would lose credibility for being a liar.
34	Adjust your faceoff positioning during the scrum.	If the faceoff players pivot, you need to move into better position to see the point of contact.
35	Keep awareness of where the wing players are during a faceoff.	Lead left should open hips toward the bench wing players. Single and Lead Left should both glance at wings before the faceoff to see the general direction of where the players will

#	Tip or Hint	Detailed Explanation
		be coming from. Are the wing players together? Far apart? Don't get run over by them.
36	Watch for faceoff violations.	Kicking opponent's stick. Use of head to push other player. Elbows contact either crosse.
37	Watch for faceoff cheats.	Most faceoff players have a secondary move to make if their primary move did not work. Don't let the secondary move be a faceoff cheat, such as a pitchfork or a body check.
38	SSO does restart after all faceoff violations.	Trail does not conduct the restart after a faceoff violation.
39	Whistle-in-mouth as the Assistant Faceoff Official.	The AFO and the SSO must both have whistle-in-mouth during the faceoff whistle to make an instantaneous call, if necessary.
40	Clear the box of players pre-faceoff.	Don't allow players to loiter in the table area until they are a pending substitute.
41	During a faceoff, watch for a pitchfork move or an arm-rake.	Faceoff rake is illegal unless the contact is all stick-to-stick, which is rare.
42	No play-ons during faceoffs (with rare exceptions).	Quick whistle to suspend play. Nothing good happens otherwise. Get the ball into the stick of the team that deserves it.
43	Practice faceoffs pre-game.	Rehearse the faceoff procedure pre-game as a crew to make sure it looks consistent every time regardless of which official is in which position.

Chapter 17 – Rules

Knowledge of the rules is another essential element of the game of lacrosse. The officials are expected to know the rules, know how/when to apply them, and be confident in their explanations, if needed.

Table 7 - Hints and Tips for Rules

#	Tip or Hint	Detailed Explanation
1	No one-handed stick checks in the US Lacrosse Youth Rules.	Difficult to unteach the one-handed wrap check, which was legal in JV, but will be illegal in summer tournaments.
2	Goalies must wear arm pads in the US Lacrosse Youth Rules.	Not a popular requirement with coaches and goalies, but it is required.
3	A flag-down at end of quarter that creates an all-even situation once the penalty is reported requires a faceoff to start the quarter.	Team that just got offended does not start the next quarter with possession.
4	Random stick checks should be conducted in games when they are required by the rules.	Exception: local tournaments with running clock usually do not require these.
5	Slow whistle is enforced when ball hits the ground (except on a bounce shot, which still counts if it scores) in the US Lacrosse Youth Rules.	Don't let play continue on a slow whistle if the ball hits the ground. This was a rule change in 2013, so many people are not familiar with it.
6	Slow whistle is enforced when a shot is taken that does not result in a goal in the US Lacrosse Youth Rules.	Don't let play continue after a failed shot, even if the ball stays off the ground. No second chance shots are allowed, even if the shooter was just tapping in a shot blocked by the goalkeeper. This was a rule change in 2013, so many people are not familiar with it.
7	In the last two minutes of a U15 game, enforce a slow whistle in the attack box for the team that is leading unless a scoring opportunity is imminent.	Rule 8.2k of the US Lacrosse Youth Rules includes this new rule on when to enforce the slow whistle.
8	When a player is pinned to the sideline with possession of the ball and does a Gilman throw as he is getting pushed from behind, make sure to throw a flag-down, slow whistle.	This is a push with possession.
9	Don't call open field "withholding" unless the act of withholding is disadvantaging an opponent from scooping the ball.	A short clamp of the ball with no one around should not be called as withholding.
10	Restart location following offsides is where the ball lies when the whistle is blown.	Do not place the ball back onsides for the restart.

#	Tip or Hint	Detailed Explanation
11	Restart location following a faceoff violation is where the ball lies when the whistle is blown, except that the restart must always occur on the offensive half of the field.	Place the ball back onsides for the restart following a faceoff violation. Do not do this if there was a post-faceoff violation ("in the field") that occurred during the scrum and before "possession" was called.
12	Give goalkeeper at least five seconds to return to his crease (NFHS Rules only).	In an NFHS game, don't do a quick endline restart (which is the NCAA rule) until the GK has had his five seconds to get back to goal.
13	Unnecessary Roughness (UNR) is the appropriate penalty for a late hit.	For NCAA rules only. For NFHS a late hit is IBC.
14	Unnecessary Roughness (UNR) is a good choice for retaliation of two players banging on each other or rough-housing.	This avoids hitting both players with USC, which is often a reportable penalty to the league or association. Use of UNR is sufficient to lock both players in nonreleasable since they are probably going to be treated as simultaneous fouls. If you need it to be USC, then you can use that penalty if warranted.
15	Stick checks to the free hand are slashes.	Don't let defenders get away with beating on the free hand. These are slashes. Call them. Otherwise, the level of physicality will escalate on both ends of the field.
16	Make sure there is contact for warding to be called.	Don't confuse the ball carrier unhooking his arm from the defender's stick with a warding infraction. Sometimes the arm coming up by the ball carrier has no contact on the defender even though it looks like warding.
17	Use play-ons for goalkeeper interference.	Every instance of goalkeeper interference starts with play-on. The play-on is over when the ball is scooped (for a loose-ball play-on) or when the outlet pass is completed (for a possessed play-on). However, it is not horrible if you accidentally kill the play in lieu of the play-on, but it just delays the game and interrupts to flow unnecessarily.
18	Call a faceoff violation if the faceoff player takes more than one step away from the faceoff spot with the ball clamped in the back of his stick.	Sends the message, "I am watching you. You can't get away with that."
19	Leaving the restraining area early during a faceoff scrum is not a faceoff violation.	If attack/defense players leave their restrained area early, the infraction is Illegal Procedure and it is NOT a faceoff violation. However, if the Wing players leave their wing area before the faceoff whistle, then it is a faceoff violation.
20	Attack/defender players need not be in their attack/defensive box during a faceoff.	They just need to remain behind their restraining line. The players can be in their alleys. Some coaches don't know this.
21	Wing areas terminate at the tip of the [properly-drawn] wing lines.	The Wing Area does not extend all the way to the restraining line. The proper Wing Area dimension is 10 yards x 20 yards. The midfielders must be in their wing area prior to the faceoff whistle.

#	Tip or Hint	Detailed Explanation
22	Good UNR call for a late hit.	Late hit is UNR for NCAA rules. Late hit is IBC for NFHS rules.
23	Officials cannot lock in a penalty as nonreleasable just because they think it warrants more severity of punishment.	In the NCAA rulebook, the only penalty that can be assessed as nonreleasable is the Unsportsmanlike Conduct (USC) foul, which is generally (although not always) a nonreleasable penalty. Exceptions are for mandatory nonreleasable fouls, such as targeting head/neck, spearing, or expulsion fouls. It is not permissible to call a non-USC foul (IBC, slash, UNR) as nonreleasable just because it was violent. If you want to lock in a penalty as nonreleasable time, then you must report it as USC. This is what Mr. Abbott did during the 2015 ACC championship game between Notre Dame and North Carolina when a defender committed a violent, late, take-out check on an attacker on a shot that resulted in the player crashing into the cage with enough force to dislodge it. Mr. Abbott said he ruled the penalty as USC (instead of UNR) because he wanted to lock in the penalty. Mr. Abbott said his officiating community supported this wholeheartedly as the right thing to do.
24	Great faceoff mechanics.	Follow the routine prescribed in the rulebooks.
25	Do not let player get a running start on an out-of-bounds restart.	Especially when the player is trying to gain an advantage. Bring the player back and conduct a settled restart.
26	If ball stays in the crosse of a stick that gets checked out of the ball carrier's hands, then you should call "withholding."	Tim did this well. Good call. Sometimes the twirling of the "yard saled" stick will hold the ball inside the crosse, which is withholding.
27	Grant a free (defensive) clear on a time-serving penalty.	Don't force the team to ride through the other team's attackers to get to midfield. Exception: You don't improve the position of the ball on simultaneous fouls.
28	Don't allow a running start from out-of-bounds for the restart.	Good pull-back on the out-of-bounds running start by a player.
29	If a player is missing a mouthpiece, it is a technical foul for illegal procedure.	Good call to spot a missing mouthpiece. The player had been warned previously.
30	A bull dodge is a warding call (or worse if the head/neck are involved).	Call the bull dodge as a foul quickly to end future attempts by the ball carriers to run over the other team's defenders.
31	A body check initiated by the ball carrier without both hands on the stick is an Illegal Body Check (IBC) foul.	This is straight out of the IBC rule. If a player is cradling one-handed, he had better not initiate a body check (or bull dodge) against the defender, or else it will be an immediate whistle, flag-down, and a time-serving personal IBC foul, and perhaps even a free clear.
32	The turning rule does not apply to slashes.	If a player turns at the last second and gets slashed, then that is an infraction. The turning rule only applies to pushes and body checks - never to slashes.

#	Tip or Hint	Detailed Explanation
33	Feet too wide on a screen - call it.	Intent doesn't matter when a player is obviously violating a technical rule. If the feet are too wide, then call it.
34	A bull dodge (NCAA rules) is never a ward if both hands remain on the stick.	A bull dodge is not warding, but it can be a personal foul if excessively rough.
35	Be aware of late substitutes.	Late substitute might be the reason one coach is yelling for offsides. Late substitute is not offside. Just because the coach sees "too few" players on one side of the field, that does not mean it is offside.
36	Shot in flight counts if it scores.	Don't blow the whistle just because the horn sounded during a shot in flight because the ball is still live. If you mistakenly blow the whistle during a shot in flight, then no goal can be allowed even if the ball enters the goal legally.
37	Know the difference between the jump/dive and plain vanilla push from behind.	A player falling forward does not jump up into the air when pushed from behind. It is not physically possible for a player to be pushed from behind and get launched into the air vertically. If you see a player launching vertically, then the player is doing so of his own volition.
38	Holding a stick with your stick is legal. Holding the gloved hand on the stick with your stick should also be legal as well.	The gloved hand is part of the stick when it is grasping the stick. This is why a stick check on the gloved hand of the ball carrier is allowable if his hand is grasping the stick.
39	If a glove or other piece of a ball carrier's equipment (other than the mouthpiece) is lost during play, then immediate whistle. Team with possession retains possession.	"Illegal Procedure" Rule 6-6-z NOTE (page 68) gives ball to attacking team when equipment is lost. Play stops for safety reasons. Ball stays with team that had it. However, if defense loses equipment, then defensive player must retrieve it before participation. Easiest way to make this call without getting tongue-tied is to blow the whistle (with arm raised to stop the clock), point in direction of play, and announce "red ball" (or whatever color the attacking team is wearing). This will look strange at first because the Red team already has the ball, but then everyone will realize that equipment was lost. Conduct a normal restart after allowing a maximum of 20 seconds for the player to retrieve his equipment.

Chapter 18 – Hand Signals

Hand signals are important, especially on a windy day when the table staff cannot hear your voice or your whistle. This is also important when the clock operator is inside of an enclosed press box, where nothing can be heard from the field.

Table 8 - Hints and Tips for Hand Signals

#	Tip or Hint	Detailed Explanation
1	No single hand raised immediately on a goal scored.	Just a long whistle to indicate the goal scored. Then get to crease circle, turn toward midfield, and raise both arms to signal the goal. The single hand raised is only for other stoppages of the clock, such as out of bounds, enforcing the slow whistle, etc.
2	No dangling or loose thumb on an arm point.	Keep your thumb tucked into your flat palm when pointing.
3	Is there a hand signal for "all even?"	Not written down, but extend your arms as you would for unsportsmanlike conduct and point your thumbs up and see-saw your arms up and down to imitate a balance scale. You can also use flat palms up instead of the thumbs up. Make it look like you are indicating two objects are in your hand and they weigh about the same as you are doing the see-saw movement up and down with your arms.
4	Communicate to recover from a situation when both officials find themselves doing the 10-second hand count.	Examples: (1) One official might verbally say "I got it." (2) One official might simply stop his count and place his hand behind his back to indicate he is no longer counting. (3) One official might tap his chest to indicate he will continue the count; or (4) One official might point at the other to indicate, "You've got it."
5	Discuss in advance the hand signals, arm signals, verbal signals, or other conventions to indicate you think the offensive team is stalling.	Communicate with the other official when a stall warning might be warranted. "Joe, what do you think?" <as arms are in the delay-of-game signal> Discuss this during the pre-game briefing with your officials or before the 4th quarter starts.
6	Use proper hand signals on an out-of-bounds ball.	When ball goes out-of-bounds, simultaneously short-tweet and raise one hand. A few seconds later, lower the raised arm to signal the proper direction for the team that gets the ball and shout the team's color. As the player is approaching the restart position, re-raise the pointing arm back above one's head pointing straight up. Wait for the play to be ready. Then long-tweet and swing the arm in a circle to restart the play.
7	The hand signal for a tip is a brushing of one hand way above your head.	Don't do the tip signal below shoulder level because the people behind you cannot see through you.
8	One way of indicating a ball that was still being scooped is to make	No formal hand signal exists for an unscooped ball. Rather than give the signal for "loose ball" on an attempted scoop, you can give a more precise signal to indicate the juggling

#	Tip or Hint	Detailed Explanation
	a juggling motion with hands alternately moving up and down.	motion, meaning you did not think the player had possession of the scooped ball.
9	Don't say anything when a play-on is over.	Just drop your hand. Don't say, "Play-on over."
10	Point in the direction of the penalty when reporting the penalty to the table.	When you state the color of the team, point toward one side or the other depending on which half of the field that team is sitting.
11	When Lead signals that the attacking team has entered the attack box, leave arm up in the air for 2-3 seconds to make it more visible to coaches and officials.	This allows the other official (the SSO) to see and acknowledge the entry and stop his advance-the-ball counts. Verbal signal of "He's in" may be helpful in some situations. In most situations, it is good officiating mechanics for the SSO to parrot the arm signal of the Lead, which allows the Lead to drop his arm with certainty (perhaps earlier) and refocus his attention on the action.
12	Chop horizontally or toward the ground - not diagonally upward - on a hand count.	Do not want an upward hand chop to be confused with a play-on hand signal.
13	Point straight up and blow whistle on out-of-bounds. Then point in the direction the ball will go.	Don't omit the pointing straight up. On a windy day, the table staff cannot hear the whistles. The hand signal is the backup to the whistle to assure that the table staff can stop the clock promptly.
14	Be stationary when reporting a penalty to the table.	Looks bad. Get to the reporting spot and then stand still while communicating to the table staff.
15	Use crisp hand signals.	Do use lazy hand signals. Use big signals. If signaling a deflection, make the tip signal way up high so everyone can see it better.
16	All officials (even the Trail official) should mirror the hand signals for a team completing its touch into the attack box on a transition clear.	Many reasons for this. Each official becomes aware that the post-clear rules are in effect, such as over-and-back. Also, allows both team's coaches will know the clear has completed, which allows them to start their substitutions or run their offensive plays. It also looks good to see all three arms go up and down together. Sends the message to the coaches: "This is the A-Team crew. This crew has its act together."
17	Run in toward the crease on a goal and be big with your signal.	Don't just stand there and signal from a distance. This looks lazy and unprofessional.
18	Tuck your thumbs in tight to your hand or into your palm when signaling, such as for a goal or when pointing in the direction of possession.	It looks unpolished for your thumb to be sticking out.
19	When signaling a goal, your palms should be facing each other after you raise your arms overhead.	Remember to keep your thumbs tight on the goal signal.
20	Make the "Tip" signal bigger.	Verbalize it also. Hold your arms up high when making the tip signal.

#	Tip or Hint	Detailed Explanation
21	Just turn 45 degrees when signaling a goal. Don't turn 90 degrees when signaling a goal.	I think this is incorrect. But check with Chris. Buzz said this is so you can see behind the goalkeeper. But this also means you cannot see behind yourself where there might be players tangled up.
22	All officials (even the Trail official) should mirror the hand signals for a team completing its touch into the attack box on a transition clear.	Many reasons for this. Each official becomes aware that the post-clear rules are in effect, such as over-and-back. Also, allows both team's coaches will know the clear has completed, which allows them to start their substitutions or run their offensive plays. It also looks good to see all three arms go up and down together. Sends the message to the coaches: "This is the A-Team crew. This crew has its act together."
23	Verbalize when making the tip signal.	Could state: "Tipped!" or "Off Green!" Be loud and clear. Big hand signal too.
24	Mirror the tip signal by all officials.	Looks good. Let's coaches know that one of the officials saw a defensive tip. Keeps coaches informed so they don't get surprised when the over-and-back wasn't called.
25	On a crease violation, a single strong point is sufficient to make the signal.	Don't chop the arm with multiple arm points unless it is a REALLY HUGE call that you need to sell. In that situation, you might use the Matt Palumb "touch finger to ground where the player landed in the crease" or the Charlie Obermayer "double open hand pump over the crease" to sell a very big no-goal due to a crease violation.
26	Point in the direction of the faceoff spot when the field is set.	I am not sure this is correct. I thought we are supposed to point in the direction we intend to run, which is toward the Wing Official's goal line. Only the assistant faceoff official (AFO) points toward the faceoff spot.
27	Don't rush your hand signals.	Give slow, methodical signals. Don't rush. Don't get amped up and speed up. You need to be a calming effect on the game.
28	Be deliberate on your hand signals.	Don't rush your hand signals. Big, bold hand signals are strong communication.
29	Sell the call on a big play.	Use big signals. Use firm, demonstrative hand/arm signals. Make the call quickly and with great confidence.
30	Use a strong arm wind.	Restarts should use an arm-wind of two revolutions. Don't wimp out with a half wind or a single wind. Make the whistle duration match the arm wind (or so). Consider making a fist while winding your arm (looks stronger).
31	Look at your other official immediately after a goal is scored to get an indication or hint if the goal is good or there is a potential problem.	Don't signal a goal too quickly. Look at the other official. Confer subtly using voices. Don't use hand signals or head nods to confer because it becomes difficult to undo those hand signals and the crew will look wishy-washy. Once you reach the decision, then signal goal with confidence.
32	Take a few seconds to confer after a goal to make sure you get it right.	It is OK to take a few seconds extra to confer after a goal gets scored. You don't need to feel like you must signal

#	Tip or Hint	Detailed Explanation
		immediately. Linger around the cage like a bad smell and make sure you get the call right.
33	Avoid conflicting signals made simultaneously.	Nothing looks worse than "Goal" signaled by one official and "No-goal" signaled by another official. This is also true of the "brush" signal/call coincident with a "flag-down/slash" call. If you make a super-quick call on your own, then you had better be right because it is difficult to reverse the situation without the crew looking bad.
34	Officiate through your partners.	Look for the "ready" arm signal from your co-officials before you restart a play.
35	Count players without using finger points.	Looks bad to be counting by pointing. Just count without any gestures.
36	Sell the crease call.	Use a big signal and a strong voice on a crease call.

Chapter 19 – Administration

The following tips and hints cover the administrative aspects of being a good lacrosse official. This is just being organized, but you would be surprised at how sloppy some officials are. Take pride in being a good administrator as well as a good caller of the game.

Table 9 - Hints and Tips for Administration

#	Tip or Hint	Detailed Explanation
1	Check for all 20 mouthpieces being worn during the pre-game lineup.	Don't assume the coaches' certification covers wearing of mouthpieces. One team was missing 9 out of 10 mouthpieces. Don't just rely on the pre-game coaches' certifications, and make sure you check for all 20 mouthpieces being worn.
2	Know which rules you are using.	Come to the game prepared and having reviewed the rules for the game being played. Use your cheat sheet to remind yourself of the rules differences. Especially important during a tournament where lots of exceptions to the rules are imposed.
3	Talk about the rules being used, especially any exceptions, during the pre-game officials' talk.	All officials must be up to speed on the rules being used. You will look terrible during the game if you apply the wrong set of rules.
4	Talk to the table staff before the game and make sure everything is in order.	Let the table know that they are part of the officiating crew and that everyone needs to work together as a cohesive whole.
5	Check the scoreboard after every goal to make sure the scorer recorded the goal, and for the correct team.	Although officials are also required to keep score on their scorecard, any mismatch between the officials and scoreboard should be corrected immediately to ward off any arguments later.
6	Verbalize the score to the official near you after a goal gets scored.	Keeps the officials aware of the score, which could have an impact on game management or clock situational awareness for timeouts and such.
7	Officials must keep track of all timeouts on their scorecard.	It is easy to lose track of timeouts, especially if there is action during the timeout, such as a stick-check or a penalty report.
8	Officials must keep track of the player number for each goal scored.	It is easy for the scorer's table to get out of sync with your scorecard. Three officials should make it easy to keep an accurate account of the score. If you don't know, put an "X" and confirm it at the quarter or half with the table.
9	Officials must keep track of which team has alternate possession.	Many tricks for doing this. Some officials use an item in the pocket. Others mark their scorecard.
10	Officials must keep track of the count of faceoff violations.	Many tricks for doing this. Some officials use down markers on the wrist. Some mark their scorecard.
11	Don't use permanent marker on a clipboard or a whiteboard.	One of the observers did this. Oops. Messed up the clipboard.
12	Don't keep your penalty flags in your pockets.	If you decide to throw a flag and then change your mind, the coaches will spot this and yell, "You saw that." This will ignite one of the coaches. If you keep them tucked in your

#	Tip or Hint	Detailed Explanation
		waist, the coaches really won't be able to tell if you feint on a no-flag because the hands hang naturally at the waistline.
13	Make sure to throw the "push + goal" penalty flag, and then you can waive it off later.	Don't just say, "I saw the push, but I didn't throw a flag because I knew it would be waived off." Instead, throw the flag. Report the penalty. Then use the waived off signal. Then it is usually good to repeat the "goal is good" signal and explain there will be a faceoff (usually at full strength).
14	If you have to report three penalties and you are not sure if you can remember them, just write them on the back of your scorecard.	Then you can read from your scorecard while reporting to the table. This looks better than forgetting and having to re-ask the other officials what the penalties and player numbers were.
15	Get a season binder.	A season binder contains the pre-game meeting checklist, notes, information about the teams (if known), information about the coaches (if known), things you want to improve today, points of emphasis, rules (possibly the printed rulebook), etc.
16	Grading scale for observations results in MEETS EXPECTATIONS and usually does not result in EXCEEDS EXPECTATIONS.	MEETS EXPECTATIONS: all things were done well. NEEDS IMPROVEMENT: about half of things were done right. UNSAT: no good things.
17	Don't rush situations when you still have some administrating to do.	Take the time to do the administrating. No "pants on fire" restarts after a faceoff violation, for example. The Single needs to declare the "violation," relay the violation toward the bench, make sure the ball carrier is in proper position, make sure the co-officials are ready (they will be), and then restart the play.

Chapter 20 – Equipment

Equipment is essential.

Table 10 - Hints and Tips for Equipment

#	Tip or Hint	Detailed Explanation
1	Purchase an appropriate-sized tape measure.	Don't a bulky tape measure, which would be uncomfortable to carry in a pocket. Get a thin one. No measurement will exceed 6-feet in length, so why get a 20, 25, or longer tape measure?
2	Don't dangle your whistle on a long lanyard.	Either use a finger whistle or use a short lanyard that keeps the whistle within the reach of your palm.
3	Get a Mr. Clean Magic Eraser (white sponge) for erasing scorecards	Works better than a traditional eraser.
4	Carry an extra whistle in your pocket.	This is necessary if your primary whistle gets lost or damaged.
5	If you forget to start your 20-second faceoff timer, just use your mental 20-second estimation.	For example, if a team sends out a player to the faceoff and then at the last second tries to switch him out. And if the replacement is not forthcoming. Just signal delay of game, and award possession to the other team. Don't worry that a buzzer didn't go off. If it is obvious enough, the coaches won't complain that you called them for delay of game.
6	Put the whistle in your non-dominant hand.	Dominant hand is for arm winds, points, flag pulls, etc.
7	Put your second flag in your pocket to make it harder to get to.	Place the second flag in the pants pocket on the same side as the first flag in the belt/waist. Suggest an unweighted second flag. Making the second flag deep in the pocket eliminates the "gunslinger" effect when throwing flags.

Chapter 21 – Whistle

The whistle should be loud and assertive. The duration of the whistle blast depends on what type of action you are signaling.

- Shortest blast (a “chirp”) – used during faceoffs
- Medium blast (“one second”) – used for out-of-bounds or a goal scored
- Long blast (“two seconds”) – used for restarts; generally the whistle is blasting for the entire duration of the double-arm swing for the restart signal, which usually takes about two seconds.

Table 11 - Hints and Tips for Whistle

#	Tip or Hint	Detailed Explanation
1	Blow the whistle for one full second on a restart or after a goal scored.	A useful mnemonic is to blow the whistle for one full arm swing on a restart. Only use short whistles for a faceoff or an out of bounds.
2	Use a short duration tweet to whistle the faceoff start or an out of bounds whistle.	Obviously, you don't want a long whistle on a faceoff. For the out of bounds, a long whistle is just unnecessary.
3	Trail blows in the whistle on a faceoff violation.	The lead should signal and announce the violation and then proceed quickly down toward the goal line. The trail takes the whistle to restart (and usually the 10-second counts also).
4	Officials should not restart unless they are all ready.	If a player or coach wants a quick restart and is screaming, "Blow the whistle. Blow the whistle," don't necessarily blow the whistle on account of the requester. Sometimes the coach wants to pave over a mistake or gain an unfair advantage or start the play before the officials are ready.
5	AFO must have whistle in mouth at the faceoff whistle.	Need to be able to blow whistle immediately, just as the Single would do.

Chapter 22 – Counts

Counts are an important aspect of the game. Depending on the level of the game or rulebook being used, there can be several different counts:

1. Possession in the crease (4 seconds)
2. Defensive clearing count (20 seconds)
3. Offensive clearing count (10 seconds)
4. All-in-one clearing count (30 seconds)
5. Shot clock for the 2018 NCAA rules (30 seconds)
6. Shot clock for the 2019 NCAA rules (60 seconds)
7. Restart play (20 seconds)
8. Timeouts (2 minutes)
9. Time between periods, except at halftime (2 minutes)
10. Time allowed to warm up a freshly substituted goalkeeper (60 seconds)
11. Halftime (10 minutes)

All of these counts, except the halftime clock, are kept by the officials.

Table 12 - Hints and Tips for Counts

#	Tip or Hint	Detailed Explanation
1	Lead (not trail) has 10-second advance the ball counts.	Exceptions: (1) after a faceoff, (2) after a settled restart from near midfield.
2	A non-faceoff official always has the 20-second timer for "delay of game" before faceoffs.	You don't want the faceoff official to be the one who puts his timer on, forgets about it, says down-set-… and then the timer goes beep. The proper technique before the faceoff is for the faceoff official to raise the ball straight up in the air over his head to show the ball to the non-faceoff official. Upon seeing the ball raised, the non-faceoff official starts his 20-second timer. If the timer goes off before the field is ready (as deemed by the wing official), the non-faceoff official will signal and announce "delay of game" and point in the direction the ball is heading. This technique minimizes the interruption of the faceoff even if the non-faceoff official forgets his timer is on. The faceoff players might not be distracted by the distant sound of the non-faceoff official's buzzer, if the non-faceoff official's timer happens to go off during the down-set-whistle routine.
3	After a goal gets scored, and once the new faceoff official reaches the faceoff spot (and yes the faceoff official should jog the whole way… not walk the last 10 yards)., the new Wing official should raise an arm and then	Don't forget to start your 20-second timer as the Wing.

#	Tip or Hint	Detailed Explanation
	lower it to indicate he has started his 20-second timer.	
4	Never allow the AFO to start his 20-second timer for the faceoff in lieu of the Wing official.	This is because when a timer gets left on inadvertently, the beep is way out on the wing and less likely to cause players to jump. Also, the AFO should not be focusing on his timer pre-faceoff.

Chapter 23 – Positioning and Transition

The most essential element to good officiating is being in the correct position on the field, which can be especially challenging during transitions.

Table 13 - Hints and Tips for Positioning and Transition

#	Tip or Hint	Detailed Explanation
1	As the Trail, don't charge too close to the goal after it is scored.	Stay outside the attack box; wait; keep eyes focused on a cone that includes the players interacting as they depart the field to make sure nothing else happens.
2	Don't back-pedal when moving past the substitution area (aka, the danger zone).	You risk getting run over by players coming onto the field. Sprint through the danger zone by running forward with a head on a swivel.
3	Don't look back at where your card hit the ground on a fast-break.	Focus your attention on the play (usually a fast-break and a scoring opportunity). You can fetch your card later.
4	When transitioning from trail to lead, check for the three players from the attacking team to cross the midfield line.	You don't have to start counting from zero. The attacking team's three attackmen are already on the attack half of the field. You only need to see numbers 4, 5, and 6 to confirm 6v6.
5	Follow the ball toward the end line after a shot.	Don't stay on GLE. Improve your position by moving toward the end line on a shot. This also enhances the confidence of everyone that you got the call correct.
6	Don't walk to your next position (even if you are tired).	Run all of the way toward your desired position. Then stop. Don't run most of the way and then walk the remainder of the way in.
7	Anticipate where you need to be next and cheat to get there if you have to.	For example, if the attacker gets checked in the goal area and drops the ball and it looks like action might be headed the other way, take steps backwards to gain 5-10 yards of position downfield. If the attacking team regains the ball, you can always move back in.
8	Know the game situation and adjust your calls and your positioning accordingly.	For example, if one team is about to Gilman pass the ball downfield, perhaps on a restart with only 10 seconds remaining in the quarter, the lead official will want to start almost all the way down to GLE (even though this is more than two lines ahead of the ball) and wait for the impending goal line action.
9	Trail official always reports the penalty (no exceptions); Lead always gets the field ready.	Don't make exceptions to try saving time. Even if trail is far-side near the penalty and lead can report to the table quicker, still have the lead get to his next position and let the trail report the penalty. Don't worry about trying to save time by using a non-standard reporting arrangement.
10	Hustle to your spot, and then stop.	Don't get most of the way there and then walk the rest of the way. Avoid the jog-stop-jog. Avoid the jog-walk.
11	Never relay a penalty from midfield.	This is lazy. To report a penalty to the table, jog to the "happy spot," which is at the intersection of the wing line and the midfield line. One exception might be for a game

#	Tip or Hint	Detailed Explanation
		you are officiating solo or a tournament where you need the action to move along quicker.
12	Anticipate a shot and cheat a bit closer to improve your view.	Just a few steps. Don't overcommit and get beaten going the other way.
13	Hustle after a goal is scored to reset the ball at midfield.	13 seconds is the benchmark for top-level games.
14	Trail position is about 5 yards outside of the box and about 5 yards toward the interior from the lane line.	You can cheat the position slightly as the play expands or contracts.
15	Staying on GLE as the lead official is just a guideline.	Lead official does not always ride along GLE as the play expands or contracts. Sometimes the lead official needs to come in/out at a 30-degree angle to avoid getting pinched by a player standing on GLE near the lane line. Lead official can improve closeness to the crease circle without danger of getting lighthoused even when a player is behind him.
16	Try to stay one line ahead of the action during transition.	You don't want to get beaten down field on a fast transition. Cheat to improve your position if you sense action is coming your way.
17	Get as tight to the crease as you can and still feel comfortable, but be safe and don't get lighthoused.	Expand and contract along GLE in general, but you might have to get close and come off of GLE to avoid getting too close for an imminent scoring opportunity.
18	Don't mark a dead ball by covering it with your hat and facing the brim in the direction of the restart.	This is a MLL technique. Don't use it.
19	Don't mark the position of a restart by wrapping the ball in a penalty flag and placing it on the ground.	You don't want someone to see a flag on the ground and get confused. Just place the ball where it will be restarted. If it is halftime, you can hold onto the ball and place it after the fields are cleared of kids shooting on the nets at halftime.
20	Be stationary when reporting a penalty to the table.	Don't be walking or slowing down. Get to your desired reporting position and then begin your report.
21	Never use an unauthorized officiating mechanic regarding coverage of the field or sides of the field. Always run right.	Example: an unauthorized two-man rotation is when the officials switch from far side to bench side after each goal scored but maintain their positions on the same half of the field. This is not an authorized mechanic. Don't do it.
22	Move toward end line on shots if you are the Lead official.	Improve the position (always). Demonstrates competence to fans and coaches. Especially important on closely contested sprints to the endline after a shot. Coaches will not be able to argue a close call if you are making the call from an improved position. Conversely, coaches may complain on a close call if you were frozen on GLE.
23	Create the official's triangle to keep the ball inside the interior of the triangle.	There is no "one perfect position" for an official. The best position for an official changes constantly with ball movement. Officials should always be moving to improve their position.

#	Tip or Hint	Detailed Explanation
24	Single-Side Official (SSO) should get to the midfield cone as quickly as possible.	Watch for offsides. Stay until ball crosses midfield line. OK to leave early if uncontested fast break. However, stay with midfield if action stalls after barely crossing midfield to make sure you can still watch the action.
25	Keep an eye on the field at all times, even when chatting to one of the coaches. Applies to dead ball or live ball.	If you are talking to the coach, try moving to a position that still allows you to see the game. For example, if Trail is chatting with coach during a transition upfield, the Trail still has sideline out-of-bounds whistle. Don't force the Lead official to have to make your call.
26	"That cone should be up your ass."	As it relates to the SSO getting to midfield on a transition. Advice from senior clinician Jeff Bruso.
27	Don't be moving when reporting a signal to the table.	It is OK to not be in perfect reporting position during some situations, but it never acceptable to be moving toward a better reporting position while reporting the call. The sweet spot for reports to the table is the intersection of the wing line and the midfield line. If you get to the sweet spot before you start reporting, you will never have a problem of moving your feet while reporting.
28	SSO has the restart on his sideline between the restraining lines.	Some situations might require the SSO to be moving upfield, so in that case the SSO should point to the Trail and instruct him to take the restart (SSO points to Trail or says "Your whistle")
29	Consider extreme positioning of the officials to improve their viewing positions for special situations.	Example: For a faceoff with only 10 seconds left in a tied or tight game, place the Lead and Trail officials on their respective GLEs to watch for goals and let the SSO conduct a solo faceoff.
30	On a slow clear, the SSO must get to the midfield line before the ball.	Wait until the ball passes the midfield line before moving forward (with exceptions as noted previously).
31	SSO and Lead should come together if have two guys (from both teams) in the crease on a goal scored.	The only mandatory immediate action is for the Lead to blow his whistle. Don't signal goal just yet. SSO and Lead discuss to figure out the call. Then report the goal scored (or goal not counted). Don't jump the gun and signal a goal as Lead, and then have to overrule the call after the SSO explains why the goal should not be counted. Reversing a goal draws unnecessary attention to the officials and makes them look incompetent, biased, or both.
32	Throw a penalty flag in the direction of where you want to be if the play is moving upfield.	An overhand throw of a penalty flag is OK. It is also OK to yell flag down (while running) and run 5-10 more yards while winding up to throw a flag another 20-30 yards upfield while you are running. This will shorten the time to retrieve the flag and conserve your energy.
33	Get to the midfield cone quickly as the single side official (SSO) on a transition.	This is the best place to spot offside infractions.

#	Tip or Hint	Detailed Explanation
34	If a ball is striking the ground and you sense that a turnover is pending, anticipate a fast-break by perhaps back-pedaling as the Trail.	This is called "cheating" your position. It can give you a 5-10 yard head start in moving toward the other end of the field to help you cover your goal line. Conserves energy.
35	Run to your position. Then you can walk to/fro to adjust your field position as necessary.	Don't walk to within 10 yards of your position and then walk the last 10 yards. This looks lazy. Doing the "NBA jog" is OK. You need not do a full sprint to your position. Just look like you are running with a sense of purpose.
36	Mow the grass. Vacuum up empty space in front of you as Lead or Single.	Don't just hang back. As Lead or Single, try to yo-yo your position in/out and get as close as practicable without getting in so close that you get surrounded by players. Lead should work hard physically because it is a tiring position if the mechanics are done properly, even in a settled situation.
37	As Lead, always chase the end-line shots.	Never just freeze on a shot. Your initial reaction should be automatic. Move toward the end line. Get into the habit. If the shot is not contested, you can stop running after a few steps. Selling your call on a contested shot is impossible if you are not moving with the ball and players toward the end line.
38	On a fast break, the SSO should not stop at the midfield cone. No need to do a stutter step at midfield either. Just keep running.	The SSO must continue running to his position. The SSO can still be counting players for offside, but the Trail will likely take over responsibilities for offside calls during a fast-break.
39	For restarts on an over-and-back violation, let the SSO (instead of the old Trail = new Lead) conduct the restart.	This allows the new Lead to run toward his goal line. The Single can do the restart just fine. It could be acceptable if the Lead does the restart, but only if he can do it without losing any of his running momentum toward his goal coverage spot.
40	Don't be too slow as the Trail during a transition.	The old rule: Fast Lead, Slow Trail" should not be an excuse for the new Trail to stand flat-footed back by GLE during a transition fast-break. The Trail should move smartly to the next position (probably near the first cone, then to the midfield line, and then to the second cone) to watch for substitutions and offsides. Then the Trail should jog to his settled spot.
41	Run to the midfield cone smartly as SSO on a slow transition.	Try to get to the midfield cone before the end-line restart. Looks very professional if you can do this. Then you can catch your breath as the action proceeds toward you. Puts you in the best position possible for catching offsides.
42	Make sure you stand over the midfield cone when that is your spot to be.	Don't stand five yards in front of it. This looks lazy. It also could be bad if the play approaches you quickly and then you are in the way.
43	Throw your penalty flags forward during a transition.	This way, you don't have to back-track as far to fetch your penalty flag. Saves time and conserves your energy.

#	Tip or Hint	Detailed Explanation
44	On a settled situation flag-down, slow-whistle, the Trail should get closer to the action.	Once the FDSW has occurred, there is zero need for the Trail to guard the other goal. Thus, the Trail should come in closer to the attack box for the remainder of the free-play because no fast-break is possible by the other team.
45	Throw your penalty flags forward during a transition.	Repeat reminder. Avoids having to go back to retrieve the flags.
46	Shots that exit on the bench sideline should be whistled and restarted by the Trail, assuming the Trail is in position.	The Lead should not cover the sideline behind him once the Trail has settled into his spot.
47	Single should never go below GLE.	Best spot for the Single is five yards above GLE. There is no need for the Single to drift below GLE. Only possible exception is on a restart near the Single's corner, where he might signal "mine" to the Lead for the restart, which will allow the Lead to be already back near his GLE instead of way down low out of position. Also, the Single will have to run an extra five yards on each end of every transition, which is 80 yards instead of 70 yards, which wastes energy and time.
48	Trail should also yo-yo in/out to improve his position on a settle situation.	The yo-yo is NOT just for the Lead and Single. Trail needs to improve his position also.
49	Back-pedal as Faceoff Official to get out of a swarm.	Don't freeze in one spot for the faceoff.
50	Try to get to your spot during a transition.	Don't be lazy and lag behind, especially as Trail, because you are tired and want to wait for the transition play coming back the other way. This is lazy officiating, and it looks very bad for the crew.
51	Jog to position as Trail.	Call it the "NBA jog" but it looks better than walking.
52	Trail should get closer during a FDSW situation since there is no chance of a fast-break going the other direction.	Good job pinching in as Trail during FDSW.
53	Consider situations whereby the Single conducts the (quick) restart following an over-and-back violation.	Having the Single restart for an over-and-back can be a good idea to allow the old Trail to convert quickly to new Lead and get to GLE. However, if the Single is not in position to do this and the new Lead can do it quickly without losing speed, then do so.
54	Don't let the team get a positional restart advantage on over-and-back.	Bring the player back to midfield if the ball had squirted 10-20 yards past midfield on the over-and-back. Don't let the team entitled to possession get an unfair advantage to restart closer to goal. Mike Infantino even suggested letting the player get another 10 yards closer to goal before whistling him back. This puts the unfair advantage on the player and not the official.

#	Tip or Hint	Detailed Explanation
55	Don't turn your back to the players, if possible, such as when running upfield during transitions.	Walk or jog backwards instead. Keep your focus on the players as must as reasonably practicable.
56	Adjust your field positioning using your lacrosse IQ depending on the situation.	Sometimes you have to deviate from the prescribed field positioning to address a particular unique circumstance. It is better to adjust and be in position for what is actually happening than to stay in the prescribed position and be missing what is actually happening (because you think something else might happen).
57	Lead must stay in front of the ball on a fast break.	Don't get behind as the Lead. Cheat into position as the old Trail to make sure you as new Lead can stay in front of a fast break.
58	Cover your field position.	You don't have to be fast, but you must manage your positioning based on your foot-speed to the best of your ability. Cheat into position if necessary.
59	Don't get lighthoused.	Use your feet to move away from the action, often by back-pedaling or taking a 90-degree angle away from the ball-carrier who is coming directly at you.
60	Sweep the box as Trail when coming upfield.	Two philosophies: (1) Stay five yards away from table area when sweeping to avoid inviting conversations with the coaches; (2) Run on the sideline to make sure you don't get action behind you while players are substituting (behind your back). You decide what works for you.
61	Rotate the officials, if necessary.	Reasons to rotate: (1) After a goal, (2) If one person gets stuck on Single and is getting tired, (3) If one coach is getting into an official.
62	As the Single, hold the cone at the center line on a transition.	Single should not overrun the cone on a transition unless it is a fast break. On a settled clear, wait until the ball passes the center line before releasing from the cone.
63	Triangulate the three refs to form a triangle around the ball, if possible.	This is general guidance to put the crews in a good position.
64	Don't bobble your head when running; run smoothly, if possible.	Avoid running so hard that your head is jumping up-and-down in a herky-jerky motion because it is difficult to see/focus when you are running that way. Run smoother so that you can see better.
65	Minimize the amount of moving.	Stay in required position, but you don't need to be constantly moving just for the sake of moving. Conserve some energy. However, slow re-positioning is appropriate when the action is settled but the ball is moving around.
66	Throw penalty flags forward during a transition.	Minimize the distance you have to run to retrieve your flag. It is acceptable to pull the flag from you belt, hold it up, yell "flag down," run forward another 10 yards with the flag held high, and then throw it forward as high and far as you can. This will advance the flag to make it closer to the goal

#	Tip or Hint	Detailed Explanation
		once the play is suspended. You won't have to run as far. Saves time. Saves energy.
67	No walking to your settled spot.	Jog to your settled spot. Then stop. Looks lazy when you walk to your spot. Walking to the spot after a goal scored lengthens the time between the goal and the field being set, so this might deny a team that is ready within 20 seconds when the other team was not. Need to be consistent as a crew, so every official should jog purposefully all the way to the faceoff spot to conduct his faceoff as Single.
68	As Trail, don't go too far into the field laterally.	For example, if you as Trail are closer to the far sideline than the bench sideline, then you are out of position.
69	Throw flag forward to minimize distance to retrieve it.	Good job doing this. Saves time and energy.

Chapter 24 – Pre-Game Activities

Pre-game activities are some of the most essential elements of a successful game, but often times these are given short shrift due to late arrival of the officials, the teams, or the table staff.

Pre-Game Discussion

Officials should conduct a thorough pre-game discussion, assuming you have enough time. Let the Referee do most of the talking. The Umpire and Field Judge (if used) should keep mostly quiet and only interrupt to ask questions of clarification. It is considered rude to keep interrupting the Referee during his spiel. Let the Referee go through his items, and then you will have time to ask questions.

Field Inspection

Just running through a pre-game checklist is not enough. After completion of a thorough pre-game discussion, walk together onto the field fully equipped and as a crew. Tour the field together and ensure that all of the field equipment is present and in proper condition.

Cones

Cones should be on the corners (4), far-side midfield (1), and the table area (2). Walk the perimeter of the field together and make sure the cones are correct.

Goal Cages

Although you want to minimize your interruption of the goalkeeper being warmed up, usually by an assistant coach, you do need to interrupt quickly and unobtrusively to inspect the nets. The goal cages must be inspected as soon as practicable to make sure the nets have no holes. If you find holes, tell the home team's head coach or assistant coach ASAP to give them time to make repairs.

Field Marking Lines

Pay close attention to the goal creases. Make sure they are visible. If not, then tell the home team ASAP to give them time to spruce up the painted or chalked lines.

Presence of Different Colored Lines on the Field

Many fields have multiple colors of lines on the field for different sports. For example, the RPAC intramural athletic fields at Ohio State University have ten sets of different colored lines on their two fields. Make sure you realize which lines are being used for lacrosse. Make sure you confirm this with both head coaches.

Multiple Colors of Lacrosse Lines Being Used

Also, some fields have different colored lines for the end lines, sidelines, and/or the center line. Especially in the case of multiple center lines, confirm which color is being used. Make sure your crew, the home team's head coach, and the visiting team's head coach all understand and agree which lines are being used, so both coaches can inform their players.

Center Line Partially Missing Due to a Logo

Many turf fields have a logo at the center of the field, which might obscure the center line. The rulebooks list this as a penalty. However, some leniency by the officials may be an exercise of good judgment. If you feel the faceoff can be conducted fairly, then perhaps that would avoid a pre-game violation that would certainly irritate the home team.

Talk to the Table Staff

The table area staff members are part of your officiating crew. Talk to them before the game. Make sure they understand their obligations. Ask them if they have any questions for you. Gauge their level of expertise by asking if they have done this before. Confirm they have their equipment, which includes a horn, scorebook, timers, and enough people for them to perform their duties.

Penalty Releases

Remind the table staff to countdown penalty time and yell "Release" as loudly as possible, so the far-side official can hear them. Also remind the table staff that players cannot release into a faceoff scrum until after "possession" or "play" has been signaled by the officials.

Table Area Should Remain Clear of Players

Also remind them the table area should be clear of players, unless a player substitution is imminent. Remind them that players serving penalties may kneel or sit directly in front of the table. Don't let penalized players take their knee directly next to the coaches box because the officials cannot count offsides easily if the penalized players blend in with their coaches box. The penalized players must be plainly visible to the officials, which means the penalize players must be directly in front of the table until they are ready to re-enter the game.

National Anthem

Officials should stand abreast and with hats removed when waiting for the anthem to start. Remain motionless and break together at the completion. Look smart.

Pre-Game Lineup

Summary of Pre-Game Activities

The last thing you want is to wait until a few minutes before the game starts to report discrepancies to the home team, which has the obligation to fix any problems. check the nets – only to find out that repairs need to be made. Give the home team the time it takes to fix any field or equipment issues.

Chapter 25 – Post-Game Activities

One of the most important time investments you can make is to have a post-game debrief with your officiating crew. Discuss what went well, what went wrong, and what the crew can do to become better next time.

A good decision is to move away from the field to a separate locker room. Also, consider driving a short distance to a restaurant or bar to debrief the game, especially a big game. Debriefs can also happen in the parking lot, but do so only in a way that avoids interaction with the fans exiting the stadium because they might be in a bad mood and ready to quarrel with you.

Chapter 26 – Memorable Lacrosse Quotations

This chapter contains a number of memorable and useful quotations with the source noted. Many of these quotes make good pre-game reminders, such as “you can’t misquote silence” or “don’t wake the coach.”

Table 14 - Memorable Lacrosse Quotations

#	Quotation	Source
1	The rulebook is merely a guide.	Sean Murphy
2	If we ref to the letter of the law, then we are in trouble	Sean Murphy
3	When they [the coaches] look you in the eye, they've got you.	Buzz Lynn
4	Don't let the coaches yell at you [the table staff]. If they do, then tell me because you are on my team, and I can fix the problem.	Buzz Lynn
5	Don't wake the coach up.	Buzz Lynn
6	First fouls should be a big foul.	Buzz Lynn
7	If it's an Unsportsmanlike Conduct foul, he's got to earn it.	Buzz Lynn
8	When the ball goes dead, we come alive.	Jim Carboneau
9	Humorous definition of Irish Alzheimer's disease: You forget who you have a grudge against.	Bob Hutchinson
10	Don't argue with the umpire.	Mike Infantino
11	If you think we're wrong, you're wrong.	Jim Carboneau
12	Our body language rats on us.	Buzz Lynn
13	Mechanics and signals make you.	Buzz Lynn
14	If a game lasts two hours, nothing good will happen.	Bob Hutchinson
15	Use the rulebook as a guide for helping you reach the right ruling.	Jim Carboneau
16	The cover of the rulebook is flexible.	Sean Murphy
17	Lee, what would you say if I asked you pre-game how you're going to do the crease today? (asked by Buzz Lynn). The response was, "I'd say my name is Bob" (as answered by Bob Novak).	Bob Novak
18	Involve your crew.	Buzz Lynn
19	If he [Bill Tierney] says anything, take him.	Buzz Lynn
20	Strive for perfection, but we will never be perfect.	Buzz Lynn
21	The only reason we do this is for fun.	Buzz Lynn
22	If you think you're going [speaking to the table staff] too slow, go slower.	Buzz Lynn
23	You can't misinterpret silence.	Mike Infantino
24	Let the R be the one to talk to the coaches.	Josh Blaisdell
25	If you move on, he's got to coach.	Lee Spitzer
26	Keep correcting others' mistakes and help them get to the good behavior as the norm.	Gordon Corsetti
27	Adopt the flavor of your crew chief.	Gordon Corsetti
28	We make our living in the gray.	Gordon Corsetti
29	The more you talk to him [the coach], he's not going to be any happier.	Lee Spitzer
30	Consider using the "two steps maximum" rule on a player who has won the clamp.	Lee Spitzer
31	As crew chief, your job is to unf--- the f---.	Gordon Corsetti
32	The whistle means everybody else stops. We keep officiating.	Gordon Corsetti

#	Quotation	Source
33	Ball goes dead. We come alive.	Jim Carboneau
34	We do not have the time for a rules discussion.	Gordon Corsetti
35	Never make a smart-ass or sarcastic remark to the coach.	Lee Spitzer
36	Lacrosse is more like basketball with a stick and less like football with a stick.	Mike Infantino
37	Say to yourself, "Shooter! Shooter! Shooter" as the off-official to maintain your focus on the player - not the ball.	Gordon Corsetti
38	I expect bullshit.	Ken Tomozawa
39	We want to be good. We don't want to be that good.	Chris Clark
40	He had plenty of time not to push the opponent in the back.	Gordon Corsetti
41	Call your game. Have some breathing room in your calls.	Gordon Corsetti
42	Don't have two officials jawing at the faceoff players simultaneously.	Gordon Corsetti
43	If you can deviate to improve your position, then do it, but then bust your ass to get back to your normal field position.	Josh Blaisdell
44	Left-handed females are a lot of fun.	Mike Infantino
45	Restarts are your time to shine.	Mike Infantino
46	We are on our time - not their time.	Mike Infantino
47	Linger like a bad smell [after a goal scored].	Chris Clark
48	"Guys! Left!" [Used during a faceoff to get sticks top-to-stop.]	Josh Blaisdell
49	You've got possession… You don't get field position, too.	Josh Blaisdell
50	Don't be in a gotcha mood [on faceoffs].	Josh Blaisdell
51	Be slower with calling possession on faceoffs	Josh Blaisdell
52	It is hard to shoot a rabbit from a moving horse.	Gordon Corsetti
53	A completion is a democracy. An incompletion is a dictatorship.	Gordon Corsetti
54	A team is controlled better by attitude than rules.	Woody Hayes
55	Show that you can throw a flag. Don't just glide out there.	Mike Infantino
56	They're on our time. We're not on their time.	Gordon Corsetti
57	If you hear a thud, something probably happened.	Gordon Corsetti
58	When scrums are long, they're a pain in the ass.	Gordon Corsetti
59	We are covered by the rulebook, but we make our living in the gray area.	Chris Clark
60	Lacrosse is like a mistress. You love being with her, but she usually bites you in the ass.	Jim Carboneau
61	We are pole vaulting over ant hills, here.	Unknown
62	Late hits are something we can call from the parking lot.	Matt Palumb
63	Watch the passer.	Gordon Corsetti
64	Experience slows the game down.	Gordon Corsetti
65	We've got to get it right [as a crew].	Warren Kimber
66	Don't blow your whistle in someone else's coverage area in a 50/50 situation when the on-ball official has a good look at it.	Matt Palumb
67	Whatever the call is, sell it. Our second-best call is a good, strong wrong call.	Mike Infantino
68	You're on a blade of grass. Know why you are there. If you don't know why you are there, get on another blade of grass.	Mike Infantino
69	Move to improve. Find a spot that helps you improve your view.	Matt Palumb
70	If you want that [illegal substitution] call, then pay for three [officials]	Gordon Corsetti
71	Safety issues are forever. Goals are forever.	Mike Infantino

#	Quotation	Source
72	There's no taking it back once you rip that whistle. Most coaches don't care if you are 2-3 seconds late on making your call as long as you get it correct.	Matt Palumb
73	The faceoff is the most difficult aspect of the game to officiate. 70% of the complaints after the game are related to faceoffs.	Matt Palumb
74	[Coach,] we didn't call that [50/50 foul] at the other end [of the field].	Mike Infantino
75	Single has choices to make a call or not make a call. Bench side officials have [more pressure] to make a call because coaches see the play.	Mike Infantino
76	We can't help our partners out with judgment. Judgment is judgment, and we have to let it be.	Matt Palumb
77	Trust your no-calls.	Mike Infantino
78	Take pride in developing your R's [leaders] out there.	Matt Palumb

<END>