2026 Three-Man Pre-Game

KEYS TO SUCCESS:

- Eyes are always on the players!
- We control faceoffs, restarts, and sidelines. We manage with technical fouls.
- Dead Ball: players, clock, crew.
- Be consistent as a crew: reassess constantly. Catalog fouls. Meat and Potatoes!
- Don't ref the rules, ref the game: clear advantage/disadvantage.
- Do we have review: if it's close go with Head and Neck. If a no goal, let them clear.
- Hustle! Nobody walks.
- Any crazy situations: SLOW DOWN; make sure everyone knows what's going on. Tell R!

SITE ADMINISTRATOR *R identifies who has lightening detector.*
COACH'S MEETING *get it done early to let teams warm up. R does the talking.*
CERTIFICATION - *Captains, In-Home, Crew Card, game time, issues?*
R's INSTRUCTIONS *with Head Coach, decorum, sportsmanship, time you will grab captains*
NEW RULES *Helmet Off, Wearing Equipment, No more GK 5-count.Horn.Defender as GK.*
COIN TOSS *R at center X, U has home walks out first, then FJ with visitors, U and FJ repeat call.*
FOGO CONFERENCE *meet with all FOGOS prior to game to set expectations, check sticks.*
TABLE PERSONELL *Start/stop on whistle, 5-minute personals, stacking, release on FO, double horn.*
CHECK FIELD, GOALS, WATCH PLAYERS *Wait for warm-ups to end; stick checks on far side.*
HALFTIME *watch mixed colors, clear field, start clock.*
OVERTIME – *One Timeout per OT Period, Coin Toss for Direction Only, AP stays same, 1st goal wins.*
POSTGAME *Eyes on players. R approves score, watch teams cross, walk off as crew.*

COMMUNCIATION
ECHO *Flag Down, He's in, Reset, GIKI, AP, Tip, Game Time, All Even, Game Time, # of TOs.*
MIMIC *point ready, stop sign, direction, GIKI, Gained Attack Box, Possession.*
EYE CONTACT *be aware of where your crew, are they ready?*
PENALTIES *relay to crew, CNOTE, announce release time.*
MAN-DOWN *always let keeper know where ball is before restart. Announce release time!*
ENDING COUNTS *make sure single stops count, verbalize "He's in." Key for Over & Back!*
AP *Make sure everyone knows what is happening.*
TIME *always be aware of the game clock, verbalize.*

RESTARTS *No Player within 5 and partner ready. B can restart in box/crease; A is always in alley.*
COMMUNICATE *let partner and players know where the ball is. ALWAYS point or hold.*
QUICK *but don't rush. No running starts. "Plant your feet!"*
WHERE *Defense may restart in box or crease (5 yards). A is always in alley.*
REPOSITION *Only if Improper position gains advantage. Short time at exact spot!*
GOALIE *DOES NOT have 5 seconds!*

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

COUNTS *Signal with twirl, on change of possession. Verbalize if Single might not see.*
WHO *Single has ALL ten and twenty counts; Trail has 4-count.*
RESETS *Play on and timeout resets 10 and 20 counts (not 4).*
FACEOFF *possession begins either a 10 or 20 count.*

FACEOFFS *No one should be moving.*
SINGLE *Must get to far sideline and cover Leads goal on fast break if he's pinned. Has heads.*
LEAD LEFT *Do NOT adjust. Get in position and be set. Watch player facing you and initial move*
WING *Timer on! Hold until field ready for play; focus on wing play. Goal coverage.*
VIOLATIONS *communicate to crew, players and benches, legal contact, holds!*
KEYS *work as a team, if you see player's front take ball; back you have push.*
RESTARTS *Single takes all restarts; LL and LR freeze players behind DRL.*

LEAD *RUN. Lead MUST beat ball downfield. NEVER WALK.*
POSITION *GLE to endline, work in as closely as possible, open shoulders to field.*
COVERAGE *Goal is primary. Get to the endline on shot or contested play; Single takes goal.*
BOUNDARIES *Lead has sideline until Trail arrives*
RESTARTS *endline, let Trail take sideline restart.*
CREASE COVERAGE *Player coming towards you = feet and goal, Back = push. Must have flag!*

SINGLE *Get to cone. Follow ball downfield. NEVER WALK.*
TRANSITION *Get to midline ASAP, initial offsides, count forwards. Let ball pass you at midfield.*
POSITION *Move from cone to 2-5 Yards Above GLE; work in and out.*
COVERAGE *Hybrid Trail/Lead: Offsides, Late hit on shooter, cover goal when needed.*
COUNTS *all 20 and 10 second counts.*
CREASE *cover goal if Lead pushed out or moves to endline.*
SHOT *If not on goal: Watch shooter/passer.*
OVER & BACK *must get to midline to help and for restart.*

TRAIL *crew saver, must have shooter and goal behind you. Anticipate! Only walk with GK.*
POSITION *5 yards Above Box, Primary concern is shooter and return to Lead.*
COVERAGE Initial *offsides, substitutions, sideline. Watch the shooter!*
COUNTS *4 second count.*
TRANSITION *primary key is goal behind you, good time to talk to bench, announce "I'm in" to Lead*
SUBSTITUTIONS *player on field has right of way, watch for delayed subs.*
SIDELINE *cover sideline for Lead when in position.*

SPECIAL SITUATIONS
PLAY-ON *Don't disadvantage offended team. Keep it short! Situation?*
DEAD BALL *Eyes on the inmates, set field for play: find ball, announce location, penalty time.*
TIMEOUTS *Trail Has timer, mixed colors. Nonconsecutive. At half, charged to previous period*
GIKI *Communicate, don't penalize good defense, Even if uneven. Waive off if hits keeper/pipe.*
OVER & BACK *Not if shot or tipped by B; immediate whistle if contested. Single has restart.*
STACKED BOX FO *3+, faceoff pending must bring defensive player up, can cross midline if engaged. Award to 3 down in defensive end in FO violation.*
SHOT AT END OF PERIOD *Hold whistle! Can't hit A, may deflect off B once.*
FIGHTING *Officials closest controls fight, partner freezes benches. Get numbers.*
HELMET OFF *kill play immediately! A keeps ball, if loose AP, must be a whistle to resume play before player can return! Not a penalty!*

FDSW
GOODIES *out of box; ends with goal, OB, TO or if B gains possession. Foul by A kills play.*
2nd Flag Down *must be in offensive half, can't go below GLE, must continue to attack goal; turns away or ball hits ground kill play. Loose Ball technical (still A/D) by B is timeserving flag!*

STICK & EQUIPMENT CHECKS *ALL required equipment? Minimum 2 checks.*
WHEN *at dead balls, don't double check. No one in box.*
BENCH SIDE *Lead and Trail grab stick in front of your bench.*
MECHANICS: *At midfield: R faces out, U & FJ face in. Eyes on players.*

ONE SHOT *ONLY one shot allowed.*

SIMULTANEOUS *make sure we know who gets ball and where.*
AWARD *Less time, or who as entitled at 1st flag if equal, or AP if no FO pending,*
RESTART *Live ball, leave it or dead ball, dead center.*
LOCKED IN *shared penalty time that starts on same tick of clock*