



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.

COMMUNICATION

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

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

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

PENALTIES relay to crew, CNOTE, announce release time.

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

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

AP Make sure everyone knows what is happening.

TIME always be aware of the game clock, verbalize.

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/passers.

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

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

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

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

COUNTS 4 second count.

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

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

SIDELINE cover sideline for Lead when in position.

SPECIAL SITUATIONS

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*