USLacrosse, Inc.

1 MAN MECHANICS
2006 Season

by John P. Hill
(modified by Randy Richter)
1) Home Team faces bench
2) Visiting team calls toss
3) Catch coin (don’t flip)
4) Rotate players’ backs to goal they are defending...

Note: use a coin at least the size of a half dollar..
…in this example, the Visiting team will defend the goal in front of its bench)
5) Tap shoulder to show Alternate possession
6) Remind “Left shoulder to goal for lineup”

Coin Toss - Finish
Keep your talk brief. Explain to both teams that you are alone, you need their help (and expect cooperation), and that coaches are also helping.
Stay with the ball until possession is called, then move toward sideline.
Be sure coaches are aware that they should indicate sideline out-of-bounds for you - but stress that in the end, it’s still your call!

Don’t stand in middle of field. Move down inside the box to officiate.
Feel free to move off field if this provides a better angle

Sideline out of bounds (Referee side)
Move toward middle of field, but keep the players in front of you if possible.
If close, be prepared to move to the endline to be in a better position to make (or sell) the call.

Endline out of bounds
(Pass or Shot side)
Note: Stay near top of box, and have ball flipped out to you. Back out to “X”.

Goal Scored
Penalty Relay

Note: be sure all is quiet before you leave to report the foul.

...report the foul (while watching the players!)

...and return to position.

R Blow whistle to stop play (at appropriate time)
Get the ball (or direct a player to get it), and move it to 1 yard over midfield. Assume position just in front of the ball. Blow whistle when 5 yards is given.
Time-outs

Note: Get into the open before you call time-out.

Check score with table when teams leave the field.
Note: if contested you have to move to the endline to be in a better position to make (or sell) the call.
Go toward table area as teams move to benches and call out the 2 players’ numbers to be checked. Have them come to you; check shoulder pads, arm pads, mouth piece, helmet. Once complete, take crosse to center of field.

Check crosses. Use same tape for all crosses! If problem found, go to table area and throw flag.
1. HUSTLE TO FREEZE BENCHES; TELL COACHES WHAT TO DO!

2. MOVE TO FIGHT WHILE WATCHING FIELD.

3. ATTEMPT TO STOP FIGHT, WHILE FREEZING OTHER PLAYERS. WATCH THE FIELD AND BENCHES!

NOTE: Get #’s. Blow whistle very loud and long. Be careful handling players; use whistle, position and presence, not physical contact!