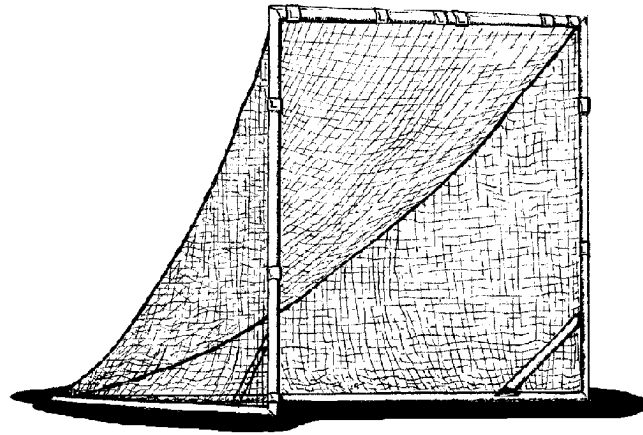
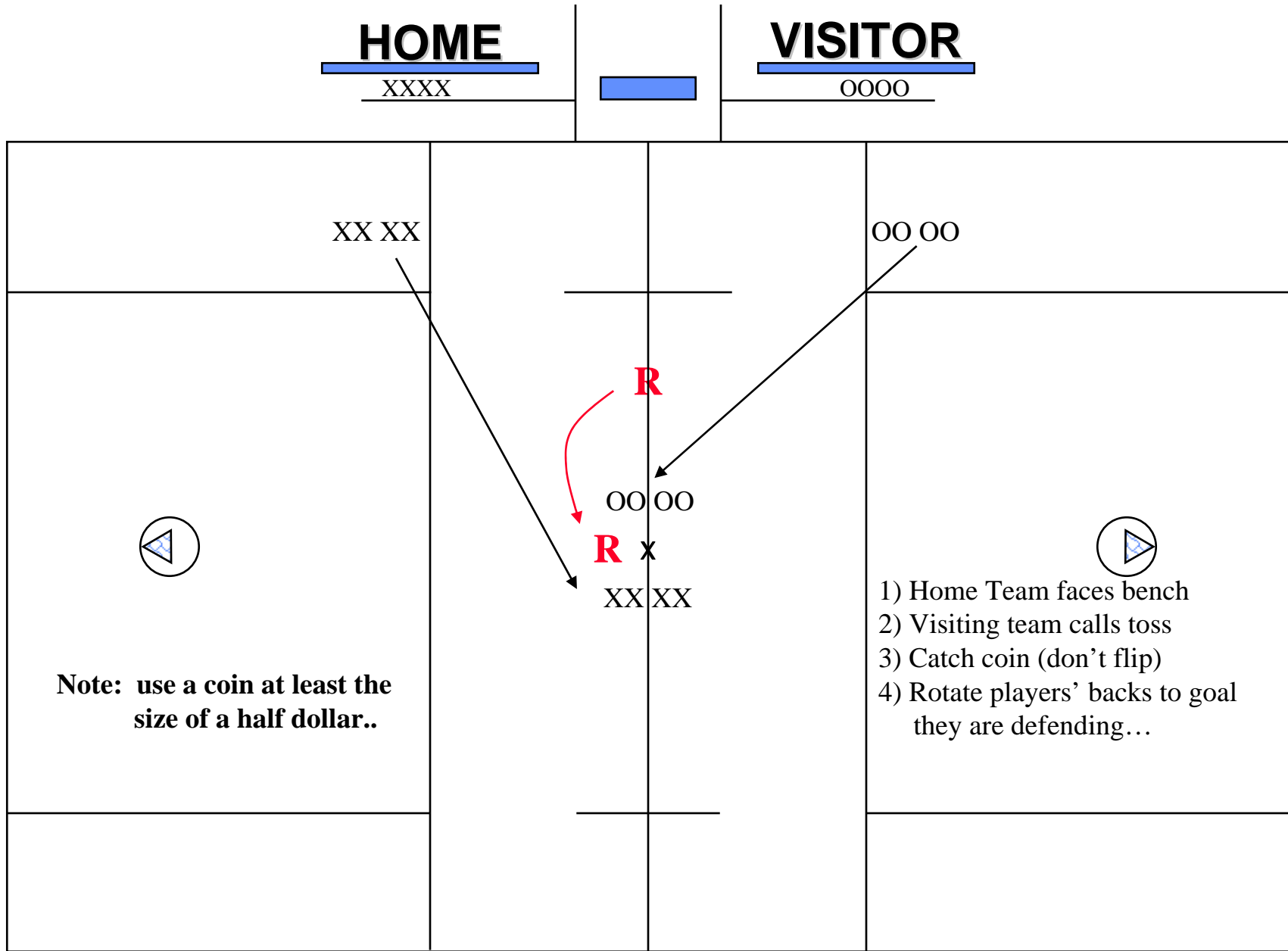


*USL*acrosse, Inc.



1 MAN MECHANICS 2006 Season

by John P. Hill
(modified by Randy Richter)



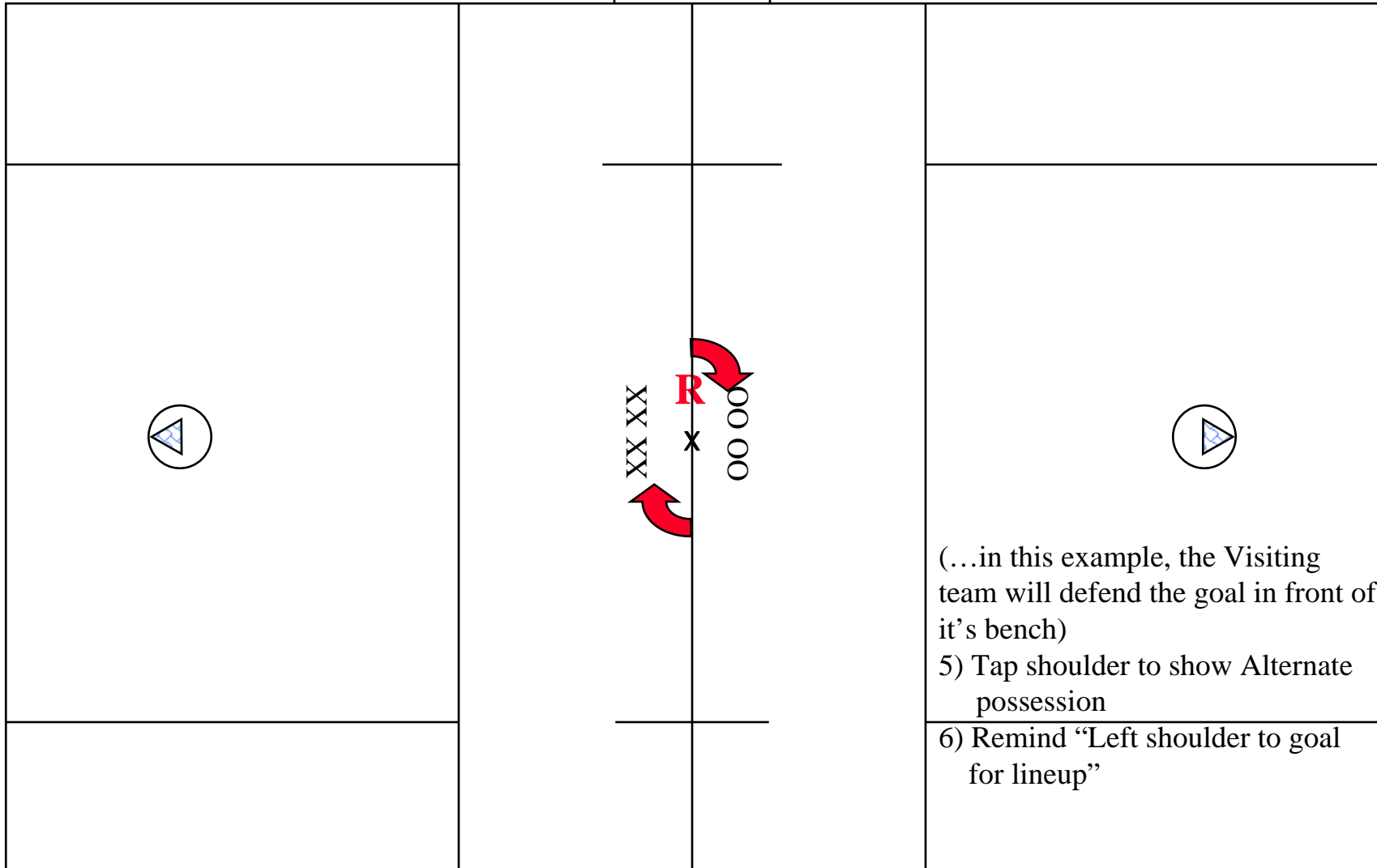
Coin Toss – Start

HOME

XXXX

VISITOR

O000



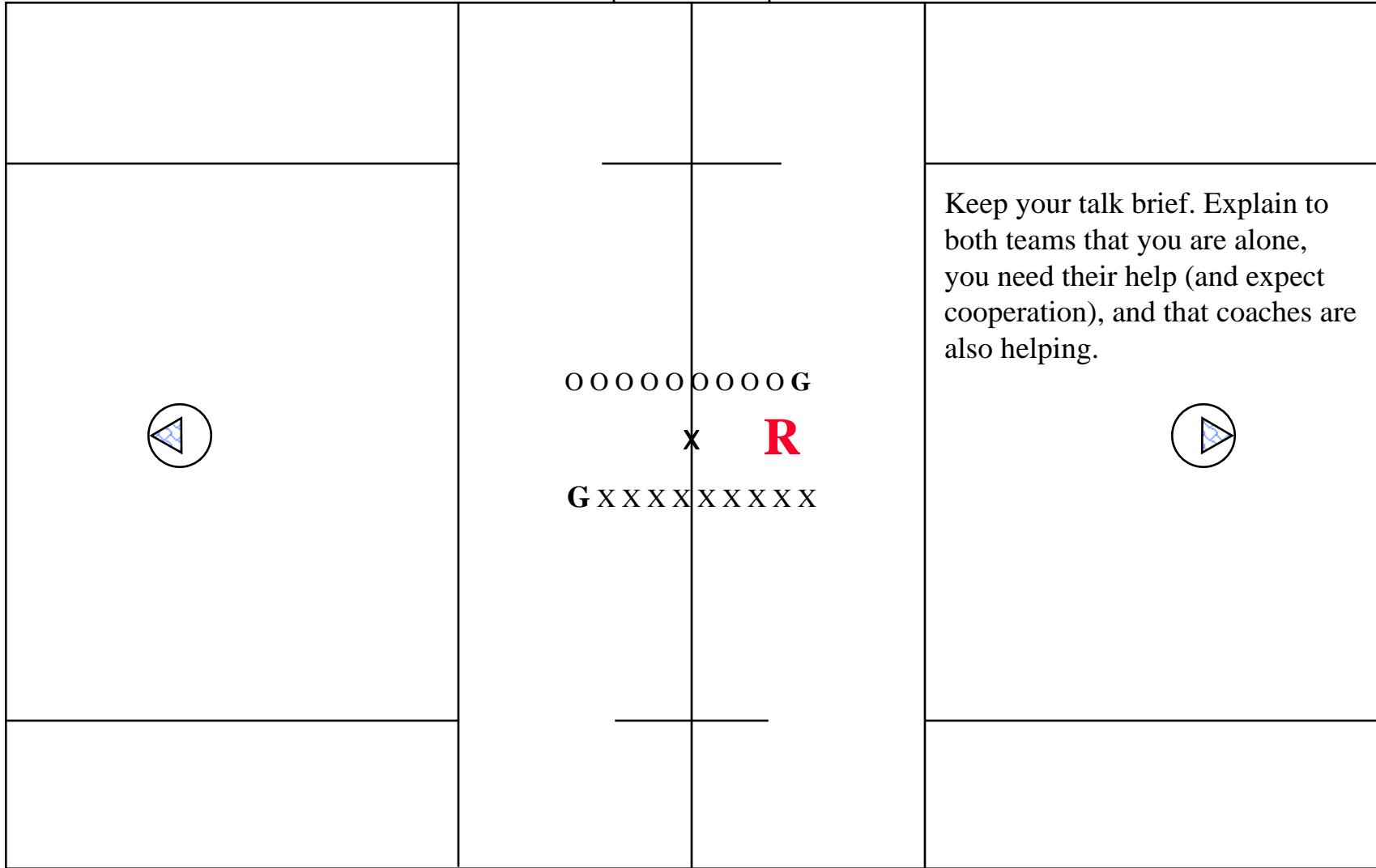
Coin Toss - Finish

HOME

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VISITOR

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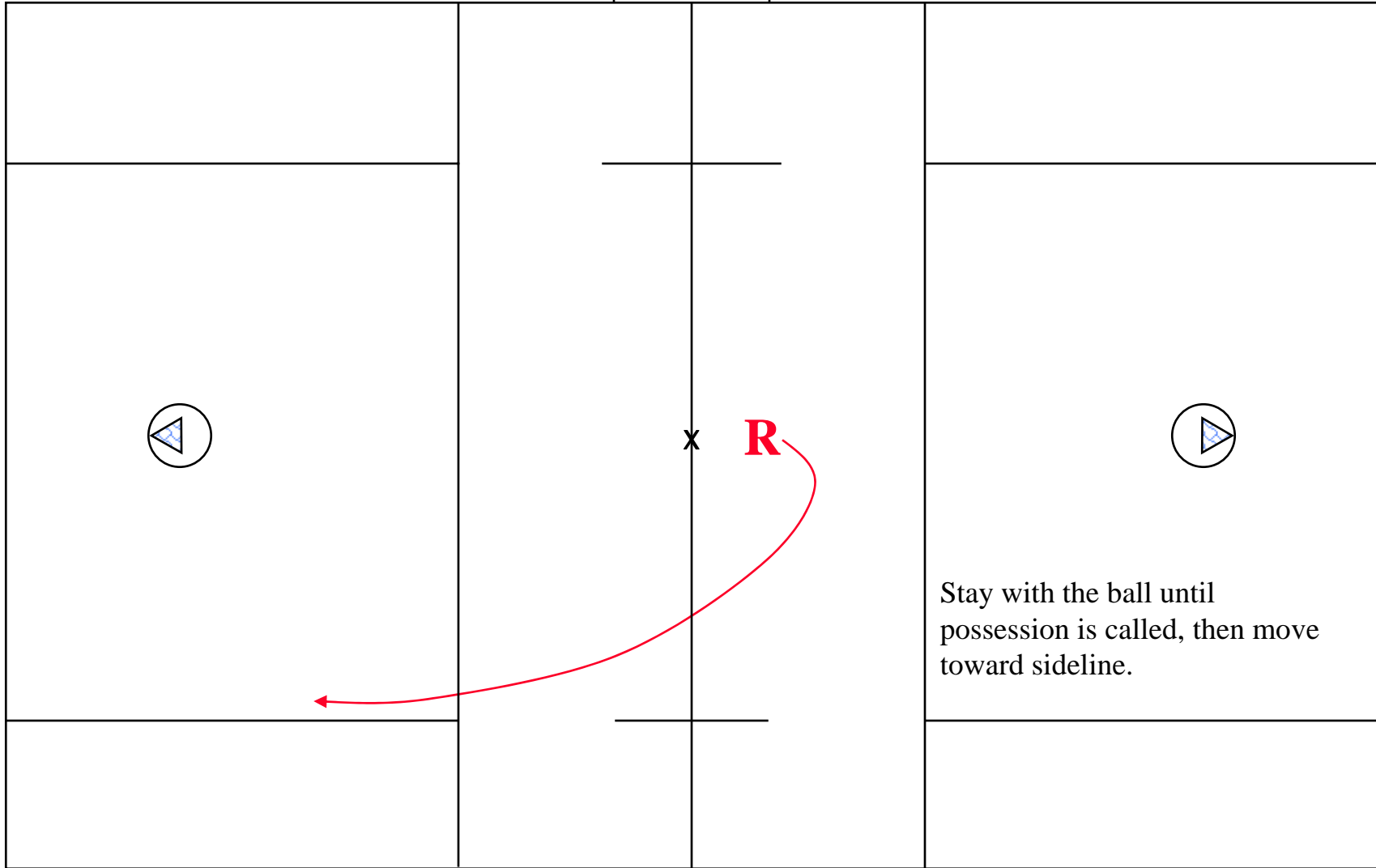
Line-up

HOME

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VISITOR

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Face Off

HOME

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VISITOR

OOOO

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!



x



Don't stand in middle of field.
Move down inside the box to officiate.

R

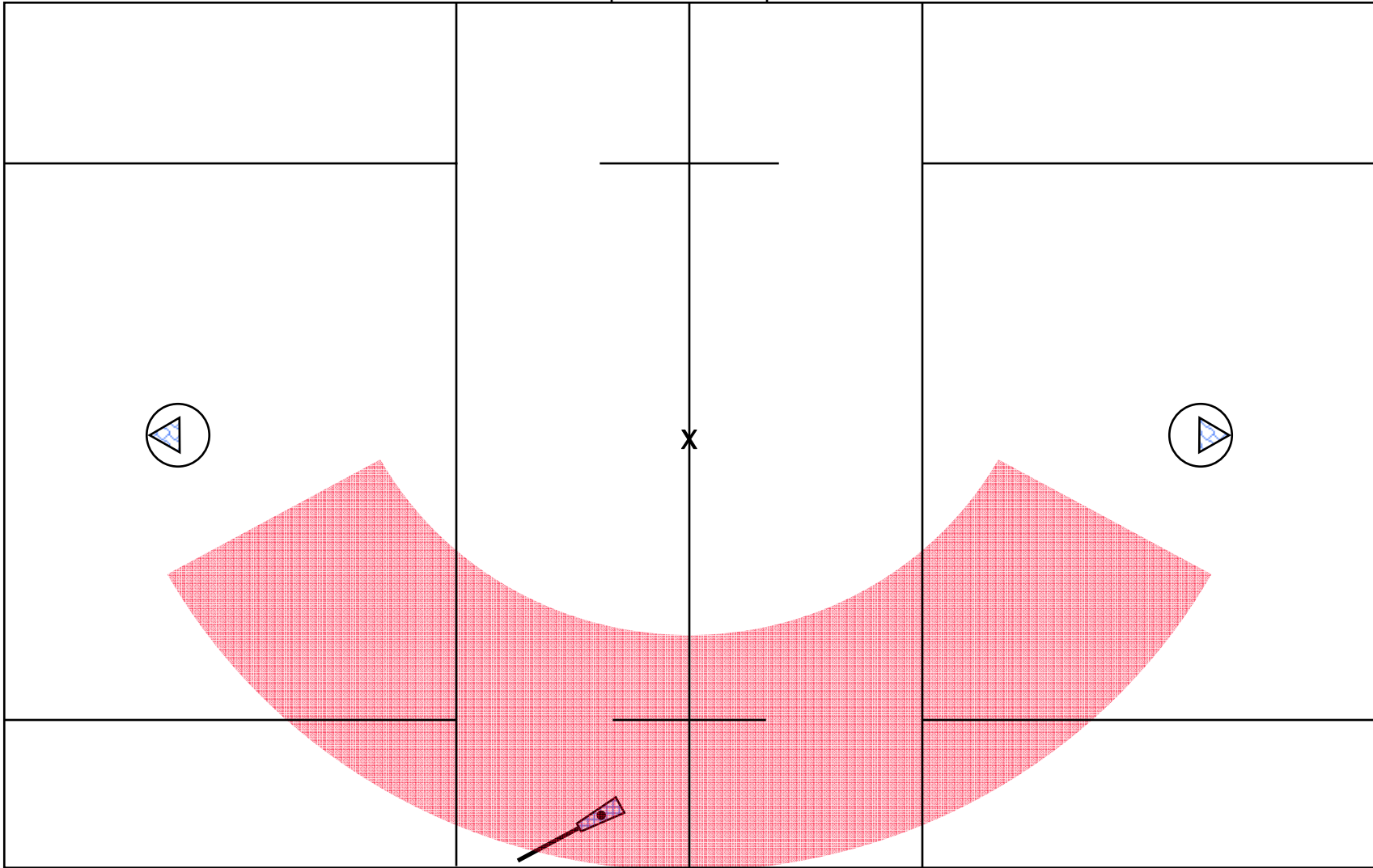
Basic Movement

HOME

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VISITOR

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Feel free to move off field if this provides a better angle

R



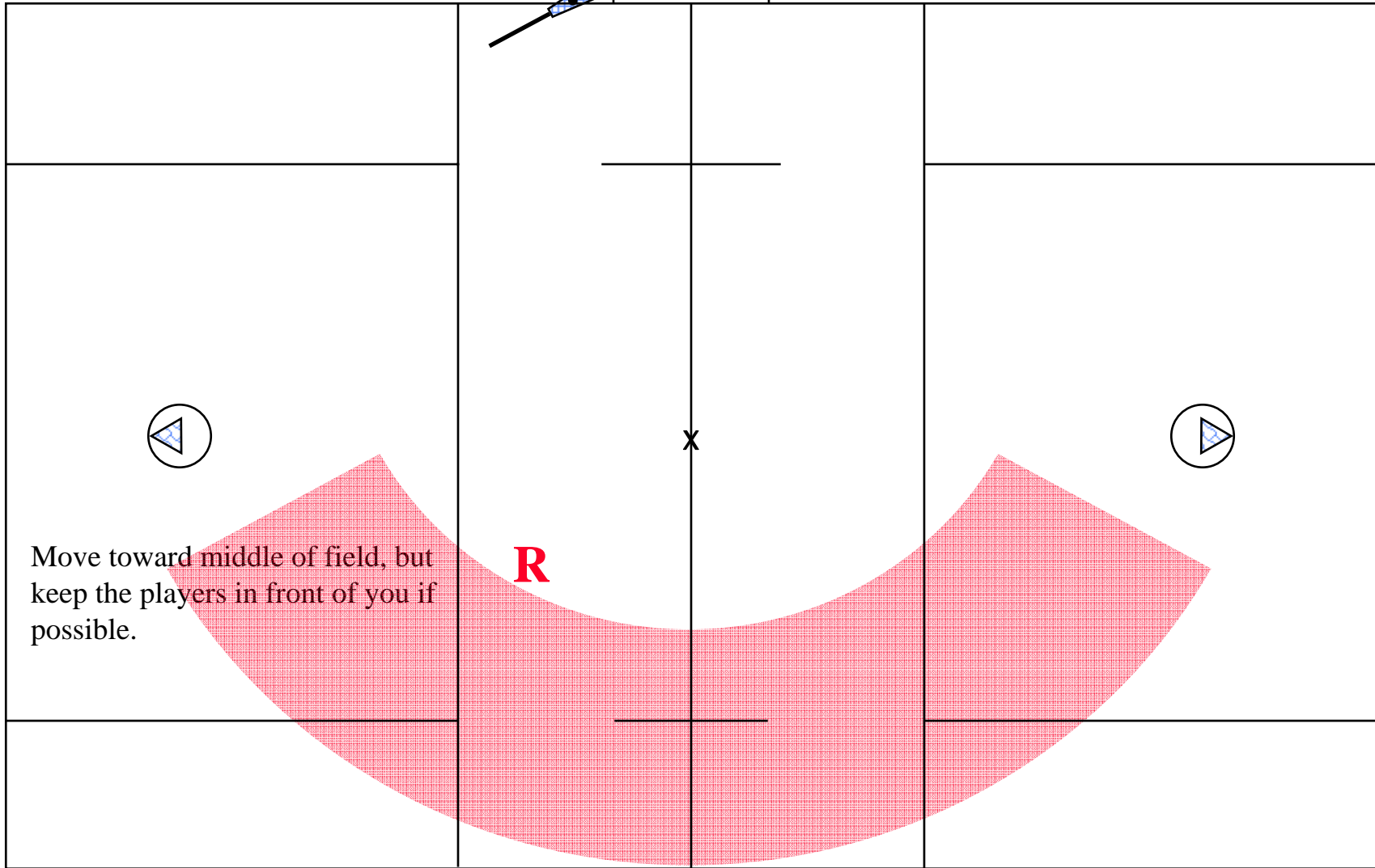
**Sideline out of bounds
(Referee side)**

HOME

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VISITOR

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Move toward middle of field, but keep the players in front of you if possible.

R

Attack

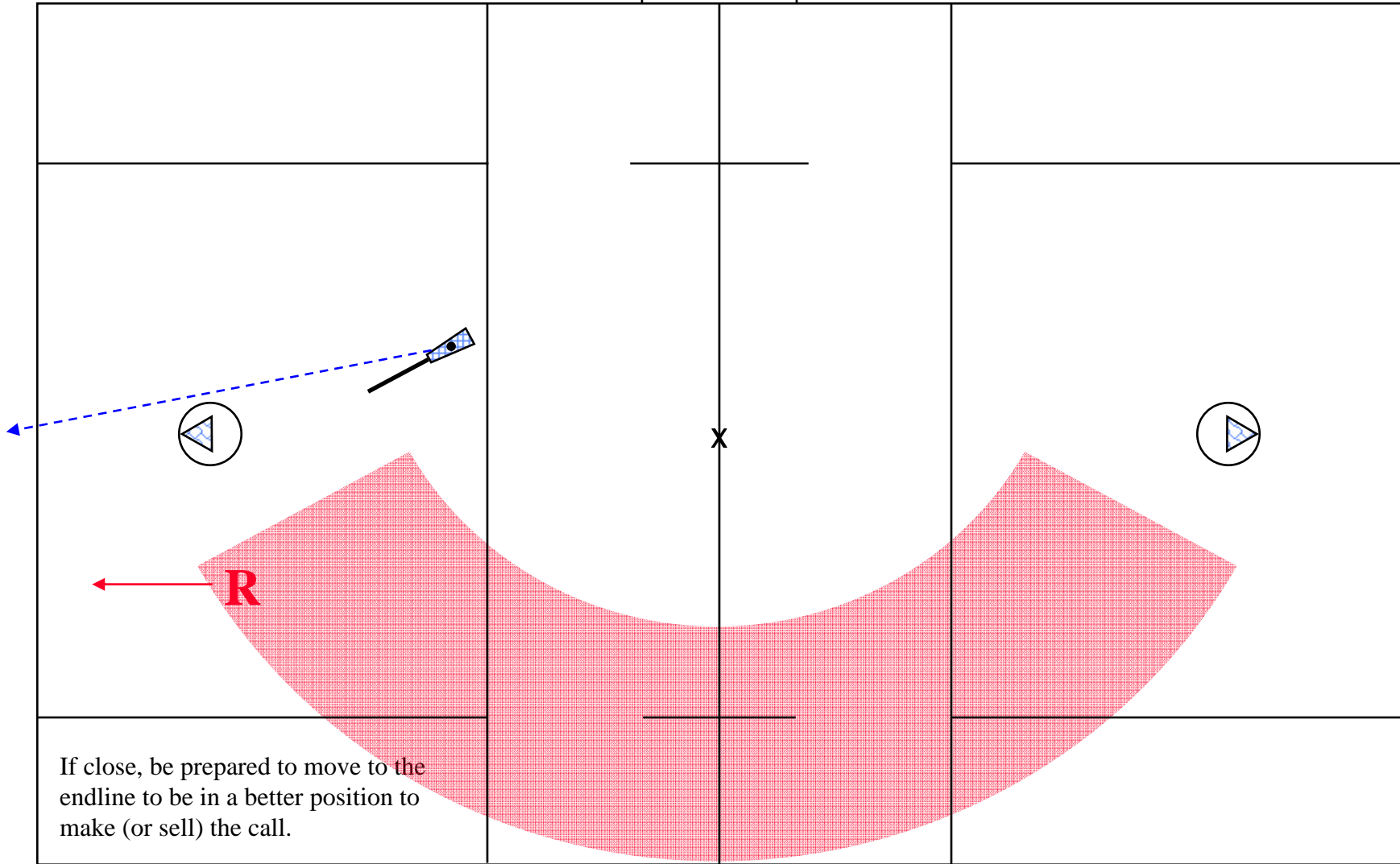
**Sideline out of bounds
(Bench side)**

HOME

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VISITOR

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If close, be prepared to move to the endline to be in a better position to make (or sell) the call.



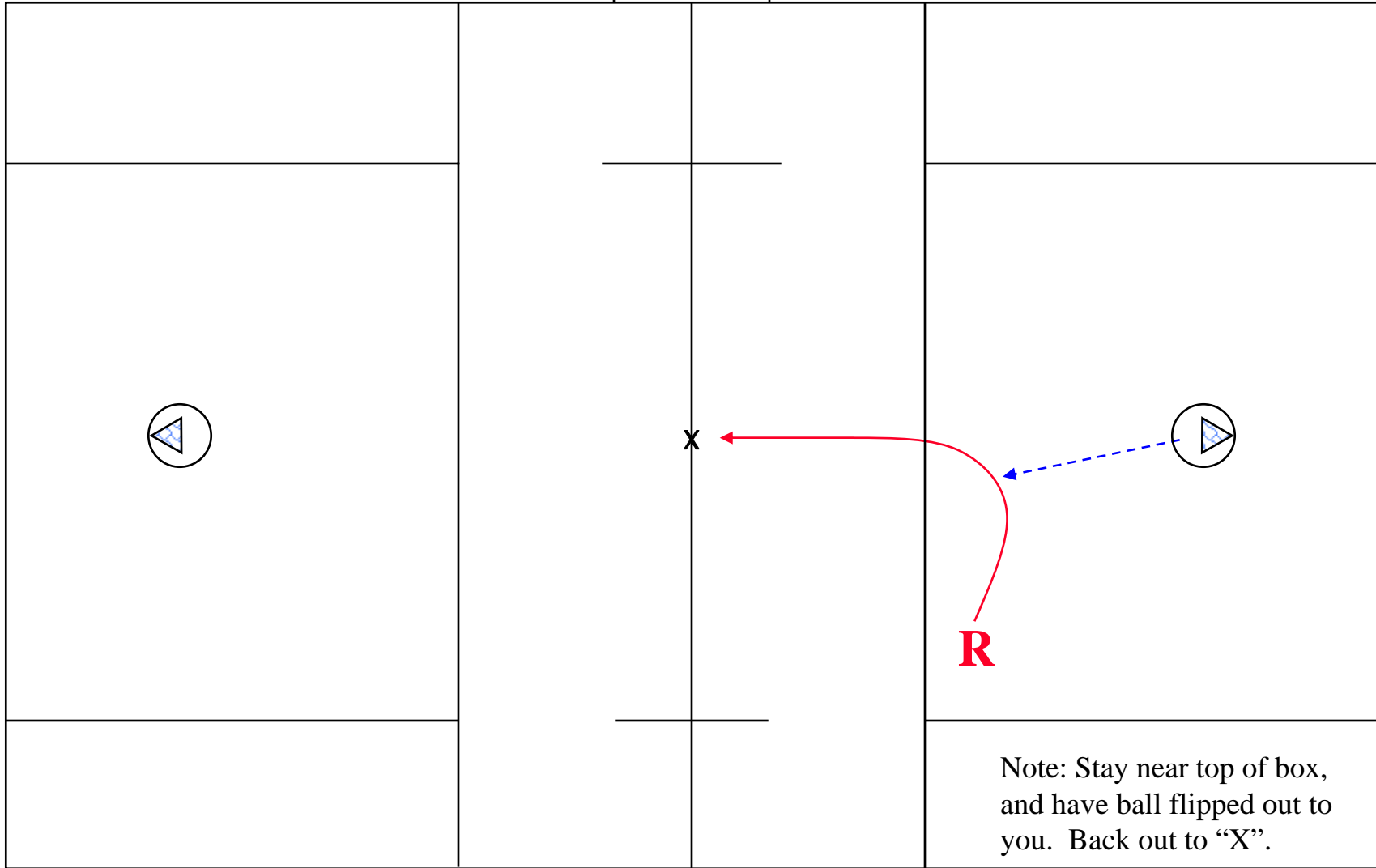
**Endline out of bounds
(Pass or Shot side)**

HOME

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VISITOR

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Goal Scored

HOME

XXXX

VISITOR

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

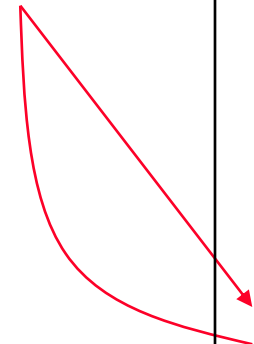


...report the foul
(while watching
the players!)



...and return to position.

R Blow whistle to stop play (at
appropriate time)...



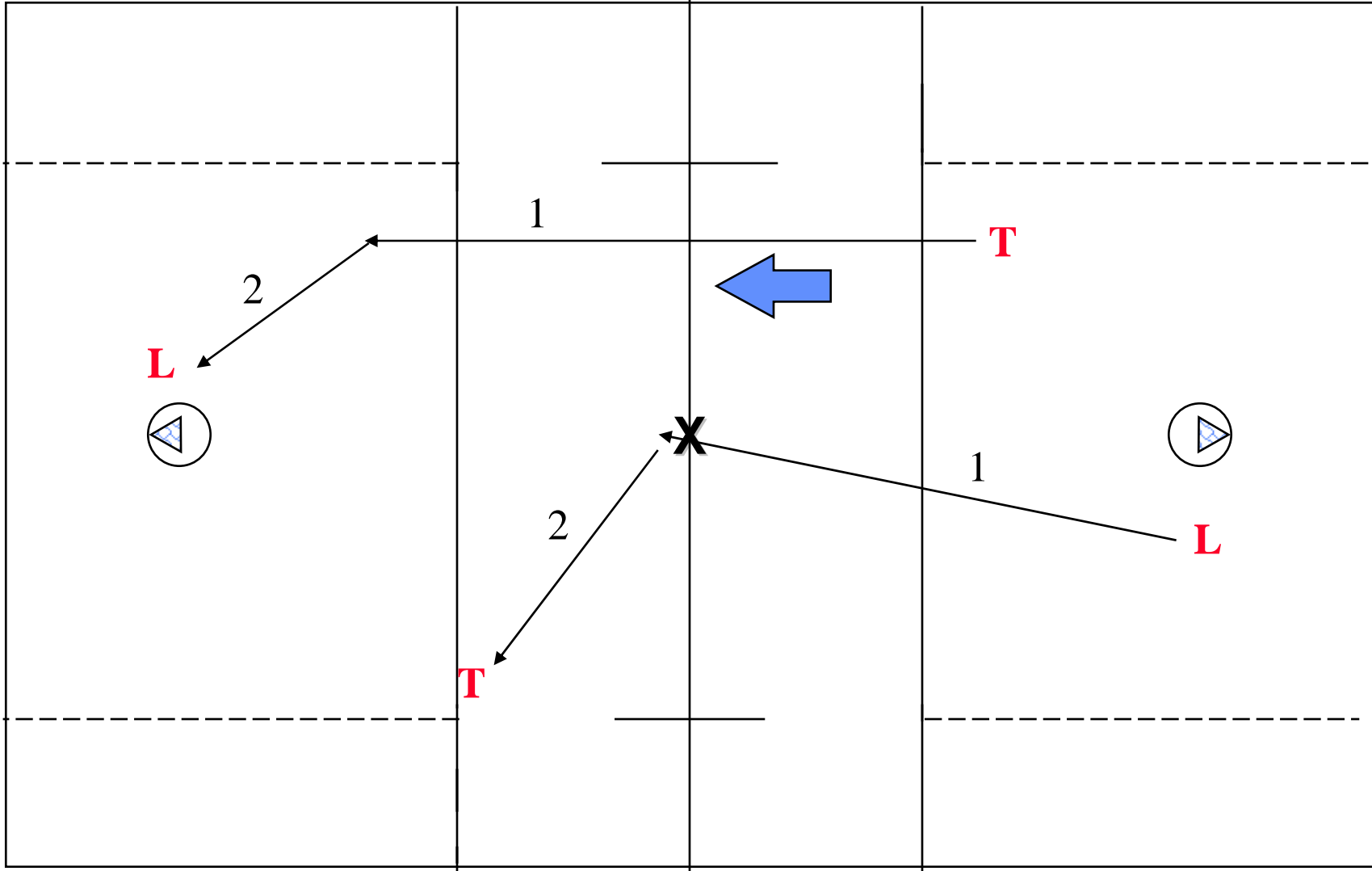
Penalty Relay

HOME

VISITOR

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OOOO



Attack

Free Clear

HOME

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VISITOR

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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.



x

R

R

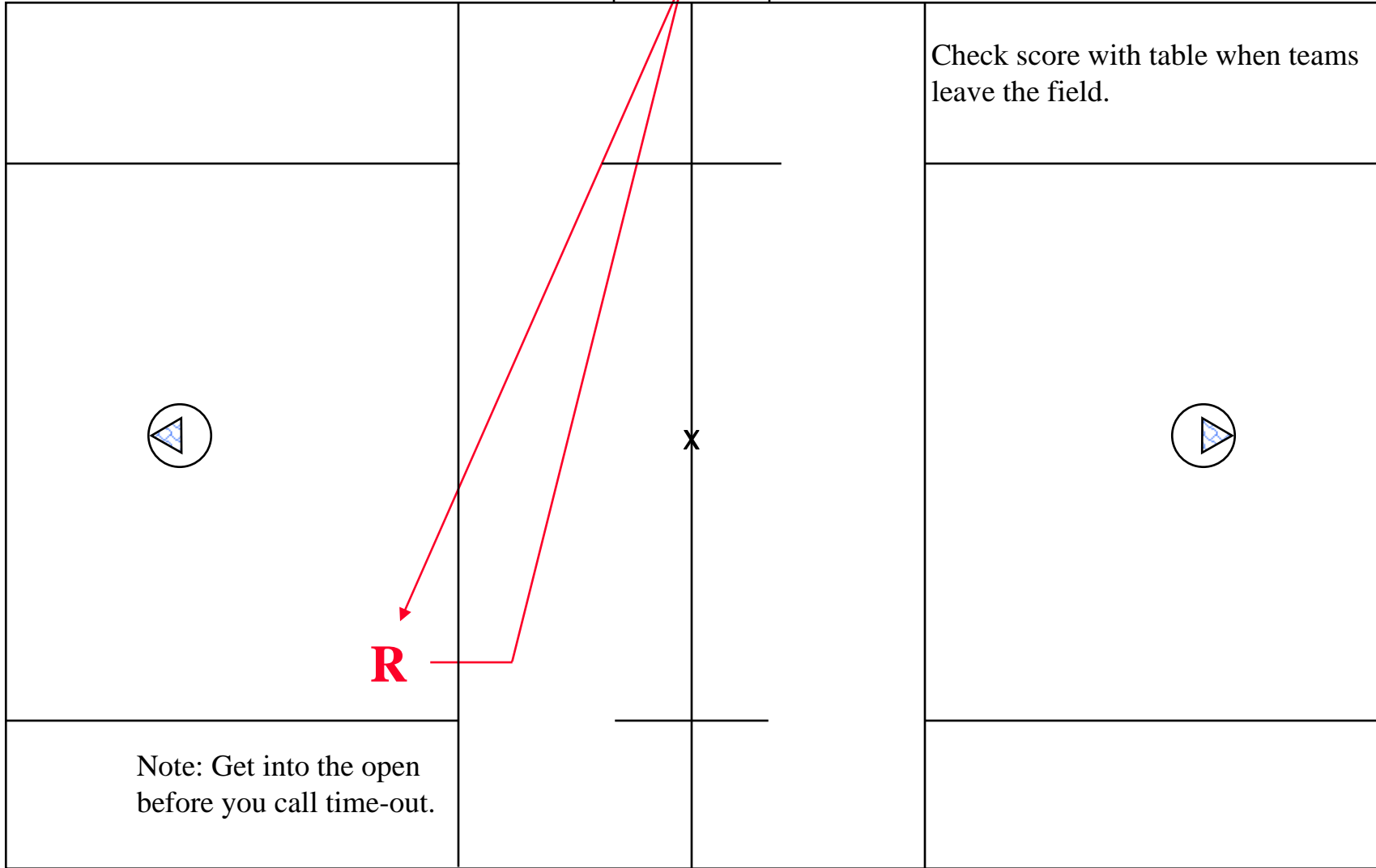
Free Clear

HOME

XXXX

VISITOR

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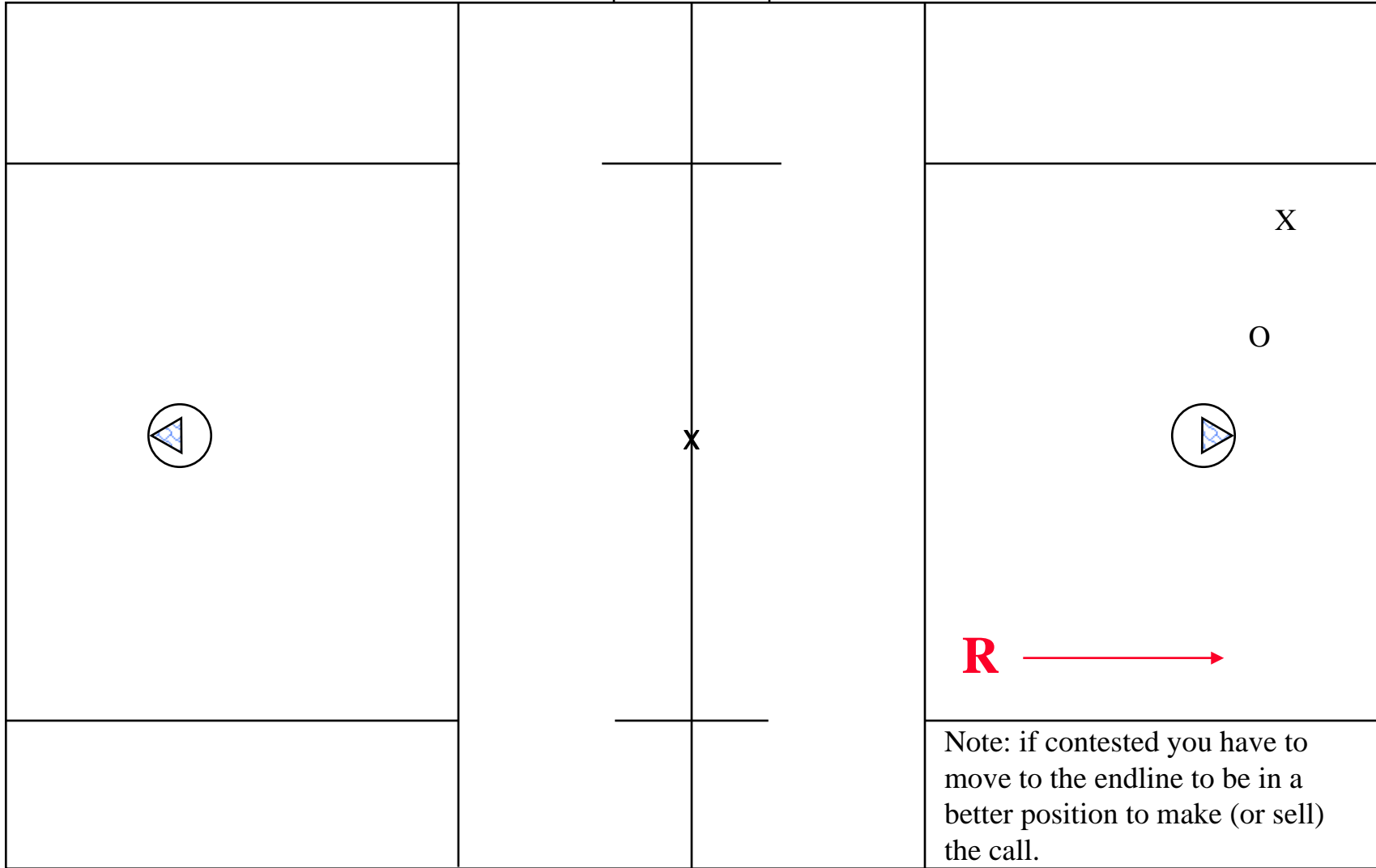
Time-outs

HOME

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VISITOR

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Movement at Shot

HOME

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VISITOR

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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.



R

XO

x

Check crosses.
Use same tape for all crosses!
If problem found, go to table area and throw flag.



Equipment Check

HOME

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VISITOR

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- 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!**



X



R

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

XO
Fight

Fight Procedure