

2024 ILOA Pregame for 3-Person Crews

2024 NFHS Rules Changes

- ❖ 4.3.3: Defines IBC on faceoff: Body check against crouched player is illegal.
- ❖ 4.24.11: Loss of helmet requires subout. No return until after next dead ball after play continues.
- ❖ 5.4.2: provides penalty option for "indirect" contact to the head/neck (1 min NR).

2024 NFHS Points of Emphasis

- ❖ **Cross Prohibitions** – emphasis of Rule 1.8
- ❖ **Eyeshade** – one solid stroke; no words, numbers, logos, symbols; within eye socket; not below cheekbone (1 min NR Illegal Equipment foul)
- ❖ **Properly Worn Mandatory Equipment** – Includes new language on chinstrap: firmly attached, can't remove helmet without unsnapping. (1 min NR Illegal Equipment).
- ❖ **Checks involving Head/Neck** – Indirect (1 min NR), Direct (2 min NR), Excessive/Flagrant (3 min NR poss ejection)

ASSIGNMENTS

- ❖ **REFEREE – SINGLE** - 1ST F/O; **UMPIRE** – Home – **LEAD LEFT**; **FIELD JUDGE** – Visitor – **RIGHT**
- ❖ **REFEREE** – table, game clock instructions; **U & FJ** –ball retrievers, substitution coaches & goal check.

PREGAME

- ❖ On field – at least **20** minutes prior to game time.
- ❖ Coaches certification, coin toss, F/O instructions – ASAP – determined by teams' pregame routine.
- ❖ After certification, coin toss, & F/O instructions go to the far side wing line for stick/equipment checks

HEAD COACHES

- ❖ Communicate w/ HC when appropriate. During dead ball situations, talk using a **NORMAL** speaking voice.
- ❖ Don't take eyes off field during live play.
- ❖ Keep coaches off the field.

TIMEOUTS (T/O)

- ❖ **Team in possession** may call TO any time. **Team NOT in possession** – on dead ball only.
- ❖ Communicate where ball will restart
- ❖ Watch teams cross over – **TRAIL** has timer
- ❖ Confirm T/O w/ crew, record time/quarter on card.
- ❖ Communicate T/Os remaining to each head coach
- ❖ Count teams before restart

COUNTS

- ❖ **SINGLE** has **CLEARING COUNTS (20 sec. and 10 sec.)** Trail has 4 sec. crease count.
- ❖ **NOTE:** If, after satisfying clearing counts, the offense legally recovers ball in their defensive end after a shot or deflection, **SINGLE** will commence new 20- and 10-second counts.

STICK CHECKS

- ❖ Confirm signals with partners before game for "Yes, get a stick" and "No, don't get one".
- ❖ Minimum 1 per half. Do not go into a huddle during a T/O for a stick. Don't perform stick checks during penalties
- ❖ Shooting strings must be 4" from top of stick
- ❖ No more than one sidewall string on each side of the stick. A looped continuous string counts as 2 sidewall strings
- ❖ All **MEASUREMENT** and **"DEEP POCKET"** penalties – **2-minute NR** & stick may return to game when corrected.
- ❖ Hanging strings longer than 2" OR No end cap – direct player to correct – If player does not comply – **2-minute USC NR**
- ❖ **ADJUSTING STRINGS** – **immediate flag** – **1-minute USC NR** – stick check continues – **GOAL DISALLOWED IF SCORER**
- ❖ **COACH'S STICK CHECK** – all equipment – dead ball – double horn – inverted table check = 2-3/4".

FACE-OFF (F/O) MECHANICS - OFFICIALS

- ❖ Review instructions w/ F/O men prior to first F/O
- ❖ **SINGLE** conducts all F/O
 - Places ball on the ground and states the **"DOWN"** command
 - Heads aligned **TOPS** to **STOPS**. Ball centered **5"** from top of sticks.
 - Crosses straight up and down – no tilting inward. Get quick over-head view.
 - Adjust players after they are down only if necessary. FO only needs to be **FAIR**, NOT PERFECT.
 - F/O official says **"SET"**, backs out & **"WHISTLE"**
- ❖ **LEAD LEFT**
 - Assists F/O official checking line & neutral zone.
 - Does NOT speak or adjust sticks.
 - Checks back hands, movement of player facing him.
 - In a position to cover his goal on fast break.
- ❖ **LEAD RIGHT**
 - Watch wing players for leaving early, interference & holding.
 - Watch for players leaving restraining area before possession/play called.

- In a position to cover his goal on fast break.
- ❖ After goal, the **LEAD** retrieves ball & conducts the next F/O. **SINGLE** rotates to the bench side. New **LEAD LEFT** assists with F/O; New **LEAD RIGHT** starts 20-second timer.
- ❖ At the start of a new quarter, the crew rotates positions clockwise from the previous quarter's starting positions.
- ❖ F/O reminders:
 - **SINGLE** needs to cover sideline out of bounds
 - Call F/O violations BEFORE the whistle when possible. Stand F/O men up with no whistle if it is not a false start.
 - No release from defensive restraining lines on F/O non-time serving technical.
 - After a F/O violation the **F/O OFFICIAL** will restart play
 - Man-down F/O: each team must have 4 players in defensive half & 3 players in the offensive half of the field. Exception: when a team has 3 or more players in the penalty area, a player may come up from the defensive area to take the F/O. Be aware of potential offsides.
 - When penalty time expires during F/O, possession must occur BEFORE penalty is released

FACE-OFF (F/O) - VIOLATIONS

- ❖ No tape or paint of contrasting color to the head, shaft & gloves. Pre-whistle Technical Foul: **LOSS OF BALL.**
- ❖ F/O player may not clamp/ pinch/ trap the ball longer than necessary to pick it up or rake it out in one continuous motion. F/O player may not re-clamp the ball. Technical foul: **WITHHOLDING**
- ❖ F/O player can pinch or clamp ball in back of stick, but must move, rake or direct the ball immediately – 1 step. Technical foul: **WITHHOLDING**
- ❖ Using “rip” move on opponent’s arm or elbow OR using helmet to gain leverage/advantage. Technical foul: **HOLDING**
- ❖ Intentionally placing any part of body or stick on opponent’s stick or arms OR using stick to hold or pin down opponent’s stick. Technical foul: **HOLDING**
- ❖ F/O players must play the ball. Body checking a player crouched for faceoff is illegal. **IBC: 1-minute** minimum. Checking opposing player’s head or body with crown of helmet: **SPEARING – 2-minute NR.**
- ❖ F/O man intentionally pushes the ball to the defensive half of the field after a violation – Technical foul: **DELAY OF GAME.**
- ❖ F/O man intentionally uses hand to direct or grab ball OR grab opponent’s stick: **USC 1-minute NR.**

SUBSTITUTION AREA

- ❖ **Trail** – when transitioning up field get 2-3 yards inbounds when even with cone, hold & let subs pass.
- ❖ Observe **contested** subs. Player coming off has right of way – Technical foul: **INTERFERENCE**
- ❖ **Wheel** – once initial subs are gone, ignore unless contested
- ❖ Check for “**HIDDEN**” players, delayed subs. IP if advantage gained.
- ❖ Clean-up benches & substitution area – **DON’T RUSH TO GET UP FIELD – GOOD TIME TO REMIND COACHES TO STAY IN COACHES AREA.** Conversing with coach okay, but don’t take eyes off the field!

OFFSIDE

- ❖ **ABC: Always Be Counting!** Offense first, then Defense, then # of D. long poles. (max. 4, or min. 2 shorties).
- ❖ A team is considered offside when it has:
 - More than **6** men in its attack half of the field, including players serving penalties; OR
 - More than **7** men in its defensive half of the field, including players serving penalties.
- ❖ On transitions, count forward. **SINGLE** has primary offside; **TRAIL** has secondary offside.

OVER & BACK

- ❖ Over and back is when the ball, last touched by the offense, touches or crosses the midline. This includes an offensive player in possession who steps on or over the midline.
- ❖ In effect only after offense has advanced into the goal area (touched in box). 10-second count is active otherwise.
- ❖ What’s NOT over & back:
 - A shot that leaves the offensive half of the field
 - A loose ball that leaves the offensive half of the field and was last touched by the defense
 - 10-second clearing count is still active.
 - An offense’s defenseman keeps the ball from crossing the line with his stick (or gloved hand on stick). Momentary possession by a “back” player, even if the ball is still on the offensive end, is a violation.
- ❖ **MECHANIC:**
 - **TRAIL MUST** get to the center line to observe play - watching ball, line and offsides.
 - **SINGLE** must move up to help with push calls, be ready to transition, and to whistle a restart.
 - Lead and Single - yell “**NO**” if there is no over & back, “**TIP**” if deflected by defense.
 - On a violation, TRAIL is the new LEAD and must quickly cover his goal. Leave the restart to SINGLE.
 - **COMMUNICATE VISUALLY AND VERBALLY**
- ❖ When should a play-on be used?
 - Needs to be a quick & distinct advantage situation – **FAST BREAK.** No different than any other play-on situations – **DON’T EXTEND IT.** If the new offense will be immediately played, kill it and restart to give 5 yard cushion.
- ❖ Immediate whistle & restart
 - Quick restart – where ball was whistled dead – Restart at OUR discretion

- No huge running restart
- 5-yard restart rule in effect

“BERMUDA TRIANGLE” (where mysterious things happen)

- ❖ Triangular area on bench side formed by substitution box cones and center X.
- ❖ When the ball carrier is in this area, **ALL OFFICIALS SHOULD HAVE EYES ON**. This is the worst time to miss a call, as both benches have an excellent view of the play! Be alert!

OFFENSIVE SCREENING

- ❖ Player must be stationary before contact, feet no wider than shoulder width apart, no leaning into or extending hips into the path of a defensive player. Stick must be vertical.
- ❖ There must be contact for the screen to be illegal.
- ❖ The player setting the screen is **NOT** required to face any particular direction

SCORING

- ❖ If the ball is released from the stick on a shot prior to the end of a quarter & goes in the goal, the goal is good. Hold whistle until play ends.
- ❖ If the goal cage is accidentally dislodged during play, officials shall let a scoring play continue & allow the goal if the ball enters the goal cage. Officials should stop play if/when no scoring play exists & replace the goal cage

SCORING PLAY IN PROGRESS (as defined in 7.8.2 Sit. C)

- ❖ (1) Ball in offensive end (2) Continuously advancing to goal (3) Stays above GLE once there (4) Haven't taken a shot (5) Ball doesn't hit ground, except on shot (6) No other GOODIES reason to stop play (see “PENALTIES” below.)

DIVE / CREASE AREA (see 4-19)

- ❖ If an offensive player, in possession of the ball and outside the crease area, **dives or jumps and lands in the crease**, the goal shall be **disallowed**, even if pushed or body checked (legally or illegally). In short, **NO DIVES INTO CREASE**.
- ❖ If shooter is grounded before, during, and after the shot, the goal will count even if he steps, is pushed, or is checked into the crease afterward, so long as the ball crosses the plane before player contacts crease / goalie. Defensive penalties apply.

PENALTIES

- ❖ For any foul committed against team in possession **SLOW-WHISTLE** is used. Applies to the **ENTIRE** field
- ❖ Be sure everyone knows there is a flag – verbalize “**FLAG DOWN**” until crew repeats – **TRAIL** look for flags after sweeping box, watching subs.
- ❖ Don't stop play if ball is loose. Stop play only on **Goal**, **Out of bounds**, **Offensive foul**, **Defensive possession**, **Injury**, **Equipment loss**, **End of period**, or **Second Defensive foul** - **GOODIES**
- ❖ When a 2nd penalty flag is thrown on the defense, blow the whistle unless a scoring play is in progress.
- ❖ During flag-down situations, any loose ball technical fouls against the defensive team are time serving. **EXCEPTION**: Goal scored, wiping out any technicals.
- ❖ Penalty responsibilities
 - Let crew know what you have.
 - **Must talk on ALL multiple flags – don't signal until you talk**. Must talk on **simultaneous fouls, live ball vs. dead ball (F/O vs. No F/O), releaseable vs. NR**
 - **TRAIL** – keep walking toward flag if you didn't make call.
 - **C-NOTE** – take your time – set feet – strong signals – stay close to wing line.
 - Official(s) not involved in penalty communicate restart location and have field ready for play.
 - Official closest to goalie remind goalie where the ball restarts & penalty time
 - Restart after penalty in attack area is laterally in alley
- ❖ Any player who accumulates **5-MINUTES OF PERSONAL FOUL TIME** has “**FOULED OUT**”. This is **NOT** an expulsion. It is a disqualification – like 5 fouls in basketball. Remember a 2-minute illegal stick puts a player 2/5's of the way to disqualification.

HEAD / NECK / DEFENSELESS (5-4)

- ❖ A player shall not initiate contact with an opponent's head or neck w/ a crosscheck, or any part of his body (head, elbow, shoulder, etc.). Any follow through that contacts the head or neck will also be considered a violation of this rule. **PENALTY**:
 - **Indirect contact – 1 minute NR**
 - **Direct contact - 2 minutes NR minimum**
 - **Excessive or Flagrant contact - 3 minutes NR, with possible ejection.**
- ❖ Body check to **DEFENSELESS PLAYER** -- “Blind Side” hit; Head down to play loose ball; Head turned to catch pass, even if turns to defender immediately before impact; player on ground. **PENALTY: 2-3 minutes NR, with possible ejection.**
- ❖ **TARGETING** is intentionally taking aim at head/neck/defenseless “for the purpose of making violent contact”. **PENALTY: - 3 minute NR, with possible ejection.**
- ❖ A slash to the head/neck can be a NR foul if **EXCESSIVE**

SPORTSMANSHIP

- ❖ **Don't allow poor conduct** that is: Public, Provocative, Personal, or Persistent
- ❖ **USE THE RAMP:** Warn → Change of possession → Time-serving technical → Unsportsmanlike conduct → Ejection.

FIGHTS

- ❖ Nearest official to bench – **FREEZE THE BENCHES. Note any player/coach who passes you!**
- ❖ Use judgment when deciding to break up a fight situation.
- ❖ Write down numbers and other pertinent information.
- ❖ Crew must get together & review. Don't hurry. It's okay to slow things down and let everyone cool off.
- ❖ Report penalties & ejections

EJECTIONS

- ❖ 2nd NR USC is automatically elevated to and recorded as an ejection foul.
- ❖ Immediate ejection foul for fighting, leaving bench during fight, flagrant misconduct, tobacco use.
- ❖ Player ejections must be recorded in scorebook as a 3-minute ejection foul.
- ❖ Coach ejections must be recorded in scorebook as a 1-minute ejection foul.
- ❖ In-home must serve all ejection penalties.
- ❖ Ejected persons must leave premises. Exception: If no authorized school personnel to supervise player, he must remain in bench area.
- ❖ **Referee** must call Liaison Committee Rep immediately following the game to report ejections and file an ejection report in addition to the game report. **HINT:** Get a photo of the scorebook if possible.

RUNNING TIME

- ❖ Begins with 12 goal margin **IN SECOND HALF ONLY**
- ❖ Once RT begins it continues for the remainder of the game
- ❖ Clock stops **ONLY** for timeouts (team, official's, injury)
- ❖ IF NR penalty releases after a goal is scored, player must hold reentry until faceoff is over

LAST 2 MINUTES

- ❖ Team ahead by 4 GOALS OR LESS must "Get It In" (within 10 seconds when in offensive end) and "Keep It In" box.

OVERTIME- SUDDEN VICTORY

- ❖ Coin toss for goal to defend **ONLY** – AP remains the same
- ❖ 4-minute period, 2-minute intermission – 1 T/O per period

EXIT STRATEGY

- ❖ Watch teams as they go to their goalie & benches after the game.
- ❖ Determine how you are going to leave the field **PRIOR** to the end of the game
- ❖ Leave field quickly as a **CREW**. Do not stop to talk w/coaches, friends or spectators

REFEREE INFORMATION

- ❖ Complete game report on ArbiterSports as soon as possible after conclusion of game
- ❖ Report any conduct issues and fouls that occur before, during or after game – even if no time-serving penalties assessed.
- ❖ Report ejections IMMEDIATELY following the game!
- ❖ Be very specific on game ejection reports – include full names and numbers. Use your phone to get a picture of the scorebook for reference.
- ❖ Officials' authority begins when they arrive on the field and ends when they leave the facility.

POINTS OF EMPHASIS FOR THE CREW

- ❖ Communicate – with coaches, players & crew
- ❖ Be consistent with calls and mechanics
- ❖ Get it right!!!! Take the time to get the correct call, and don't worry if you are a beat or two late.
- ❖ Be in position to make the call and "sell the call".
- ❖ Run & jog to position – Don't Walk. Hustle, but don't rush
- ❖ Keep players in front of you – stay wide.
- ❖ Don't ball watch – focus on your area of responsibility.
- ❖ Run to the endline on all shots & contested plays (SINGLE covers goal)
- ❖ Quick restarts – when crew is ready
- ❖ **WATCH START & STOP OF GAME CLOCK**