

# Two-Man Mechanics for NCAA and NFHS

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## Acknowledgements

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  - John Hill and David Seidman for the development of the mechanics in this presentation
  - Harold Buck for the development of this presentation
- For comments, corrections, and suggestions, contact Harold Buck at [lax.ref@comcast.net](mailto:lax.ref@comcast.net)

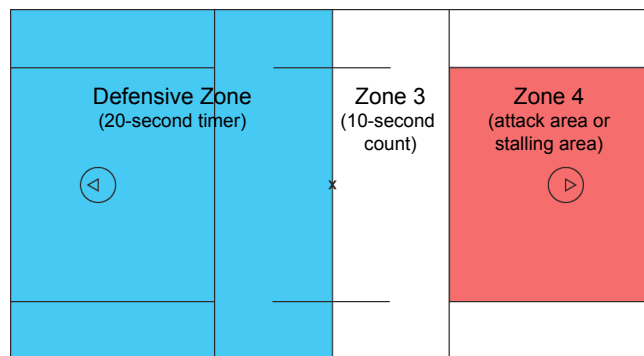
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## Terminology

- Two officials:
  - Referee (**R**)
  - Umpire (**U**)
- During play, officials are designated:
  - Lead (**L**)
  - Trail (**T**)
- During a face-off, officials are designated:
  - Face-off (**F**)
  - Wing (**W**)

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## Zones of the field (NCAA/NFHS)



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## Pre-game

- **R** is responsible for pre-game
- Meet off field, then take the field as a team at least 20 minutes before start
- Inspect field and goals
- Certify home coach, then away coach
- No whistles until after coin toss!

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## Timer/scorer

- **R** briefs personnel before game
- Explain as much as you think they can handle
- Make sure they know to never come onto the field
- One-page guidelines are available at [www.tinyurl.com/yj7x5k](http://www.tinyurl.com/yj7x5k)

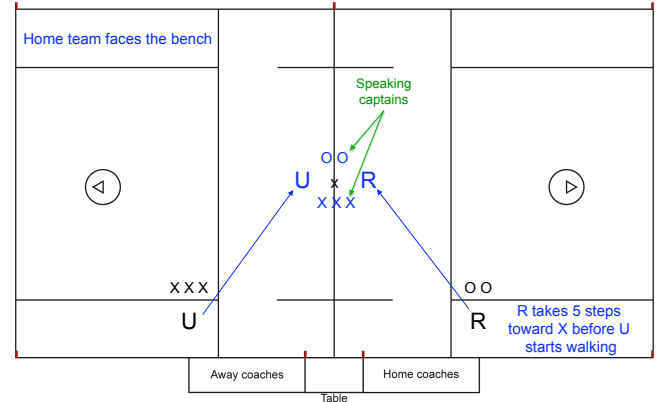
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## Key points for timer

- End of period: count down from 10, sound horn on **zero**
- Notify at 2:10 and 2:00 of fourth period only
- They should call you over if they're confused (double horn at next dead ball)
- Write all fouls in scorebook; notify for 5 personals or two USCs

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## Coin toss



## Coin toss

- **R** introduces crew and explains coin toss:
  - Visiting speaker calls; **U** repeats call
  - **R** then flips, catches coin (don't turn over)
  - Drop = re-flip
- Winner chooses goal **or** AP
- Rotate so they face goal they'll attack
- Tap shoulder to indicate team with AP
- Re-check goals for new holes, balls

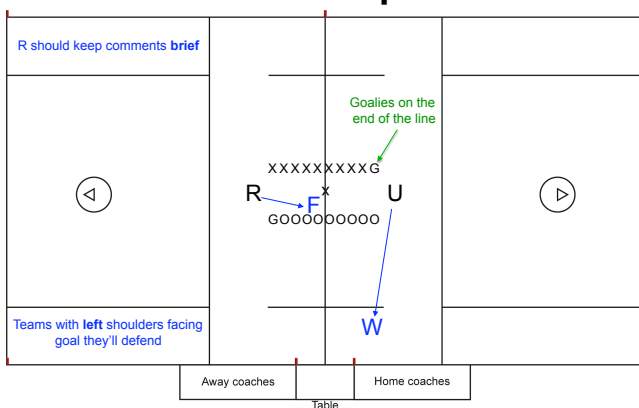
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## Line up

- Teams with left shoulder to goal they'll defend
- Goalies go on the end of the line
- **R** says a few **brief** words (including ground rules if necessary)
- Keepers shake and head for goals
- Other players shake and move to position
- **R** will normally conduct opening face-off and run far side for first half and bench side for second

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## Line up



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## Scorecard

HOME					AWAY				
COLOR					COLOR				
CAPTAINS					CAPTAINS				
STICK CHECKS	IN-HOME	POSS.	ARROW	IN-HOME	STICK CHECKS	IN-HOME	POSS.	ARROW	IN-HOME
FIRST QUARTER					FIRST QUARTER				
(Q2-Q4/OT not shown)					(Q2-Q4/OT not shown)				
QTR					QTR				
TIME					TIME				

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## Scorecard: game score

- **Must** check score after each period
- Advisable to check score after each goal
- Mistakes most likely when there is
  - A penalty to report
  - A timeout
  - An equipment check
- On a disagreement, **R** wins

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## Scorecard: other info

- Also use it to record
  - Expulsion fouls/USCs/injuries to report
  - Game situation for suspended game
- Get to your spot before pulling out card
- Confirm card info with partner at breaks

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## Face-off positions

- For opening face, **R** decides
- Typically the **R** runs far side in the first half and bench-side in the second half
- **W** will normally be bench side to start each period, checking that table is ready and sub area is clear
- **R** takes all face-offs in overtime

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## Pre-faceoff



- **W** has the 20-second timer and holds up one hand to signal “not ready”
- **W** points in the direction of the goal **W** will cover, parallel to the sideline, when field and **W** are ready
- When **F** gets the point from **W**, **F** begins the face-off

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## NFHS face-offs

- Gloves/stick up to but not touching the ball (stick/gloves **may** touch midline)
- “Down,” “Set,” whistle
- Award possession for pre-whistle face-off violation, but do not send player off
- Restart at midfield for **any technical foul before face-off ends**

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## NCAA face-offs

- Gloves/stick cannot touch midline
- “Down,” whistle
- Offender sent off field for *pre-whistle* face-off violation
- Restart for any pre-face-off technical foul is at midfield

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## Face-off mechanics I

- **W** lines up behind the wing line, between end of the wing line and the midfield line
- **F** official stands with one arm at side, other hand with whistle to mouth
- For a pre-whistle violation, don't blow the whistle. Stand players up, signal violation, and award possession
- Either official may call face-off violations

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## Face-off mechanics II

- No official moves between “down” (NCAA) or “set” (NFHS) and the whistle
- **F** stands with **one arm at side, other hand with whistle to mouth**
- If there is a violation and you haven't blown your whistle yet, don't. Stand the players up, signal the violation, and award possession

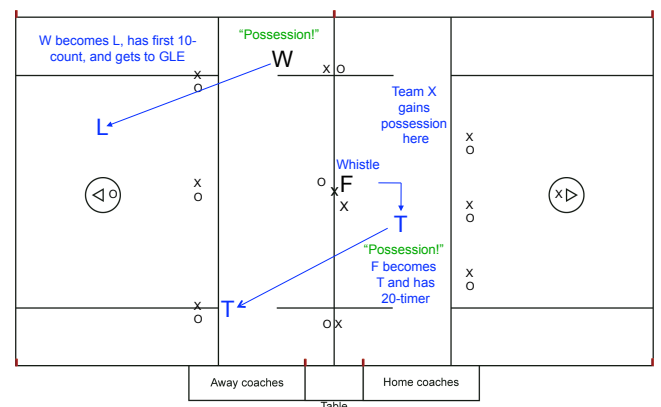
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## Face-off mechanics III

- Any official may call face-off violations
- Wind arm and yell “Possession!” (or call color); other official echo call
- Either **L** or **T** will have a count
- If ball crosses the restraining line before possession, **yell “Play!”** and **wind arm**

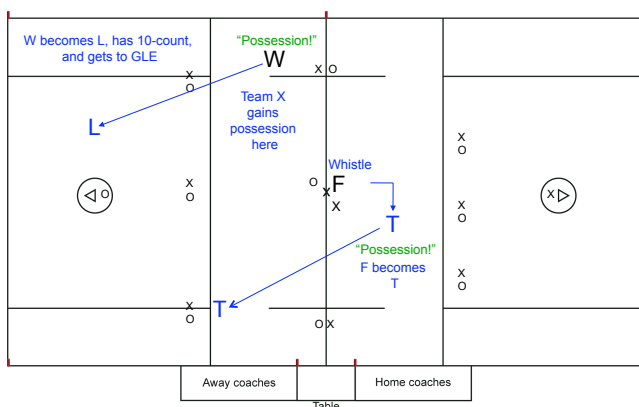
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## Face-off—X possession



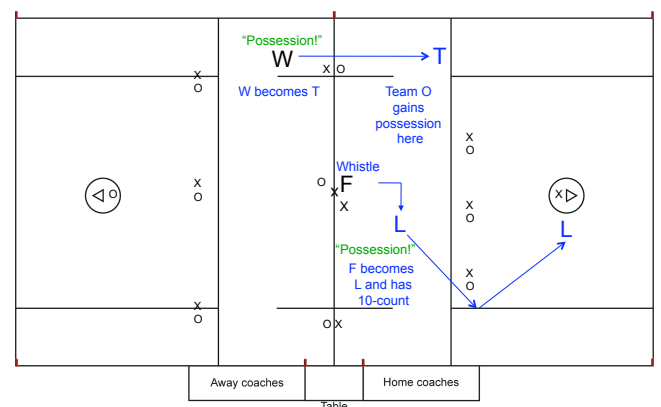
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## Face-off—X possession



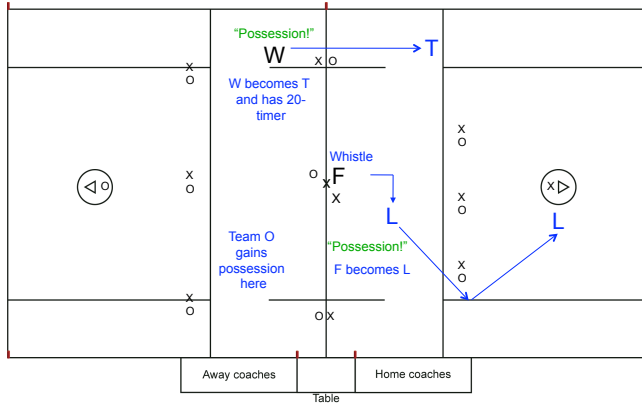
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## Face-off—O possession



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## Face-off—0 possession



## Face-off violations (NFHS & NCAA)

- Multiple whistles, **F** signals violation quickly
- New **L** heads for GLE
- New **T** gets player to position, starts play quickly, and has 10-second count
- **Middies may sub during ensuing dead ball**, but attack and defense are **not** released if foul is technical
- NCAA is the same except for . . .

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## Pre-whistle F/O violations I (NCAA)

- Pre-whistle violation: multiple whistles, signal violation *quickly*
- For wing violation: **W** whistles, calls “Blue’s early on wing!” and **F** calls “Blue must go!”
- New **L** heads for GLE after signaling
- Offending team face-off man must sub out

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## Pre-whistle F/O violations II (NCAA)

- New T must flag delay (e.g. rolling ball away, withholding, violation of 5 yards) or participation from player subbing out
- As soon as ball is in possession on offensive end near the midfield line, new T starts play and has 10-second count
- Need not bring player to stop if he had to retrieve ball from his defensive end

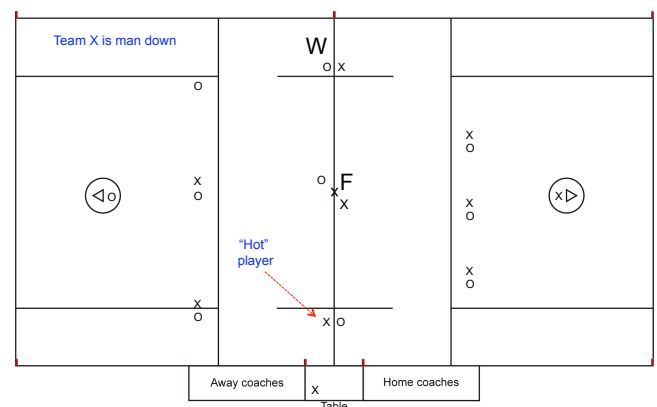
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## Man-down face-off

- Communicate with table if penalty could expire during face-off
- NCAA: player cannot return to field until possession
- NFHS: player can return before possession **if** wing area is left vacant
- Communicate number of “hot” player
- **W** moves up to midfield to help with offside

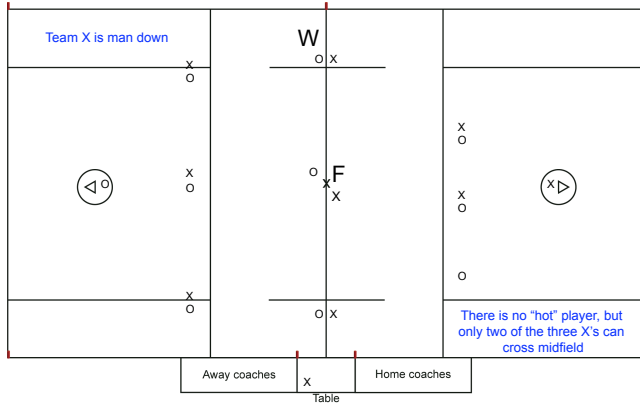
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## Man-down face-off I



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## Man-down face-off II

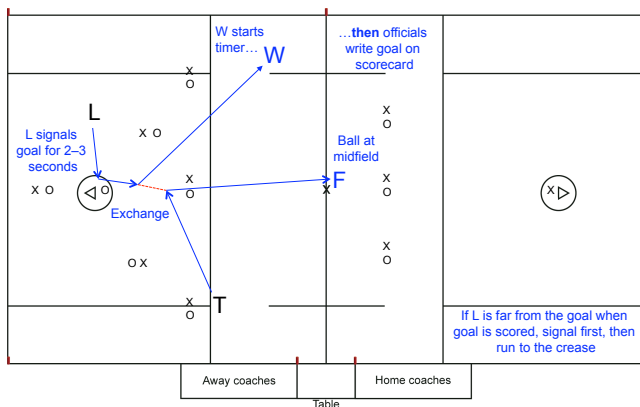


## Goal scored

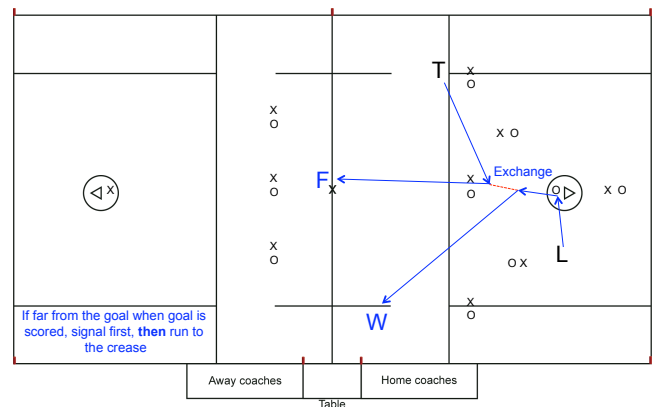
- **L** watches defensive team
- **T** must watch for late hit and other post-goal issues, watches offensive team
- **L** transfers ball to **T**; **L** becomes **W** and **T** becomes **F**
- When field is set, **W** signals **F** by pointing toward the goal the **W** will cover

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## Goal scored—left side



## Goal scored—right side



## Transition

- If defense gains or is awarded possession:  
 $L \rightarrow T$        $T \rightarrow L$
- **T** stays even with the ball and has the 4-count, 20-timer, and secondary offside call
- **L** has the **quick offside call**
- **L** stays at least one zone ahead of the ball and has the first 10-count across midfield
- **L** must beat the ball to the goal

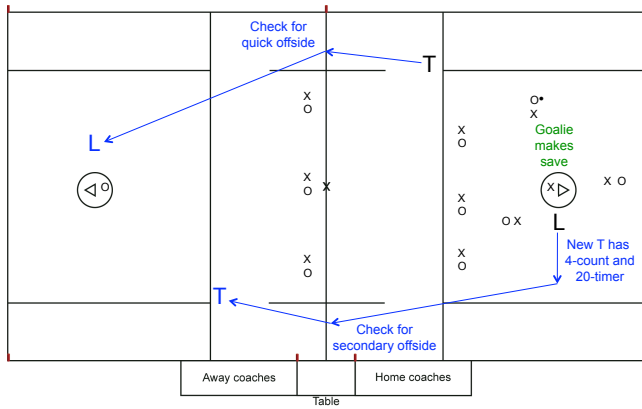
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## 20-second timer mechanics

- **T** has 4-count, if any, and 20-timer:
  - Click timer (fist pump optional) for 1
  - Do a hand count for 2, 3, 4
- Stay with the ball during clear
- When appropriate, *turn off timer* (look for **L** counting or giving the "clear" signal)
- When restarting count (play-on, double change of possession), give "reset" signal

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## Transition

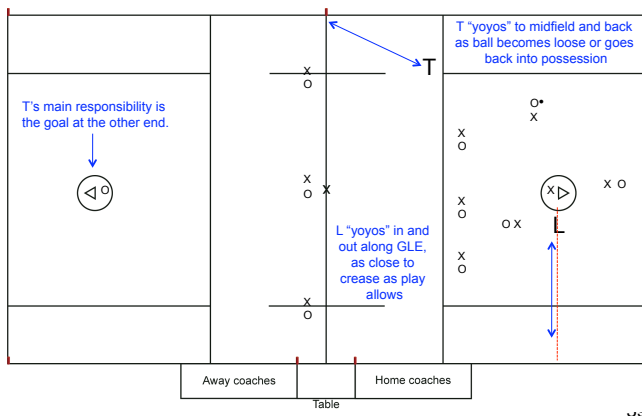


## Calling offside

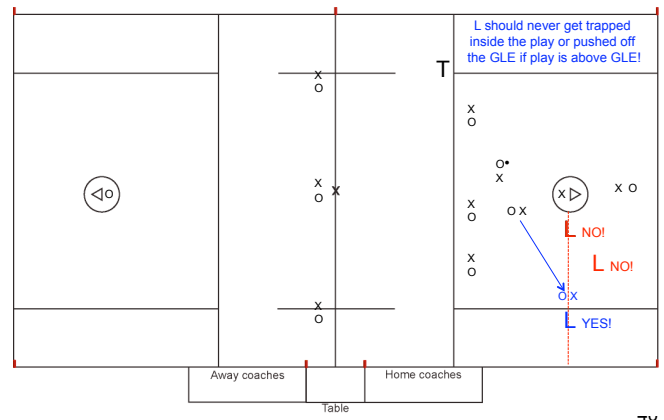
- The old **T** (potential new **L**) has the “quick offside” call on a loose ball rolling toward midfield
- See the whole play: was there a push?
- New **T** has the secondary offside call
- Try to “count forward”
- NFHS—Free clear in some situations

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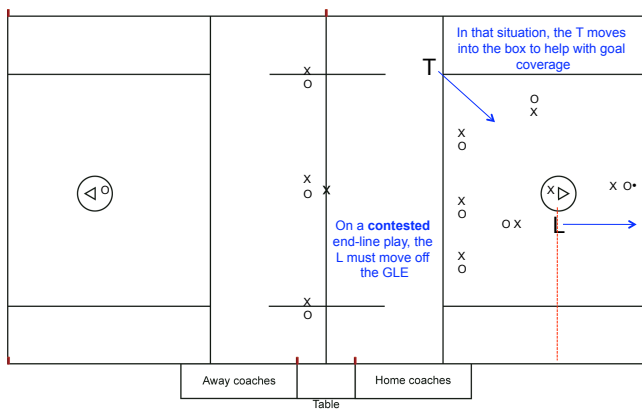
## Settled situations I



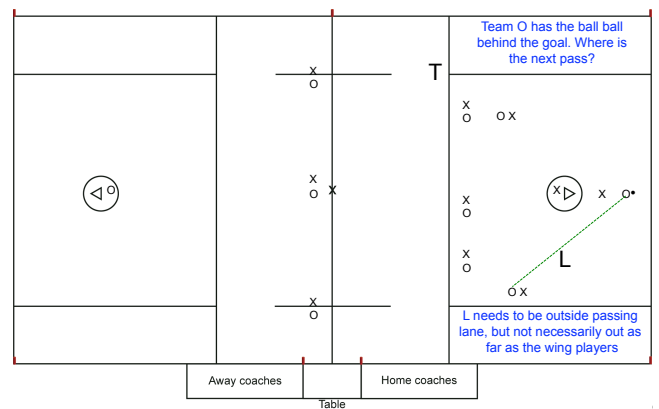
## Settled situations II



## Settled situations III

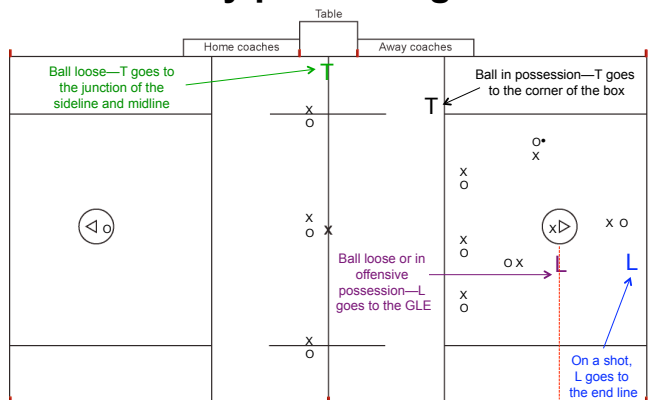


## Next pass



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## Key places to go



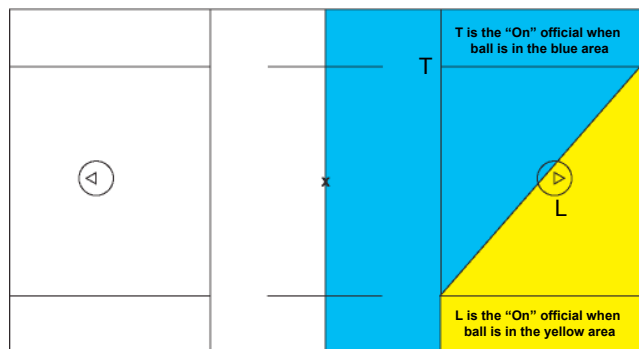
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## On and Off officials

- The “On” official watches the ball and calls most fouls there (e.g., push, hold, slash, trip, illegal body check)
- The “Off” official watches everything else (e.g., crease, interference, illegal screen)
- When player is in transition from one zone to another, whoever the player is moving toward is the “On”

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## Settled situation: On/Off official



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## 10-second count mechanics I

- **L** *always* has first 10-count across midfield
- The “on” official when count starts has all other counts
- A hand count is used, from navel to 45 degrees past vertical
- Switch arms if one count ends and a new count begins
- **No verbal count: use visual count only**



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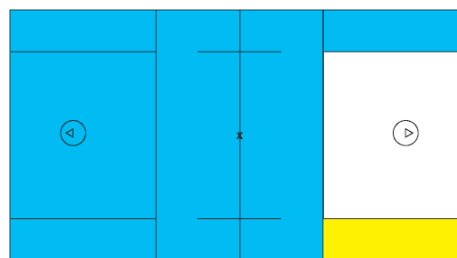
## 10-second count mechanics II

- Use “reset” signal to indicate new count on changes of possession or after a play-on
- If you have the count and it ends, simply stop counting
- If you do not have the count and the ball goes into the box in your area, put your hand up for 2–3 seconds, then point into the attack area



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## Who has the count?



- **T** has the count if the ball comes out in the blue area *or* on a restart in the blue area
- **L** has the first 10-count across midfield *and* has the 10-count if the ball comes out in—or restarts in—the yellow area

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## Most important responsibilities

- **L** has the goal
- **T** has the goal at the other end of the field
- **T** is responsible for watching the shooter and flagging **late hits**

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## Restarts

- In a settled situation, the “on” official has the restart and the count
- **L** may need to point to signal **T** that player in possession is in bounds for the restart
- Make eye-contact prior to restart before face-offs and after penalties, timeouts, and sideline horns
- **Quick restart** for end line out of bounds, change-of-possession technical fouls

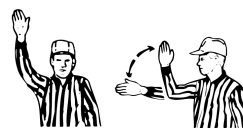
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## End line out of bounds

- **L** covers all **contested** plays behind the goal; **T** moves into box until **L** returns
- **L must** chase shots to the end line and has all end line out-of-bounds calls
- On shots, possession to team with in-bounds player’s body closest to ball when it breaks the plane of the sideline (horn allowed) or end line
- Play can start inside the attack area for an end line OOB if there are no fouls

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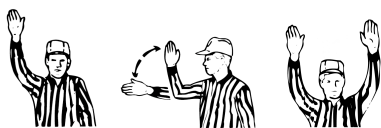
## End line out of bounds signals



- Whistle *simultaneously* with dead-ball signal
- For a player stepping out on the end line, point to the end line with a sweeping gesture
- Point direction of play; don’t point across body
- **L** must get back to GLE **before** restarting play unless there is a contested play on the end line

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## Sideline out of bounds I



- Each official calls his own sideline
- Hand up and whistle
- If player stepped out, point to sideline with sweeping motion to indicate OOB rather than a foul
- Point in the direction of play and call color of team getting ball (e.g., “Blue!”)
- Both hands up to indicate that a horn is allowed

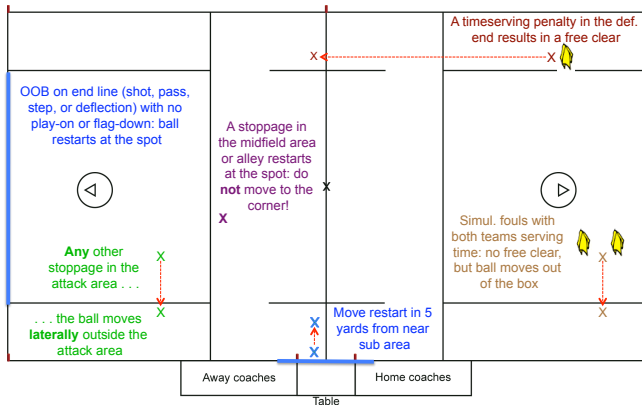
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## Sideline out of bounds II

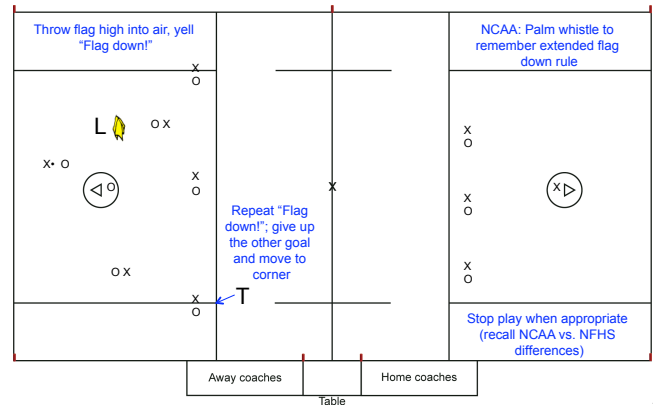
- Bench-side official clicks timer and keeps arms up:
  - If no horn, for 3–5 seconds
  - If there is a horn, until teams are done subbing or until timer goes off
- **T** restarts if the ball is leaving the **T**’s half of the field
- In the offensive end, the “on” official restarts

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## Restart Location



## Flag down

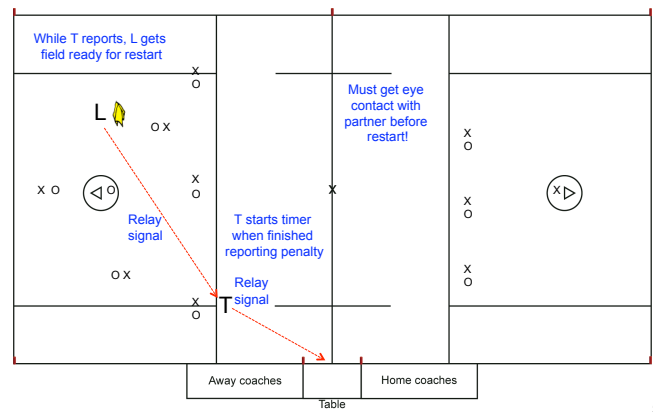


## Signaling time-serving fouls

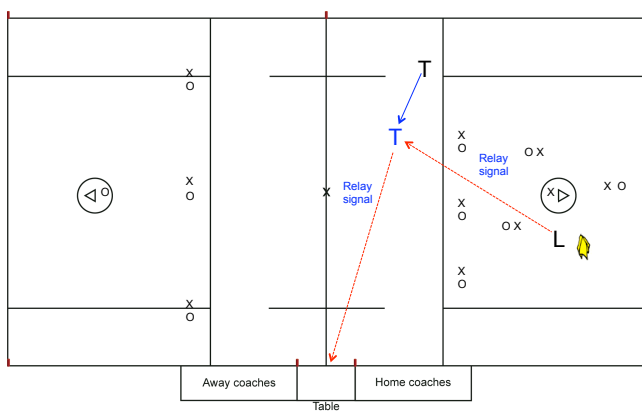
- Watch residual action
- Sort out multiple flags (same fouls or not?)
- Briefly inform player, then partner
- Face table from open area, set feet, pause
- Report **C**olor, **N**umber, **O**ffense, **T**ime, **E**xplanation (restart/NR) (**C-NOTE**)
- **T** starts timer; **L** should have field ready
- Don't start until you get point from partner

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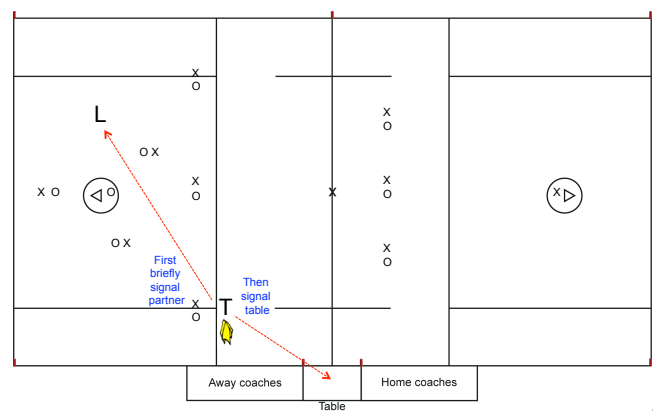
## Signaling penalties (Lead)



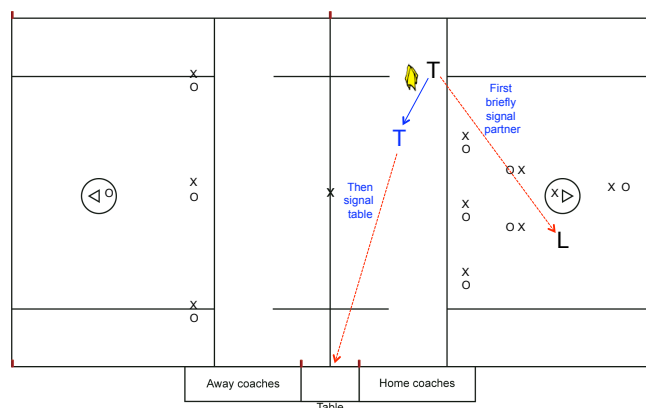
## Signaling penalties (Lead)



## Signaling penalties (Trail)

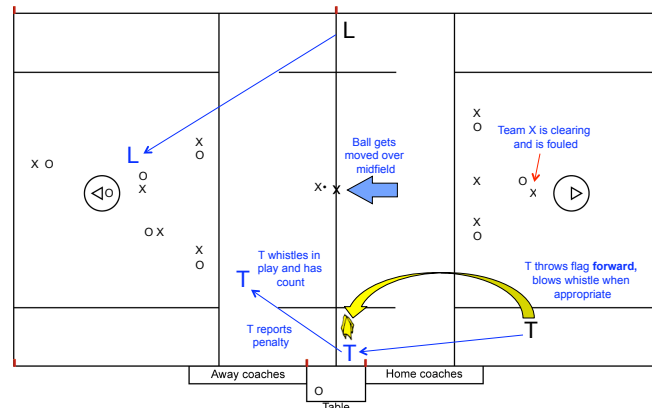


## Signaling penalties (Trail)



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## Free clear (time served)



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## Goal scored on a flag down

- Report personal foul as usual; make sure teams know it will be a man-down face-off
- For a technical foul, signal:



"Goal is good."



"There is a push..."



"...which is wiped out by the goal."



"The goal is good."

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## Dead balls

- There is :
  - An action requiring a whistle to stop play
  - A pause while the official recognizes it
  - The sounding of the whistle
- The dead ball begins with the action *requiring a whistle*
- Any foul that occurs during a dead ball is a dead-ball foul even if it happens during the pause between recognition and whistle

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## Assessing dead-ball fouls

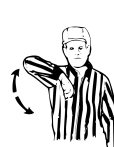
- Dead-ball fouls are enforced in sequence
- Technicals may be possession fouls or time-serving, depending who's due possession.
- Treat a foul with a face-off pending like a loose-ball foul: award possession for a technical and flag a personal
- Use the dead-ball foul signal when necessary



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## Situation #1

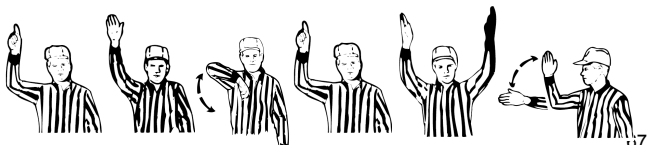
- **Play:** B1 illegally body checks A1 **before** ball enters the goal (**not** a dead-ball foul)
- **Signal:** "Blue, #1, illegal body check, one minute. Goal is good. Face-off."



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## Situation #2

- **Play:** B1 illegally body checks A1 **after** ball enters the goal
- **Signal:** “Blue, #1, dead ball, illegal body check, 1 minute. Goal is good. White ball.”



## Live-ball vs. dead ball fouls (on opposing teams)

- For “live-ball, live ball,” you have simultaneous fouls and no free clear (“Live-ball, live-ball, leave it”)
- For “live-ball, dead ball,” enforce in the order they occurred and award a free clear (“Live ball, dead ball, dead center”)
- In both cases, common penalty time is non-releasable (NCAA 7-2-d)

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## Play on



- Yell “Play on!” and give the play-on signal
- If no clear advantage, kill play within 1 second. If offended team is likely to gain and **maintain** possession, allow it to go up to 3 seconds (normally)
- If the offended team gets possession, **point in the direction of play and indicate the offended team (e.g., “Blue ball!”)** to signal the end of the play-on

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## Signaling possession-change fouls

- Watch for residual action from play
- Short: “Loose ... push ... blue ball!” or even “Push ... blue ball!”
- Make call loud and clear, with big signals
- Move ball out of Zone 4 if necessary
- **Quick restart:** everyone should be “in the play” (*exceptions:* 5-count for GK out of crease, player too close on free play)

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## Signaling violations

Let everyone know exactly what the foul was as quickly as possible. Which accomplishes this best?



“Illegal  
procedure!  
White  
ball!”



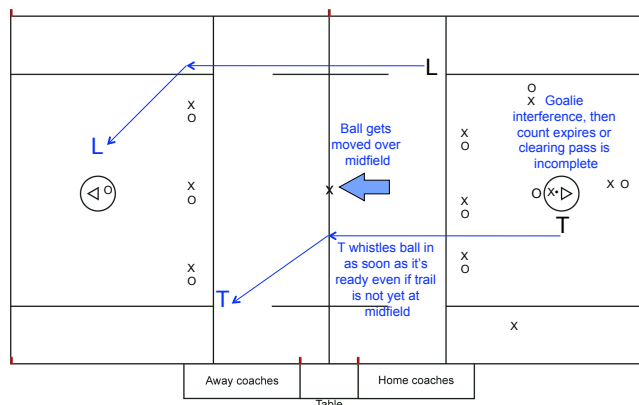
“Illegal procedure!  
Blue number 27 is  
playing from out of  
bounds! We’re  
going White!”



“Playing from out of bounds! White ball!”

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### Free clear (no time served)



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## Ball-in-flight technical foul

If A1 passes the ball and B1 commits a technical foul while the ball is in flight:

- Call play-on
- Award possession if the pass is incomplete
- End the play-on (“Blue ball” and point) if the pass is completed

**Note:** NFHS 4.5 Situation was changed by and NFHS bulletin on 1/22/09

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## Equipment checks I

- Check during dead-ball situations: timeouts, between periods, after goals, before face-offs
- NCAA—6 **stick** checks per team per game; only check stick unless coach requests
- NFHS—at *least* 1 **equipment** check per team per half
- Use the unofficial “stick check” signal if needed

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## Equipment checks II

- Complete check in 20 seconds; if it takes more than 5 seconds to determine legality on any aspect, move on
- If the stick is illegal, report everything that is wrong
- Penalize most serious violation from crosse and equipment, but report all violations

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## Equipment check after goal

- Normally, **T** gets goal scorer and **L** gets a long pole
- **L** gets ball, checks pocket first, then transfers ball to **T**
- Postpone scheduled check if flag down
- Communicate to make sure you have a player from each team

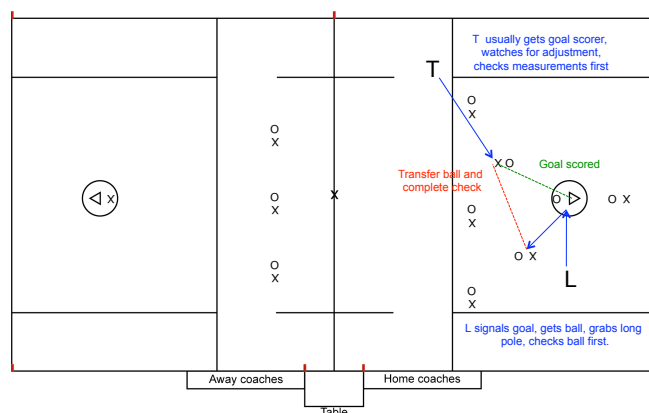
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## Goal scorer adjusting crosse

- **T** watches goal scorer and yells “Don’t touch your stick! Please give me the stick!”
- **L** signals goal, gets long pole
- Goal disallowed for pulling strings **before** or **after** or adjustment **after** request
- If no check was planned but the scorer pulls the strings shortly after the goal, goal is disallowed and 1-minute USC is served
- Adjusting the crosse is a 1-minute USC

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## Equipment check—goal scored



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## Equipment check before faceoff

If you check before a face-off, do it as soon as the players you intend to check are on the field; don't wait for the field to be set first

There are two options:

- W comes in to center to check face-off middies with F official
- F comes to wing area to check middies with W official

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## Equipment check during timeout or between periods

- L checks a player on the way to bench on L's half of the field
- T checks a player on the way to bench on T's half of the field
- Do not pull players out of huddle
- Can inspect sticks at midfield
- These are good opportunities to "catch up" on checks during a low-scoring game

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## Timeouts

- Can be called by *head* coach or any player on field
- Dead ball: either team can call
- Live ball:
  - NCAA: only with possession across restraining line in offensive end
  - NFHS: with possession anywhere
- Bench-side official watches teams cross
- Be sure teams know which team called it



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## Timeouts mechanics I

- When you determine that a timeout can be granted blow your whistle
- During dead ball: don't blow whistle if you can avoid it (blow repeatedly if people might think you're trying to start play)
- Wave both arms overhead
- Point to bench of team calling timeout for a team timeout
- Tap your chest for an official's timeout

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## Timeout mechanics II

- T starts 1:40 timer when teams have had enough time to get to their benches
- Be sure you and teams know where ball is starting
- Meet at midfield: record timeout (time in period), discuss game situation
- Sound whistle and start beeper at 1:40 or when team *calling* timeout returns to field

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## Stalling I

- Be aware of NCAA vs. NFHS differences
- Verbally consult with partners before warning
- When appropriate, yell "Keep it in!" and give the arm signal
- Avoid trapping the team as they step in and out of the attack area

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## Stalling II

- On restart, remind teams if warning is on
- If the ball leaves the attack area other than by a shot or a defensive deflection, possible play-on
- If the ball leaves Zone 4 after being last touched by the defense, signal “Tipped ball!”; either team may recover, but renew warning if offense recovers

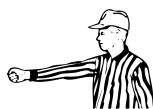
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## Stalling III

- Stall warnings should be given early in the game if appropriate whether team is leading or trailing
- **A man-down team may be warned for stalling**
- Warning in last two minutes for team in the lead is automatic: it is a violation to come out even if the officials forget to give the “keep it in” warning

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## Inadvertent whistle



- If Team A has possession, Team A keeps possession
- If the ball is loose in the crease, the defense is awarded possession
- If the ball is loose outside the crease, award by alternate possession

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## Inadvertent flag



- Stop play at the earliest point not interfering with an imminent scoring opportunity (see rules for shot taken)
- Wave off the flag
- If Team A has possession at the time of the flag, Team A keeps possession
- If the ball is loose at the time of the flag, award by alternate possession (except if ball is in crease: award to defense in alley)

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## NFHS coach's challenge

- Meet in sub area, start 1:40 timer
- Challenge denied before 1:40: coach may use remaining time and is charged TO (or is assessed technical foul if none remain)
- Officials not convinced of legitimate argument within 1:40: assess timeout or technical foul, restart within 20 seconds
- No challenges after game ends

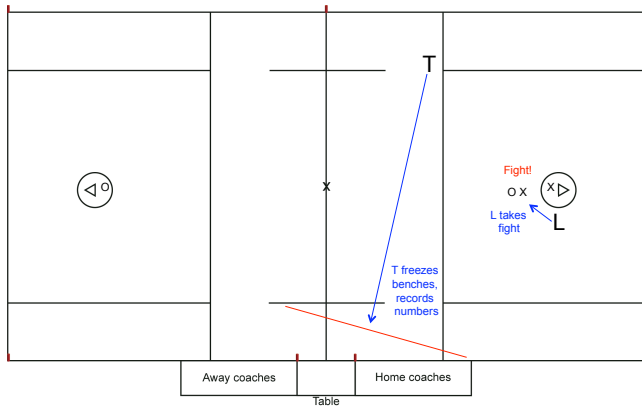
89

## Official nearest the incident

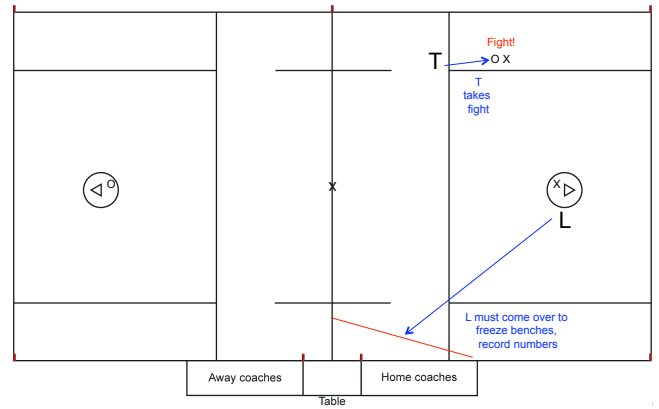
- Gets in early and stop before it starts
- Remembers color/numbers of players involved and the sequence of involvement
- **Note:** Officials *may* attempt to physically separate players if they believe it can be done without endangering the safety of the players or the officials. **Do not risk personal injury to separate players.**

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## Fight in front of bench side official



## Fight in front of far side official



## Suspended games

- New NFHS lightning guideline: clear field for thunder or lightning ground strike; keep field clear for 30 min. after last such event
- Coaches: get teams into vehicles/buildings
- Record all game info, since game will be resumed from the point of interruption **unless** coaches agree to terminate game
- There are no NFHS or NCAA rules saying a game is "complete" after a certain point

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## Lost/broken crosse

- Participating in play without crosse or with a broken crosse is illegal procedure
- Stop play immediately if broken crosse creates a dangerous situation
- Player can drop broken crosse and run off or carry it off the field
- Play is stopped immediately for **broken** goalie crosse

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## NFHS lost/broken equipment

- If a **anyone** loses or breaks required equipment other than the crosse in a scrimmage area, stop play immediately
- Award ball as with inadvertent whistle
- USC for intentional lost equip. to stop play

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## NCAA lost/broken equipment

- A1 with possession loses glove, shoe, or helmet and maintains possession: stop play and award possession to Team A (no goal)
- Technical for participating in the play as a def. player after losing equipment on the field other than the mouthpiece, or participating in play after chinstrap warning
- Must stop play immediately for any player without required protective gear in a scrimmage area

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## Lost/broken goalie equipment

- If goalie breaks his crosse or loses or breaks any other required equipment, stop play immediately (allow shot in flight to conclude)
- Award possession as with inadvertent whistle
- USC for intentional lost equip. to stop play
- Goalie playing without crosse is a technical foul

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## Injuries

- Stop play when appropriate; err on the side of caution
- Call trainer or 911 (don't touch the player)
- Do not try to rush player off the field
- Unconscious player needs written medical approval (from MD or DO) to return
- Report unconscious players/major injuries to the assigning authority after the game

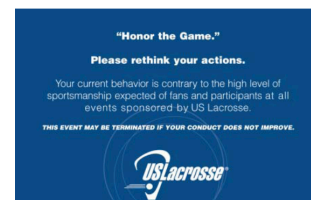
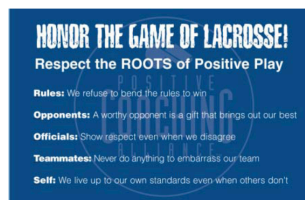
98

## The "Ramp"

- For poor behavior by Team A, options are:
  - Verbal warning
  - Conduct foul with Team A in possession
  - Conduct foul with Team B in possession
  - USC foul (1 to 3 minutes)
  - Expulsion
- Try to work through these steps in order
- Sometimes you may need to skip steps (especially taunting/racist behavior)

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## Sportsmanship card



100

## Sportsmanship card

- For youth games, adult non-coach sideline manager from each team must be present
- Sideline manager can warn coaches, players, or fans using card
- Sideline manager notifies officials, who notify coaches
- Officials terminate game if behavior persists
- See Level 1 & 2 Manual for more info

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## Assault

- Extremely rare, but possible
- Avoid physical contact and threatening behavior; don't retaliate
- End the game, leave with your partner, and call 911
- File charges; write a report and contact your assigner; follow through with league or criminal hearings

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## One-man mechanics

- Run the near sideline if you can get two people to call the far sideline
- Otherwise, run the far side and have the coaches call out of bounds (use AP if necessary)
- Run top of box to top of box
- Worry more about safety calls than technical fouls like offside
- Coaches will understand that you can't see everything by yourself

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## Post-game

- Come close to the ball at horn to discourage post-game "issues"
- You have jurisdiction and can expel people after horn (suspensions to be served)
- Watch teams cross to benches, then quickly leave field as a crew (don't stay for handshake unless state requires you to)
- Call assigner ASAP if necessary (e.g., fights, expulsions); follow with written report

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