



USATM
LACROSSE



OFFICIALS EDUCATION

RULE 4 PART 1 - FLOW OF THE GAME

MENS OFFICIALS DEVELOPMENT | 2026 SEASON

RULE 4 OVERVIEW

A LOT TO COVER

- Rule 4 is very comprehensive and covers a large amount of information
- The best way to learn is simply to study the rulebook and watch games
- We are going to break this down for you
- This presentation will focus on FLOW OF THE GAME
- How to keep the game moving!



FLOW OF THE GAME

WHY IS IT IMPORTANT?

- FLOW refers to the feel of the game for everyone involved
 - Speed of the game
 - Score of the game
 - Length of the game
- Is the game taking too long?
- Does it seem slow?
- Is it entertaining?
- Are the players having fun?
- You have more control than you think!



THIRD TEAM ON THE FIELD

GETTING ON THE SAME PAGE

- The PREGAME is our primary method of creating consistency
- For many high school games, we have little time to pregame on game day.
- Some advance communication between crewmates is necessary for a successful game
- Consider pregame emails, text messages or phone calls.
- Cover the important details at the game



GOALS FOR EVERY CREW IN EVERY GAME



Consistency



Rules and
Mechanics
Knowledge



Teamwork and
Trust



Communication

CLASS DISCUSSION - HOW DO THESE GOALS AFFECT THE FLOW OF THE GAME?

HIGH SCHOOL GAME LENGTH

HUSTLE VERSUS NO HUSTLE

- There are required time lengths in every game that we can't control
- There are controllable aspects to every game
- This largely is controlled by the game officials
- **HUSTLE vs. NO HUSTLE!**



DID YOU KNOW

At the international level, officials must track the time from goal scored to the next faceoff.

Do you know why?

Situation	Time	No Hustle Game	Hustle Game
Quarters	48	1 Hour and 10 Minutes Of Required Time to Complete	
Timeouts	8		
Half + Breaks	14		
Goal to Faceoff	18	@ 45 sec = 13.5 min	@ 12 sec = 3.6 min
Penalty Admin	7	@ 120 sec = 14 min	@ 30 sec = 3.5 min
Restarts	~15	@ 10 sec = 2.5 min	@ 5 sec = 1 min
		30 minutes	8.1 minutes
		1:40	1:18

PREGAME RESPONSIBILITIES

SET THE TONE

1

MEET AND CERTIFY COACHES

2

CAPTAINS/COIN TOSS

3

MEET WITH FACEOFF PLAYERS (IF TIME PERMITS)

4

SUBSTITUTION COACHES-SET EXPECTATIONS

5

MEET TABLE PERSONNEL-REVIEW RESPONSIBILITIES

6

READY THE FIELD FOR PLAY

7

LINE-UP



FACEOFFS & RESTARTS

MANAGING THE TEMPO OF THE GAME

- This section dives deeper into your role as the official in administering the face-off
- How your teamwork and communication can help keep the game flowing



FACEOFFS

WHERE THE FLOW BEGINS

- Pre-Game Faceoff Meeting
 - Set your expectations
 - Talk about speed of setup
 - Enlist the faceoff men as partners
- Opening faceoff sets the tone
 - Take your time and be legal
 - Call violations and explain them
 - Get the restart quickly



FACEOFF SETUP EXAMPLE

IS THIS A GOOD SETUP?



Class
Discussion
Questions

FACEOFF SETUP EXAMPLE

IS THIS A GOOD SETUP?



Class
Discussion
Questions

AFTER A GOAL, BEFORE NEXT FACEOFF

THE REAL TIME-SAVER

Signal the goal
and retrieve
the ball,
wherever it is.

Jog back to
center... Do
Not WALK

Dead ball
officiating is
important

Record the
score when in
position for
the faceoff

Non-faceoff
official signals
when field is
ready for play



NO HUSTLE AFTER A GOAL

THE REAL TIME-WASTER



Class
Discussion
Questions



RESTARTS AFTER FOULS

MAKE THE CALL & START THE PLAY

- Be efficient between fouls and restarts
- Start play as soon as possible, but not before everyone is ready
- Before starting play ensure the following has been done:



Any penalty has
been reported to
the table



All flags have been
picked up



All Referees are
ready to restart



The Goalie knows
where the ball will
be restarted

PARTNERS SHOULD BE SETTING THE FIELD FOR PLAY

VIDEO - PROPER RESTART AFTER FOUL

THREE MAN MECHANICS



WHAT ARE YOU DOING?

WHILE YOUR PARTNER IS RELAYING THE FOUL

Class
Discussion
Questions

I really hope my
partner is
getting the field
ready.



VIDEO - QUICK RESTART HUSTLE

THREE MAN MECHANICS



OUT OF BOUNDS RESTARTS

A KEY TO GAME FLOW

- No running restarts from out of bounds
- Start 5 yards on the field when in front of the table area
- Offensive players must be more than 5 yards from the ball carrier
- Defensive players do not need to be more than 5 yards away, but..
- Can be penalized if they do not create a 5-yard separation
- Timeouts along endline start inside box

IN-BOUNDS RESTARTS

SOME SLIGHT DIFFERENCES

- Quick restarts allowed from in-bounds
- Play-On fouls should restart quickly
- Offensive players must be more than 5 yards from the ball carrier
- Defensive players do not need to be more than 5 yards away, but..
- Can be penalized if they do not create a 5-yard separation
- Offensive restarts must be outside of box in alley if play stopped in box

QUICK RESTARTS

A CLOSER LOOK

- The following requirements need to be met for a quick restart
- If not, a flag-down or turnover could occur



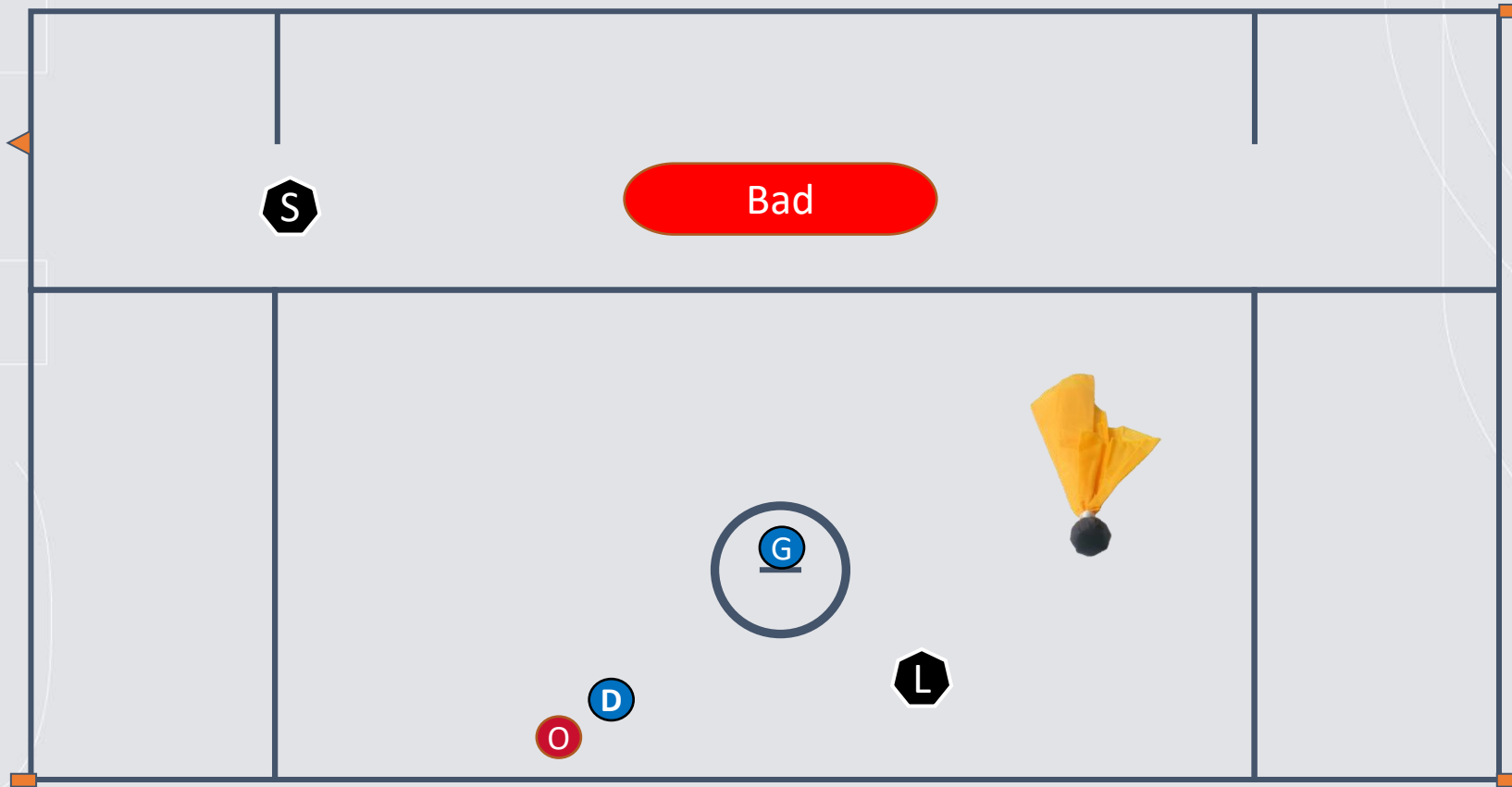
BAD RESTARTS FROM ENDLINE

ANIMATED 2-PERSON MECHANICS

KEY

OFFENSE ●

DEFENSE ●



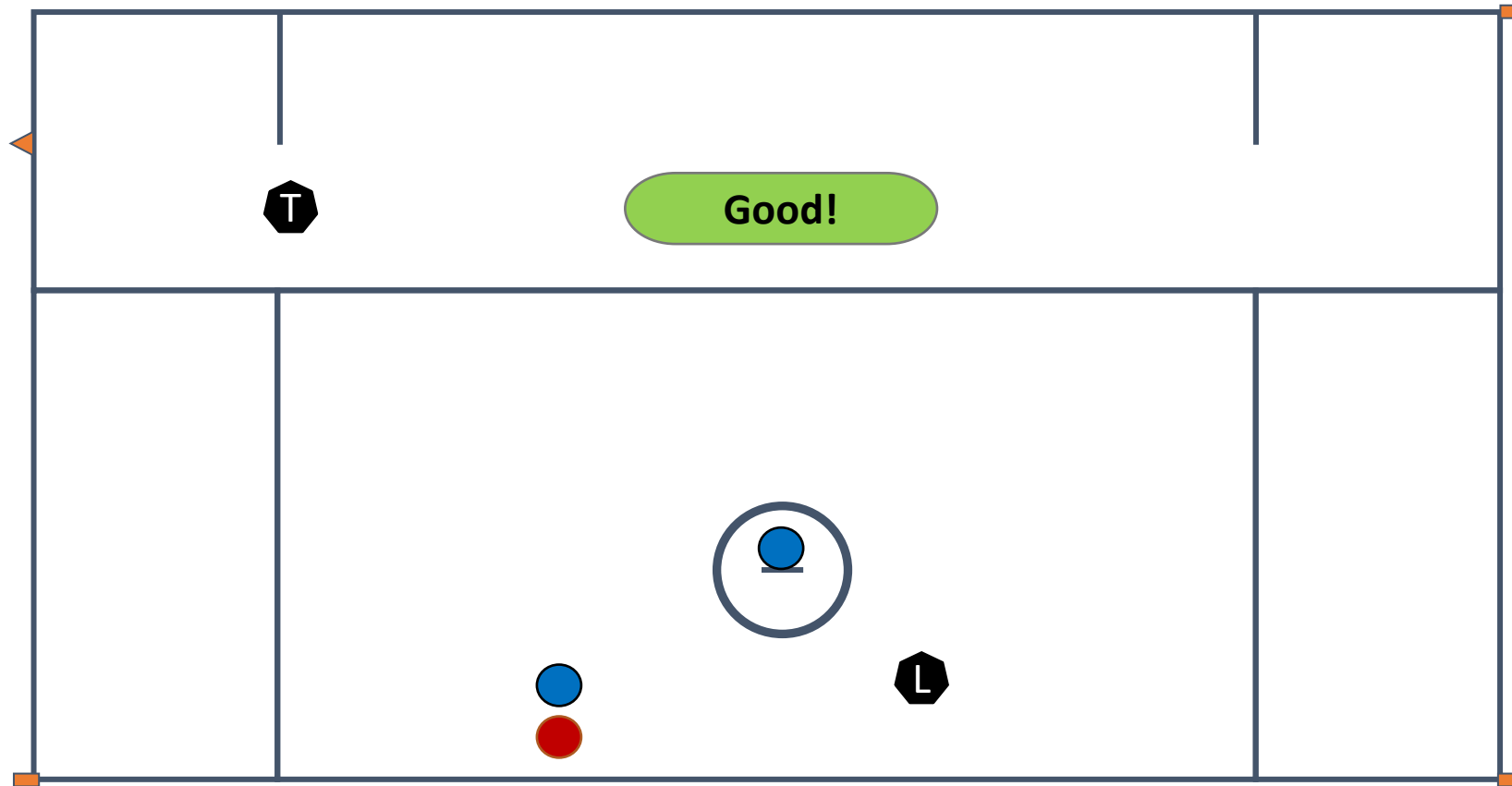
GOOD RESTARTS FROM ENDLINE

ANIMATED 2-PERSON MECHANICS

KEY

OFFENSE ●

DEFENSE ●



RESTARTS FROM MIDLINE

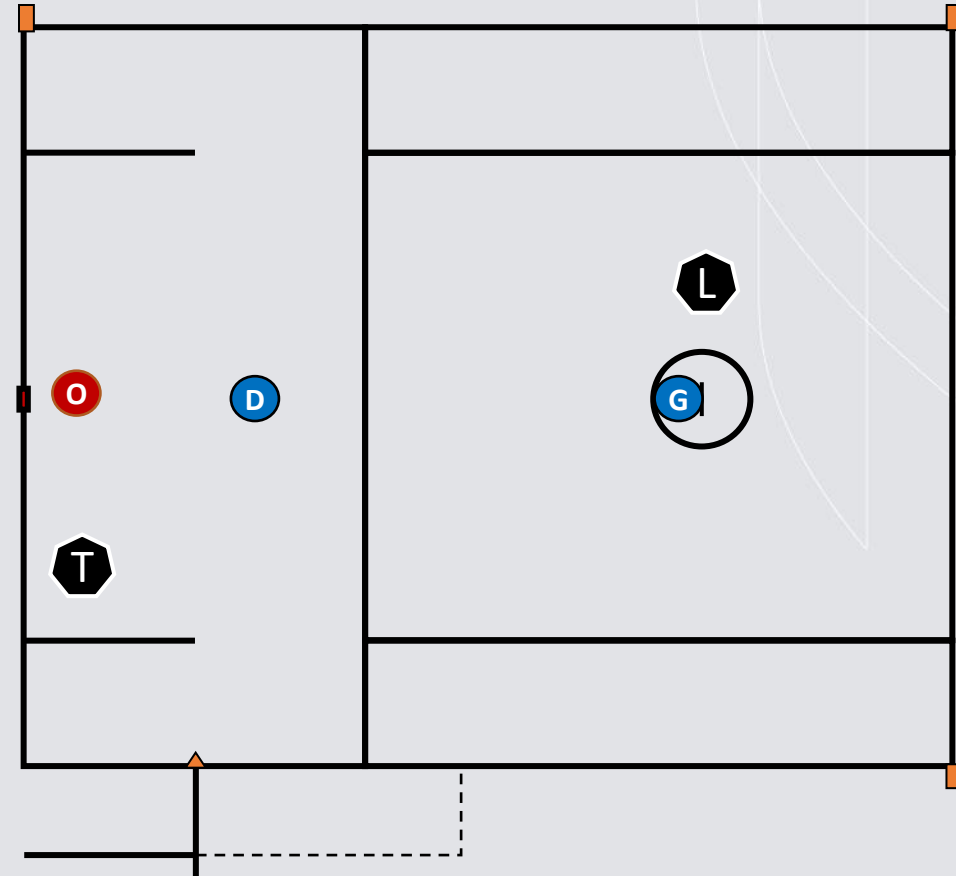
ANIMATED 2-PERSON MECHANICS

- When trouble happens most.
 - Over & Back
 - Restart after a faceoff violations

KEY

OFFENSE ●

DEFENSE ●



BAD RESTARTS FROM MIDLINE

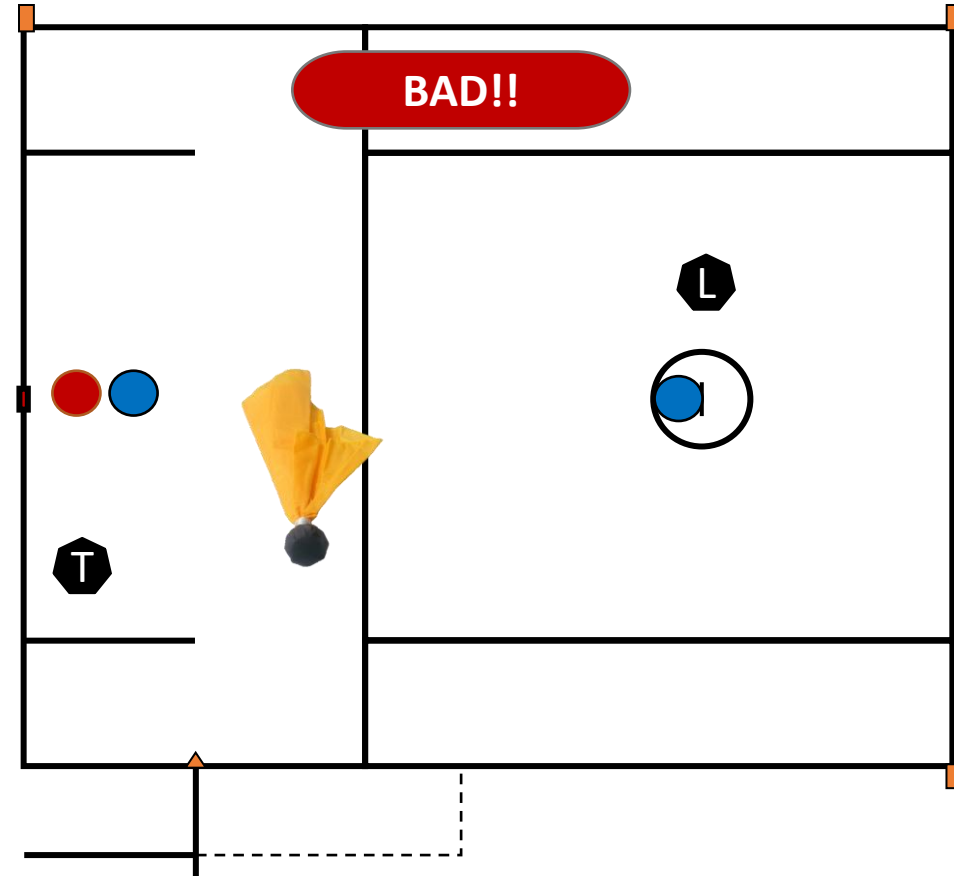
ANIMATED 2-PERSON MECHANICS

- When does this happen?
 - Faceoff violations
 - Shutoff in a man-down situation
 - Take-away defender

KEY

OFFENSE ●

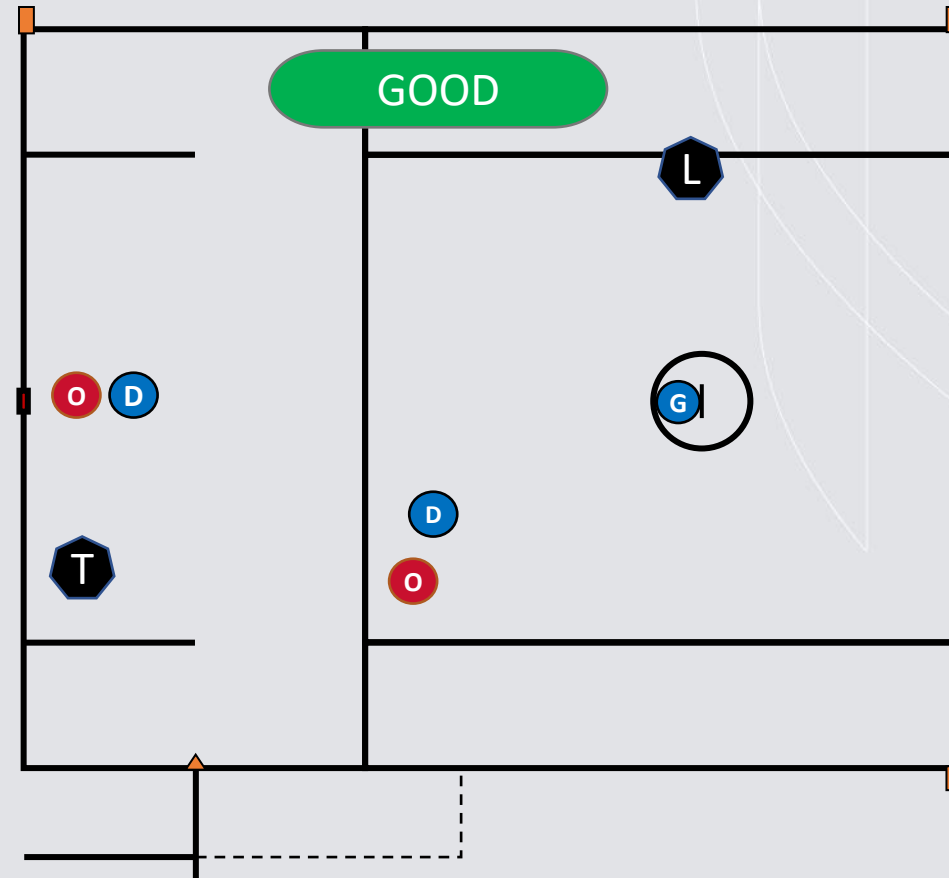
DEFENSE ●



GOOD RESTARTS FROM MIDLINE

ANIMATED 2-PERSON MECHANICS

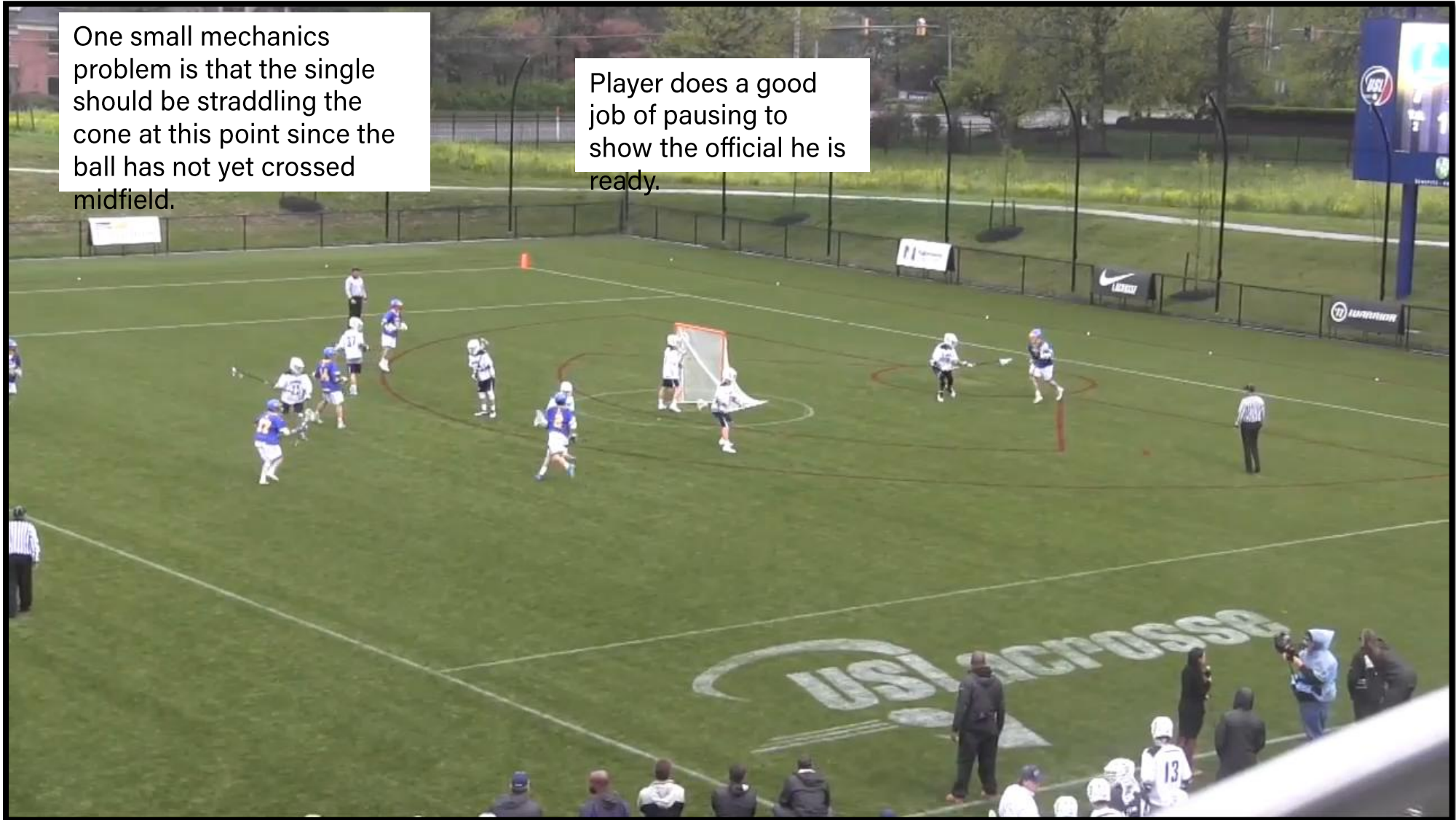
- When does this happen?
 - Faceoff violations
 - Shutoff in a man-down situation
 - Take-away defender



GOOD RESTART FROM SIDELINE

One small mechanics problem is that the single should be straddling the cone at this point since the ball has not yet crossed midfield.

Player does a good job of pausing to show the official he is ready.



TIMEOUTS & RESTARTS

A CHANCE TO GET ON THE SAME PAGE

- Anticipate when a TO will be requested
 - Last 2m of half
 - Close game
 - Possession saver
 - Man-down kill and double-team
 - Out of bounds in transition
 - If we start talking about stalling
 - Overtime Faceoff (this is key!)
- Trail official needs to expect this! **Pregame this point**
- Where's the restart?
- How many TO remain
- Tell the coaches



OFFICIALS TIMEOUTS

WHEN CLARIFICATION IS NEEDED

- Know the situation...
 - Crease call (goal or no goal?)
 - Two Penalty Flags Thrown
 - A foul in which a player will be "locked" in
 - Issues at the Scorer's Table/Time Issues
- Report to coaches the results
- "Who's watching the players"?
 - 3rd official
 - Conference should never be all 3 officials
 - If 2-man, open-up your field of view to see the players



Class
Discussion
Questions

***Be quick but don't
hurry, take the time
necessary to get it
correct.***



STALLING

GET IT IN – KEEP IT IN

- When and where...
 - Usually start behind the goal
- Recognize the situation/level of play
 - Usually not called in lopsided games
- Bottom line, is the offense attacking the goal?
 - What does that mean?
 - Shots?
 - Dodges and re-dodges
- Last two minutes of the game with a 4-goal or less differential



Class
Discussion
Questions

ALWAYS BE PROFESSIONAL

DEMEANOR AND COMMUNICATION

- This lesson was about Flow of the Game
- Professionalism from the first whistle keeps everyone focus on their job (playing, coaching, officiating)
- Respect will come when you approach the game the way the coaches do.
- We may not make the "Big" bucks officiating but, we are still getting paid for the job. WORK HARD...Hustle!
- We, as officials must approach every game, regardless of level, as the most important game at that time.
- It IS the most important game for the coaches and athletes, it must also be for us!
- If you make a mistake, ADMIT IT & OWN IT!



THANK YOU TO THE MEMBERS OF THE
2025 MENS OFFICIAL'S EDUCATION
DEVELOPMENT TEAM

TAKE CARE OF YOUR CREW



USALacrosse.com