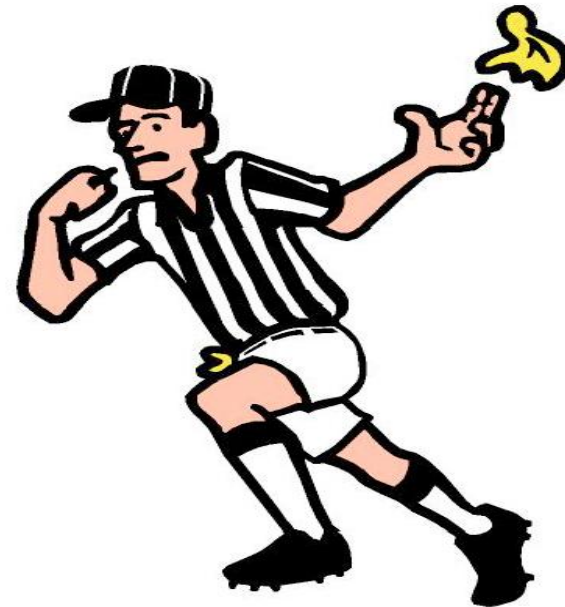


3 MAN MECHANICS

Originated by John P. Hill



2011 Version
Updated 7/6/11

The Mission of our Mechanics:

- To put us in the best position to make the calls that allow us to keep the game safe and fair.
- To use methods that are easily applied in a consistent manner by officials of various levels of ability in games of various levels of skill.

NCAA POINTS OF EMPHASIS/ MAJOR RULES CHANGES 2011

- Sportsmanship
- Targeting the Head / Neck
- The “SET” Call is Back on Face-Offs
- Vary Whistle Cadence on Face-Offs
- Pinning the Body or Crosse on Face-Offs
- Advancing the Ball (New 30-Second Rule)
- Simplified Counts
- “Get-It-In / Keep It In”

Updated 1/19/11



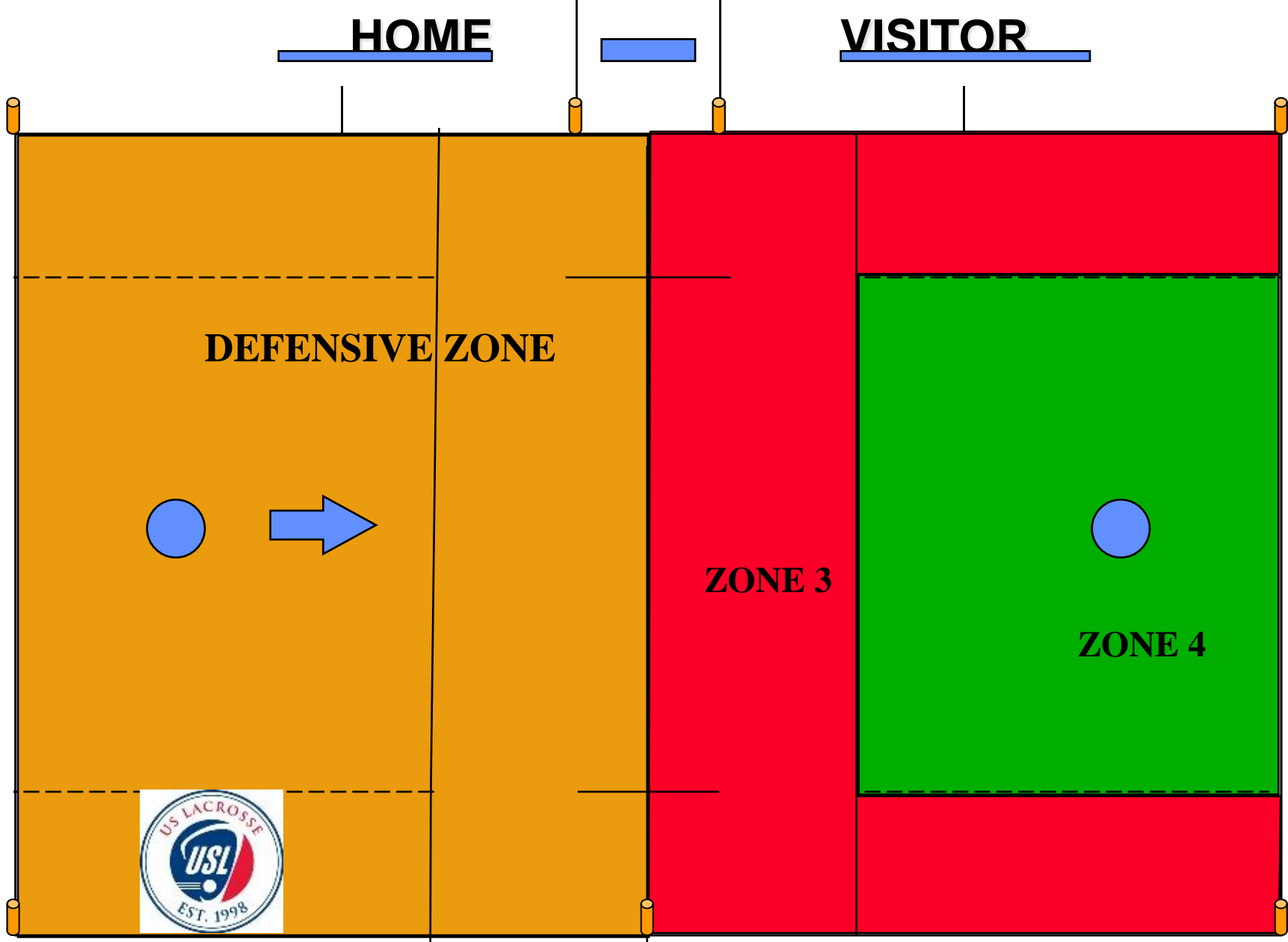
NFHS POINTS OF EMPHASIS

2011

- Restart Procedures (Speed up the game!)
- Field Size and Markings
- Sportsmanship (esp. Baiting and Taunting)
- Bench Area Protocol
- Equipment Certification (Simplified Process)

Updated 11/5/10





PRE-GAME



HOME

XXXXX

VISITOR

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XX

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Get to corner of box
before you call for
Captains.



**Note: Crew should be available
for equipment checks.**



1) Introduce Captains
to Referee

HOME

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VISITOR

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Note: Use a coin at least the size of a half dollar.

NOTE: Coin Toss winner gets choice of goal to defend *or* first alternating possession.



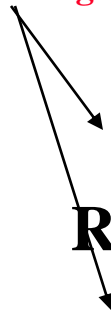
Note: Home team leaves first, and Visitor is about 5 steps behind

Note: U and FJ checks nets after the coin toss. Check for balls.

XX XX

U

Speaking captains



R

OO OO

FJ

- 1) Home Team faces bench
- 2) Visiting team calls toss prior to toss
- 3) Catch coin (Don't flip)
- 4) Rotate players backs to goal they are defending
- 5) Tap shoulder for Alternating possession
- 6) Left shoulder to goal for line-up



HOME

XXXXX

VISITOR

OOOOO

Note: U and FJ should line up 5 yards apart, and have teams line up on them

- 1) Teams should have their left shoulder towards the goal they are defending
- 2) Don't talk very much here as the players just want to play.



OOOOO OOOO G **U**

R

G XXXXXX XXXX **FJ**

↕



Line-up

FACE-OFFS



FACE-OFF OFFICIAL

- Keep free arm at your side. Keep the whistle in your mouth, or get it up there as soon as you say “down”!
- Position yourself where you are safe and can see sticks.
- FREEZE once players are down. Put players down together. Get whistle to mouth as players go down. **Say “SET”. Vary cadence!**
- If there is a violation and you haven’t blown your whistle yet, don’t. Signal (but do not say) illegal procedure, verbalize **exact** violation, and award possession.
- Conduct the restart after a violation.
- Stay “home”. No need to rush to goal- your partners have it. Watch face-off action. Watch for “pinning” with stick or body.

Updated 1/19/11



FACE-OFF

Wing Officials

- Along the wing-line as close to center as necessary (or use new optional positioning).
- Don't move between "Down" and whistle.
- Move toward your goal on the whistle.
- Cover restraining line, goal, end-line.

Updated 1/8/10





HOME

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VISITOR

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F/O Responsibilities

- **position as needed to be safe, see sticks**
- neutral zone
- stick heads
- handles of crosse
- feet position
- gloves on crosse
- most violations
- most possession calls
- rotate with f/o players

SS Responsibilities

- butt end facing him
- wing line jumps
- goal line coverage
- move on whistle
- some possession calls
- line violations
- 30/20/10-second counts



B



F/O



SS

B Responsibilities

- wing line violations
- goal line coverage
- move on whistle
- some possession calls
- beeper to start play
- time outs
- line violations

Face-Off Standard Position

HOME

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VISITOR

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Bench official

- Move toward goal on whistle
- cover restraining line, goal



B



F/O



SS



Face-off official

- conduct face-off
- Say "SET". Vary cadence.
- **IF BALL STAYS, YOU STAY,**
- but keep out of harm's way
- take 90% of post-whistle F/O violations

Single-Side Official

- Move toward goal on whistle
- 30/20/10-second counts
- cover restraining line, goal
- stay until called off by Lead

Why FO needs to “stay home”...



16

New 1/16/08

Where's the Ball?



17

New 1/08/10

Where's the Ball?

HOME

XXXXX

VISITOR

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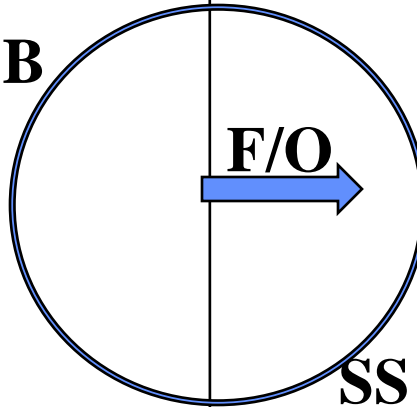
B Responsibilities

- wing line violations (opposite)
- STAY AND WATCH



B & FO- BREAK FOR GOALS ON POSSESSION

B



SS

F/O Responsibilities

-Whistle the F/O-STAY AND WATCH

Avoid the "I" formation



SS Responsibilities

- wing line violations (opposite)
- STAY AND WATCH
- 30/20/10-second counts

Use Women's Face-Off Circle as a Guide (if it's there)

HOME

XXXXX

VISITOR

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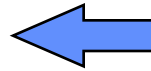
Bench becomes Lead
- has goal line, endline

B



FO becomes Trail

- conduct face-off
- say "SET". Vary cadence.
- determine possession
- sweep box
- jog into play
- **If FO violation, restart play quickly, follow violator to box, make sure sub is clean.**



FO



Single-Side Official

- don't stop at cone!
- 30/20/10-second counts
- help on questionable goal



SS



HOME

XXXXX

VISITOR

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Bench becomes Trail

- secondary offside
- substitutions
- sweep box
- time-outs
- jog into play
- **If FO violation, monitor the substitution.**



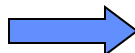
FO becomes Lead

- conduct face-off
- say "SET". Vary cadence.
- stay outside of passing lanes getting to GLE
- get to GLE
- verbally call off SS

B



FO



SS



Single-Side Official

- **GET TO GOAL LINE!!**
- 30/20/10-second counts
- help on questionable goal
- stay until called off by Lead

SETTLED SITUATIONS



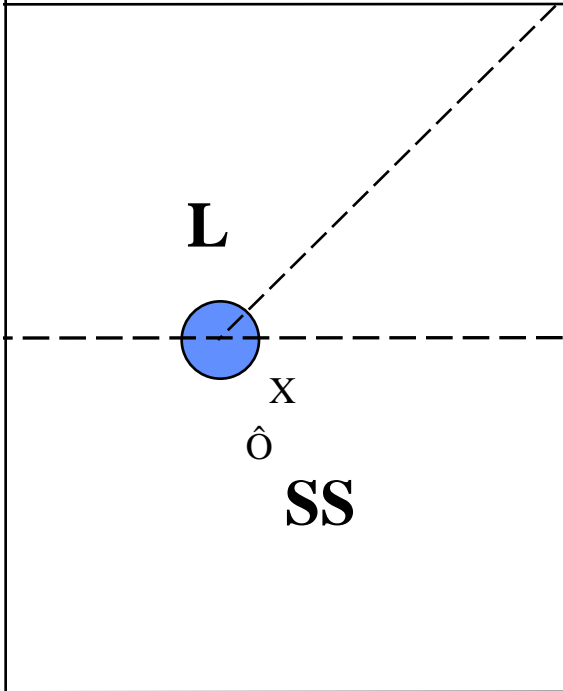
HOME

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VISITOR

OOOOO

Lead has the front of the crease, and is **off** official.



Single-Side has the ball, and is the **ON** official.

T



Trail is helping on crease, watching shooter, has sideline, and has all substitutions.

Note: Single & Lead - communicate on and off ball.



HOME

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VISITOR

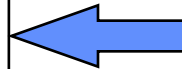
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Lead--be close to crease, and keep ball in front of you. Move in and out with ball.

Trail-- after sweeping box, jog to 5 yds. off, and 5 yds. in.

T

L



REMEMBER "GET IT IN/KEEP IT IN" IF OFFENSE CAUSES BALL TO GO INTO THEIR DEFENSIVE HALF, THEN GAINS POSSESSION

SS

Single-Side- about 5yds off & 5 yds. up
Must move in as Lead gets pushed off the goal line, **EVEN IF THERE IS A PLAYER BEHIND HIM.**

30-SECOND TIMER IF "O" GAINS POSSESSION IN "D" HALF (w/ no "Get-it-

In")



HOME

XXXXX

VISITOR

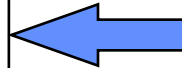
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Lead--be close to crease, and keep ball in front of you. Move in and out with ball.

Trail-- after sweeping box, jog to 5 yds. off, and 5 yds. in.

T

L



SS

**Single-Side- about 5yds off & 5 yds. up
Must move in as Lead gets pushed off the goal line, EVEN IF THERE IS A PLAYER BEHIND HIM.**



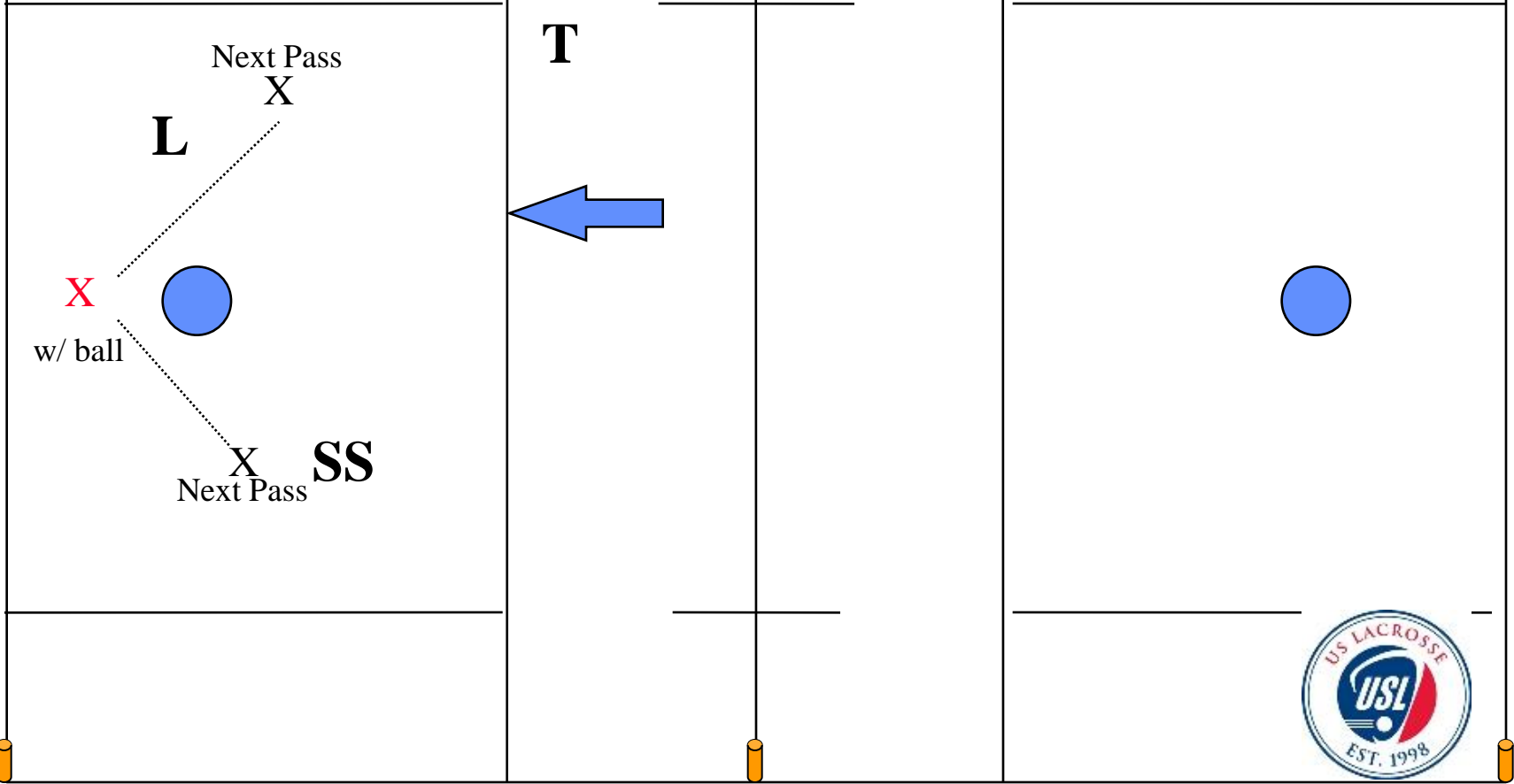
HOME

XXXXX

VISITOR

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**Stay outside of line to
"next pass"**



HOME

XXXXX

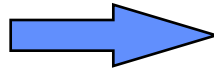
VISITOR

00000

XO

Trail must watch any contested subs on the fly. Watch for any advantage gained by going early, or fouls.

Open up and let the subs go in front of you. Close in behind.



X
O

T

X
X
O

L



SS

HOME

XXXXX

VISITOR

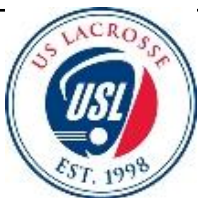
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**“GET IT IN/
KEEP IT IN!”**

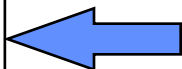
L



SS



T



- Communicate discretely- all 3 go up at once.
- No specific time frame
- Give them a brief “feeling-out” period, but look to put it on early.
- Allow for on-the-fly subs, as long as they don’t “dally”

TRANSITION



HOME

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VISITOR

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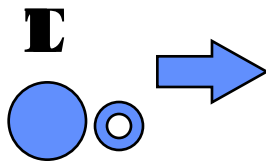
Lead (now Trail)- Signal for SS to start timer on possession.
Take 4 second goalie count.
Come up w/ball.

If slow clear, stay as deep as ball.

look

Trail (now Lead) breakout on save look before you get to the midline, if still coming get to goal-line

T



SS

SS- Start timer on possession- 10-second visual count begins when timer sounds.

look



Single-side starts timer, breaks for cone w/save. Take a few strides, take a look. Straddle cone.

Check offside.

Note: new Lead should not get beat to midfield, to top of offensive box area, goal line or endline.



HOME



XXXXX

VISITOR



00000

Trail (old Lead) stop at 1st cone, watch subs

Lead (old Trail) stop here, watch

substitution area until ball position demands that you get to the goal.

T

L

o



SS



RE-STARTS



HOME

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VISITOR

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Lead has goal-line

Trail has beeper, and any substitutes.



L



T



SS



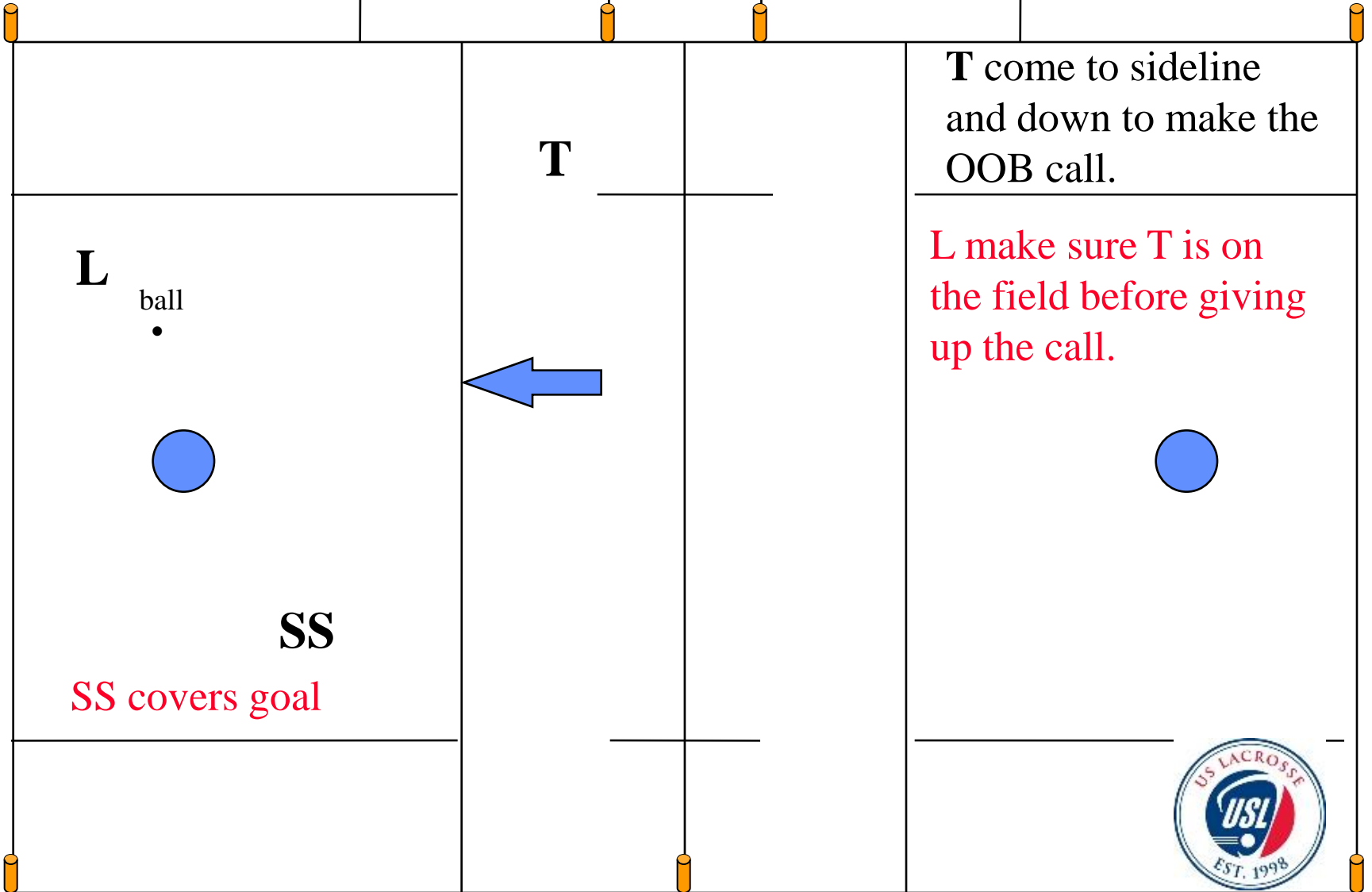
**Single-Side has whistle.
Look for "GO" from L and T**

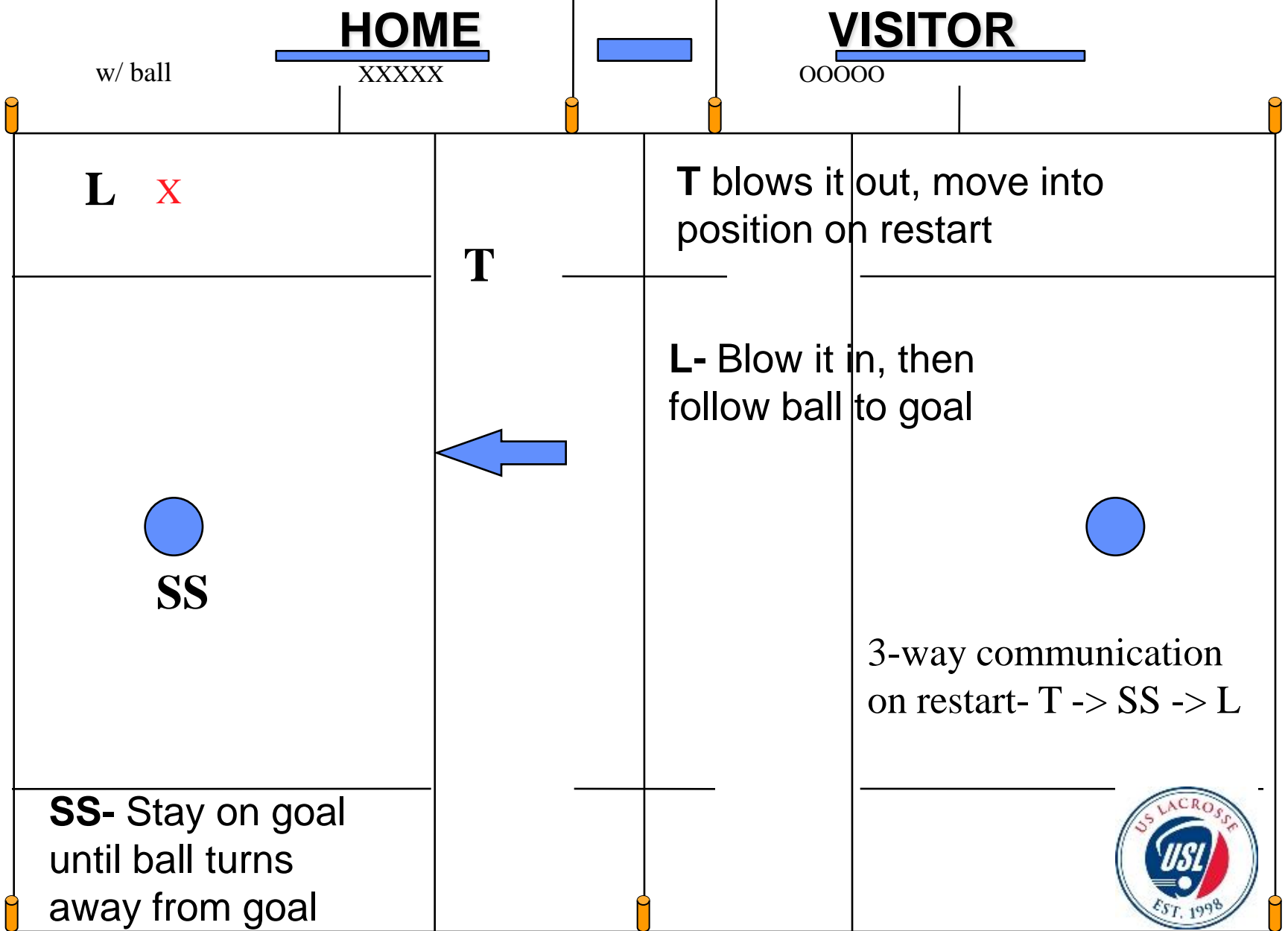
HOME

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VISITOR

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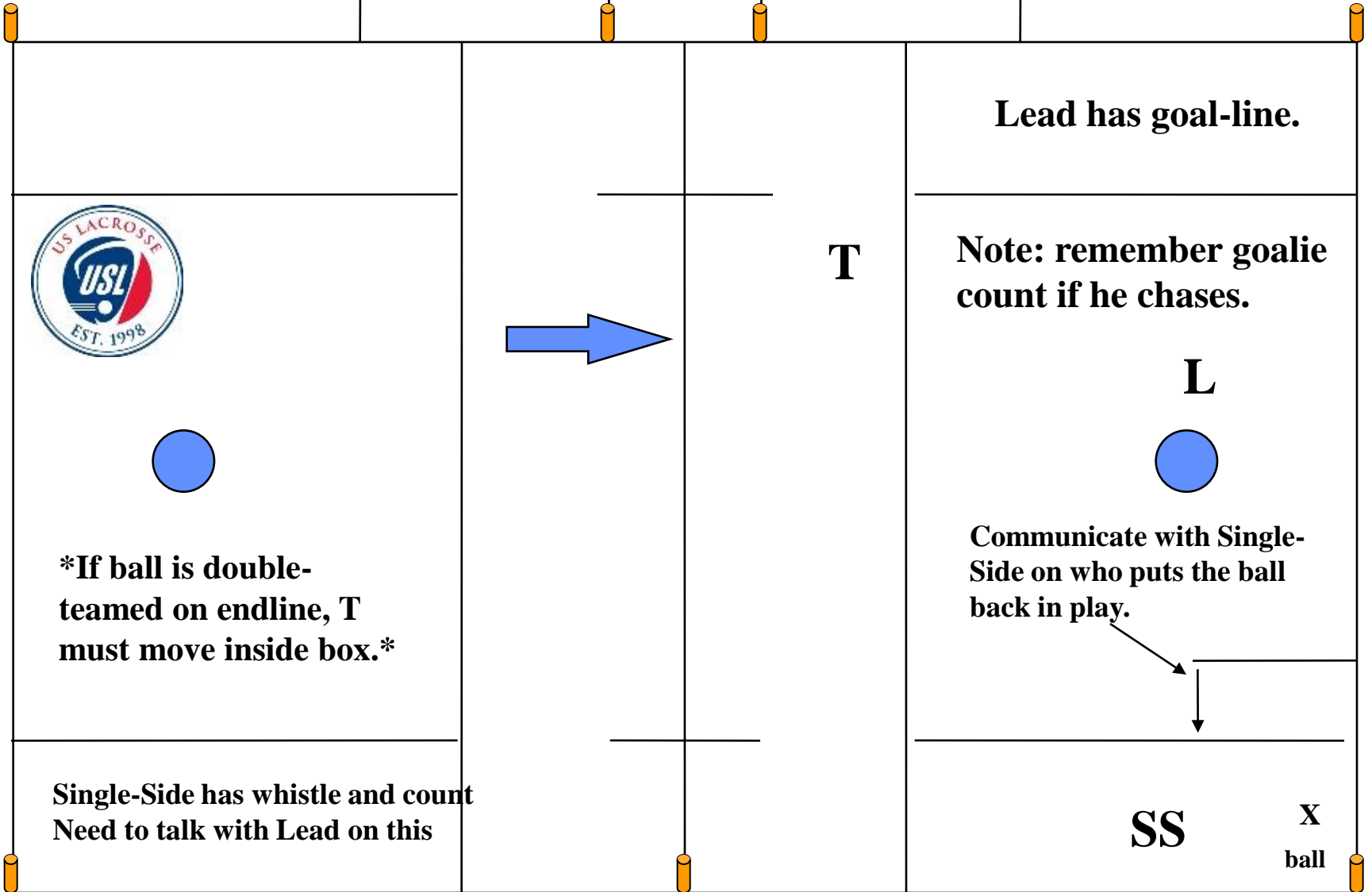


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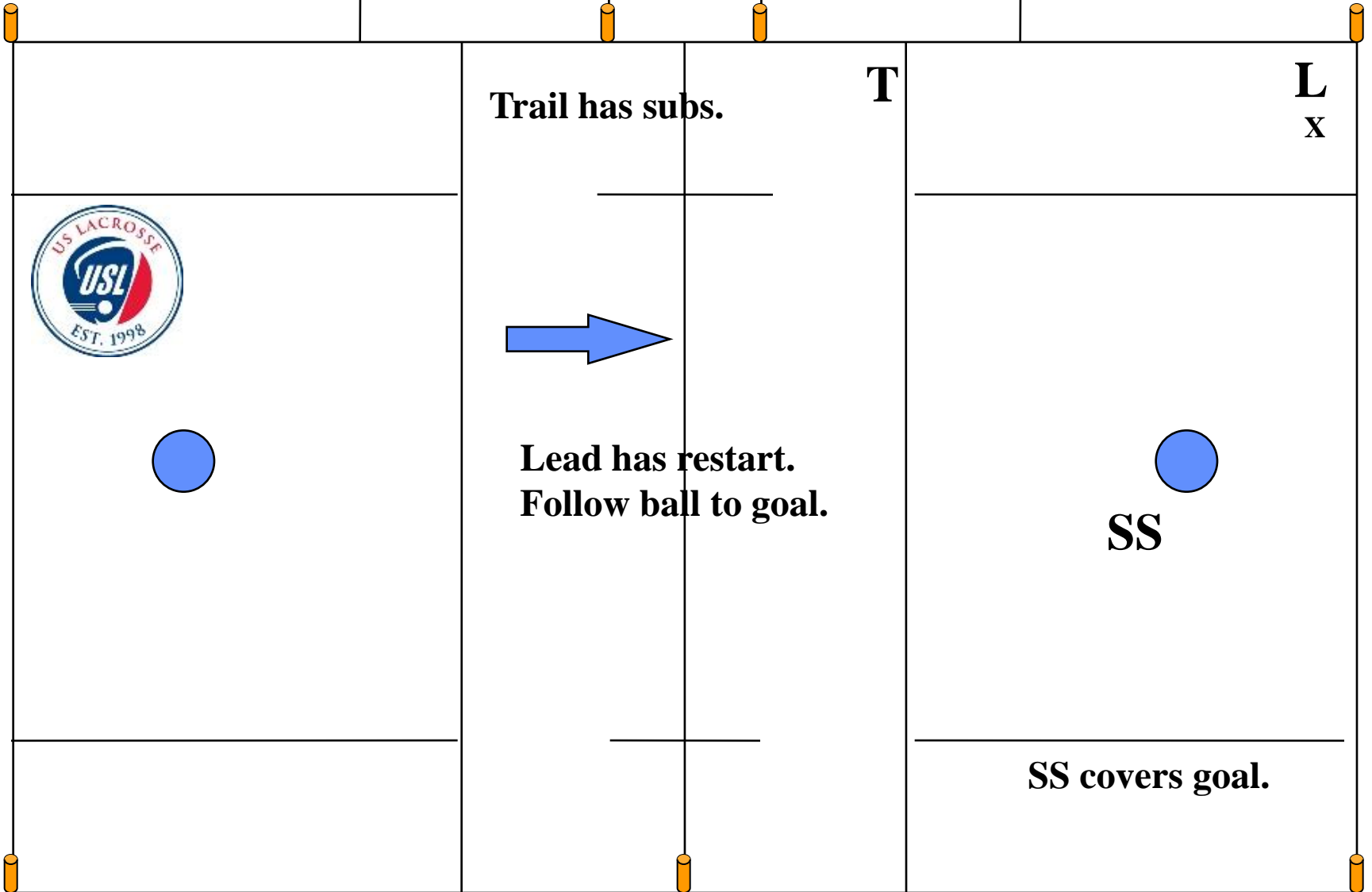


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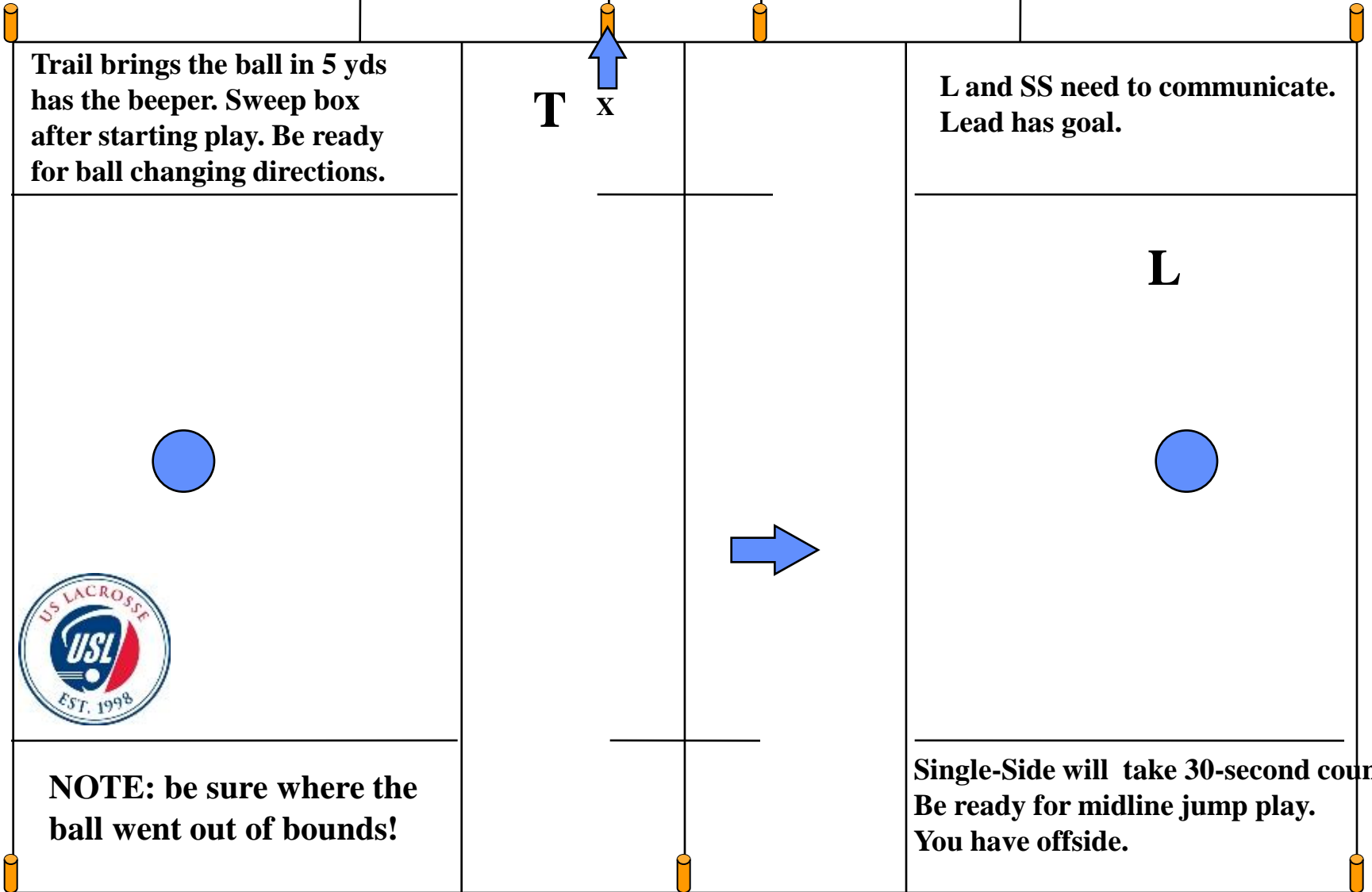


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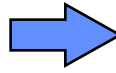


T



X

L



SS

HOME

XXXXX

VISITOR

OOOOO

Try to have at least 1 official where the teams are crossing.



X

O

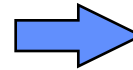
X

O

After all clear, meet at center. After discussion, official w/ restart at ball, others 20 yards off benches.

Watch the "cross" here.

T



X

L
ball

O

X



O

SS

PENALTY SITUATIONS



HOME



XXXXX

VISITOR



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Trail move to corner of box upon "flag down".



T

L



SS



"Flag down"



HOME

XXXXX

VISITOR

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Trail move toward SS in the open, stop and take penalty. Don't be in a hurry. Turn to table, stop, and relay the penalty. Put your beeper on, and return to the play.

T

L



SS

Flag down here

Report Only:

Color, Number, Foul, Time

NOTE: Officials not involved in reporting penalty, be sure to get the ball ready for play!

NOTE 2: When play is halted with ball in box, restart FAR SIDE!

Single-Side calls out "flag down" stops play when appropriate. Gets out to an open area, and stops. Then signals.

HOME

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VISITOR

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Trail be sure to inform your partners of the foul **BEFORE** telling the table.

flag down here

Trail has flag

come in and give call

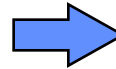
T

L

SS

NOTE : When play is halted with ball in box, restart FAR SIDE!

Lead and Single-Side to get ball ready for play when Trail returns.



What Stops a “Slow Whistle” in NCAA Play?

“GOODIE”

- Goal
- Out of the box/ out of bounds
- Offensive foul
- Defensive possession
- Injury
- Expiration of the clock

EQUIPMENT CHECKS



HOME

XXXXX

VISITOR

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Note: meet the players at the wing area. Take stick, with you to "X"

NOTE: Watch player as you ask him for his stick!



R
FJ ↑ **U** ↑

T

L



SS

Referee to measure "both" sticks. FJ & U face benches on either side of midline

Single-Side get ball, bench officials get stick that comes to you. (NFHS ONLY!- Tap shoulder for pad, ask to see palms.) Meet at midfield. Hold stick for Referee to measure.

HOME

XXXXX

VISITOR

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Discuss ahead of time-
-When to grab
-Who grabs which stick

NOTE: Watch player as you ask him for his stick!

L



SS

Closest official- grab scorer's stick.
Other official- signal GOAL, then grab
defender's stick. Grab ball

T

GOAL!

T- stand back and watch everything else



Make sure you communicate and get a stick from each team!

HOME

XXXXX

VISITOR

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Note: Coaches are to assist in freezing benches.

FREEZE BENCHES

Take #'s

T

L

X fight
O

SS

NOTE:

Be careful handling players.

