

2018 NFHS BOYS LACROSSE RULE REVIEW

National Federation of State High School Associations



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Coaches - 2017



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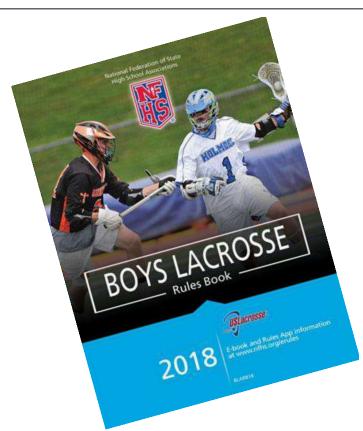
NFHS

Editor

Officials - 2019



2018 NFHS RULES BOOK



 2018 Boys Lacrosse Rules Book available at:

www.nfhs.com

http://www.nfhs.com/c-198-boys-lacrosse.aspx

\$8.20 Plus S/H



NFHS RULES E-BOOKS

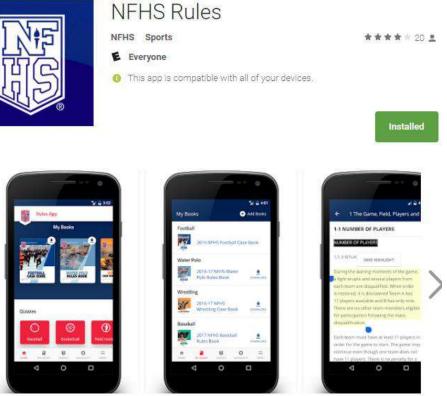
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ACTIVITIES & SPORTS – BOYS LACROSSE

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	Home > Activities & Sports > Lact	rosse-Boys					
	Lacrosse-B	oys					

Lacrosse-Boys Articles

New Faceoff Procedure Among Rules Changes in High School Boys Lacrosse



OHSAA to Sponsor Boys and Girls Lacrosse Beginning in 2016-17



Implementation of Boys Lacrosse Rule 1-7-3 Delayed Until 2016



Restart Procedure Altered in High School Boys Lacrosse



Rules Changes

Boys Lacrosse Rules Changes - 2016

View All

Assignor and State Rules Interp

JP Bennett **Text First** (Give me 30 minutes to respond) 302-293-3636 Call Second (If I have not responded to your text) 302-293-3636 Email for non-emergency jpphillylax@gmail.com





2018 NFHS BOYS LACROSSE RULE REVISIONS

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Major Rules Changes Situations and Rulings Points of Emphasis Corrections









2018 NFHS BOYS LACROSSE

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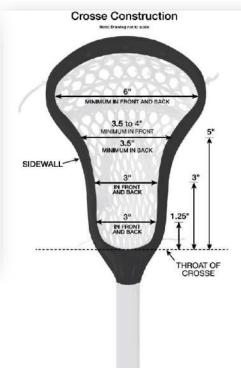


Major Rules Changes

CROSSE DIMENSIONS RULE 1-6-1 PAGE 13

Beginning in 2018, minimum stick specifications shall be as follows:

Measurement from throat (inches)	Minimum distance between narrowest point of head (inches)			
1.25	3 (all measurements)			
3.0	3 (all measurements)			
5.0	3.5 to 4 on front, 3.5 on back			
Widest point	6 (all measurements)			

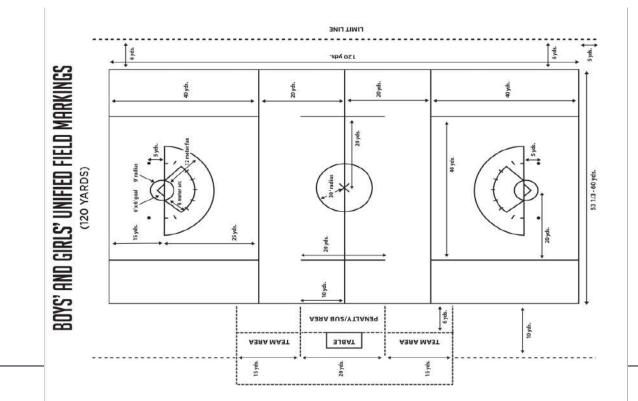




1-2



Adopt the 120-yard Unified girls and boys field as an allowed field option..







Note: Pockets of nontraditional synthetic material manufactured for lacrosse are permitted. The pocket must meet the specifications of 1-7.





PAGE 18

Note: Beginning in 2022, the home team will be required to wear white jerseys, and the away team will be required to wear non-white jerseys.







The official shall make certain that the reverse surfaces of the crosses match evenly <u>in that the top of one head</u> <u>lines up with the throat of the other</u> and are perpendicular to the ground.





PAGE 34

n. A contrasting color between the head and the top glove must be visible on the shaft at faceoffs. The circumference of the shaft shall not exceed 3.5 inches.

Note: This can be accomplished with:

- 1. Original shaft color
- 2. Paint
- 3. A single wrap of tape or
- 4. Other material





PAGE 41

A goal shall be disallowed:

 A. <u>If a shot is released</u> after the game horn sounds to indicate the end of a period.

A goal shall be allowed:

 O. <u>A goal will be allowed if the shot is released prior</u> to the end of the period.







PENALTY: Conduct foul on the defensive player. A second violation by the player team will be enforced as releasable *unsportsmanlike conduct*, served by the offending player.







ART. 2... The following are examples of illegal procedure:

x. Failure to wear a required mouthpiece <u>properly</u> (unless it comes out during play).





PAGE 75

The stall warning remains in effect until:

- A goal is scored
- A shot that hits the goal pipes
- A shot that hits the goalie or hits his equipment
- The defensive team gains possession
- The period ends resulting in a faceoff



7-3

PAGE 81

RESUMING PLAY AFTER PENALTY

When a penalty occurs and the ball is in the offended team's offensive half of the field, the ball shall be put in play by the team awarded the ball, at the spot where the ball was when play was suspended.

If the ball was in the goal area when play was suspended, it shall be restarted nearest to the spot of the ball at the time of the whistle, <u>20 yards laterally outside the goal</u>

area.



PAGE 86

D. A shot is taken that does not result in a goal, <u>unless</u> the shot is caught in the air by a teammate.

J. A <u>second</u> defensive foul is committed during the final two minutes of regulation play with the team that is ahead possessing the ball, unless a scoring play is imminent.





PAGE 86

A shot remains a shot until

- The ball comes to rest on the field
- The ball hits the ground and goes past the goal
- Possession is gained by any member of the defensive team; or
- After hitting the goalkeeper, goalkeeper equipment, goal posts or crossbar, the ball is touched by any player of either team other than the defending goalkeeper, or an official





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Points of Emphasis

POINTS OF EMPHASIS

Points of Emphasis – Page 93

- Mouthpieces
- Face-offs
- Slow Whistle
- Shots at the end of Periods
- Crosse Change in 2018





POINTS OF EMPHASIS MOUTHPIECES

In 2017 the foul for a mouth guard violation was changed from a personal foul to technical foul to encourage penalty enforcement for those who violate the rule. Coaches should encourage players to wear mouth guards properly (i.e. No Fish hooking) and legally, officials are expected to call the foul.





POINTS OF EMPHASIS FACE-OFFS

- A. Face off players are allowed to make contact first however only legal contact is allowed on players taking a faceoff.
- Legal body contact includes checking a player who has no other part of the body touching the ground except the feet.
- Body checks must be made below the neck, above the waist and to the front or side of an opponent.
- Illegal body checks, including spearing with the head, shall be strictly enforced.



POINTS OF EMPHASIS FACE-OFFS

B. Faceoff players must have a <u>visible contrasting color</u> between the head and top glove on the shaft.

Contrasting color can be accomplished with:

- The original shaft color
- Paint
- A single wrap of tape or
- Other materials that does not make the shaft circumference exceed 3.5 inches



POINTS OF EMPHASIS FACE-OFFS

C. Officials should continue to enforce the face off procedure:

- The player's reverse surfaces of the crosse shall match evenly so that the top of one head aligns with the throat of the throat of their opponent.
- Additionally both heads shall be perpendicular to the ground.



POINTS OF EMPHASIS SLOW WHISTLE

When there is a flag down during a slow whistle situation. The attacking team is <u>no longer required</u> to keep the ball in the goal area.

* Unless required by rule or officials. *

NOTE: Team A must still meet requirement for advancing the ball into the goal area.



POINTS OF EMPHASIS SHOTS AT THE ENDS OF PERIODS

A goal will be allowed if the shot is released prior to the end of a period.

NOTE: Goal not counted if Team A add impetus to shot. Goal counts if Team B deflects shot and it enters goal. The shot ends when Team B gains possession or ball comes to rest.





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Situations and Rulings

1.9.1 SITUATION E PAGE 20

SECTION 9: PLAYER EQUIPMENT

A1 scores a goal. Before the next faceoff, it is noticed that (a)

A1 is not wearing a legal uniform;

(b) A1 is not wearing one or more mandatory pieces of protective equipment <u>other than a mouthpiece;</u>

(c) has no mouthpiece.

RULING: (a) *Goal counts* technical violation with no time served.

(b) <u>Goal counts</u> and A1 serves a 1-minute non-releasable penalty for illegal equipment;

(c) <u>Goal counts</u>, technical violation, no time served. In <u>all cases</u> the game restarts with the ball awarded to team B on its offensive half of the field at the Center.







SECTION 1: NUMBER AND DESIGNATION OF PLAYERS

 Team A coach adds (a) an additional player to the team roster after the game has begun. (b) The coach adds several additional players to the roster after the game has begun. RULING: <u>Legal.</u>



4.3.1 SITUATION H (NEW) PAGE 35

B1 slashes A1. Flag down. A1 shoots, and the period ends while the shot is in the air. The ball enters the goal.

RULING: The goal counts and B1 serves 1-minute. The next period shall begin with a man-down faceoff.





A1 comes to center to take a faceoff with:

- (a) no contrasting <u>color</u> on the shaft, or
- (b) has tape on the plastic throat of the shaft.

RULING: In both cases, technical foul on Team A for delay of game. Award the ball to Team B in offensive end.

NOTE: A1 does not serve penalty time and his crosse is legal for play other than faceoffs.





PAGE 46

Over-and-back has not occurred if after a face-off, before either team gains possession, the ball is propelled into defensive area then back over the center-line.

NOTE: Over-and-back may only occur after team possession in its own goal area.







Team B has 2 or more players in crease attempting to block a shot. B1, B2 & B3 are all in crease.

Team B players will serve.

- B1 :30 Conduct Foul
- B2, B3 1:00 Releasable Personal Foul

NOTE: If Team B was penalized for same infraction prior to this, B1, B2 & B3 would all serve 1:00 releasable personal fouls.





B1 (not the goalkeeper) <u>picks up a loose ball or catches a</u> <u>pass</u> while in the crease.

 B1 still in crease as A1 checks his crosse causing the ball to enters goal.

RULING: *Legal goal*. Interference may be called only when the designated goalkeeper is involved.





PAGE 49

A1 shoots while B1 Goalkeeper is away from the crease area. While the <u>shot is in flight</u>, B2 steps in the crease to block the shot.

RULING: Play-on until the shot comes to its normal conclusion.

NOTE: B2's first violation no time serve. Any subsequent violation on B2 will result in 1:00 releasable foul.





PAGE 56

(a) The ball goes out-of-bounds on the end line.(b) The ball goes out of-bounds on the end line following a <u>flag down slow whistle</u>. Either team calls a timeout.

RULING: In (a), the ball should be re-started at the spot where the ball crossed the end line. In (b), the ball should be re-started **outside the goal area.**



6.2.1 SITUATION J NEWPAGE67

Goalkeeper A1, who is in his crease with possession, throws an outlet pass while attack player B1 stands in front of the crease in a covering position. A1 releases the ball. His natural follow-through causes contact with B1's crosse.

RULING: Goalkeeper interference by B1. Play-on, and award the ball to Team A at center if the pass is not completed.







During the faceoff, but before possession is gained, A1 pushes B1 who is attempting to secure the ground ball, in B's defensive side of the field.

Official awards the ball to B at the spot of the infraction.

RULING: Correct. The ball is moved to the offended team's offensive side of the field <u>only</u> on a pre-whistle violation.



6.5.2 SITUATION Q NEW PAGE 73

A1 shoots and scores. When the official goes to get the ball out of the goal, the goalkeeper shows him that his crosse or any other piece of required equipment is broken.

RULING: If the goalkeeper notices the broken equipment, he should verbally notify the officials immediately during the play so the officials can stop play to correct the problem. The goal stands since the problem was not noticed by the officials nor acknowledged by the goalkeeper before the shot was in flight.



6.5.2 SITUATION R NEW PAGE 73

Goalkeeper B1, seeking to stop play in an unsettled situation:

- Intentionally breaks required equipment or drops a glove; or
- (2) Yells to the officials that his equipment is broken when he broke it intentionally in order to stop play.

RULING: The officials stop play and assess a two-minute nonreleasable unsportsmanlike conduct penalty on B1.





PAGE 76

Team A has been warned to "keep it in." After recovering a shot:

- (a) that hit the goal, goalkeeper, or his equipment, or
- (b) Team B deflects pass or causes ground ball to leave defensive area. Does Team A get new :10 count "get it in"?

RULING: (a) Stall warning has ended (b) Yes, stall warning continued with full :10







Team A is ahead **by four goals or less in the 4th quarter.**

Team A satisfied the initial :10 count with 2:07 remaining. Team A carries or passes ball outside the goal area with 2:02 remaining.

At 2:00 mark, the official warns Team A to "get it in" and starts a visual :10 count.

RULING: Correct procedure. Automatic stalling is in effect for Team A. Team A must "get it in" and "keep it in" the goal area.







After a faceoff and before possession has been declared or the ball crosses the defensive-area line, B4, who was behind the defensive-area line at the beginning of the faceoff, comes across the defensive-area line to play the loose ball.

RULING: Technical foul against B. Ball awarded to Team A at the spot where the ball was when play was suspended.







While ball is loose in the crease, A1 interferes with goalkeeper B1.

RULING: Play-on situation. If B1 fails to gain possession of the ball, ball is awarded to Team B, **in the crease.**





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Corrections



PAGE 14

- Crosse shall measure between **6** and 10 inches.
 - Not 6-1/2 inches as mentioned

Other sections effected: Situation 5.5B Page 60 POE Crosse Change Page 93





PAGE 49

- Replace the reference to "B2" in the beginning of the 2nd and 3rd paragraphs with "the team",
 - Reflects the rule change.





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NFHS Services and Initiatives

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Accredited Interscholastic Coach – National Coach Certification Program –

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 Level One National Certification Course Requirements:

 • Fundamentals of Coaching

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· First Aid, Health and Safety for Coaches

Sport-specific Course or Teaching Sports Skills

· Concussion in Sports (FREE)



Coaching Boys Lacrosse

Jourse Objectives

- Differences between girls and boys lacrosse sessions
- Methods and techniques for teaching lacrosse
- Learn basic rules of boys lacrosse

- How to create drills and structure effective practice
 - How lacrosse is played
 - Player positions and game structure

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nd essential beginning lacrosse skills and be able to teach those skills to players Take Part. Get Set For Life.™

Units

- Origin and Background
 Game
- Teaching Lacrosse
- Team Tactics

Playing the

Skills and Techniques

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Interscholastic Officiating

Officiating Basics
 The Science of Officiating a Contest
 The Art of Officiating a Contest
 Putting it All Together

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- Rules Knowledge
- The High School Environment
- The Foundation of Officiating
- Managing Difficult Situations
 - Game Speed Decisions
 - Professional Development

NCAA Eligibility



Involvement
 Amateurism

Student Responsibilities

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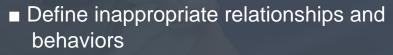
More Information at nfhslearn.com!

- Learn the different classifications of NCAA Divisions
- The coach's role and responsibilities responsibilities
- Definition of amateurism requirements

- Student's
- New core course

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Creating a Safe and Respectful Environment



- Define Hazing
- Define Bullying and Cyberbullying

The role of the Coach

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- Inappropriate, Abusive or Harassing Beha
 Hazing
- Bullying and Cyberbullying

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- Before Giving Care
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 Emergencies
- Soft Tissue Injuries
 Sports

- Sudden Illness
 - Environmental
- Health and Safety in
- Injuries to Muscles, Bones, and Joints Take Part. Get Set For Life.™
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- How to check a conscious and unconscious adult or athlete
- Recognize and manage breathing emergencies, including respiratory distress and respiratory arrest, asthma and choking emergencies
- Recognizing sudden illness and steps for care
- Prevention and management of cold & heat related illnesses
- Types and management of wounds
- More Information at nfhslearn.com!

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Concussion in Sports

Understand what concussions are & their impact on players symptoms of concussion Recognize signs and

- Recognize the complications associated with concussions attention is needed
- Know when additional medical

Understand your responsibilities

■ Understand the proper concussion management Take Part. Get Set For Life.[™]



National Federation of State



Units

Concussion Overview

The

- Problem
- Your Responsibility

More Information at nfhslearn.com

NFHS SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS

National Federation of State High School Associations



Suggested Guidelines for Management of Concussion in Sports

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to have suffered a direct blow to the head or lose consciousness (be "knocked out") to have suffered a concussion.

Common Signs and Symptoms of Concussion Include:

- Appears dazed or stunned
- · Is confused about assignment or position
- Forgets an instruction
- · Is unsure of game, score or opponent
- · Moves clumsily
- · Answers questions slowly
- · Loses consciousness (even briefly)
- · Shows mood, behavior or personality changes
- · Can't recall events prior to hit or fall
- · Can't recall events after hit or fall

- · Headaches or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- · Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- · Does not "feel right" or is "feeling down"

Suggested Concussion Management:

- 1. No athlete should return to play (RTP) or practice on the same day of a concussion.
- Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
- Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
- After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms at rest, while doing school work or with physical activity.

For further details please see the "NFHS Suggested Guidelines for Management of Concussion in Sports" at www.nfhs.org.

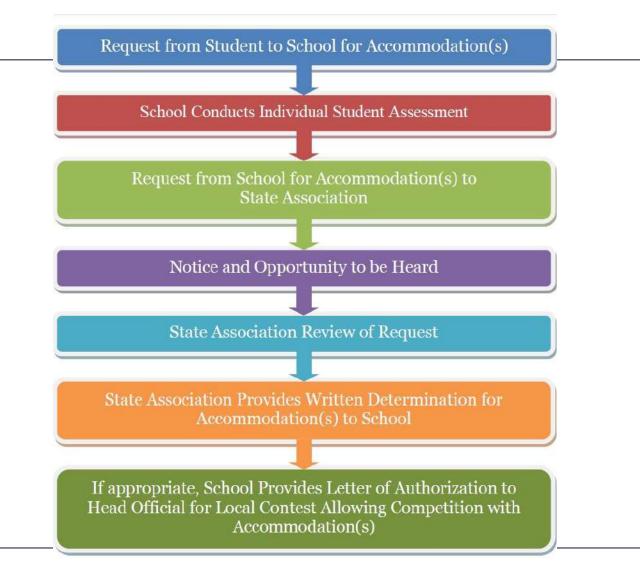
Revised and Approved October 2013

In the Appendix of all the 2018 NFHS Rules Book



INCLUSION OF STUDENTS WITH DISABILITIES

GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS



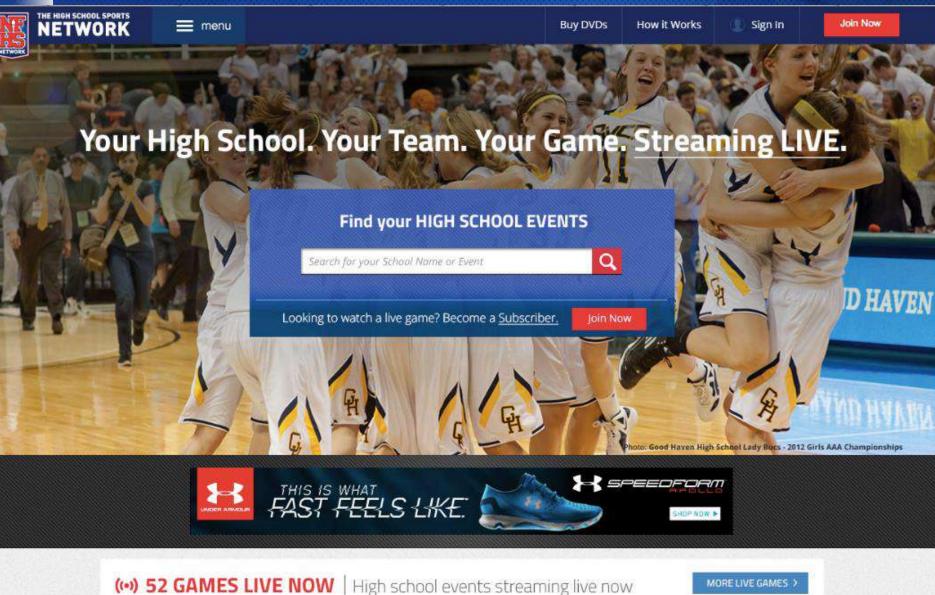


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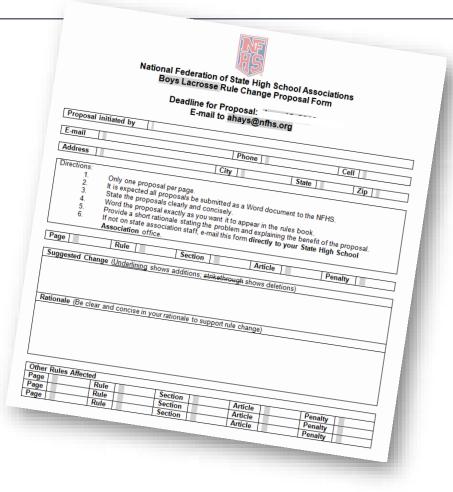


NFHS BOYS LACROSSE RULE WRITING PROCESS

- NFHS Rule Change Proposal Form Due
 - June 1, 2018
- 2018 NFHS Rules Committee Meeting
 - June 25-27, 2018
 - Indianapolis, IN

Email addresses:

- James Weaver– Jweaver@nfhs.org
- Angela Hays ahays@nfhs.org





NFHS SPORT QUESTIONNAIRE



Sports Questionnaire Counts by State
2015 NFHS Boys Lacrosse Rules Questionnaire

States	Cosch Count	Official Count	State Count	% of Responses
Alabama		1 20	0	1.85%
California		5 12	1	1.39%
Colorado	10	25	0	2.69%
Connecticut	5	3 81	1	10.39%
Delaware	10	0 20	1	2.39%
Florida	5	1 49		7,78%
Georgia	16	2 13	2	2.08%
Idaho	() 1	0	0.08%
Illinois	1	45	0	4.46%
Indiana	(24	0	1.85%
Kansas	() 3	0	0.23%
Kentucky		1 5	0	0.46%
Louisiana) з	0	0.23%
Maine		1 5	1	0.54%
Maryland		1 18	2	1.85%
Massachusetts		11	1	0.92%
Michigan	6	1 67	1	9.93%
Minnesota	1	3 15	0	2.16%
Missiesippi	(2 1	0	0.08%
Missouri		2 4	0	0.46%
Montana	(0 10	0	0.77%
Nevada		r a	0	0.15%
New Hampshire		1 2	4	0.31%
New Jersey		182	0	14.32%
New Mexico	1	2 1	0	0.23%
New York	64	58	0	9.39%

NFHS Sport Questionnaires

y on April 10, 2010		Share <
Click on a link below to take	one of the 2014 NFHS sport q	uesionnaires.
Sport	Opens	Closes
Baseball	April 20, 2015	May 18, 2015
Boys Lacrosse	April 20, 2015	May 18, 2015
Girls Gymnastics	April 20, 2015	May 18, 2015
Softball	April 20, 2015	May 18, 2015
Track and Field	April 20, 2015	May 18, 2015

2015 NFHS Boys Lacrosse Rules		0.002				
			-			
	Coach		Official		State	*
PART I - Checkup on present 2015 Rules - Were the following rule changes satis	darshry?			a	÷	
Adding an additional stick check procedure to ensure that the ball will roll out of the to			đ			
Yes		84%	775	87%	14	1009
No	53	16%	111	13%	0	09
Carifying that an illegal stick will result in a penalty for not meeting specifications, eve	rif unsk	med				
Yes	294	89%	837	95%	13	935
No	38	1156	42	5%	1	79
Revising the duties of the Chief Bench Official (CBO).						
Yes	1202	77%	674	78%		
No	12	23%	100	22%	2	
Revising the restart procedure to specify that the ball may be restarted in the goal area defense. However, no restart shall take place with any player within 5 yards of the ball	carin th Carrier		e on a l		er to the	
Yep	277	84%	824	93%	14	1009
No	54	16%	60	7%	0	09
Specifying that a minimum of four game balls should be placed at the scorer's table or	the ben	ch side	of the	field.		
Yas		73%	792	90%		1009
No		27%	90	10%	0	05
Spectrying that any hanging strings or leathers cannot be more than 2 inches in length strings and Y channels must be within 4 inches of the top of the crosse.	and, be	genning	10 2016			
Yes	245	74%	761	86%	14	1009
No	88	26%	125	14%	0	05
Specifying that if a player leaves the parafty area before authorized to do so and if a g player will not be required to serve the 30 second penalty for illegal writy into the game	od is ac	ored b		posin		mat
Yes		75%	769	87%	12	869
No	81	25%	115	13%	2	149
Sepulation that a same cannot continue if a team has fewer than seven on field player					-	



NFHS – U.S. LACROSSE PARTNERSHIP



As the national governing body of men's and women's lacrosse, US Lacrosse provides a leadership role in virtually every aspect of the sport throughout the United States, and offers a wide range of programs and services to its national membership.

US Lacrosse is represented on the NFHS Boys Lacrosse Rules Committee, and endorses the use of NFHS rules for boys high school competition.

> 113 West University Parkway Baltimore, MD 21210-3300 410-235-6882 410-366-6735 FAX www.uslacrosse.org



2018 NFHS BOYS LACROSSE RULE PRESENTATION

National Federation of State High School Associations



Thank you for your participation!

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DLOA Contact Info

- Email <u>gpbulger@gmail.com</u> or <u>dloalax@gmail.com</u>
- Facebook: https://www.facebook.com/DelawareOfficials/
- Instagram & Twitter: @dloalax_ref
- Hudl: jpphillylax@gmail.com

- Certification Cards-Every Game
 - Feedback Survey-

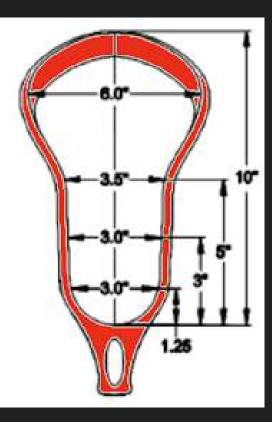


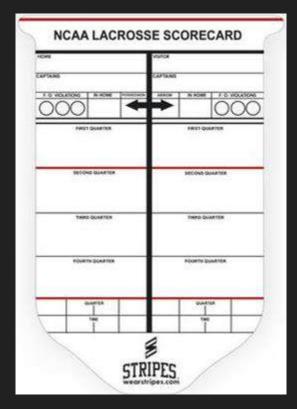
https://tinyurl.com/dloafeedback

	VS
	Ristmeen
Referee:	DLALFUDDE
Umpire:	
Field Judge:	
The pregame equipmen warning. The head coach s	nt certification by the head coach shall act as the team hall certify to the referee before the game that all players.
a Have been infor	med what equipment is mandatory and
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what constitutes ill b. Have been prov	ided the equipment mandated by rule. ucted to wear and how to wear mandatory
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DLOA Gift to You

WARE







Rules Covering Behavior

February 5, 2018 DIAA Boys Lacrosse Clinic





Background

- There was a rise in the number of Unsportsmanlike Fouls against players and coaches for the 2017 season.
- 7 USC fouls in the State Championship Game.
 - 5 Players & 2 Coaches
- Officials are spending too much time officiating behavior and not enough Lacrosse





Sideline Behavior

- Rule 2 Sec 3 Art 1 "...only "the head coach will communicate with the officials."
 - DLOA Officials will enforce this all season
 - USC Penalty for any Assistant Coach for questioning call of Officials
 - Official does not have to give a warning
 - Multiple fouls will bring multiple minutes
- Have Field Markings/Cones for Coaches/Players Sideline Areas-Rules Book Page 7





RULE 6 (Technical Fouls) SECTION 6 CONDUCT FOUL

See Handout





Conduct Foul Enforcement

• Technical Foul

- Possession to other team if loose ball
- Turnover if offending team in possession
- 30 sec Time Served Penalty if other team has possession
- Purpose: We use Conduct Fouls to serve as "final" warning.
- Usually on Coaches or Bench





Common Conduct Fouls

- Continuous Arguing
- Arguing outside of Coaches Box
- Disparaging Remarks from Players or Coaches





RULE 5 (Personal Fouls) SECTION 10 UNSPORTSMANLIKE CONDUCT"

See Handout





USC Foul Enforcement

- 1, 2, or 3 minute non-releasable penalty
- Possible Ejection
- Automatic Ejection on 2nd USC penalty
- All USC Penalties and Ejections reported to DIAA





USC Fouls that will receive extra focus

- "F"-Bombs
- Disparaging Remarks to or about Officials
- Excessive Arguing of Calls/Non-Calls
- Anything that resembles taunting or baiting an opponent
- Excessive Celebration
- Player drawing attention to himself

Don't Expect Warnings!!





How will DLOA Officials Handle Multiple USC Fouls

- Multiple USC Fouls by players on same team could result in stiffer penalties
 - Multiple Minute Non-Releasable Penalties
 - Ejections after multiple USCs by players on same team
- Look at USC Fouls as warnings to all members of team
- Needed to control Player to Player, Player to Official, Coach to Coach, and Coach to Official Interactions





Questions?



