PIAA GIRLS’ LACROSSE OVERVIEW AND CHAPTERS’ MEETING GUIDE

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INTRODUCTION

The girls' lacrosse rules book and all related educational materials are noted by NFHS as being provided to "maintain the sound traditions of our sport, encourage sportsmanship and minimize the inherent risk of injury.

The NFHS Associations writes playing rules for varsity competitions among student-athletes of high school age. HS coaches, officials and administrators who have knowledge and experience regarding girls lacrosse within this age group volunteer their time to serve on the rules committee. Member associations of the NFHS independently make decisions regarding compliance with or modification of these playing rules for the student-athletes in their respective states.

NFHS rules are used by education-based and non-education-based organizations serving children of varying skill levels who are of high school age and younger. In order to make NFHS rules skill-level and age-level appropriate, the rules may be modified by any organization that chooses to use them. (PIAA has made modifications most specifically to overtime procedures.)

Every individual using the rules noted in the Girls' Lacrosse rule book is responsible for prudent judgment with respect to each contest, athlete and facility, and each athlete is responsible for exercising caution and good sportsmanship. These rules should be interpreted and applied so as to make reasonable accommodations for athletes, coaches and officials with disabilities."
SAFETY AND RESPONSIBILITY

Participants in girls’ lacrosse are expected to play, coach, officiate and spectate according to the spirit and intent of the girls’ game and in compliance with NFHS Girls’ Lacrosse Rules. Emphasis is placed on safety and good sportsmanship.

Players are responsible to assure their behavior, equipment and uniform conform to all required and allowable standards, as defined by NFHS rules.

Coaches must ensure that they are teaching their players to play by the rules of the game.

Officials establish safe and fair play by consistently enforcing the rules.

GIRLS’ LACROSSE EDUCATION AND TRAINING MEETINGS (2020)

The following information is shared both as a ready resource for PIAA Girls’ Lacrosse Rules Interpreters, and to provide meeting topics. The meeting topics are offered as options for all chapter interpreters to promote consistency in chapter interpretation meetings throughout the state.

Chapter interpreters are encouraged to utilize a similar content for their interpretation meeting with chapter members and member school head coaches.
I. **Overview**

A. Introduce PIAA Girls’ Lacrosse Interpreters

### 2020 PIAA GIRLS’ LACROSSE RULES INTERPRETERS

<table>
<thead>
<tr>
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<th>Chapter Interpreter Name</th>
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<th>Address</th>
<th>City in PA</th>
<th>Zip</th>
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</table>
B. Directive from PIAA

1. Eligibility is to be determined by the schools. **Officials are not to get involved with eligibility rules and interpretations.**

2. Interpret respective sports rules only.

3. **2020 Important Dates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>February 2\textsuperscript{nd}</td>
<td>PIAA Girls Lax Rules Interp Webinar – 7 pm</td>
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<tr>
<td>March 2\textsuperscript{nd}</td>
<td>PIAA First Practice Date</td>
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<tr>
<td>March 7\textsuperscript{th}</td>
<td>PIAA First Inter-School/Scrimmage Date</td>
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<tr>
<td>March 20\textsuperscript{th}</td>
<td>First Regular Season Girls Lax Contest Date</td>
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<tr>
<td>March 31\textsuperscript{st}</td>
<td>Last Date for Official’s Registration Late Fee Payment</td>
</tr>
<tr>
<td>May 23\textsuperscript{rd}</td>
<td>Last Regular Season Girls Lax Contest Date</td>
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<tr>
<td>May 26\textsuperscript{th}</td>
<td>Lacrosse First Round</td>
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<tr>
<td>May 30\textsuperscript{th}</td>
<td>Lacrosse Quarter Finals</td>
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<tr>
<td>June 2\textsuperscript{nd}</td>
<td>Lacrosse Semifinals</td>
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<tr>
<td>June 6\textsuperscript{th}</td>
<td>Lacrosse Championships, W. Chester East HS</td>
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<tr>
<td>Aug 7\textsuperscript{th} and 8\textsuperscript{th}</td>
<td>PIAA Annual Convention, Harrisburg PA</td>
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Additionally - all chapter rules interp mtgs and general information sessions dates, locations and times can be found at [www.piaa.org](http://www.piaa.org)

PIAA now offers a preseason test which may be taken between February 20\textsuperscript{th} and March 20\textsuperscript{th} to receive credit for one chapter meeting. Officials must score 80% or more on this 50 question test in order to receive chapter meeting credit. This test has a two hour time limit and is open book and can be taken multiple times until the official receives a score of 80% or higher or the date passes March 20\textsuperscript{th}.

Officials must log into their profile to find the link to take this preseason test.
II. PURPOSE

A. Philosophy of NFHS/PIAA

1. The philosophy of the rules of girls' lacrosse is to allow two teams to play so that neither has an unfair advantage.

B. Presentation of rules

1. Rules are to be interpreted as written and are not subject to debate.

2. Interpreters are encouraged to strive for consistency in communicating rules applications among all of our officials.

   a. Most of the chapter meetings should be dedicated to rules interpretations and the education and training of officials, as well as the mechanics and philosophy of officiating.
   
   b. No selective enforcement (coaching requested rule).
III. NFHS RULES

2020 Girls Lacrosse PIAA Game Rule Updates

As shared on NFHS.org website

NFHS announced rule changes and revisions for women’s lacrosse, effective for the 2020 girls’ high school lacrosse season.

“The rule changes and approved revisions are a continued effort to minimize the risk of injury in girls’ lacrosse,” said Kathy Westdorp, chair of the NFHS girls’ lacrosse rules committee. “Several of the rule revisions will reinforce that effort.”

Note: Any school sanctioned games played within PIAA governance, including 7th & 8th grade through high school, will play under the NFHS rule book guidelines and PIAA adoptions.

The approved 2020 high school rule changes include updates on stick inspections, maintaining the integrity of protective equipment and eyewear, establishing that electronic devices may not be used to review an official’s decision, allows for free movement, allows for up to 12 players from each team to be on the field before the start of each draw, establishes that a boundary ball may be self-started without coming to a full stop inbounds, clarifies that the position of a player’s body or stick shall be considered when determining who is closer to the ball when it goes out of bounds, clarified the minor foul for covering a ball, adds language to expand a check to the head to include the neck in order to minimize risk, and notes that for a major foul be a defense player between the arc and the fan, the free position will be taken at the 12-meter fan closest to the spot of the foul.
Girls Lacrosse Rules Changes - 2020

2-2-5d, e (NEW), f; 2-4-3b, c (NEW) — Clarifies the requirements for crosse inspection on the back face of the pocket by separating and distinguishing the crosse inspection requirements for the front and back face of the stick. Limits the inspection requirements of the back of the pocket to ensuring the ball rolls out of the back of the pocket when placed in the upper third of the head at its widest point when tilted at 90 degrees.

2-6-1, 2-7-4 — Clarifies the responsibility to maintain the integrity of protective equipment for risk minimization purposes by establishing that equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.

2-7-2 — Establishes that all eyewear must bear the SEI mark for certification by January 1, 2025 which reduces consumer burden. All eyewear on the playing field must still be SEI certified and listed on the SEI website starting January 1, 2020.

2-8-4 (NEW) — Establishes that electronic devices, video replay or television monitoring equipment shall not be used for any review of an official’s decision.

4-2-3b thru g; 4-3-3 a thru d (NEW); 4-7-7c thru h; 5-1-2; 5-1-3b; 5-1-3 PENALTIES 1 & 2; 5-2-5a; 5-3-1c; 5-3-1e(1)(2)(3)iv; 5-4-4c; 5-5-3a, b; 6-3-1b, c, d; 7-3-1 PENALTIES 1b, 1c, 3b; 9-1c(1); 9-1 PENALTIES for Violation of 9-1-1a, b and e-q: 1, 3a, 3b, 3c, 3d & 4; 9-1 PENALTIES for Violation of 9-1-1d; 10-1 PENALTIES 1, 3, 4, 4d, 4e, 5, 5a, 6, 9; 11-2-1 PENALTIES 2, 4, 5 — Allows for free movement, which improves pace of play while keeping up with the current trends of the game and athleticism of the student-athlete.

5-2-2, 5-2-2 NOTE (NEW), 9-1d(2) (NEW) — Allows for any number up to 12 players of each team to be on the field before the start of each draw creating consistency in the rules related to number of players allowed on the field during play.

6-3-1a, 6-3-2a — Creates consistency of penalty administration and maintains pace of play by establishing that the opponent nearest the ball may commence play with a self-start without coming to a full stop inbounds, when the ball has gone out of bounds.

6-3-2 — Clarifies that the position of a player’s body or stick shall be considered when determining who is closer to the ball for possession when a shot or deflected shot crosses the boundary line.

9-1b — Clarifies the minor foul for covering a ground ball and adds language to include foot, body or crosse.

10-1c — Adds language to expand a check to the head to include the neck as a major foul for the purposes of risk minimization.

10-1j(1) (NEW) — Establishes that self-starting – when self-start is not an option – is a false start.
10-1 PENALTIES 4, 11-2 PENALTIES 5 — For a major foul by a defense player between the arc and the fan, the free position will be taken on the 12-meter fan closest to the spot of the foul allowing for consistent administration of the free position and limiting potentially dangerous play in the critical scoring area.

2020 Girls Lacrosse Editorial Changes
1-1-4c NOTE (NEW); 2-2-4; 2-5-2; 2-5-3; 2-6-1; 2-7-2; 2-7-3; 3-5-1; 7-3 PENALTIES 1, 7-3-1 SITUATION C; 8-1; 8-1 PENALTIES 1 thru 6; 8-1 SITUATIONS AND RULINGS; 9-1(5) (NEW); 10-1s, t, u, v, w; 10-1 PENALTIES 4 thru 10

2020 Points of Emphasis
Starts and Restarts

As the second year of allowing self-starts begins, the committee would like to clarify how starts and restarts will be administered at free positions in the midfield, in the critical scoring area and near the boundary. Officials need to be cognizant of not disadvantaging the ball carrier when unnecessarily resetting play, and players must show evidence of recognizing the call made by stopping within playing distance of the foul prior to the self-start outside the critical scoring area. When a whistle is required to start play and a player self-starts on her own, a false start penalty set up will be administered. Consistent and proper officiating in this area will provide smooth transition for starting and restarting play.

Delay of Game – Self-start

As the pace of play has increased, the committee has identified both offensive and defensive delay of game outside the critical scoring area and with boundary restarts as a point of emphasis. Teams and players that attempt a self-start beyond a playing distance, fail to move when directed, make no attempt to move or engage and/or encroach on the ball carrier prior to her commencing play shall be penalized. Officials are encouraged to manage delays with a warning, upgrade to a major foul and the use of the green, green-yellow and yellow cards.

Repeated Fouls

Limiting repetitive fouls and managing illegal play are priorities of the NFHS/USL Girls Lacrosse Rules Committee, not only because they disrupt the flow of play, but they also place the player(s) at risk for injury. Any foul on the field is a warning to all participants. When a team and/or an individual player is recognized by the official(s) and continually committing a foul or a series of fouls, a warning shall be given and any subsequent foul may be carded. Officials must be aware of teams and players that continually foul in particular situations; for example, during transitions and stalls when players foul in order to breakdown and slow a team’s movement. Consistent officiating of repetitive fouling will decrease the risk of injury, improve game management, maintain the pace of play and uphold the integrity of the game.
2020 Rules Interpretation Meeting Outline

The following meeting content guides are provided to help you prepare for the coming season. Topics are general and will work with a variety of skill sets within your boards. It may be helpful to designate a "helper" for each meeting to involve your officials, and to lighten your load.

PowerPoints are available. For each rule within your 2020 rulebook, PowerPoints are available to the certified trainers on your board to support the NFHS 2020 Rule book. Materials are located for trainers in the resources area of on uslacrosse.org

1. 2020 Points of Emphasis
2. Preparing for Your Season
3. Positioning to Make the Call
4. The Draw
5. Dangerous Play
6. Self-Starts: Recognizing and Managing Major and Minor Fouls
7. Free Movement, Starts and Restarts: Resets vs False Starts
8. Carding: And Other Tools of the Game
9. All about the Goal Circle
10. Evaluating Your Officiating
2020 Rules Interpretation Meeting Guidelines

All suggested meeting topics noted are in outline form. The intent is that chapter interpreters use the guidelines to act as an aid in constructing meetings customized to individual chapters needs and consistent within the rules of NFHS girls’ lacrosse. Topics can be used independently or joined together as best meet the needs of the interpreter and the chapter.

TOPICS

1. **2020 Points of Emphasis**... rule book page 7

   1. Starts and Restarts
   2. Delay of Game - Self-Start
   3. Repeated Fouls

Presentation Suggestions:
Send out an email to chapter noting upcoming presentation topic
Ask members to consider questions or situations pertaining to POE that have been hard to manage/make the call with during past events
Request members to jot down challenges in advance of meeting, or be prepared to discuss within POE

At meeting, have white board or some method of headlining each POE in front of group. Review each POE. What it is, why it’s a POE... (consistency, safe and fair play) Ask for challenges under each POE – list them
Ask for thoughts from group.... Don’t allow any one person to monopolize
Respond to challenges, restate POE’s and emphasize consistency for all umpires
When reviewing any rule or POE, important to note:
   - Intent of the Rule
   - Responsibilities of Umpires.... Of Players, coaches, others
   - Good opportunity to review PIAA sportsmanship message and requirement to read the message in entirety vs gloss over.... We need to strive for consistency here, too.
1. Preparing for Your Season

   1. Mentally
   2. Physically
   3. Tactically

Mentally

   1. Know the rules
      a. Knowing the rules is more than taking the PIAA test, it’s **understanding the intent** so the crazy situations, or intense game don’t throw you off.
      b. Consider keeping a blank notebook in your car. After a game, jot down the calls that you weren’t sure about. Call your mentor or bring them up at your next chapter meeting. Get clarity so the next time around, you’re sure.
      c. Keep your book handy. If you are pretty sure you got it right – double check.
      d. A calm official is typically one who is self-assured because they have a firm grasp of the rules and penalty administration. Officials that easily lose their composure may do so ‘cause they aren’t really sure if they did it right... or where in the right position (that’s another topic) to call it correctly.

Physically

   1. Fitness.....  Be in the best shape for the shape you are in....
      a. You’re not fooling anyone if you do zero pre-season conditioning.
         i. If you want to be credible, be prepared to be in position – it’s that simple
      b. Pre-existing conditions
         i. We come in different shapes, sizes and some of us have physical challenges with a tricky knee, a problem back – we get it!
         ii. Those with physical challenges are not less responsible to prepare for the season – you are more responsible! First for your own health, and then in fairness for what you have asked to do... be a part of a 120 yard running game....
      c. Start now, work up.... It makes a difference
         i. It’s the first couple of months of the year, and the winter has slipped by with you on a couch. Ughhh! Ok – move past that. Get outside, to a treadmill, on a bike. Get moving. Commit to a cardio something every other day.
      d. Rights and responsibilities
         i. Officials often share what they feel is right or wrong with various conferences contracts with officials. Those observations often have merit. However, if our officials are not prepared to come to this running game ready with knowledge and ready to run – we lose credibility.
      e. Consider
         i. If an official is out of shape and has to do a run – (which is guaranteed in our sport, and particularly now with self-starts!), that official will be using mental energy to catch their breath, attempt to catch up with play, vs being able to concentrate on and interpret the game.
         ii. Coming into the season without any conditioning is not fair to the players, the game, and your partner.
Tactically
1. **Cover the Basics**
   a. Open your calendar and understand **you need to schedule 3 things**
      i. Be fit by first contest date of HS season: March 22, 2019
      ii. Study for and pass your lax test
      iii. Attend lax rules interp and 6 additional PIAA meetings (on PIAA site)
   b. On your calendar: Schedule your obligations, and meet them

2. **Positioning** to make the call...
   1. Meeting space
      i. If weather and resources permit, outdoor training on lax field is ideal
         1. Live field review is optimal
         2. Secondary option might be a gym if weather an issue
            a. Indoors, small soft ball can be used to simulate lax ball movement
      ii. Mark quadrants around goal as in ropes video
         1. Umpires learn movement within quadrants
         2. Facilitator can get umpires involved in moving as ball moves
         3. Allows tangent discussion
   2. Resources
      i. US Lax Manual: Positioning
         1. Mid-field positioning
         2. CSA positioning
      ii. US Lax Website: Ropes Video
         1. 4 quadrant positioning is CSA
         2. Lead vs Trail positioning
   3. If, then....
      i. Utilizing outdoor or indoor space, set up scenarios...
         1. Mid-field: “if this happens, then where are officials?”
         2. CSA positioning: “If this happens, then where are officials?”
   4. 2 vs 3-man.
      i. In all discussions and demonstrations, discuss variations within 2-man and 3-man
         officiating teams
         1. On the draw
         2. Mid-field
         3. CSA positioning
         4. In Transition...

3. **The Draw**
   1. **Tactical Explanation**
      i. Setting up players at center
      ii. (NEW!) UP TO 12 players may be on field prior to the draw ...new rule, 2020
      iii. Understanding rules after umpires’ hands are on crosses at center
      iv. Toeing the line
      v. Sticks parallel over center line .....*new rule in 2018*
   2. **Positioning and movement of Players on Draw**
      i. How many players allowed between RL, below RL’s
ii. When can players move/exchange position/substitute?
iii. Players and grounding... review the rule... updated in 2018
   1. Players at RL may now ground their crosse only to pick up ball between RL

3. Possession Requirement
   i. Review the rule for players below RL
   ii. Review penalties for early entry.... Updated for 2018

4. Re-Starts
   i. Review during draw scenarios when a whistle is required, and when the players
      may self-start, “settle and go”

5. Umpire Responsibilities
   i. Familiarity with all draw and related updates; execution of the draw
   ii. Umpires need to indicate “Possession!” with arm AND voice.
      1. This is not an optional umpire requirement

4. Dangerous Play
   1. Review what constitutes danger: legal and illegal contact
      i. Mandatory cards
         1. Dangerous contact review.... What is a defenseless player?
      ii. Setting the tone... early enforcement critical
   2. Determine “when to hold, when to call, when to card”
      i. Understand tenor of the game
      ii. Understand skill level of the game
      iii. Review repetitive fouls and carding
   3. Umpires
      i. Know the rules to best work with players & coaches
      ii. Critical to set the tone of the game as safe and fair
      iii. Umpiring Team needs to be consistent in view of legal/illegal contact
      iv. Umpiring Team needs to support one another with fouls following warnings, or
          with repetitive fouls that may require a card
      v. Umpires must work to remain unemotional when applying rules
         1. Calm help diffuse tense situations
         2. Lack of calm translates as weak on rules and game management

5. Self-Starts: Recognizing and Managing Major and Minor Fouls
   1. Review that in high school play the rules for majors and minors and 4m behind or away
      HAS NOT CHANGED.
   2. Specific rules review... Know your fouls!
      i. Important considerations
         1. Who initiated the foul?... Attack/Defense
         2. Was offender playing the ball, or the player?
         3. Was the play intimidating/creating danger?
   3. Review and demonstrate the criteria for a legal self-start
      i. Outside of the CSA
      ii. Boundary from a pass
      iii. Boundary from a shot
4. Introduction of Self-Start....Review Penalty Administration
   i. Mid-field
   ii. CSA: above GLE, below GLE
   iii. Review offsetting fouls and fouls where goalie may be involved
   iv. Review when a whistle may be used, or must be used
   v. 2019: Review our emphasis to reset, vs change possession, on restart errors

5. Which 5 fouls are mandatory cards?
   i. Review 5 and why
   ii. Discuss when other fouls elevate to “cardable”
   iii. Emphasize critical need for umpires to enforce the rules and be consistent
       1. HS rules to NOT allow checks through sphere or into body.
       2. HS rules to not allow contact with a horizontal crosse

6. Credibility
   i. Demonstrate how to administrate cards, whistle tone, communication to table

6. Free Movement, Starts and Restarts: Resets vs False Starts
   1. Begin with a clear definition of terms
      i. Free movement, Self-Start, Reset, False Start
      ii. How free movement is NEVER effected by the start or the restart of any penalty administration. Players may ALWAYS move freely as long as they are not in restricted areas (within 4m of offended player, or within PZ, lane if that area is being cleared)
   2. Demonstration of Resets outside of CSA
      i. Confirm understanding that when self-start is done INCORRECTLY, it is a reset, NOT a turnover
      ii. Review pg 40 in NFHS Rule Book “When Self-starts are not an option“ as lead into 3
   3. False Starts...Self-starting, or starting before the whistle, when a whistle is required
      i. Discuss and demonstrate the difference in a reset vs a false start
      ii. Does this apply inside and outside the CSA?
      iii. Talk about game management/prevention of false starts: in CSA, last two minutes, overtime.
   4. Prepare and discuss the challenging situations (1 goal games), where officials may have to manage players to assure fair play
7. Carding… Using the Tools of the Game
   1. Review cardable fouls
   2. Review cardable behaviors: Players and coaches
   3. Carding protocol
      i. Whistle
      ii. Time Out
      iii. Show appropriate card in one hand, foul signal in other
      iv. B.O.O.
      v. Whistle start – always – never a self-start
   4. Discuss effective use of cards
      i. When used to correct behaviors – good game management
      ii. When misused can elevate frustrations
   5. Review types of cards: Suspended player vs warning, team count...
      i. Misconduct
      ii. Repetitive
         Delay of Game..... This is our tool if a player has been instructed multiple times
         regarding errors with self-start, and no change in behavior is apparent

8. The Goal Circle, Goalie, and Foul Admin
   1. The Goalkeeper and goal circle fouls
      i. Equipment
      ii. Rules
      iii. Misconduct
   2. Goalkeeper fouls
   3. Goalkeeper penalty administration
      i. Was she in or out of her goal circle?
      ii. Was she involved in the foul?
   4. The Deputy
      Rules and penalties
9. Evaluate Your Officiating

1. Preparation for the Season
   i. Fitness
   ii. Rules Review
   iii. Mentor/mentee, clinics, evaluations

2. Preparation for the Game
   iii. Prompt, positive, dressed professionally, knowledgeable

3. Preparation with your partner
   iv. Game confirmation day before
   v. Availability game day
   vi. Pregame

4. Feedback
   vii. Open to questions, observations, input

5. Game Time... It’s the total package!
   viii. Prep
   ix. Demeanor: Approachable and professional
   x. Whistle tone
   xi. Signals
   xii. Fitness
   xiii. Good team mate
   xiv. Safe – fair- fun!