

Triad Youth Lacrosse Association Practice Plans

Referees Hand Signals

DIAGRAM



OFFICIAL'S MOTIONS

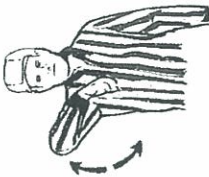
PERSONAL FOULS
Personal fouls are those of a serious nature and will result in a man advantage. The emphasis on safety and sportsmanship in youth lacrosse is expressed in stricter enforcement of personal fouls. Official points index finger upwards and blows whistle

PERSONAL FOULS

An offending player's team will be a man down while he serves his penalty in the penalty box. A personal foul can be one, two, or three minutes, depending on the official's judgment of the severity and perceived intent of the foul. Fouled team will be given possession.

ILLEGAL BODY CHECK

Elbow is brought horizontal to shoulder with hand on chest and then moved up-and-down



NO body checking of any kind permitted in U9 and U11

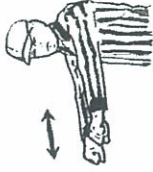
Take-out checks NOT ALLOWED at any level, ever!

1 minute

Fouls will be called for a body check:

- of an opponent without possession of the ball or more than 3 yards from a loose ball.
- delivered without 2 hands on the stick
- avoidable hit on opponent who's already passed or shot the ball.
- to a player from behind, below the waist or above the shoulders, including following through to head.
- to a player with any body part other than their feet on the ground.
- initiated with the head, also known as spearing and assessed a non-releasable penalty.
- considered more aggressive than necessary to knock to the ground, injure the player or made in a reckless or intimidating manner.

DIAGRAM



OFFICIAL'S MOTIONS

CROSS-CHECK

Pushing the arms away from body in a parallel fashion

1 minute

A player cannot use the stick shaft between his hands to play an opponent, either when thrust against his opponent or striking him while running with his stick extended.

ILLEGAL STICK

Pointing toward the illegal stick



1 minute

3 minute

A player may not use a stick that doesn't conform to specifications. For example, it is a:

- 1-minute non-releasable penalty if a stick has too deep a pocket or weaving not firmly attached.
- 3-minute non-releasable penalty for any other reason and stick is removed for balance of game.

ILLEGAL EQUIPMENT

Pointing toward the illegal equipment or where it would be on the player



1 minute

A player may not use equipment that doesn't conform to specifications. For example: cutting palms out of gloves or altering protective equipment like shoulder and arm pads, non-regulation lacrosse helmets and mouth guards, jewelry, unless religious or medical alert items taped.

DIAGRAM



SLASHING
Intersecting arms. One arm chopping the other, normally at face height

1 min

OFFICIAL'S MOTIONS

PERSONAL FOULS

A poke into the ribs, chest, neck or back. A vicious, uncontrolled swinging of the stick, whether contact is made or not. The gloved hand on the stick may be legally checked.



TRIPPING
Swinging one arm at knee level

1 min



UNSPORTSMANLIKE CONDUCT
Arms extended from shoulder height

1-3 min

Non-releasable - arguing with official, using threatening or obscene language or gestures, bating or taunting, or any other act officials deem unsportsmanlike.

Releasable - repeatedly committing same technical foul, not returning to field immediately, and a substitute deliberately not complying with rules for entering game.

DIAGRAM



UNNECESSARY ROUGHNESS
A salute motion

1-3 min

OFFICIAL'S MOTIONS

PERSONAL FOULS

Any excessively violent infraction of the rules governing holding or pushing. Includes checks delivered with a punching blow, or a stationary defender and checking an opponent who is in a vulnerable position.

FOULING OUT

No specific signal for foul
Whistle with arm straight up or ejection motion often used

A player, substitute, coach or other team personnel can be ejected from the game for serious infractions. See ejection foul page for further details. Ejection fouls are enforced with a three-minute non-releasable penalty.

EJECTION

Thumb Up, hand moves up over shoulder

3 min v 1/2



A player, substitute, coach or other team personnel can be ejected from the game for serious infractions. See ejection foul page for further details. Ejection fouls are enforced with a three-minute non-releasable penalty.

1-3 minutes man-up. Awarded to other team
if your player commits a personal foul.
Releasable = player released After goal scored
on man-down situation