2023 Hoover Bucs Setup & Training

Home Games at Hoover High School Stadium



Countdown to

THE GAME



Items/Supplies Needed

- ☐ Tent for Sideline (TBD if weather necessitates)
- ☐ Table for Sideline
- ☐ Chairs/bench for Sideline table
- ☐ Team Bench Home
- ☐ Team Bench Visitor

- ☐ 7 cones/pylons
- ☐ 24 balls

 To start game; more will be needed
- ☐ Stat sheet & clipboard
- □ Penalty sheet & clipboard
- ☐ Penalty clock/timer (phone)
- □ Horn
- ☐ Pens & pencils
- ☐ Game ball

POSSIBLY: ☐ zip ties ☐ knife ☐ screwdriver (Philips) ☐ lacrosse tape ☐ mouthpiece(s) ☐ head screws ☐ NFHS rule book



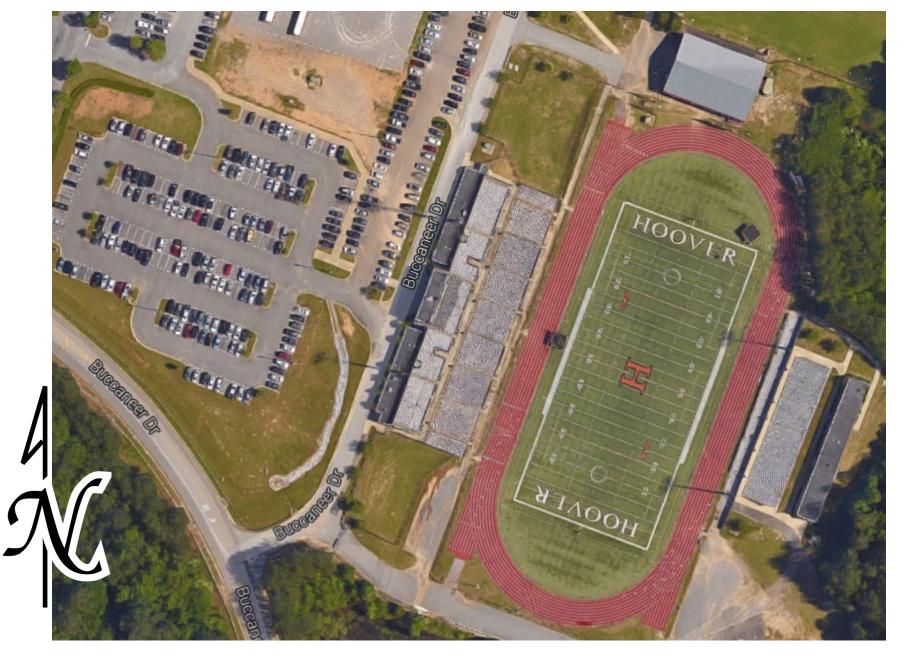
Pre-Game Countdown

Minutes from Face	Announcer / Pressbox	Game Setup & Admin (See also Field Setup Diagram page & others)	Team & Coaches
75+		UNLOCK: ☐ Field gate ☐ Church ☐ Ice/Water ☐ Pressbox ☐ Restrooms ☐ Stadium entry gate ☐ Track/Meeting Room on Visitor side (TBD) CONFIRM: ☐ All lacrosse field markings present & visible	Arrive; stow gear; dress
60	Begin scoreboard countdown clock (or start when pressbox is unlocked)	Field Setup: □ Sideline Table (& chairs or bench) □ Concession Table (in stands) □ Sideline Tent (TBD) □ Concession Tent (in stands) □ Ad Frames on track □ Benches (behind team area; track lane 2)	Move & <u>inspect</u> goals Warmups, etc.
30	Sponsorship Announcements	Field Setup: □ Water (cooler & bottles) □ 7 Pylons Sideline supplies: □ Penalty sheet & clipboard & timer (phone) □ horn □ stat sheet & clipboard □ pens/pencils □ game ball Confirm Game volunteers: □ 3 on stats □ 1+ on table □ 1 clock	
10		Field Setup: □ 24 Endline Balls to start + 4 EXTRA at the table (1 dozen on each end; 9 endline + 3 far sideline b/w endline & top of box)	Bucs to Locker room/church
8	Starting Lineup Announcements	Fill out Penalty sheet header; request refs complete their portion	
5	Intro & music (?)		Bucs take field
3	READ: GBYLA Sportsmanship Mess	sage TURN ON STADIUM	Captains to midfield
2	National Anthem	LIGHTS 1 HOUR BEFORE SUNSET	
0	Reset clock to correct qtr time		Starters to midfield

Setting up the

FIELD









Unlock Areas (as needed)



Always (including Practices)

Field Gate¹

Games

- Church*
- Ice/Water*
- Stadium Gate¹
- Restrooms
- Pressbox
- Track Meeting Room*
- * TBD Weather or EXTRA locker room space is needed

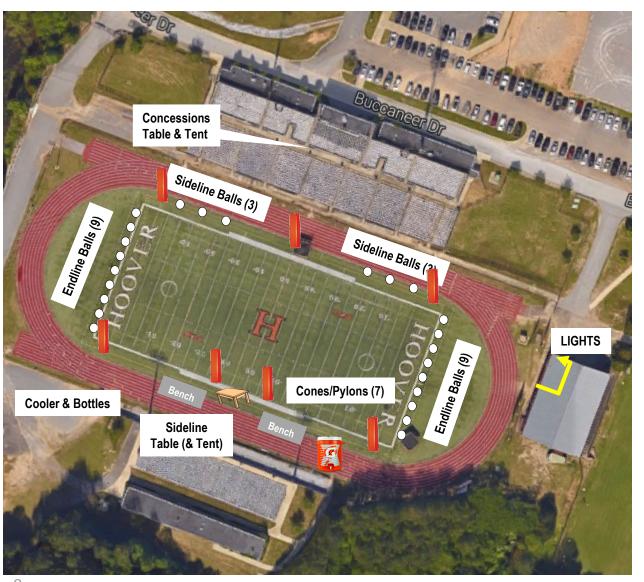
Rarely

- Back gate¹
- Band Field gate¹

¹ Re-lock gate padlocks after opening to avoid lock being stolen/lost



Field Setup (Overview)



Pregame

- ☐ Lights On (1 hour before sunset)
- ☐ Cones/Pylons 7 total
 - 4 corners (soccer & lax endline)
 - 1 near sideline midfield
 - 2 far sideline substitution box (each 40 yd line)
- ☐ Sideline Table

(& Tent if weather dictates)

- Midfield, far side 6 yds from sideline (edge of track, not on turf)
- Move Benches
 - behind each team area; 2nd track lane
 - no closer to midfield than 40 yd line
- Water*
 - Fill HOOVER BUCS cooler and BUCS LACROSSE bottles with water in Church; place at end of HOME bench
- ☐ Concession Table & Tent*
 - in stands; concourse level; left of pressbox

Before Each Quarter

- ☐ (Re)Place balls
 - 2 doz total
- Endline balls
 - 9 on each end
 - Evenly spaced 5 yds beyond lacrosse endline
- □ Sideline balls
 - 3 on each end of far sideline ONLY
 - spaced evenly between lax endline and 30 yd line (top of the box)
- Refill Water cooler as needed*



Working the

SIDELINE TABLE



General Information

- Game Officials
 - Field Referees (3 if Varsity or 2 if JV)
 - Home Team: Scorer & Timekeeper
 - Away Team: Scorer
 - Spotter(s) [Optional]
- Home Team Requirements
 - Scorebook (Stats & Penalty Tracking)
 - Timing Device
 - Table
 - Working horn (test prior to opening faceoff)
 - Personnel to Score and Time
- Accountabilities
 - You are <u>part of the Officials' team</u> while at the table
 - Remain NEUTRAL
 - Cheer SILENTLY
 - Do your best; ask for help or confer with others if needed
 - Double-tap horn during deadball if MUST speak to ref



GBYLA Sideline Conduct Policy*

- Game and Table Volunteers
 - o Table workers or those assisting at the table shall refrain from outburst or engaging with the opposing team. Engaging with the opposing team should be done only in a manner that encourages the ideals of Honor the Game.
 - o Table interaction with the opposing team Head Coach should be engaged only if a direct question is asked of the timer or scorer.
 - o Interaction to Officials should be limited to questions related to the individual's role and should only be done prior to the start of the game or during halftime.
- All fans MUST sit or stand on the opposite side of the field from the players.
- Photographers must refrain from engaging players during play or loitering at the end line or goal.
- Table Protocol
 - Visitor Team No more than two (2) persons at the sideline table
 - Do not represent an official capacity during the game.
 - Home Team No more than three (3) persons at the sideline table
 - o Home Team Coach is responsible for identifying the table officials.
 - o Officials communicate with five (5) people on the sideline ie two (2) Head Coaches (Visitor & Home) and three (3) table officials (represented by the Home Team).
 - Maximum persons at the table is five (5).



Signaling of Penalties

- Official signals team, number & foul
- A "T" is formed with the arms to indicate a 30-second **Technical** foul
- Holding 1, 2 or 3 fingers overhead indicates number of minutes in a Personal foul
- Hands clapped overhead: penalty is non-releasable
- FOULING OUT: Notify officials if any player accumulates either
 - 5 minutes of **Personal** foul penalties
 - 2 NR Unsportsmanlike Conduct penalties







Personal Fo





Timing of Penalties

- Record player & foul information (see Penalty Timing/Sheet later in this section)
- If a physical game click is visible at the field, it is required to use the
 official game clock as the official penalty timer
 - keeps the penalty time in sync with the game clock and eliminates confusion for the fans, coaches, and players
- If no visible game clock, use a timer (smart phone or other) & set the penalty clock based on the infraction and time specified by the official
 - Penalty time starts/stops with the official's whistle
- Penalized players must remain in the special substitution box, back by the table, with their pads and helmet on
- Provide the player/coach an audible countdown from 10 seconds
- Serving players must stay in rear of substitution area until 0:05 remains in penalty time. Then a sub may take his place
- If multiple players are in the penalty box, be very clear on which player is being released (team/color and jersey #)

Example "BLUE 17, RELEASE!"



Timing of Penalties (continued)

- If team A scores a goal; all releasable penalties served by team B are released (see next page on "Stacking")
- If team A scores a goal; penalties for team A are NOT released
- NR penalties always serve full time regardless of how many goals are scored
- If a player is serving multiple penalties; NR penalty time is **ALWAYS** served first, regardless of the order of the penalties
- Inform officials if period expires with penalty time remaining; penalty time carries over
- If a penalty expires during faceoff, player is not released until "Possession" or "Play" is called. If whistle before Possession call, expired penalty releases on restart whistle
- If running clock is being used, penalty times are adjusted to timeand-a-half (30 seconds = 45 seconds, etc.), and starts running on the next restart whistle
- If running clock is in effect due to Mercy rule, penalty time is NOT adjusted

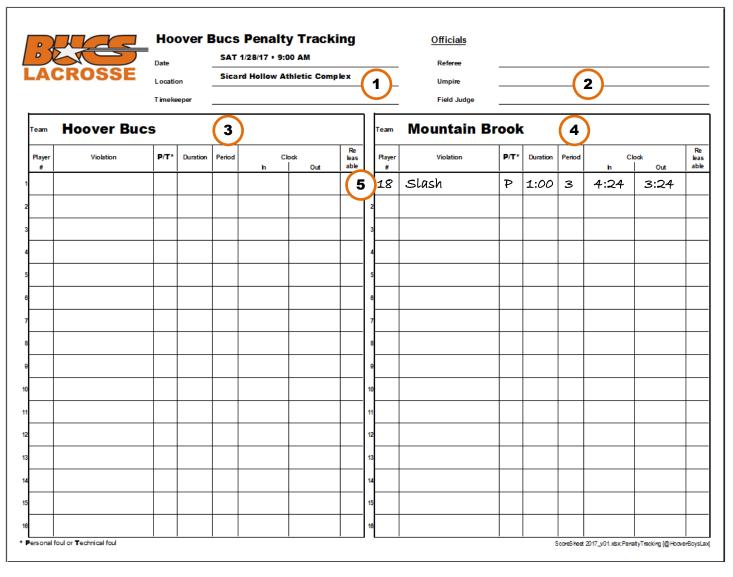


Penalty "Stacking" (>3 penalties at once)

- If one team has more than 3 penalties at once, that team will play with 3 players serving penalties and 7 players on the field
- Additional players serving penalties will stand outside the sub area by the timer until there is room for them in the penalty area
- When the first penalty releases, the releasing player exits to the bench and is replaced by one of the waiting players
- Players with NR penalties serve first
- A goal by Team A only releases releasable penalties from Team B players actually serving penalties (and NOT players waiting to serve outside the sub area)



Penalty Timing/Sheet



- 1 Enter Date & Time; game location and (your) timekeeper's name
- 2 Ask officials to PRINT their names in the places provided
- 3 Enter team name; be sure to indicate "JV" or "Varsity"
- 4 Enter team name; be sure to indicate "JV" or "Varsity"
- 5 Enter penalty information (see next page for details)



Penalty Timing/Sheet (DETAILS & INSTRUCTIONS)

Field	Description	Example
Player #	Jersey number of player committing foul/violation	18
Violation	Short description of foul/violation; ref will instruct	Slash
P/T*	Indicates whether foul was P ersonal or T echnical. Players accruing 5 min of personal fouls are disqualified.	P
Duration	Duration of penalty. Typically 30 seconds or 1 minute, but can be longer. Ref will instruct.	1:00
Clock In Out	"In" = game clock time the penalty starts "Out" = calculated game clock time penalty ends	4:24 3:24
Period	Period (quarter) that foul occurred	3
Re leas able	Enter "NR" if non-releasable foul; ref will signal Otherwise leave blank	NR



ALOA "Cheat Sheet" - Boys

1/19/2023	Time/Equ't	Stall Warning/ Min. Passes/Max. Goals	Score/Overtime	Faceoff/ Offsides/ Crease	"Mercy Rule"/Slow Whistle	Body Checks	Slashing/ Scrum/Raking	Penalties	Fouling Out	Sideline Manager	Stick Length	Counts/Re-Starts
10U & 8U 7 v 7 w/goalie; 2 T/O per half	10 min. running qtrs; 2 min. b/w qtrs; 5 min half; Full equ't. Arm pads optional for goalie.	No Stall ; 1 completed pass requ'd but only off floff; No max goals per player.	One 4m sudden victory OT; if still tied, game over. 1 TO per OT.	F/O=1 M on each side; others behind restr. line; Defense can't enter crease w/ intent to block shottetch foul; 2nd time = rel. USC. Contrasting color on f/off stick not requ'd. May kneel.	If 6 or more goal diff, award ball at midfield, regardless of who scored; GOODIES + when ball hits ground.	No body checks;all legal holds, legal pushes & equal pressure are ok- must be w/in 3 yards of ball. Head/neck/defensel ess= 2 to 3 NR or eject.Targeting=3 NR or eject	2 hands on stick, contact w/ glove or stick only; no wrap checks. 1 handed check = slash;Only stick checks: Lift, poke, downward below shoulders(start check below shoulder & check only below shoulder). No 2 handed tomahawks checks; If scrum, stop play and A/P.	Player serves. If GK, in home serves. 5 minute misconduct option.	3 personal or 5 min. personal fouls	3rd=1 min. NR USC; start of	M/A: 37-42; D: 47-54; 6 to 10" wide; shooting strings 4" from top.Stick vio = 2 min. NR. Can be corrected;	4 second goalie count;No advancing counts.
14U & 12U 10 v 10; 2 T/O per half	4 10 min. stop qtrs; 2 min. b/w qtrs; 5 min. half; Full equ't; Arm pads optional for goalie;	Under 2m if 4 or less, & as warranted.	4m sudden victory until a winner (time permitting)	F/O= Release on poss, or ball crossing restraining line; Offsides per NFHS; Defense can't enter crease w/ intent to block shot= tech foul; 2nd time is rel. USC. 6" contrasting color for F/O.	Run clock while deficit is >=10, 2nd half only.Clock runs even if drops below 10; GOODIES + when ball hits ground.	12U-No body checks. 12U/14U: No "take out" checks; body checks must be delv'd in upright position; legal holds, legal pushes & equal pressure are ok; w/in 3 yds; head/neck/defensel ess = 2 to 3 NR or eject; Targeting=3 NR & eject; Hit in "upright" position only	2 hands on stick, contact w/ glove or stick only; no wrap checks. 1 handed check = slash;Only stick checks: Lift, poke, downward below shoulders(start check below shoulder & check only below shoulder).	Player serves. If GK, in home serves.	3 personal or 5 min personal fouls	3rd=1 min. NR		clear path to goal
Varsity/JV	12 stop (JV is 12 stop unless V follows/precedes, then 10 stop).	Under 2m if 4 or less, & as warranted.	4m sudden victory until a winner (time permitting)	Defense can't enter crease wi intent to block shot= tech foul; 2nd time is rel. USC. 6" contrasting color for F/O.	Run clock while deficit is >=10, anytime during game.Clock runs even if drops below 10; GOODIES; If 2nd flag, no whistle only if scoring play is in progress(advancing ball to goal)	Head/neck/defensel ess = 2 to 3 NR or eject; Targeting = 3 NR or eject	N/A	Player serves. If GK, GK serves.	5 min. personal fouls	Does not apply	M/A: 40-42 D: 52-72; 6 to 10" wide; Shooting strings 4" from top.Stick vio = 2 min. NR. Can be corrected;	4, 20 & 10; Over 8 Back; O & D must be 5 yards on all restarts-allow clear path to goal before engage.



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) [1/12/2023 1:38pm CST	Game Time / offsides	Min.Pass / After Goal Setup /	Score/Overtime	Draw/Self Start	"Mercy Rule"	Defense/ Checking	Shooting Space/ 3 sec in 8M	Carding/ Foul out/Subs	Playing the ball	Sideline Manager	Mandatory Cards	Goalie / Goal Circle
	10U 5 v 5; No Goalie; 1 T/O per game	20 min running halves(5 min. half);Stop clock for injury/cards/A P 1 Player from each team behind midline. If offsides, stop play,reset field NO turnover	2 attempted passes after midfield; After goal, award ball to team that was scored on at the 8M (all others 4m away)	Visible scoreboard; NO Overtime NO UNDERHAND shot on goal (Loss of poss.)	Draw to start each half; 1Player for Draw; all others inside 8M until poss. all must be marked on 1 player only; No self-start if: Clock stopped, in CSA,A/P, inadvertent whistle, if whistle requ'd & player selfstarts, just reset(no loss of poss.)	If winning by 6 or more, trailing team can take indirect at midfield;	NO checking allowed 1v1 defense in midfield; 3 Second Closely- Guarded Rule in affect (entire field)	All Apply; Major in 8M result is a Direct Free Position (direct, only if 2 attempted passes has happened); No DBL team on attack player w/o ball, only 1 defender can be on attack player inside 8M; other defender is subject to 3 secs in 8M; SS when ball is above GLE & in CSA;	Player serves time but sub is allowed; 2 yellows and 1 red card player is disqual; Teams do not play short; No subbing on injury or a misconduct;fre e movement except player fouled & offender:	Cannot cover; If scrum, award ball by A/P; incidental stick contact is allowed when ball is in air/ on ground; Cannot kick ball;	Failure to produce at coin toss=delay of game=no draw; failure to produce at start of 2nd half=2 min NR USC	Check to Head; Slashing; Dangerous Contact; Dangerous Propel;Dangerou s Follow-thru; Team does not play short;	NO GOALIE No one is allowed in GC during live play; follow thru on shot is allowed
	12U 6 v 6; 5 field player 1 goalie; 2 T/O per game;	20 min running halves (5 min. half);Stop clock for injury/cards/A PStop clock last 2 min. of each half on fouls in CSA unless 10 goal diff; 1 Player from each team behind midline. IF offsides, stop play, reset field TURNOVER	2 Attempted passes AFTER GOAL & Whistle Start Goalie has option to clear ball w/1 attempt pass remain or place ball on GLE for teammate to pick up ball (2 pass remain) ALL other players outside 8M Arc	Visible scoreboard; Overtime Rules only coin toss A/P stay the same First Team scores WIN (3 min. each)	Draw to start each half; 2 Ms (1M on draw, other is 4M away); Other Players inside 8M arc until poss. is gain; No self-start if: Clock stopped for Card, A/P, inadvertent whistle, goal scored, foul in CSA (under 2 mins) if whistle requ'd & player self starts then TURNOVER	If winning by 6 or more, trailing team can take indirect at midfield;	Defensive Checking BELOW the shoulder ONLY; 3 sec closely guarded applies (entire field)	Minor in 8M results in INDIRECT FP on 8M; Major in 8M result is a Direct FP on 8M; NO DBL Team if attack is w/o ball, 2nd D is subject to 3 sec in 8M; SS when ball is above GLE & in CSA.	Player serves time (yellow and red). Team plays short; No subbing on injury or a misconduct; free movement except player fouled & offender:	Cannot cover if opponent is w/in playing distance; incidental stick contact ok when ball is in air/on ground; Can kick ball but not as a shot;	Failure to produce at coin toss=delay of game=no draw; failure to produce at start of 2nd half=2 min NR USC	Check to Head; Slashing; Dangerous Contact; Dangerous Propel;Dangerou s Follow-thru;	Only Goalie in GC NO Deputy; follow thru allowed on shot;
	7 v 7; 6Field player 1 goalie 2 T/O per game;	25 min running halves (5 min. half);Stop clock for injury;Stop clock last 2 min. of each half on fouls in CSA unless 10 goal diff; NO OFFSIDES	2 Attempted passes AFTER GOAL & Whistle Start Goalie has option to clear ball w/1 attempt pass remain or place ball on GLE for Teammate to pick up ball (2 pass remain) All other Players outside 8M Arc	Visible scoreboard; Overtime Rules only coin toss A/P stay the same	inadvertent	If winning by 6 or more, trailing team can take indirect at midfield;	Defensive Checking ABOVE the shoulders allowed with a 12 inch Sphere	Minor in 8M results in INDIRECT FP on 8M; Major in 8M result is a Direct FP on 8M; NO DBL Team if attack is W/o ball, 2nd D is subject to 3 sec in 8M FP at the 8;	Player serves time (yellow and red). Team plays short; No subbing on injury or a misconduct; free movement except player fouled & offender:	Cannot cover if opponent is w/in playing distance; Can kick ball but not as a shot;	Failure to produce at coin toss=delay of game=no draw; failure to produce at start of 2nd half=2 min NR USC	Check to Head; Slashing; Dangerous Contact; Dangerous Propel;Dangerou s Follow-thru;	Only Goalie in GC No Deputy; follow thru allowed on shot;

Working the

PRESSBOX & CLOCK



Sportsmanship Message



PA announcement prior to game start

We expect that all spectators, coaches, officials, & players will 'Honor the Game' by supporting all participants with positive thoughts, actions & words. As you support your team today, show respect and courtesy for all spectators, players, coaches & officials before, during & after the game regardless of the outcome.



Game Timing

- All games are "stop time" unless otherwise instructed
 - Clock starts & stops on referee whistle
- Boys games are 4 quarters
 - 12 minutes Varsity
 - 12 minutes JV; 10 min if double header
- Between Quarters
 - 2 minute break, but is NOT tracked on game clock
 - Once a quarter ends; reset clock for next period
- Halftime
 - 10 minutes, is tracked on game clock
- Overtime (B10U plays only 1 OT; all older divs play until winner)
 - 4 minutes "Sudden Victory"; goal ends game
 - If OT period ends in tie; another OT period is played
- Malfunctions
 - If clock malfunctions during play; count in your head until officials can be notified
 - Sound double-horn at next dead ball
- Mercy Rule
 - If a team leads by 12 or more in the 2nd half, the clock does not stop except for timeouts or injury. The clock does NOT stop on the goal that takes the lead to 12

Timing for ALL GBYLA Divisions							
Division	Period	Length	Half	Clock			
BHS	QTR	12:00	10:00	Stop			
вју	QTR	12:00¹	10:00	Stop			
GHS	HALF	25:00	10:00	Stop ²			
Boys 14U	QTR	10:00	5:00	Stop			
Boys 12U	QTR	10:00	5:00	Stop			
Boys 10U	QTR	10:00	5:00	Run			
Boys 8U	QTR	10:00	5:00	Run			
Girls 14U	HALF	25:00	10:00	Run ²			
Girls 12U	HALF	20:00	5:00	Run ²			
Girls 10U	HALF	20:00	5:00	Run ²			
1.40.00 OTD 'C '							

² Clock stops after goals only; except last 2 min

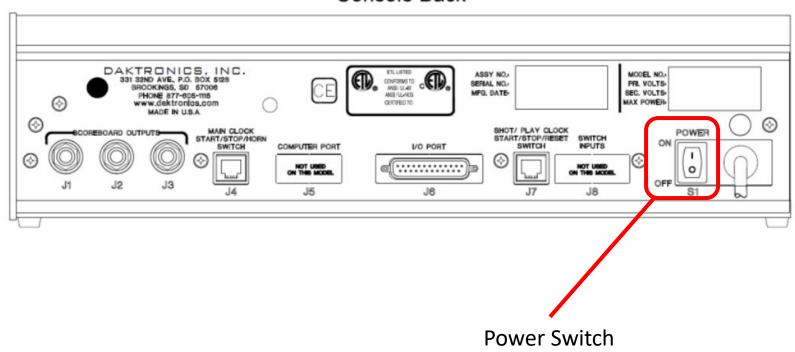
Scoreboard Controller Layout





Scoreboard Controller Back

Console Back



Start Up

Use the rocker switch on the back of the console to turn it on, then follow the LCD screens:



Scoreboard/Console Startup

Start Up

Display	Action
PREV CODE NNNN RESUME GAME?	When the self-test completes, a prompt displays the code number for the last game played. This is useful when power to the console is lost during a game.
NNNN = last code selected	
	Press YES > to resume the last game stored in memory.
	The console is now ready for game operation.
	Press <no> to start a new game or change to a different sport. The console will prompt for a new code number.</no>

Always press **YES** on Resume Game?



Scoreboard/Console Clock

Set Main Clock

Display	Action
MAIN CLOCK -SET CURR MM:SS.T * MM:SS.T = minutes, seconds,	After the main clock has been stopped, press SET MAIN CLOCK> to display the current time of the main clock.
tenths of a second	To change the time, enter the desired value on the number pad and press <enter></enter> .
	To accept the displayed period length press <yes>.</yes>
	To decline the selection of the period length press <no>.</no>
	To change the period length and set the main clock enter the new time in minutes and seconds on the number pad and press <enter></enter> .



Scoreboard/Console Keys

Standard Keys

Start

<START> is used to start the main clock. The green LED on the <START> key is on while the main clock is running.

Stop

<STOP> is used to stop the main clock. The green LED on the **<START>** key is off while the main clock is stopped.

Enter/Yes

The **<ENTER/YES*>** key has two functions:

- Completes an action. As a reminder to press this key an asterisk appears on the LCD.
- Serves as <YES> for input prompts (Y).



Scoreboard/Console Keys (continued)

Standard Keys

Clear/No

The **<CLEAR/NO>** key has two functions:

- Clears the LCD of numerical information.
- Serves as <NO> for input prompts (N).

The **<CLEAR/NO>** key also functions as an escape during data entry. The number of times to press the key to escape depends on the step in the entry process (flashing asterisk or not).

Example 1: The operator presses the **<SET MAIN CLOCK>** key to adjust the game time.

- If no number key has been pressed yet, press the <CLEAR/NO> key once to escape.
- If any number key has been pressed, the <CLEAR/NO> key must be pressed twice to
 escape; the first press blanks the data on the LCD, and the second press escapes.

Example 2: The operator presses **<EDIT>** followed by a **<SCORE>** key to change the score:

The <CLEAR/NO> key must always be pressed twice to escape.

