2026 Continued Education Class

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3/06/2025

Agenda

- 2026 Rule Changes
- Mechanics Refresher
- You Make the Call
- Final Thoughts

2026 Major Rule Changes

Updated Rules Summary

1. Lifted color limits on mouthguards, banned decorations:
   1-9-1B (4 & 5) Updates to Mouthguards: There are no longer any color restrictions for mouthguards or a lack of color (white and clear), however, mouth attachments that serve no protective purpose or are purely decorative are prohibited
2. Home team supplies scorebook, timing device, table, horn
   1-12 Horn Accessibility at the Table Area: At the beginning of the game, the home team is now required to provide a scorebook, a timing device, a table, and a working horn (hand-held or as part of the scoreboard) that can be operated from the table at the sideline.
3. Officials may adjust faceoff positions or penalize delays
   4-3-3e Clarifications for Players Facing Off : If faceoff players are not positioned properly during a faceoff, the official may adjust the players' positioning or their crosses to ensure a fair faceoff. If players must be repeatedly adjusted, the official may assess a delay-of-game penalty and award the ball to their opponent. This is at the discretion of the officials and should be discussed with faceoff players and the coach before and during the game.

Updated Rules Summary

4. Defensive players get personal foul for blocking shots in crease
   - **4-18-4 and 5-6-2 – Goal Crease Privileges and Updated Player Penalties**: In all cases, it is now a personal foul for illegal equipment when a defensive player, other than a properly equipped goalkeeper, enters their own crease with the perceived intent of blocking a shot or acting as a goalkeeper.
5. Eliminated goalie 5-second rule for crease re-entry
   - **4-22-1c Elimination of Goalie 5-second Rule on Restarts:** Rule 4-22-1c was eliminated, meaning the goalkeeper is no longer allowed up to 5 seconds to re-enter the goal crease to resume their position after leaving for a legitimate purpose. If a goalie leaves the crease, they are a field player. If a goalie leaves the crease and officials notice a goalie equipment issue during a dead ball, then by rule, a properly equipped goalie is needed to resume play.
6. Helmet loss leads to illegal procedure foul unless from head contact
   - **6-5-2y Loss of Helmets Resulting in Technical Foul for Illegal Procedure:** Loss of a helmet is an illegal procedure, unless the official determines that the helmet was dislodged due to direct contact with the player's head. In any case, if a player's helmet comes off as a part of play, that player must leave the field and may return after the next dead ball.

Mechanics Refresher

Mechanics

- Pre Game
- Effort
- Faceoffs
- Transition
- Settle Play

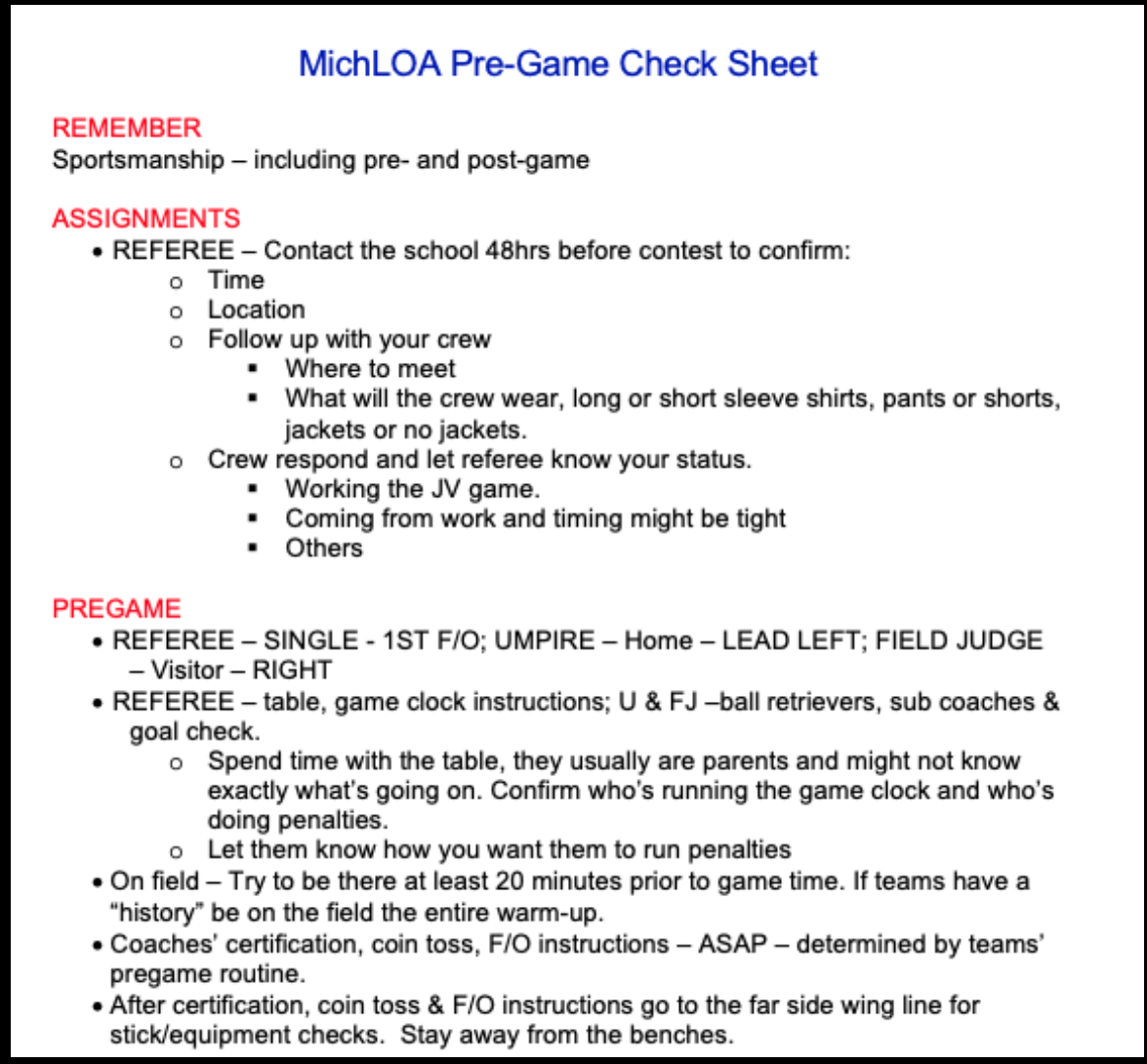
Pre-Game

PRE-GAME REMINDERS

- The pre-game is not all about shooting the breeze. Get ready use the check sheet.
- Never assume the nets are good and don’t wait until the anthem.
- Be sure to talk with the table
- Understand the scoreboard and horn situation. Have them hit “zero”
- Have a few key points on which you want to focus
- Prepare yourself since there isn’t much time to talk as a crew
- Talk with the FOGO’s – set guidelines and expectations

PRE-GAME CHECK SHEET

- Helps you get you in the right frame of mind.
- Not a replacement for the rule book.
- Jogs your memory before your upcoming game.
- Updated with “Best Practices”
- Use – Make Suggestions for improvements



MichLOA Pre-Game Check Sheet

REMEMBER

Sportsmanship – including pre- and post-game

ASSIGNMENTS

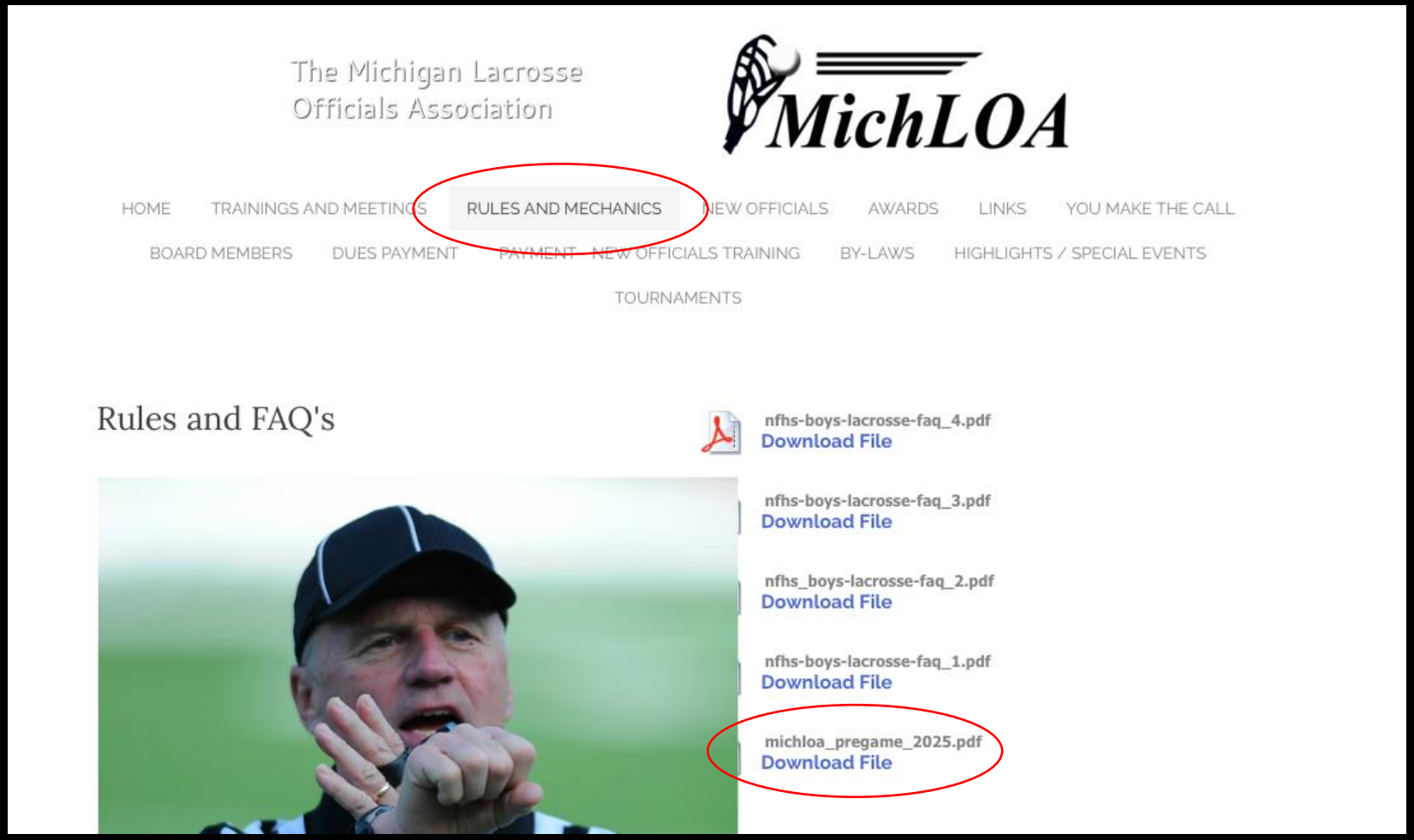
- REFEREE – Contact the school 48hrs before contest to confirm:
  - Time
  - Location
  - Follow up with your crew
    - Where to meet
    - What will the crew wear, long or short sleeve shirts, pants or shorts, jackets or no jackets.
  - Crew respond and let referee know your status.
    - Working the JV game.
    - Coming from work and timing might be tight
    - Others

PREGAME

- REFEREE – SINGLE - 1ST F/O; UMPIRE – Home – LEAD LEFT; FIELD JUDGE – Visitor – RIGHT
- REFEREE – table, game clock instructions; U & FJ –ball retrievers, sub coaches & goal check.
  - Spend time with the table, they usually are parents and might not know exactly what’s going on. Confirm who’s running the game clock and who’s doing penalties.
  - Let them know how you want them to run penalties
- On field – Try to be there at least 20 minutes prior to game time. If teams have a “history” be on the field the entire warm-up.
- Coaches’ certification, coin toss, F/O instructions – ASAP – determined by teams’ pregame routine.
- After certification, coin toss & F/O instructions go to the far side wing line for stick/equipment checks. Stay away from the benches.

PRE-GAME CHECK SHEET OVERVIEW

- Where can you find it.
- michloa.org



COACHES

- You don’t have to explain everything. Use explanation as needed
- It is part of their job to “yell” and try to influence you
- “Let them have the last word” – D.C Friend
- Acknowledge them, get back to them, don’t put words in your partners mouth
- During the game they are no longer your friend
- Remember in settled play, the view of the trail is that of the coach

Pre-Game Line-Up

Diagram 3: Pre-Game Line-Up

WHERE SHOULD WE BE

- **BEAT THE BALL** to the goal line, end lines and side lines. Stay one area ahead of ball.
- Maintain a **WIDE TRIANGLE**; keep the ball between you and your partner.
- Focus on your **KEYS** and **ANTICIPATE** where you need to be next.
- Hustle (run, jog) to your spot then rest.

ALWAYS REMEMBER

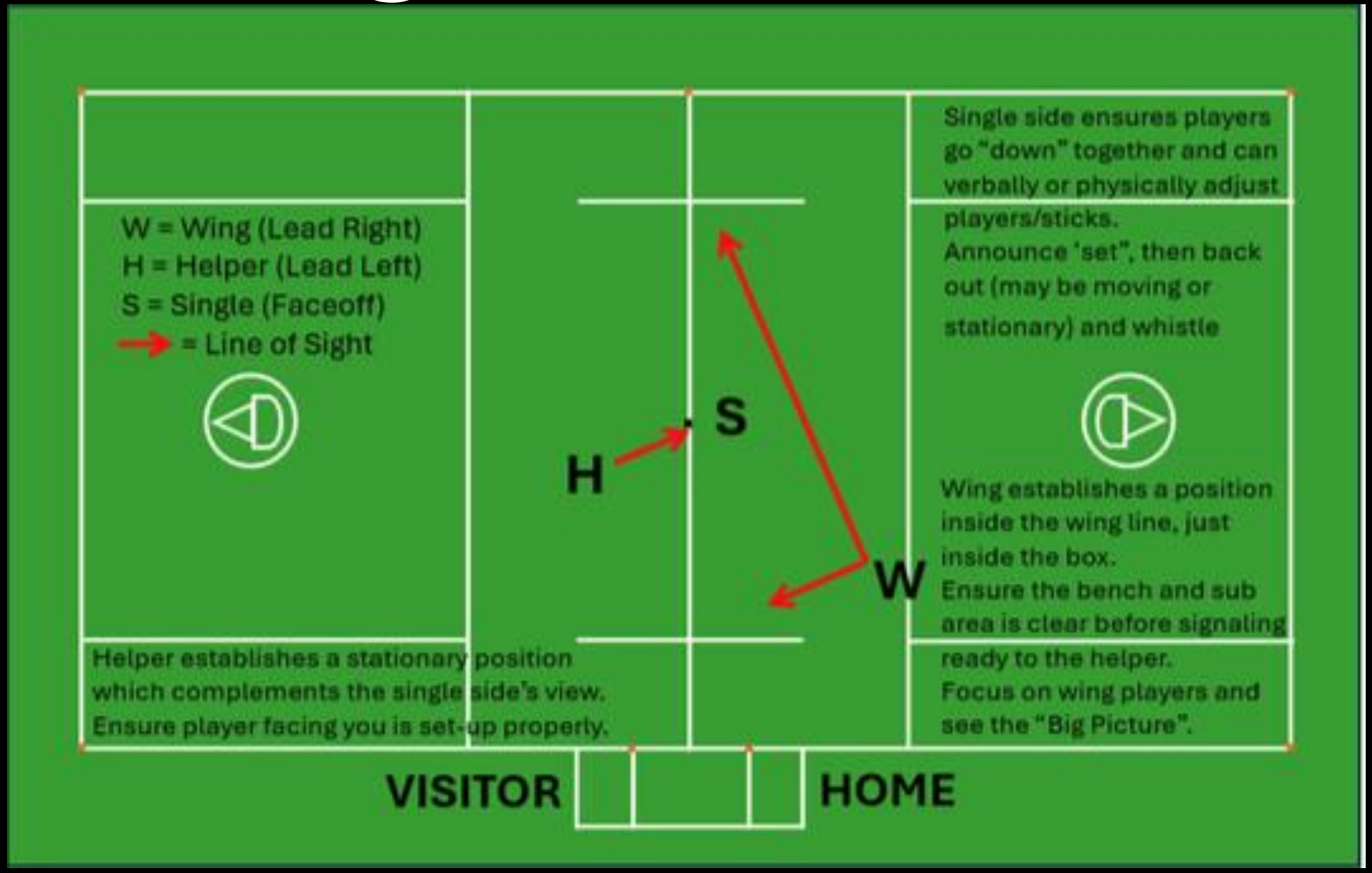
Safety

Advantage

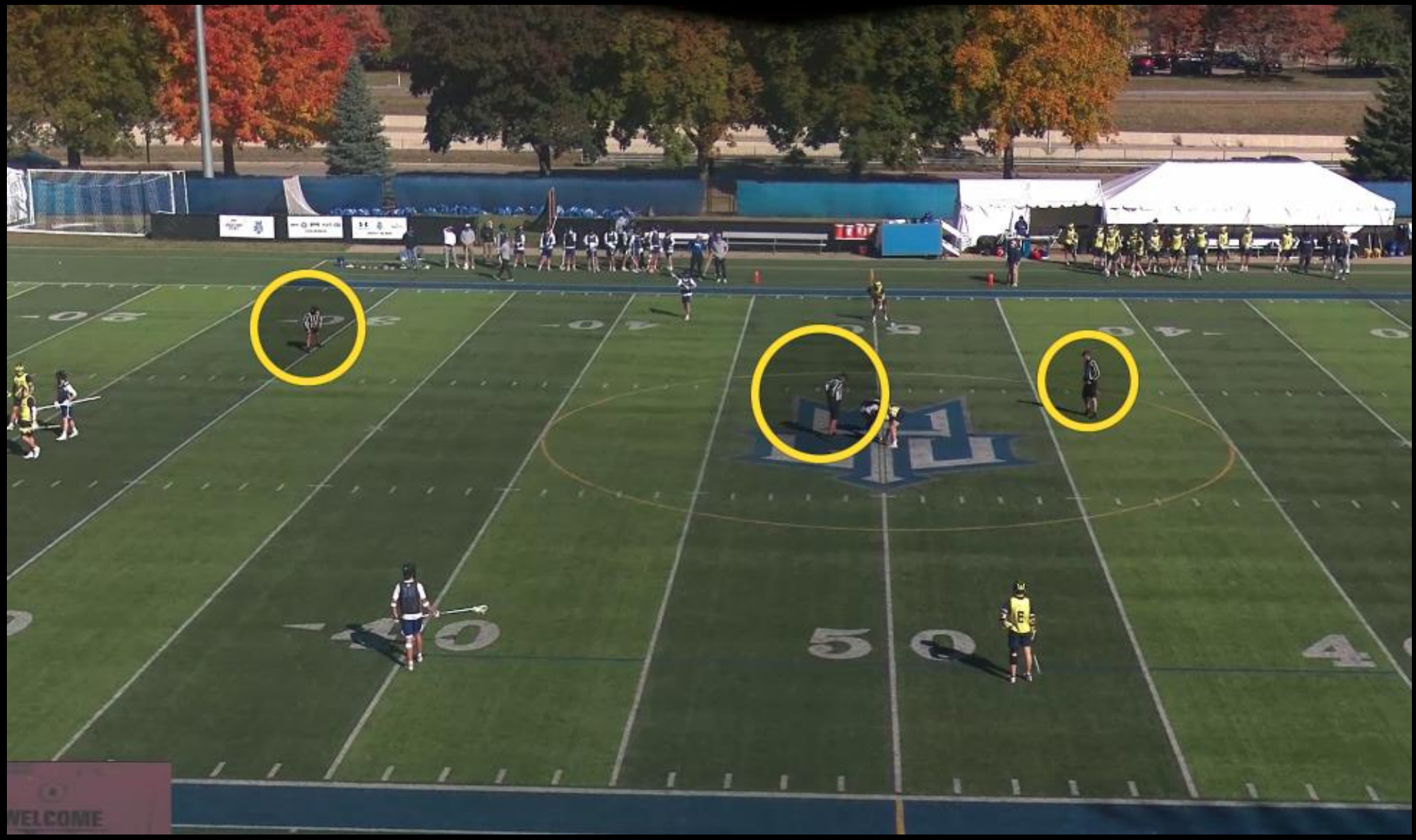
Obvious

Face Offs

Positioning

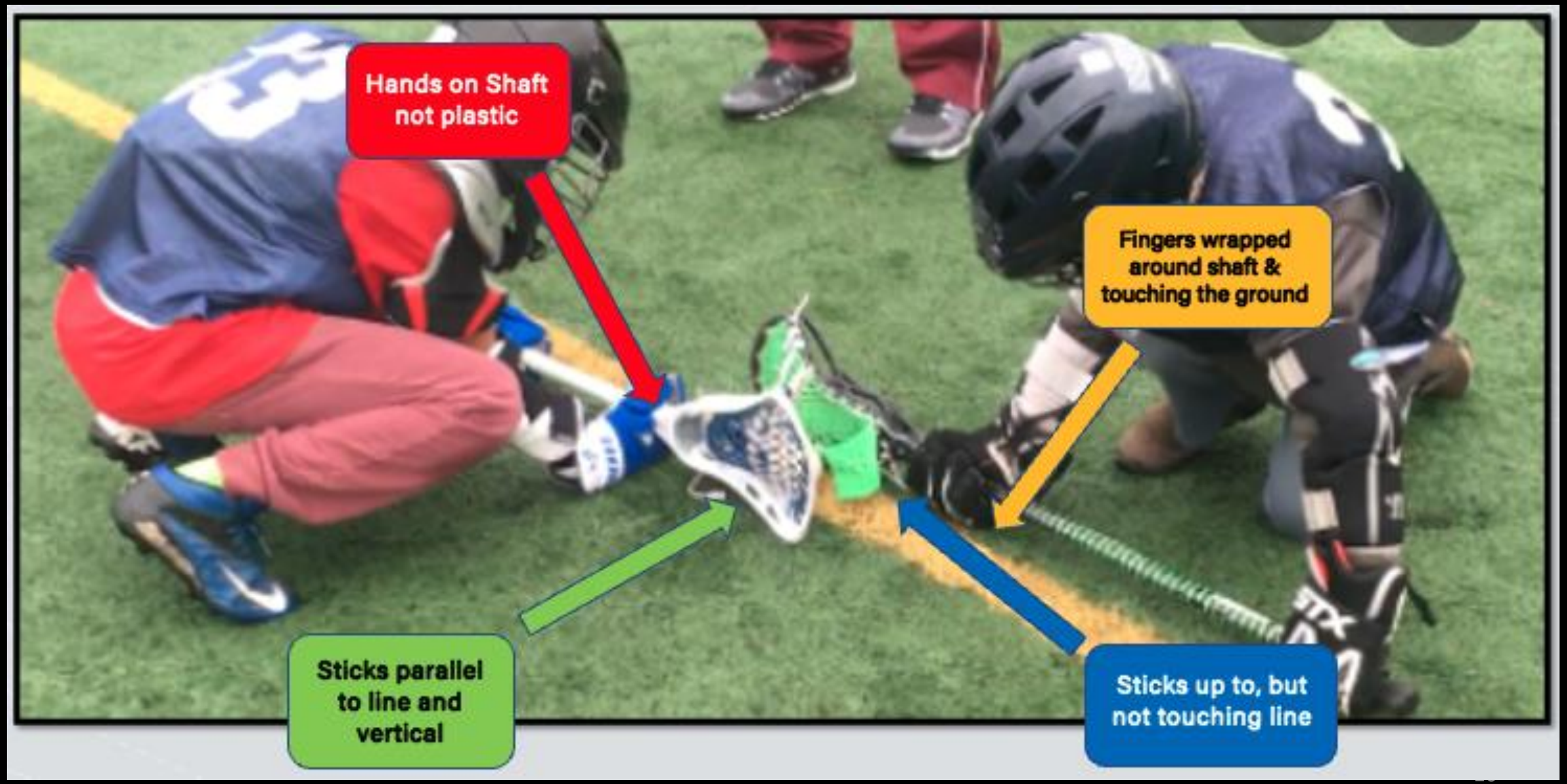


Positioning



PLACE THE BALL

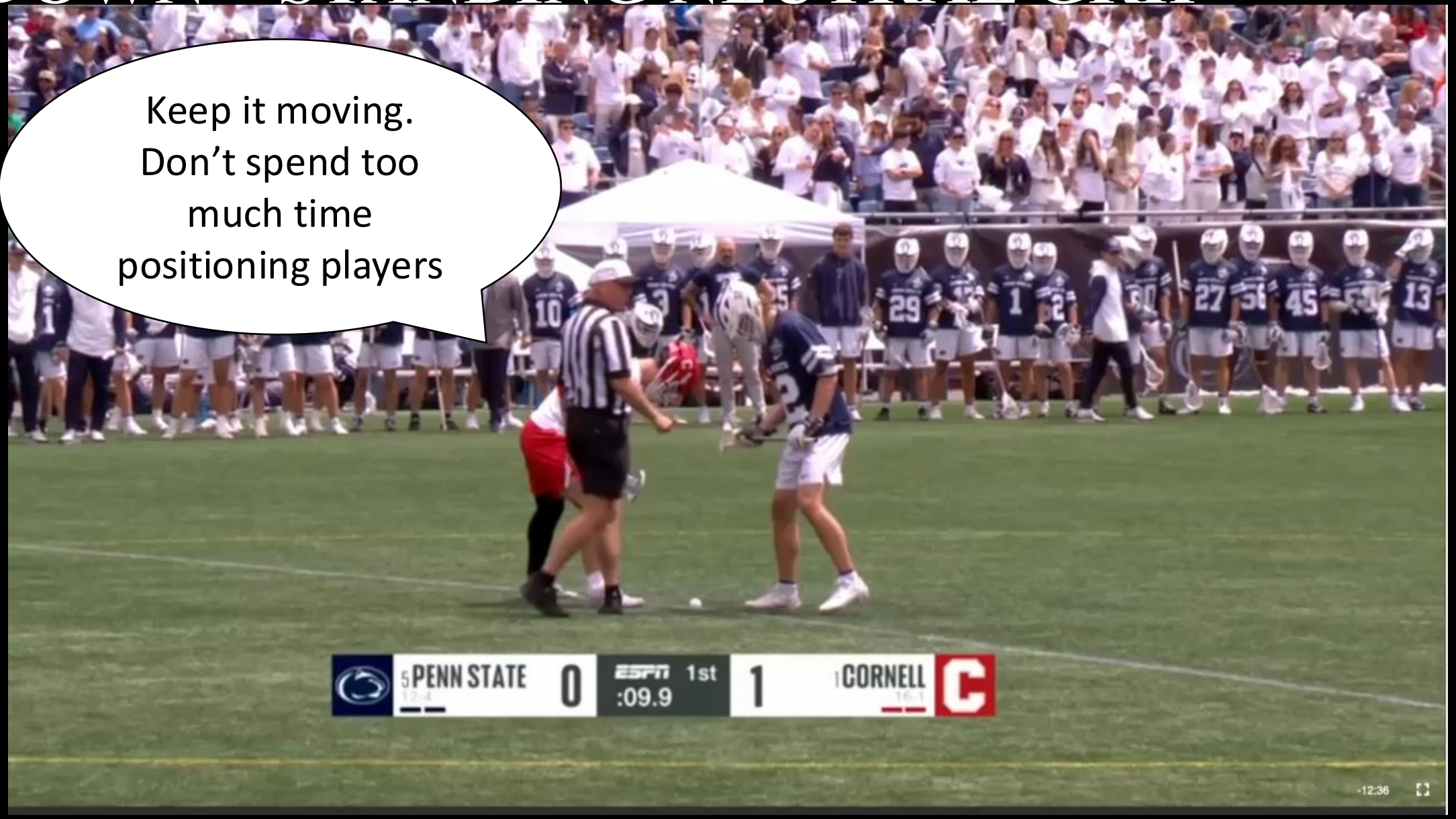
DOWN – KEY CHECKS



DOWN – STANDING NEUTRAL GRIP

DOWN – TOGETHER

DOWN – STANDING NEUTRAL GRIP



SET

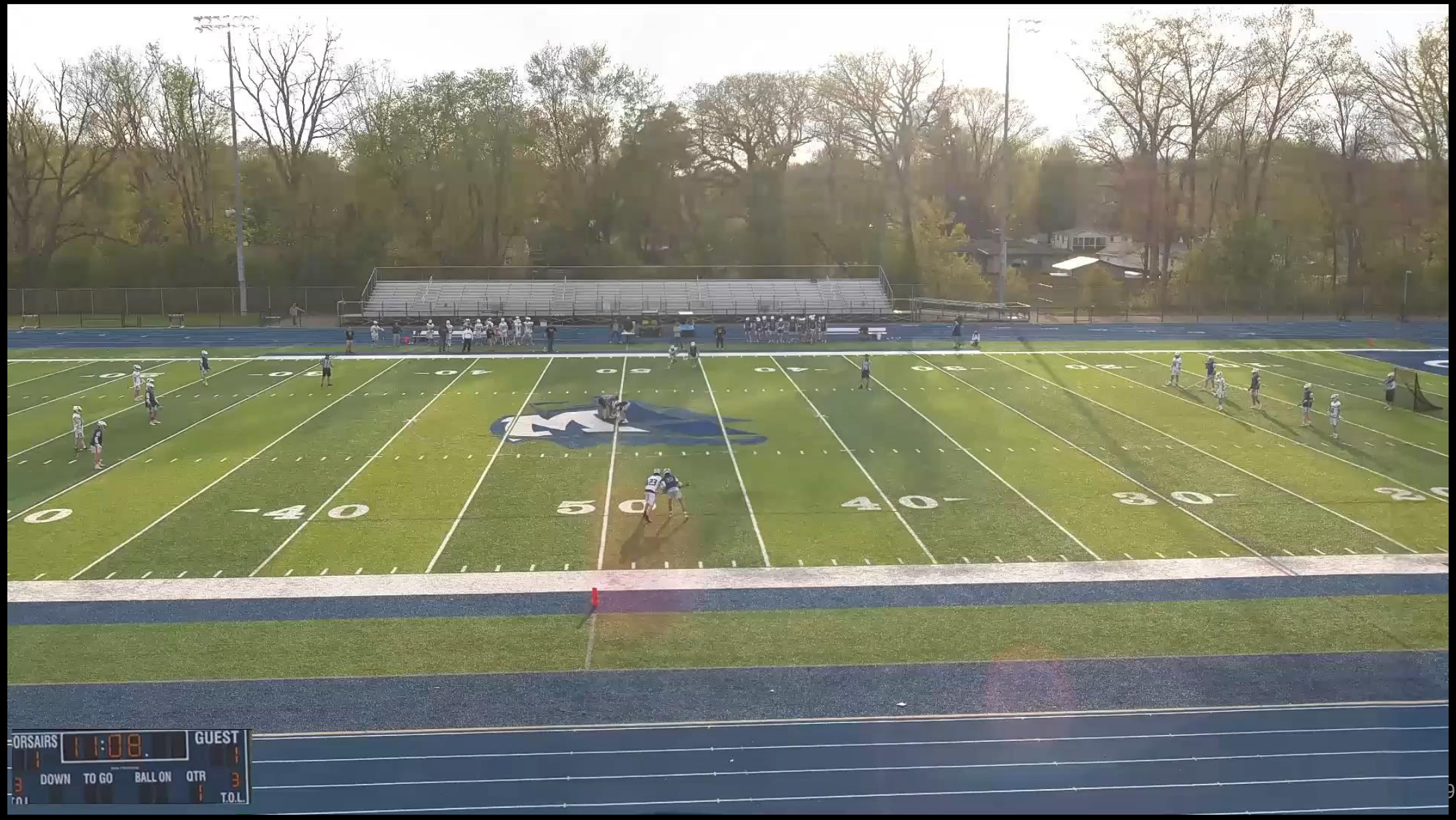
WHISTLE (VARIED CADENCE)

Positioning

Positioning - Withholding

Positioning – Loose Ball

Positioning – Procedure



Settle / Transition Coverage

WHERE SHOULD WE BE

- **BEAT THE BALL** to the goal line, end lines and side lines. Stay one area ahead of ball.
- Maintain a **WIDE TRIANGLE**; keep the ball between you and your partner.
- Focus on your **KEYS** and **ANTICIPATE** where you need to be next.

LEAD OFFICIAL PRIMARY RESPONSIBILITIES

- **Lead Runs!**
- Primary responsibility is goal in front of them and endline
- Must stay a zone *ahead* of the ball.
- Lead has *initial* ten count 2man.
- Has their sideline 2man.
- Roughly one step above or below GLE and covers the end line on contested plays

Single Official Primary Responsibilities (3man)

- Has the 20 / 10 count
- 1st Offsides Count
- Primary responsibility is the action in front of the crease
- Also watches for late hits after a shot
- Responsible for far sideline s
- Positioned a few yards above GLE and moves toward GLE when the Lead official covers the end line

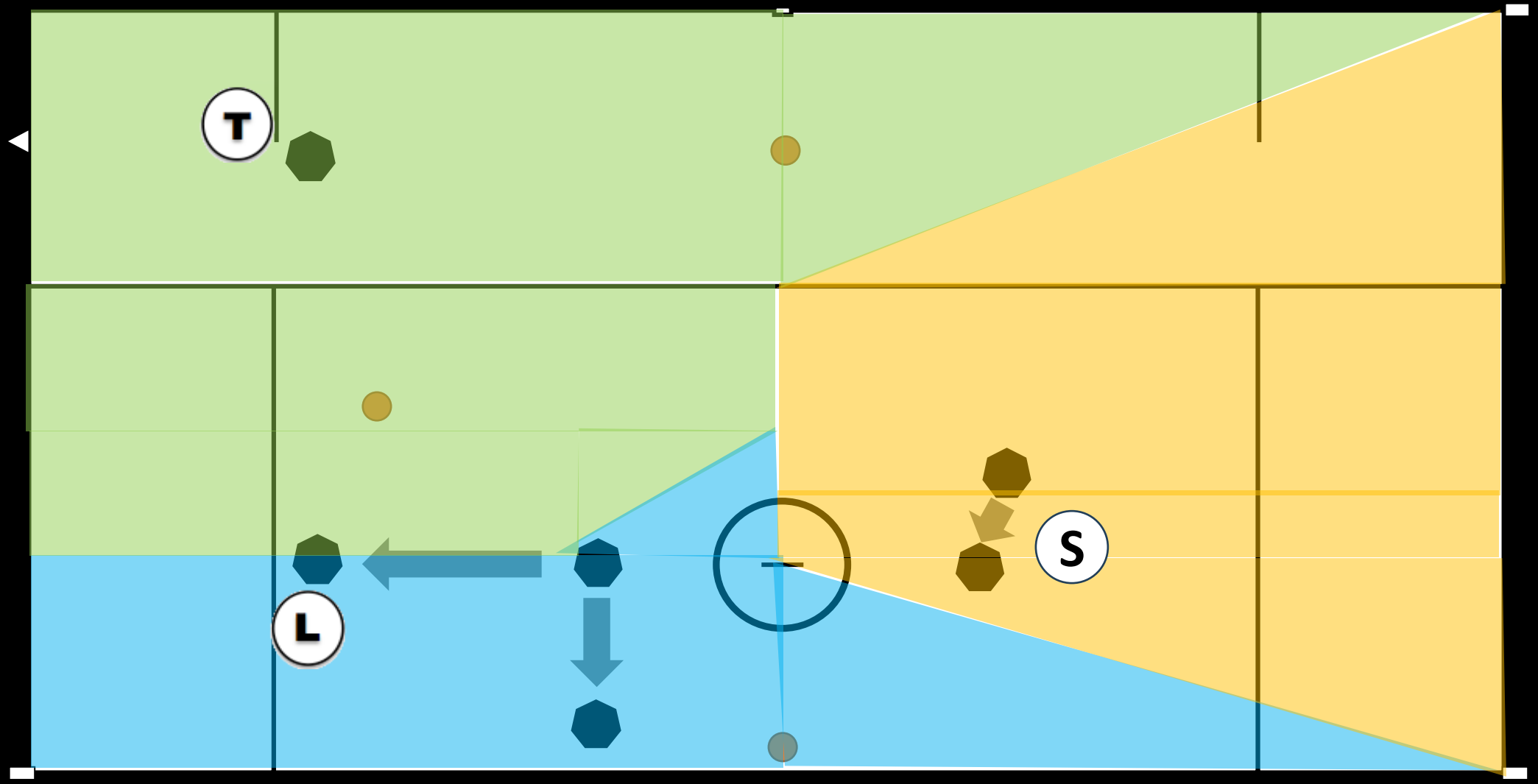
Trail Official

- Trail Jogs.
- Has the 20 count (2man)
- Watches the shooter for late hits after a shott
- Watches the high crease area
- Watches for contested substitutions
- Covers the far goal on a long outlet pass

Settle Coverage

Positioning

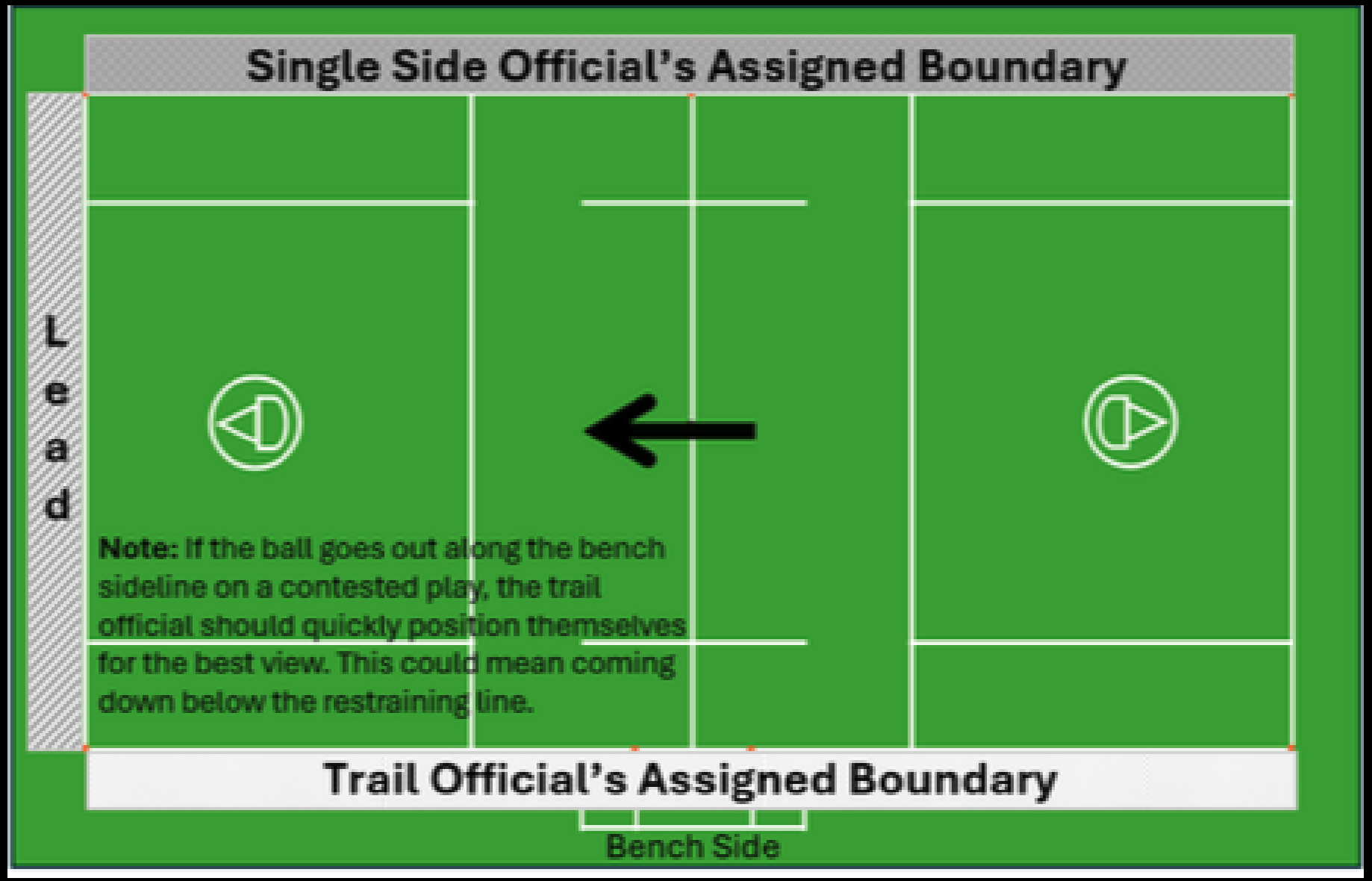
Settled Play On/Off Official 3Man



Settled Play On/Off Official 3Man

Remember Always Stay with Shooter Passer

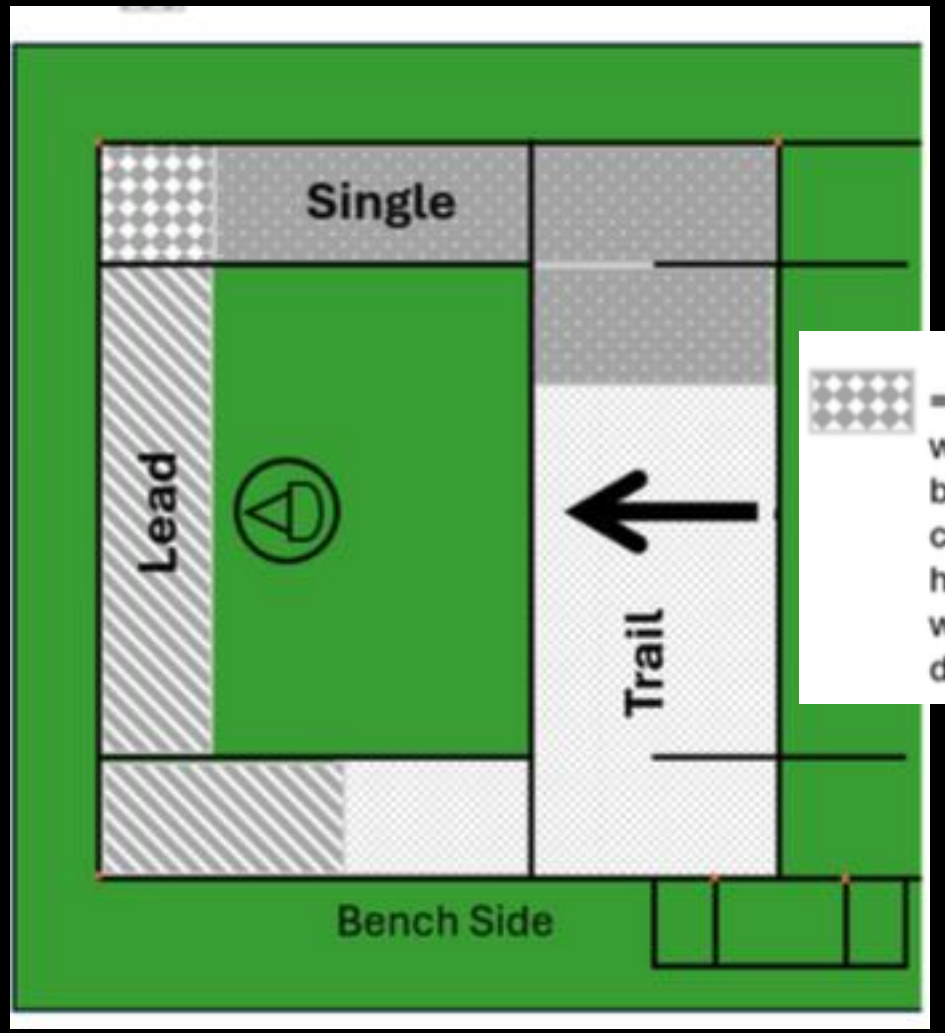
Line Coverage



Line Coverage - Restarts

MANAGE YOUR RESTARTS

- Player is never running from out of bounds or in the field
- We must be ready, go when the crew is ready not when the player is ready.

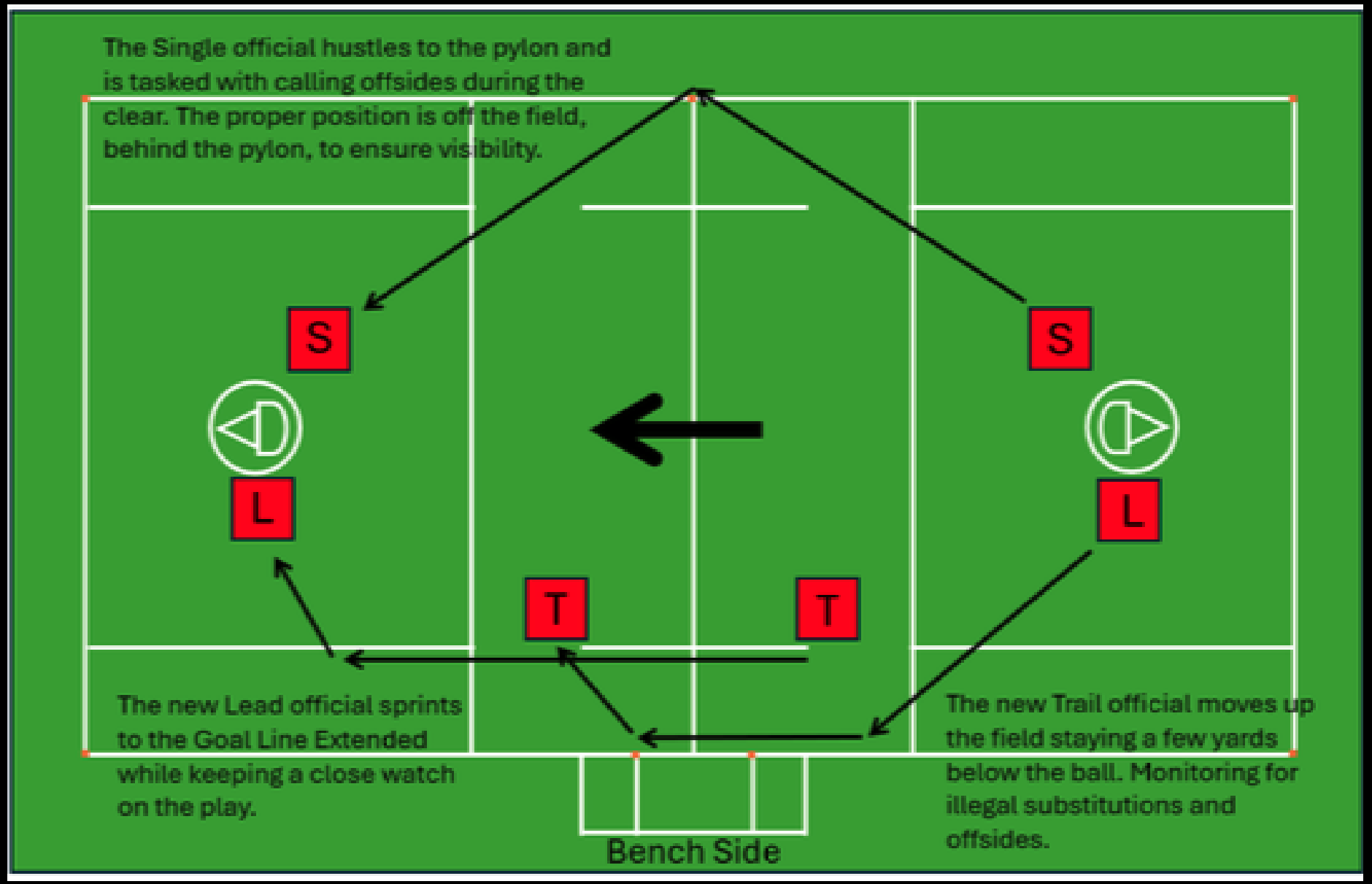


Transition

CLEARING / TRANSITION

- Trail, get wide as play dictates, especially if ball is in center or your side
- Single is getting wide and moving to the center cone but…
  - Be mindful of the broken down clear and stay low to help Trail and cover the goal/crease. New Lead moves back to create smaller triangle
- Remember Lead is also a Trail if pace of transition dictates
- You don't always have to hit the cones as Single or trail, but we aren't running up the numbers
- Trail to Lead get out quickly and find a safe zone from box subs
- Long range calls may be necessary, but they are to save the crew and must be obvious

Positioning



Positioning – Lead

Positioning – Offsides / Over Back?

Positioning – Keep Counting?

Get the Big Stuff

Make the CALL! Checks Involving the Head/Neck

Make the CALL! Checks Involving the Head/Neck

Make the CALL! Checks Involving the Head/Neck

You Make the Call

MichLOA

slido

Hudl

Game selection

- We want a competitive game which will present a challenge to the crew
- The home team should be one which films its games and uses HUDL
- Observations are blind. You will not see the observer unless he deems it necessary. That would not be a good thing.
- Remember, with HUDL, you are observed in virtually any game

Why is HUDL important and what can I do?

- Clips used in Training at all levels, come directly from the membership.
- While there is a “library” of clips, it will be depleted quickly
- HUDL submission will be a requirement to be a MIGS
- Just because you submit something does not mean you cannot do so again
- The 2025 games will eventually disappear, so watch your games now
- Only submit games in which you worked
- Submit time stamps and a brief description
- DO NOT CREATE YOUR OWN CLIPS!
- Just as you get in the book after a game, you should watch the situation while it is fresh

Up Coming MichLOA Events

Continuing Education Classes

- ~~2/5/26 – Location DeLaSalle High School~~
- 2/18/26 – Location Detroit Country Day High School
- 2/24/26 – Location Farmington City Public Library
- 3/10/26 - Location Farmington City Public Library