2026 Continued Education Class

3/10/2026

Agenda

- MichLOA Announcements
- 2026 Rule Changes
- Game Mgmt
- Fights Skirmishes - Brian
- You Make the Call

MIGS Discussion

MIGS Deadline to Complete is March 23,2026 COB

MIGS Requirements
1.) Pay Dues ($30)

2.) Watch the MHSAA Rules Video

3.) 3-5 Hudl Clips

4.) Coaches Panel (Can be found on website)

5.) Michloa Test (USA Lacrosse Tests)

6.) High Hits Video (Can be found on website)

MIGS Discussion

7.) Menu (see below and on website)

1.) Culture of Partnership:

2.) Levels of Contact

3.) Transition

4.) Officiating the Defense

5.) Offensive Walkthrough

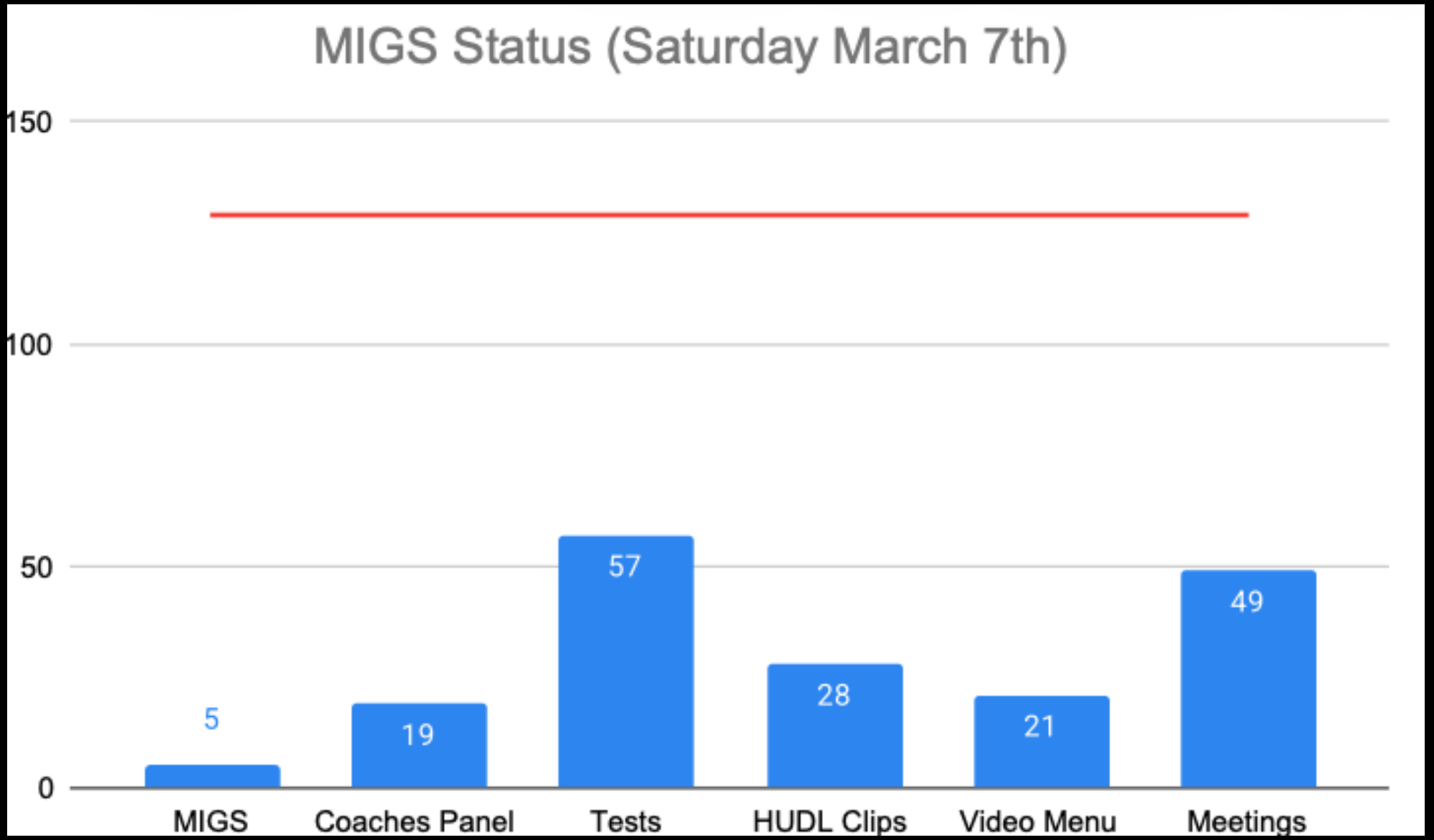
6.) Working as a Team / Crew Dynamics

7.) Picks and Interference

8.) Doing The Little Things

9.) Mistake Are Going to Happen

MIGS Discussion



MichLOA Sportsmanship Awards

Each year MichLOA recognizes the team/teams that exhibited great sportsmanship during the season with a MichLOA Sportsmanship Award. The team/teams selected for the MichLOA Sportsmanship Award are based on nominations received from MichLOA officials. Submitting a nomination is easy. Simply go to the "Awards" tab on the MichLOA website (https://www.michloa.org/awards.html), fill in a couple of information fields, and submit.

Please submit **"for"** nominations for teams that showed great sportsmanship and **"against"** nominations for teams that exhibited poor sportsmanship. **We really need to increase the number of nominations that are submitted. Don't wait…submit nominations throughout the season.**

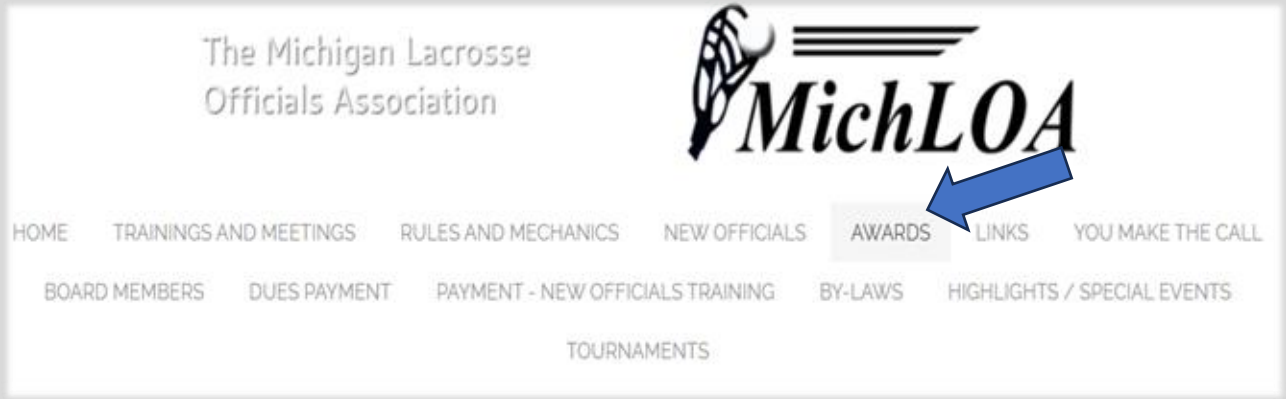
Note that the deadline for nominations is **5/10/2026**. This allows sufficient time to procure the awards and make plans to present the awards at team banquets.

2025 Sportsmanship Award Recipients

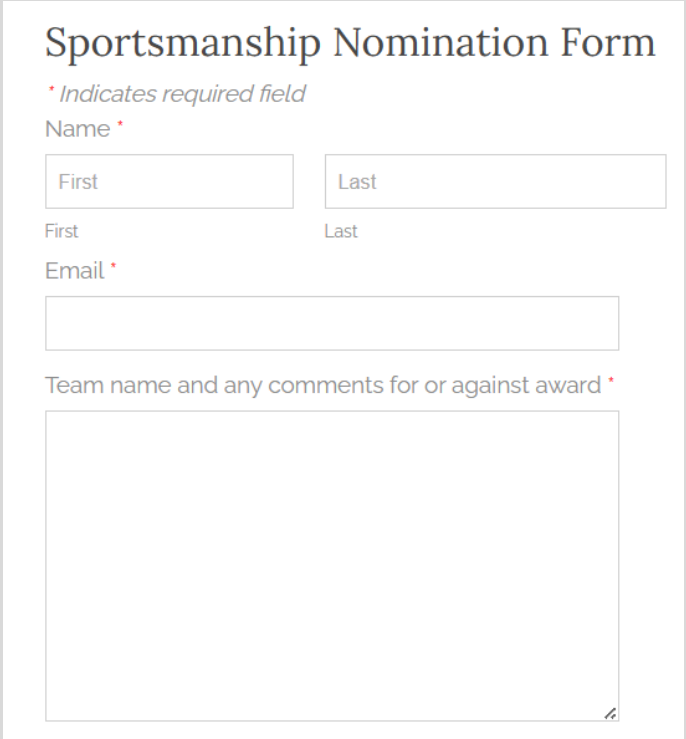
- Detroit Catholic Central HS
- Father Gabriel Richard HS
- Lincoln HS
- Shrine HS
- Walled Lake United
- Woodhaven HS

To Submit a Sportsmanship Award Nomination

1. Go to the MichLOA website and click on "AWARDS"



2. Complete Sportsmanship Nomination Form



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.

Film Note:
There is no intent to embarrass any official the film is used for educational purposes only.

Pre-Game

PRE-GAME REMINDERS

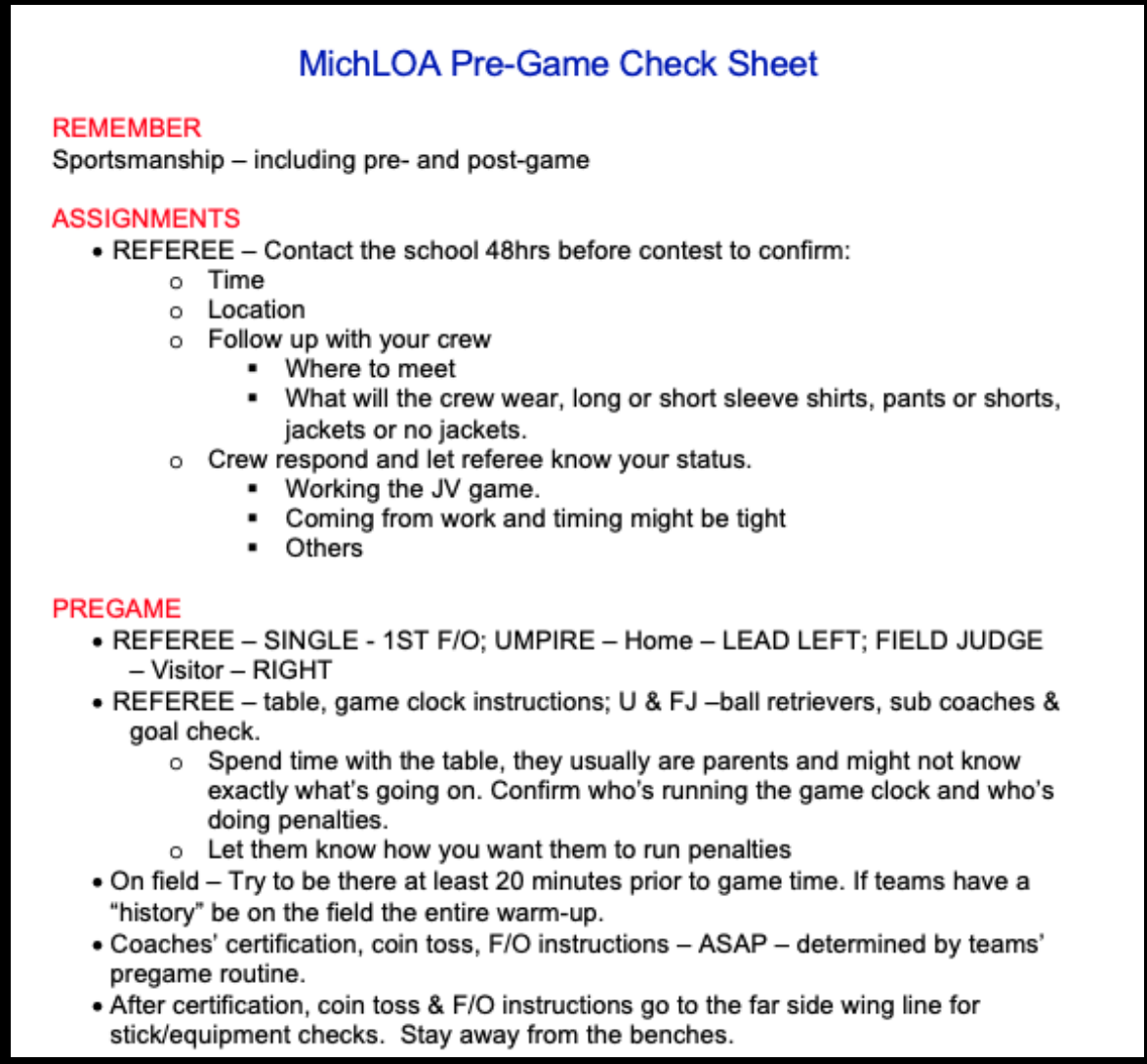
- The pre-game is not all about shooting the breeze. Get ready use the check sheet.
- Never assume the nets are good and don’t wait until the anthem.
- Be sure to talk with the table
- Understand the scoreboard and horn situation. Have them hit “zero”
- Have a few key points on which you want to focus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

PRE-GAME REMINDERS

- Touchbase with the Crew – What are we wearing?

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

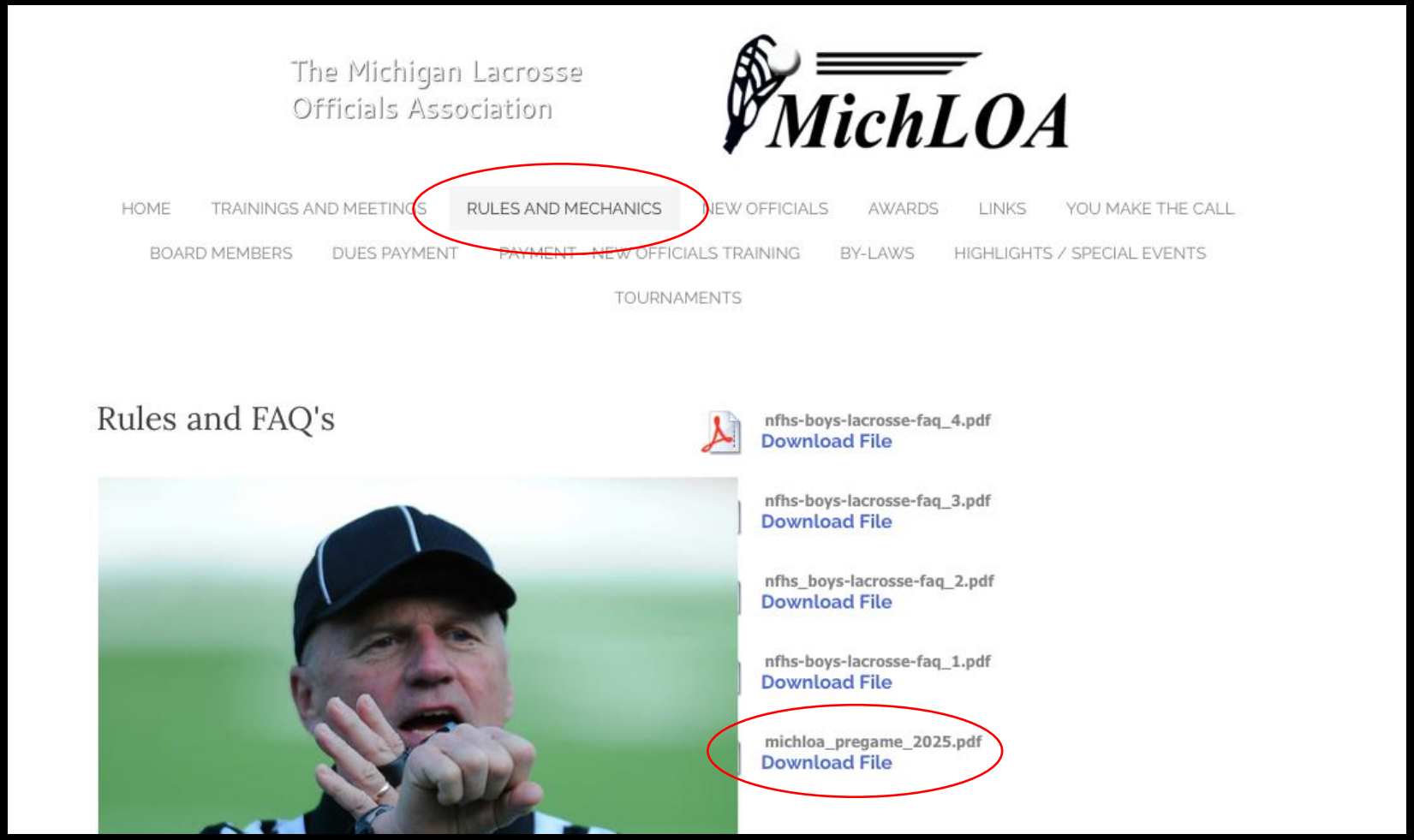
- REFEREE – Contact the school 48hrs before contest to confirm:
  - Time
  - Location
  - Follow up with your crew
    - Where to meet
    - What will the crew wear, long or short sleeve shirts, pants or shorts, jackets or no jackets.
  - Crew respond and let referee know your status.
    - Working the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



ALWAYS REMEMBER

Safety

Advantage

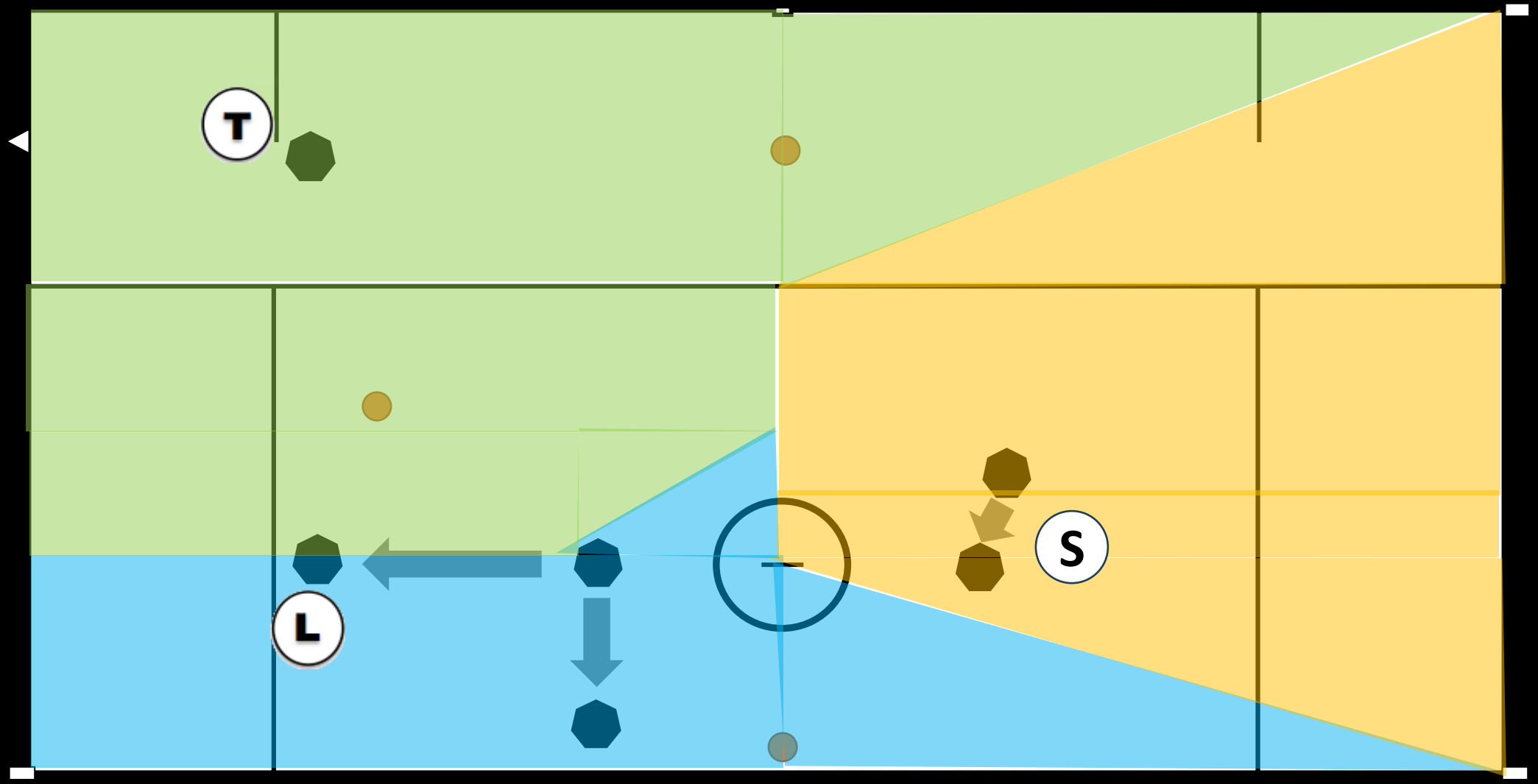
Obvious

WHERE SHOULD WE BE

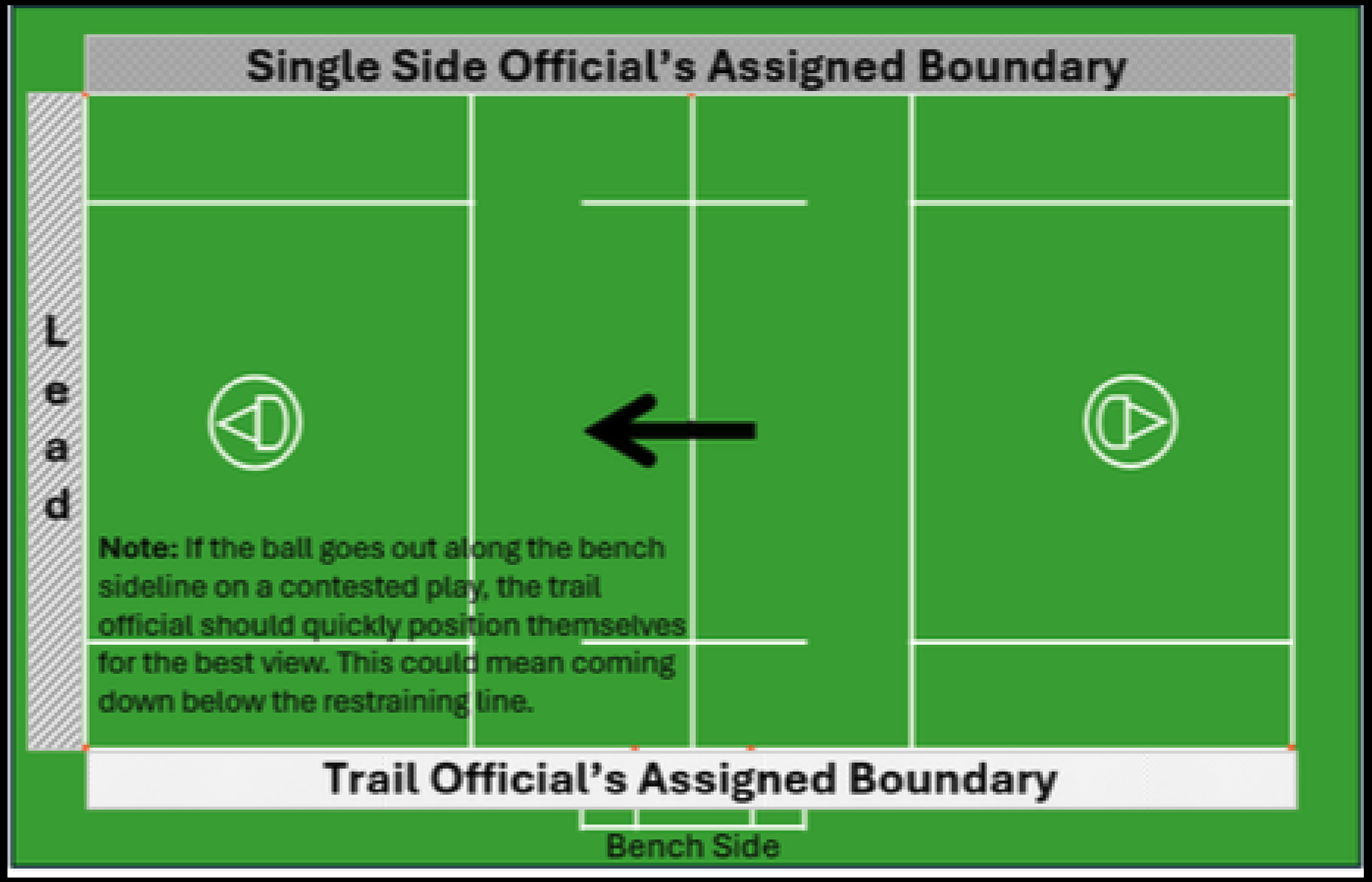
- **BEAT THE BALL** to the goal line, end lines and side lines. Stay one area ahead of ball.
- Maintain a **WIDE TRIANGLE**; keep the ball between you and your partner.
- Focus on your **KEYS** and **ANTICIPATE** where you need to be next.

Positioning

Settled Play On/Off Official 3Man



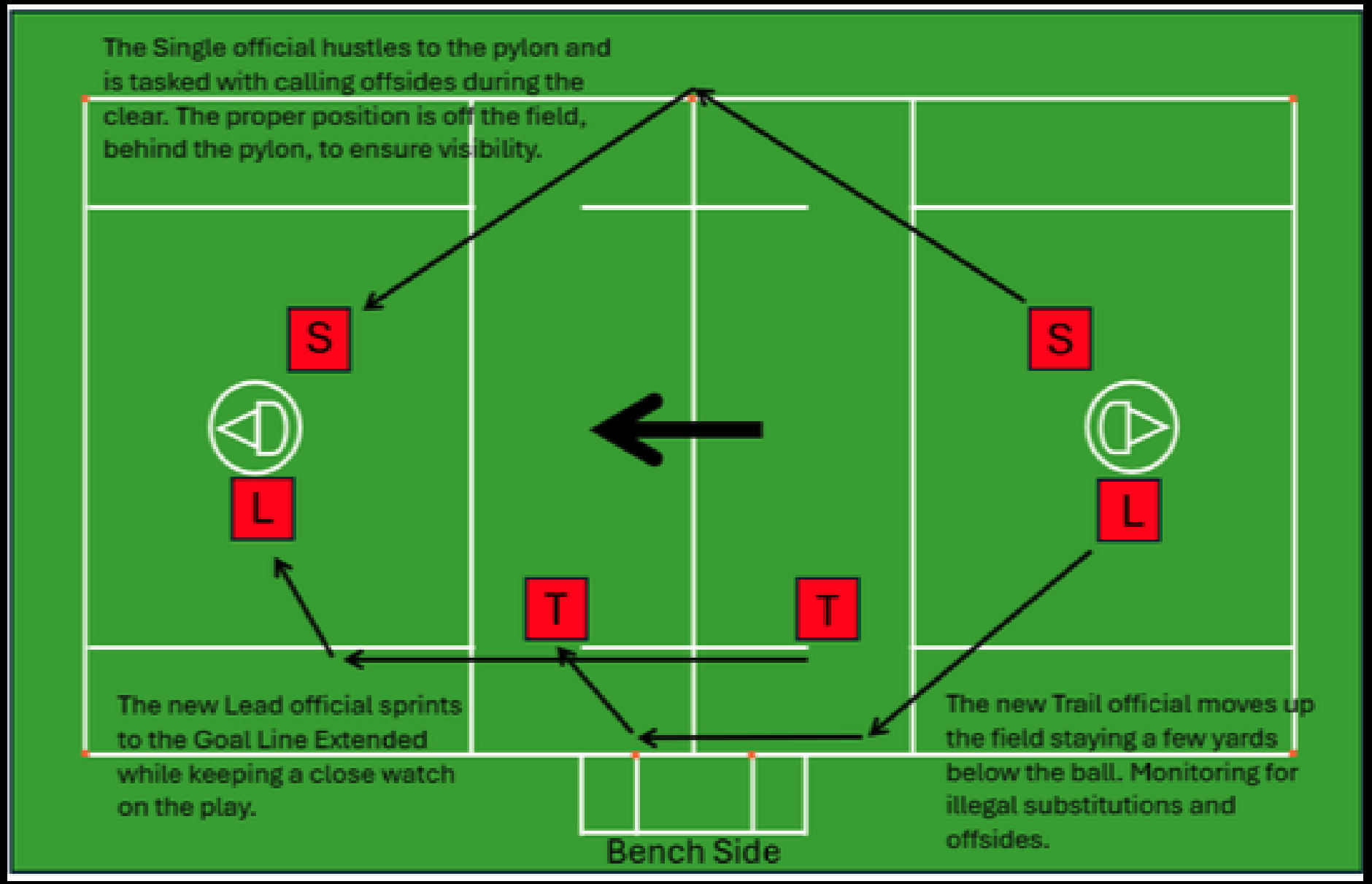
Line Coverage



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



Crease

Crease Violation or Goal?

Penalty Reporting

Flag Down Slow Whistle!

MichLOA

Game Management

Four Keys to Success

- Look the part.
- Hustle; be in the proper position.
- Communicate effectively.
- Master the rules and mechanics!

Level of Play

- The level of lacrosse skill, physical ability, size of players as well as the importance of the game will inform how you call the game.
  - Rivalry Game
    - Are traditional rivalry or history of bad blood or just don't like each other.
    - You MUST be prepared to meet the higher energy level.
  - Playoffs
    - Teams tend to be more evenly matched and the importance of the game tends to make players play more in control - But emotions run high in these games, and you must carefully monitor the situation, especially when the game is not close.
  - The Rout
    - It is extremely unlikely that any call you make will have an impact on the outcome of the game.
    - Don't call ticky-tacky stuff on the losing team.
    - Eyes on the Inmates, especially during dead balls!
    - Preventative officiating!

Communication

- Communication to crew, players, table and coaches is critical.. These people need and deserve information.
  - Don’t ignore the issue and let it fester
  - If there is a break in the action, follow up.
  - If anyone asks nicely, answer.
  - Relationship can change quickly; need to manage that and communicate.
    - You will deal with these folks again.
    - Assistant coaches will become head coaches
  - When it gets heated; we need to keep our cool

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

COACHES – Take the time to Listen

COACHES – Be Professional

PHRASES FOR YOUR BACK POCKET

- I hear you coach.
- From my angle, I did not see that.
- I'll find out and get back to you.
- Remind me at the next timeout.
- Coach, I need your help

Don’t Look for Fouls

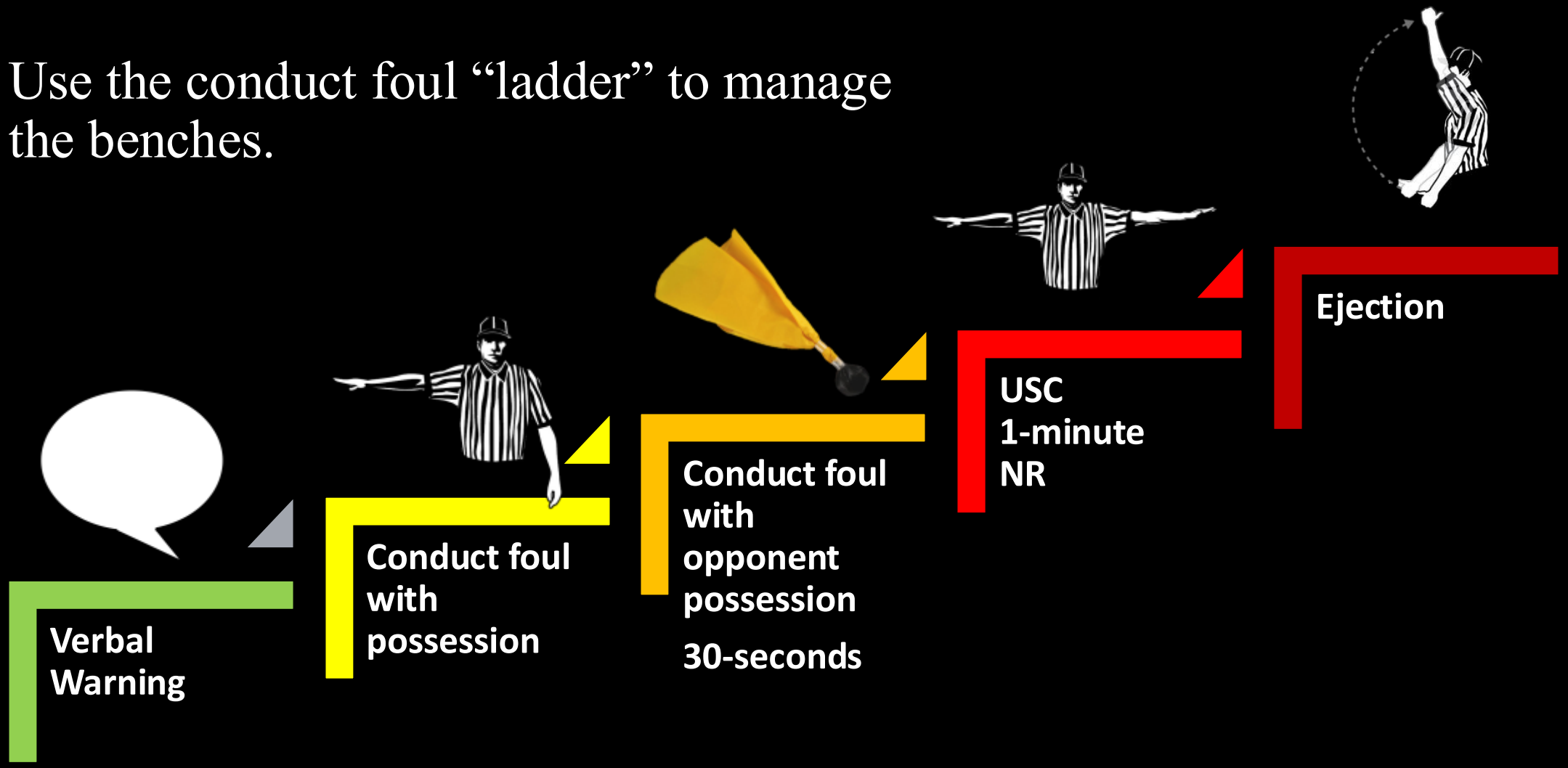
- Call the big stuff! Remember: Safety NEVER takes a holiday!
- Know the rules and ref the game:
  - Understand the level of play
  - Understand the situation; blow out, rivalry, etc…
  - Advantage/Disadvantage must be clear!
  - Manage the flow of the game and keep it moving.
  - Make sure that you call the game as a crew consistently.

MANAGE YOUR RESTARTS

- Remember the basic tenets and guidelines
  - 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.
  - Examples:
    - Over and back – Where does the ball start
    - Always restart on the proper side of the field
    - Understand the 5-yard bubble:
      - Defense can be within the 5-yard bubble, offense cannot
      - Defense within the bubble must allow a “direct” path to goal
      - Doesn’t defend the player in possession until 5 yards created
      - Offense cannot veer toward the defense and expect a flag

MANAGING PLAYERS / COACHES – THE RAMP

- Use the conduct foul "ladder" to manage the benches.

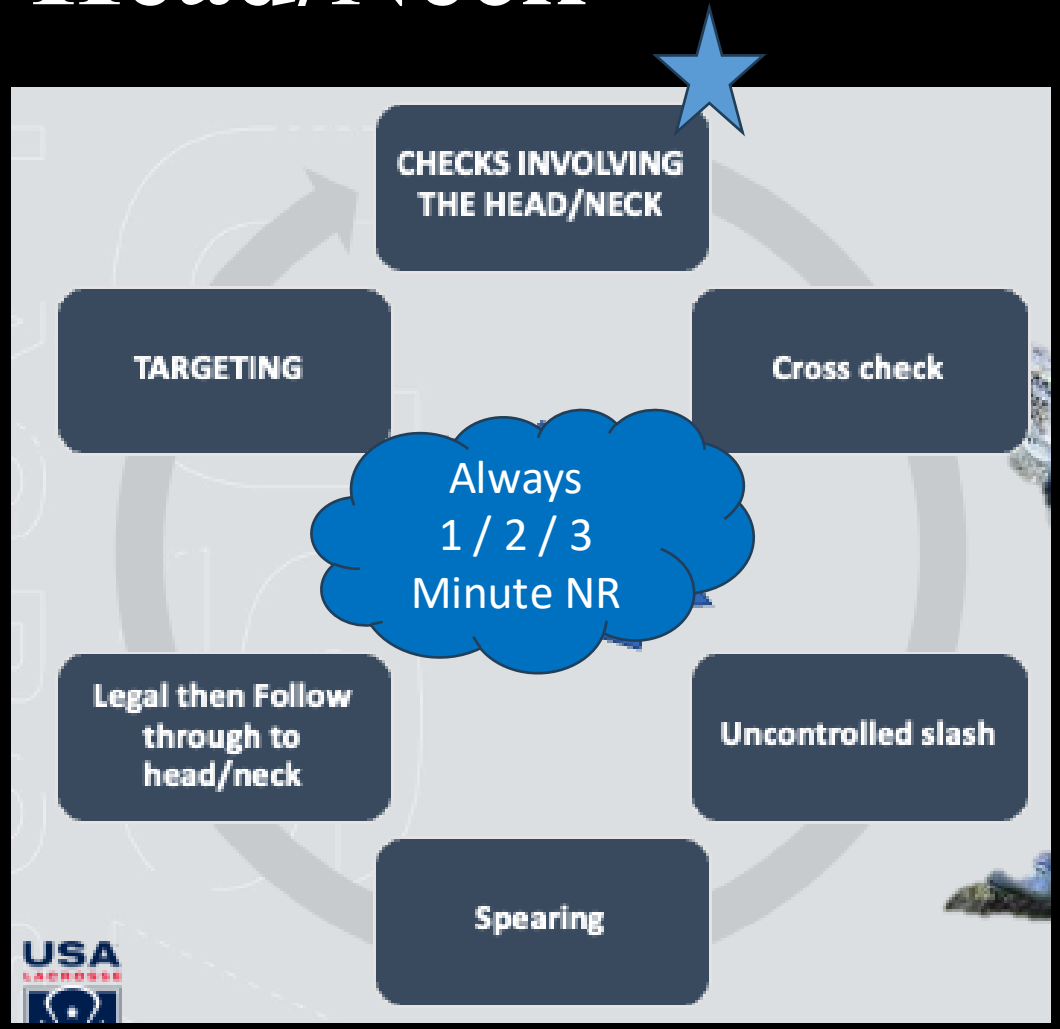


MichLOA

Fight Mechanics
Brian

Get the Big Stuff

Make the CALL! Checks Involving the Head/Neck



Checks Involving the Head/Neck

Targeting

You Make the Call

MichLOA

slido

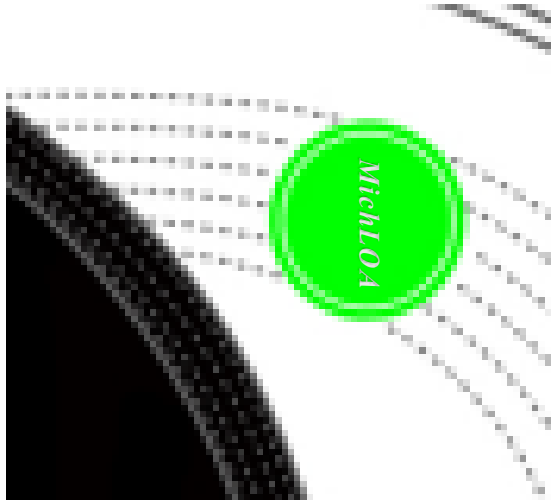
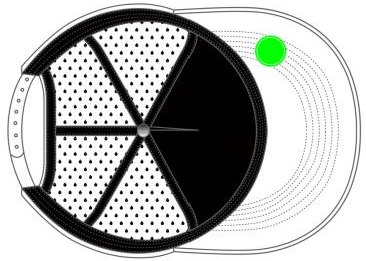
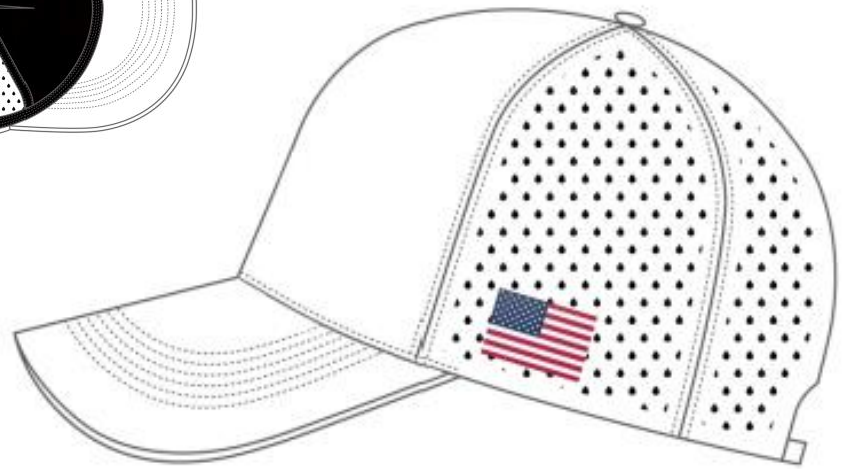
Up Coming MichLOA Events

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~~

MichLOA Short Sleeve ¼ Zip

- Badger Brand
- Logo is Direct to Print
- Sizes First Come, First Serve
- *They will be BLACK, not gray*
- *3/12 Last Day to Order*

Coming Summer 2026

- High Quality
- Durable
- Washable
- Rubber logo
- Washable
- “Melin”