

## MPSSAA Girl's Lacrosse Mid-Season Reminders

Hope you are all having a great season so far. I wanted to share some reminders regarding your games. I have received many questions and comments as well, so hopefully this can help and support you throughout the remainder of the high school season.

### New Rules and Calls

1. Contact with a HORIZONTAL stick to an opponent is a foul. If the player hits, drives or extends their arms into an opponent with a HORIZONTAL stick you may card, depending on the severity, or if a team/player continues to do this card for repeated foul.
2. All Three Seconds calls will be administered at the 8m arc, 12m fan or at the dot.
3. When you blow the whistle for a foul, the player must pause and acknowledge there has been a foul. The restart is allowed to be 4 meters from the spot of the foul, so if the player does not stop or hesitate at all you need to stop her.

### Game Management/Time Management

1. With so many new officials, when you are working with someone that needs some help and support, help, and support them. In doing so be mindful of the clock and take an official's time out if needed.
2. We are all overworked and run down this time of the season, do not take that out on the athletes. Your role is to call fouls and administer penalties, leave the reprimanding/scolding the players to the team staff.
3. Continue to manage the sidelines when needed. If you are distracted by a constant flow of comments, being spoken to disrespectfully or personally attacked verbally, use your tools to stop that behavior. Do not leave the game feeling that you should have carded someone and decided not to because that was the easy thing to do.

We have the hardest role in the game and for us every day is game day. Teams only play a few times a week and every game is a big game to them. Take care of yourself and your fellow officials.

Continue to work hard, call great games and have FUN.

Do not hesitate to email with questions.

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