

HOW TO MANAGE THE “QUICK” RE-START



RECCOMENDATIONS OR SUGGESTIONS

- EVEN THOUGH WE ARE NOT TO HOLD UP PLAY FOR THOSE “ON FIELD” QUICK RE-STARTS, THINK IT IS GOOD PREVENTATIVE OFFICIATING TO CAUTION THE DEFENDER, **REMINDING** HIM TO “GIVE 5.”
- AGAIN, **WE DON'T UP THE RE-START**, BUT JUST MAYBE THIS WILL REMIND DEFENDER NOT TO PLAY OR “ENGAGE” PLAYER UNTIL 5 YARDS HAS BEEN CREATED.
- REMEMBER, IT IS SOMETIMES EASIER TO CREATE THE QUICK RE-START BY REQUESTING THE OFFENSIVE PLAYER TO MOVE BACKA STEP OR TWO – ANYTHING YOU CAN DO TO GET THE BALL BACK IN PLAY ASAP IS TO HIS ADVANTAGE!

RE-STARTS FROM THE CREASE

- IF YOU HAVE MULTIPLE PLAYERS IN THE CREASE OR DEFENDING PLAYER IS OBSTRUCTING GOALIE'S OPPORTUNITY FOR FREE PLAY, RECOMMEND CLEARING OUT BODIES FROM CREASE BEFORE RESUMING PLAY
- GUARDING ATTACKMAN MUST STILL STEP ASIDE AND PROVIDE GOALIE CLEAR PATH TO THE GOAL
- MUST NOT PUT HIS STICK IN THE AIR TO IMPEDE ANY POTENTIAL PASSING LANE OF GOALIE
- DEFENDER MUST EITHER BACK UP 5 YARDS OR STEP ASIDE 5 YARDS BEFORE GOALIE CAN BE PLAYED

Re-starts near the table area (RULE 4.6.2 SITUATION A)

This rule applies anytime you are putting the ball in play in front of or within 5 yards of the substitution area:

Whenever in front of or with 5 yards of either side of the substitution area, move the ball **5** yards from sideline.