



GPLOA Two-Man Pre-Game

1. Communicate with partners, table, coaches & players.
2. Be Professional, Set tone early, Be consistent as a crew.
3. Hustle, Do the right thing. Fix it.
4. Keep the game safe, fair and fun.

Game Logistics:

TEAMS R counts Home. U has Visitors

CERTIFICATION Home Coach First. Captains. In-Home. Questions?

CAPTAINS Home Faces In. Visitor Face Out. Visitors Call the Toss.

COIN TOSS Winner: Choice of, AP or Goal to Defend 1st and 3rd

TABLE Start/Stop on Whistle. Game and Penalty Time. Penalty Release. Count Down. Foul Out w/ 5-mins of personals. Stacking. Release during FO. Double Horn.

TIMEOUTS Must have Possession, or Dead Ball out of bounds. Timer On.

HALFTIME 10-mins. Check with table.

END OF PERIOD Shot released before horn, Hold Whistle. Can't hit Offensive player.

OVERTIME – One Timeout per OT period. Coin Toss for Direction Only. AP stays the same. 1st goal wins. Switch sides each OT.

Communication:

ECHO Flag Down. Possession. AP. Game Time. All Even.

MIMIC Possession. In the Offensive Box. Resets.

EYE CONTACT Be aware of where your partner is. Are they ready?

PENALTIES Move to open area. Stand Still. Clean and Crisp. CNOTE.

MAN DOWN Always let the goalie know where ball is before restarting.

ENDING COUNTS Make sure partner stops count. Verbalize "He's in."

Restarts:

FACE OFF VIOLATIONS Freeze the boxes. 5 yard restart. Trail takes Whistle.

RESTARTS Start where the ball goes out. Player starts in bounds with ball. Partner Ready. Offense is not within 5 yards. If Defense plays within 5 yards FLAG DOWN. Goalie can start in the crease. Near Substitution Box, take your time, move 5 yards onto the field. Defense may restart inside defensive box or crease. Offense is always outside the box.

GOALIE Has 5 seconds to re-enter crease on dead balls.

Counts:

RESET Signal with twirl on change of possession.

TRAIL 4-sec Goalie count and 20 count.

LEAD 10 count to touch it in.

OFFSIDES Count forwards! Offense, whistle, turnover. Defense, flag down.

Trail count before getting in, Recount! This Flag can be late.

SUBSTITUTIONS Watch for delayed Sub. Player on field has right of way. Clear the box during face-offs and settled play.

Face-Offs:

MECHANIC Whistle in Mouth. Ball down First.

"Down" [Top to Stop. Neutral Zone. Adjust.] "Set" [back out] "Whistle."

CONTRASTING COLOR FOGO needs 6' contrasting color tape up to plastic.

WING 20-sec Timer On. Watch wing for interference. Freeze boxes on violations.

PREWHISTLE FOUL Stand players up, Point Direction, Trail has restart!

MAN-DOWN FACEOFF Can't bring player up on wing. No release until possession.

POSSESSION Begin either a 10 or 20 count. Make sure it's a good possession.

Settled and Transition:

LEAD Crease, Goal and Endline. Position on GLE.

TRAIL Count for Offside. Stay with Shooter and Passer. Whistle on Sideline Shots Out Of Bounds. Midline for Over and Back. Position 5-10 yards above box.

BOUNDARIES Endline and Sideline. Trail has Midline.

Fouls:

MULTIPLE 2nd Flag kills the play. Talk to your partner when you both have a flag down and when you're locking a player in. Take your time.

SIMUTANIUS FOULS Live Ball, Live Ball Leave it. Dead Ball, Dead Center.

PLAY-ON Keep it short! Advantage?

OVER & BACK On after offensive touch in the Box. The ball has to touch something beyond the midline just like out of bounds. Last touched by defense, we have nothing. Watch for stepping, or pushing offside. Lead can help with pushes.

FINAL TWO MINUTES Winning by 4 goals or less, Keep it in. 5 or more, field is open.

FIGHTING Freeze Benches. Coaches can help. Write down numbers.

NO DIVES Players cannot jump or dive and land in the crease. NO GOAL.

STICK & EQUIPMENT CHECKS Midline/Midfield. Eyes on players. Check stick and head length, shooting strings within 4" and pocket depth. R makes final decision.



GPLOA Two-Man Pre-Game

