

# Edmond Lacrosse Club—Parent's and Player's Newsletter

It is hard to believe that we are nearing midseason for lacrosse. This newsletter is intended to give you a perspective from a refs viewpoint. It will attempt to answer some questions that have been asked of us this year. We are trying to cover all ages of play. Please feel free to grab me or any of the refs on the field if you have specific age related questions.

April 13, 2010

## Penalties

Why are some penalties 1, 2 or three minutes, and some are non-releasable? Rules state some penalties are a specific time served penalty. The refs, in a split second have to weigh the degree of the infraction. Any unsportsmanlike penalty is always non-releasable. Non releasable simply means that the full time will be served, even when a goal is scored. I assure you, we as refs are not out to get any player, but we need to adhere to the rules to keep the respect of the game.

## Weather

- If at all possible, we will post cancelled games on the website.
- It is the officials call on the field for field conditions.
- Wind is not a reason to cancel games. It's Oklahoma—it's windy!

## Sportsmanship

In our team meetings at mid-field before the game starts, we always try to remind the players that there is a respect for the game. We as refs know that this is a physical game. What we want to let the players know is that we as officials respect the game, just as they should. There is simply no substitution for good sportsmanship. This starts with you as parents. Imitate good sportsmanship by cheering loudly, but not rudely. We celebrate when teams score, but do we know how to react when things are not going our way? I was very impressed with tonight's game, when the losing team all came over to shake my hand and say thank you. Imitate good Sportsmanship.

## Legal Equipment

At the beginning of each game, the refs will ask each head coach if the equipment is legal. A question has come up: "how can a brand new stick be illegal. A short stick must be 40 to 42 inches. A long stick is 52 to 72 inches. This year we are not using the new heads, but next year we will. When we do a stick check on the field, we measure the stick and head. The ball has to sit in the net and be above the bottom line of the plastic. The ball must freely roll out. All of the refs are willing to check a stick out before the game starts. NCAA rules state that an illegal stick is a 3 minute non-releasable penalty. Take your tape measure with you when buying a new stick.

## Kerry's Korner

I have simply been blown away at the increased level of play this year. The coaches in Edmond Lacrosse are doing an excellent job at instructing their players. I personally have had quite a few games that have been decided by 1 point. Comparing this year to last year shows much growth and improvement. Rehydrate. This is a crucial thing for lacrosse. Drink plenty of fluids. I know the portable restrooms are not the most enjoyable part of the game, but make sure your players are using them. Refs and players both will have terrible leg cramps if we do not drink water. Thank you parents for making this such a great sport in Edmond.

## Fans Over There

I have been asked several times this season why we ask you to sit on the opposite side of the field from the players. This is a NCAA rule. There are two reasons for this rule—safety and game control. There is a lot of communication with the table, coaches and benches that the ref's have to do. If we were having to talk over the fans it would make the job harder. The second reason is that you all are passionate about your players. Coaches and players have enough to think about, without the added pressure of you as fans instructing them. Please help us by sitting opposite the benches.