



# Restarts! Restarts!! Restarts!!!

## 2017 NILOA MEMO

There seems to be some disconnect with the message being sent and the end result.

**Please** use the following thought process on restarts and keep yourself out of the “hot seat”.

### **Resume play quickly, but not with “pants on fire”**

This is where **WE** continuously get ourselves in trouble. A restart that happens too quickly is when we put ourselves in jeopardy of criticism. Errors seem to compound in these cases. We have to be ready also not just the players.

### **No offensive player within five yards**

The film clip (link below) illustrates a poor restart. This continues to be an issue. Teams will attempt many of their hidden ball tricks. Be sure we get the five-yard buffer from all teammates, before restarting the play.

### **If Defensive player within 5 yards, could be flag down**

It would be an opinion that most defensive players attempt to comply with the rule. There are some that don't. Consider the following during restarts. **First**, if the defense doesn't comply and plays the ball, you need to call a penalty. **Secondly**, we shouldn't put the defensive player in a no win situation, when he is trying to comply. Everyone has the right to understand what your call was and be able to see your visual signal?

**Example:** If the player, entitled to possession, has already taken off from where he is supposed to have his restart, and you are still in the process of completing your signals, bring him back to the proper spot for the restart. **Lastly:** After shots out of bounds on the end line, we have been fairly consistent in bringing players to the proper spot before restarting the play (within a few feet of where the ball went out of bounds), even to the point of waiting several seconds before we start play. **Shouldn't we strive to be consistent on restarts especially if the player has gained an advantage he is not entitled too?**

### **Exact location not important - BUT**

What we need to ensure is it is close to the location of where the stoppage happened. This becomes really critical with end-lines in last seconds of quarters, shot clocks or extra man opportunities.

### **Defense can restart in the attack goal area, or even in crease**

This should be easy to manage. Keep in mind the crease is 18 feet in diameter and goal line is centered in it. This leaves only three yards from goal line to top of crease. Be careful with this restart.

### **No full out running starts from out of bounds (rolling start is okay)**

On restarts where the ball goes out of bounds, the player who is awarded the ball cannot get a running start while out of bounds; he must establish himself in bounds prior to the official blowing his whistle.

### **Turnover Restarts**

When a turnover occurs (ward off, interference, etc.), there is always some degree of uncertainty as to what the call is and which team will have possession on the restart. Often times, one player will check the crosse of the ball carrier, trying to knock the ball out – in anticipation of gaining an advantage on a quick restart. If this happens, the team gaining possession has lost the opportunity for a quick restart. By not allowing the official the time to signal the call, they forfeit any restart advantage they may have had.

If we call this consistently, players will understand this concept and wait for our whistle to restart play.

### **In summary**

Do we want quick restarts? Absolutely

Do we want restarts that create chaos? No

Do we want quick but controlled restarts? - Yes

Do we want restarts that disadvantage either team? No