

Coin Toss

- Not more than four team members in game uniform from each team may be present
- All other team personnel remain outside the field of play
- Captains escorted to center of field 5 minutes before game time
- Coin toss at the 3 minute mark
- Second half choice is obvious, so don't need to bring out captains

Coin Toss (Starting Position)

- Referee: Escorts the home team captains
- Umpire: Escorts the visitors

R and U will end up opposite each other with both speaking captains adjacent to the referee

- Wings: At the hash marks (40 yard line)
- Back judge: On HL side at the hash mark (40 yard line)
- All officials do not have to be present at the coin toss (i.e., HL completes instructions to chain crew)

Not a “soap box”

- Not a forum for prolonged commentary...captains will forget what you've said before opening kickoff
 - There is no requirement or expectation to say anything other than what is necessary to conduct the coin toss
- Okay to remind captains they are in charge of their teams and officials may approach them on occasion for help
- Avoid: reviews of past games, mention of rivalries, rules discussions, "helpful" hints and warnings
 - Address “issues” discreetly with the head coach during pre-game or between halves
- A coin toss that lasts more than a minute after the captains arrive at midfield means the event has gone on too long

Coin Toss

- Visiting captain makes a “heads” or “tails” choice before the toss (not “while it is in the air”)
 - Have the home captain repeat the choice before the flip
- “Catch” or “Hit the ground” is your choice
 - Announce “I’ll flip again if I drop it” if you choose to catch the coin
 - Are you athletic enough to catch the coin in the air?

Choices

- Winner of the toss will have first choice of options for the first half or will defer and have first choice for the second half
 - Options to present to the captain are “defer,” “receive,” or “defend a goal”
 - Do not give “kick” as an option (If team wants the ball first in the second half, they will “defer”)
- The loser will have first choice of remaining options

Recommend getting coach's decision during pre-game conference

Indications

- If the choice is to defer, the declination should be signaled immediately
- The remaining choices are then presented and the captains positioned accordingly
- If the choice is to kick (unlikely) or receive, only the first selection needs to be signaled
- If the choice is to defend a goal, two signals are given:
 - Point both arms towards the goal line being defended
 - Give the appropriate signal for the other captain, probably to receive

Overtime

- 3 minute intermission before coin toss
- Review overtime procedure with captains and discuss how penalties (if any) will carry over from regulation (review with coaches before toss)
- Coin toss winner will choose:
 1. Offense
 2. Defense
 3. End of field to play first overtime period
- If score remains tied at end of first overtime period:
 - 2 minute intermission
 - Loser of overtime coin toss will have first choice of options
 - If additional overtime periods are required, first options will continue to alternate with no coin toss