

YOUTH, APPRENTICE, LOCAL STUDENT WORKBOOK

JANUARY 2011



US LACROSSE
OFFICIALS
TRAINING
PROGRAM



US LACROSSE WDOC YOUTH, APPRENTICE, & LOCAL WORKBOOK Table of Contents

Introduction Women’s Lacrosse and Umpire Training.....	4
Safety, Fairness, Fun.....	4
Clinic Purpose	5
Five Core Areas.....	5
Competency Levels, Common Abbreviations.....	6
Professionalism, Requirement, Expectations	7
Resources.....	9
Rule 1 – Field of Play.....	10
Rule 2 – Equipment and Uniforms	11
Rule 3 – Game Personnel.....	12
Pre Game Umpire Checklist.....	13
Rule 4 – Time Factors and Scoring.....	14
Rule 5 – Play of the Game, Rule 8 – Definitions	15
Rule 5 – Boundaries	17
Rule 7 – Penalty Administration Introduction	18
Rule 7 – Penalty Administration: Mechanics and Thought Process	19
Rule 7 – Penalty Administration: Seven Steps or Seven Habits	20
Rule 6 – Fouls – Fouls Chart.....	21
Rule 6 – Youth Modification Fouls Chart	22
Rule 6 – Minor Fouls – Legal and Illegal Actions, Rule 8 – Definitions	23
Rule 6 – Minor Foul: Delay of Game.....	24
Rule 6 – Goal Circle Fouls, Rule 7 – Penalties for Goal Circle Fouls	25
Rule 6 – Major Fouls – Legal and Illegal Actions, Rule 8 – Definitions	26
Rule 6 – Major Fouls – Three Second Violation and Obstruction of the Free Space to Goal (FSG), Rule 8 – Definitions	27
Rule 6 – Major Foul – Team Foul/Offside, Rule 7 – Penalties for Team Fouls.....	28
Rule 6 – Major Foul – Misconduct Fouls, Rule 7 – Penalties for Misconduct Fouls.....	29
Rule 7 – Penalty Administration – Slow Whistle/Yellow Flag, Rule 8 – Definitions	30
Rule 7 – Use of Cards	31
Rule 7 – Penalty Administration – Situations: “Putting It All Together”	32
Two-Person Positioning and Responsibilities	34
Positioning – Umpiring the Goal Circle.....	35
Positive Interactions with Coaches.....	36
Comportment.....	37
Training Evaluation and Post-Assessment	38
Appendix	
Arc template.....	39
Field template.....	40
Abbreviated rules sheet	41
Timer and scorer duties.....	42

Introduction to Women's Lacrosse and Umpire Training

US Lacrosse Mission Statement

Through responsive and effective leadership, US Lacrosse strives to provide programs and services to inspire participation while protecting the integrity of the game. We envision a future, which offers people everywhere the opportunity to discover, learn, participate in, enjoy, and ultimately embrace the shared passion of the lacrosse experience.

US Lacrosse Structure

US Lacrosse is the National Governing Body (**NGB**) for Lacrosse in the United States. There is a Board of Directors, US Lacrosse staff, and various committees and sub-committees that oversee all aspects of lacrosse in the United States. Umpires for the women's game are part of a Local Board or Association that is part of a Region that is part of a Super Region that is part of the WDOC (Women's Division Officials Council) that is part of the **Women's Game Committee**.

The Game of Women's Lacrosse

The game of women's lacrosse, often described as a "beautiful and graceful game", is a non-collision, incidental-contact sport that is characterized by speed, agility, fluidity and finesse. The use of the stick, also referred to as the crosse, is limited to throwing, catching, ground ball pick-ups, shooting, and safe, legal checks (when permitted by rule).

The Women's Game Committee ascribes to four guiding principles --- 1) "**honor the past**"; 2) a "**commitment to core values**"; 3) "**maintain relevance**"; and 4) "**respect all participants**".

- "**Honor the past**" by understanding the history of the women's game. The first women's game in the United States was played in 1926 at Bryn Mawr School in Baltimore, MD. The first stewards of the women's game were those that formed the first national governing body for women's lacrosse in 1931 --- The USWLA (United States Women's Lacrosse Association). In 1998 the women and men joined to form US Lacrosse the NGB for Lacrosse in the United States. For more information about the history of women's lacrosse visit the US Lacrosse website.
- "**Commit to the core values**" of the unique game of women's lacrosse by understanding and appreciating the differences between the men's and women's games of lacrosse. This can be done by consistently doing the little-big things such as always using the language that is specific to the women's game --- using the word "draw" rather than "face off" or using the words "goal circle" rather than "crease" and always referring to our game as "women's lacrosse" not just lacrosse.
- "**Maintain relevance**" by understanding the uniqueness of the women's game of lacrosse. This requires the concerted efforts of not only the umpires but also the coaches and the players. How the skills of the game are taught and consequently used in a game is directly related to the rules and the spirit of the game and how the game is managed by the umpires.
- "**Respect all participants**" in the game of women's lacrosse by understanding how to "honor the game." According to Positive Coaching Alliance it is all about "R.O.O.T.S." or the **r**ules, **o**pponents, **o**fficials, **t**eammates, **s**pectators.

Safety, Fairness, Fun

The most successful umpires will always identify the tenets of "**safety**", "**fairness**", and "**fun**" as essential in the game of women's lacrosse.

Safety

- Honor the game and its participants
- Ensure that each participant can play in safety by calling appropriate fouls in a timely manner
- Enforce the rules, especially those related to safety
- Maintain the integrity of the game and safe play
- Use one's cards, if necessary, to ensure safe play is upheld

Fairness

- Be consistent with what is called
- Allow the outcome of the game to be determined by the legal, safe play of the opponents
- Treat the coaches, players and fans with respect
- Expect respect from the coaches, players and fans

Fun

- Enjoy yourself and what you are doing
- Help the players and coaches enjoy the game
- Get to know other officials by officiating with them

Clinic Purpose

"Statement of Philosophy"

from WDOC Umpire Manual Part 1

The umpire is an integral part of the freedom, flow and spirit of the game of Women's Lacrosse. In order to gain the respect of players, coaches, spectators, and peers, the umpire must have a current and in depth knowledge of the rules and umpiring procedures, personal integrity, and the ability to maintain sustained physical effort. The umpire must also encourage the highest possible level of play and sportsmanship. The umpire must be concerned with the promotion and education of umpires, and thereby the elevation of umpiring standards. The ultimate challenge of officiating Women's Lacrosse is to let the outcome of the game be determined by the legal play of the players.

Because the umpire is an integral part of the game of women's lacrosse this umpire clinic is designed to promote the development and certification of new umpires. For those who have already attained a rating, this clinic is designed to help umpires refine their performance and to prepare for the next level of certification. The development and certification (rating) of umpires requires an understanding of and a commitment to the mastery of skills in the **Five Core Areas**.

Five Core Areas

An umpire for the Women's Game of Lacrosse must demonstrate a **level of competency** as defined for each umpire level (Youth; Apprentice; Local---WDOC Umpire Manual Part 1) with respect to the **five core areas**:

- 1. Professionalism; Requirements; Expectations; Responsibilities; Ethics; Integrity**
- 2. Knowledge and Judgment**
- 3. Game Management; Mechanics and Penalty Administration**
- 4. Positioning and Fitness**
- 5. Communication, Teamwork, Comportment, Field Presence**

Competency Levels

A Junior/Youth/Apprentice umpire will be able to:

- Have a working knowledge of the rules and game procedures (i.e., the draw, the throw, etc.).
- Know how to check basic equipment, playing area and goal area.
- Have a strong whistle and a pleasant but commanding voice.
- Demonstrate a sense of confidence — be poised, be pleasant.
- Have a sense of field positioning.
- Be able to recognize fouls and enforce the rules with little regard for holding the whistle.
- Demonstrate correct placement of players after a foul has been called; make an accurate estimation of 4 meters and place the offending player in the correct direction from the person with the ball.
- Recognize boundaries and call consistently to ensure the safety of the players.
- Adequately cope with injuries, misconduct, etc

A Local umpire will be able to:

- Begin to develop a fine line of interpretations for the judgment calls (dangerous shot, dangerous check, blocking, charging, delay of game, etc.).
- Make the players feel confident in her ability to call the game safely.
- Demonstrate good positioning in the midfield and an understanding of correct positioning in the goal area (tangent).
- Have a working use of arm signals indicating direction and begin using the signals for fouls.
- Be consistent and correct in placement of players when administering fouls both in the midfield and in the critical scoring area. This should be done without wasting a lot of time.
- Begin to demonstrate ability to hold whistle when appropriate and consistent use of flag in slow whistle situations.
- Consistently and appropriately penalize any misconduct.
- Use common sense to cope with unusual situations confidently and calmly.

Common Abbreviations:

Game related

FP	free position
PA	penalty administration
GK	goalkeeper
GC	goal circle
CSA	critical scoring area
TSA	team substitute area
RL	restraining line
FSG	free space to goal
FC	full checking - Rules modifications

Rating related

J/Y	Junior/Youth Rating
A/Y	Adult/Youth Rating

A	Apprentice Rating
L1	Local Rating (1 year)
L2	Local Rating (2 years)
L3	Local Rating (3 years)
D1	District Rating (1 year)
D2	District Rating (2 years)
D3	District Rating (3 years)

Professionalism, Responsibilities and Ethics

Professionalism, Requirements, Expectations and Ethics

Materials: USL WDOC Umpire Manual Parts 1 and 7

What does "being in good standing" mean?

Every US Lacrosse rated umpire must:

- Hold a current US Lacrosse officials membership through a USL Local Umpire Board.
- Pass the written test every year at the level of her current rating. Failure to pass the written test will mandate a retake of the test.
- Stay current with the rules and their interpretation and with umpiring techniques by attending an annual mandatory rules interpretation meeting, held at the National, Regional, or Local level. Umpires are also encouraged to periodically participate in umpiring clinics.
- Do annual service for her Local Board following the board's "Service Standard Guidelines".
- Wear the approved umpiring uniform.

"Good Standing" Checklist

- ___ Complete US Lacrosse registration on line.
- ___ Complete Local Board registration forms and pay dues.
- ___ Complete state registration, if applicable.
- ___ Attend a rules interpretation meeting.
- ___ Pass the US Lacrosse rules test online after an on-paper practice testing session(s) at home and/or with a group.
- ___ Pass the practical field test. (Rating Session)
Field Test date and location _____
- ___ Send availability to local assignor
- ___ Additional Local requirements:

Uniform:

- Starter Kit US Lacrosse website:
www.uslacrosse.org/official/starterkit.phtml
- Shirt [Black & White 3/4" striped]
- Shorts or Pants; kilt or skirt
- Whistle/Flag/Cards (green, yellow, red)
- Sportsmanship card, if applicable

Professionalism

It is important as an umpire to present yourself professionally. This means being prepared with the proper uniform and equipment. It means being on time and ready to go. It means knowing the rules and how to enforce them. In short, BE PREPARED and ready to call a safe and fair game.

Steps to Prepare Yourself

- Call Partner to confirm game site and time.
- Confirm location, game time, and partner with the assignor.
- Arrive 30 min. before the start of the game. Be dressed and ready.
- Have contact information with you.
- Review the rules - over and over.
- Know the set-ups for the five types of fouls.
- Practice arm signals in front of a mirror.
- Remember your role as an official:
- Emphasize
 - o safety
 - o fairness

- o fun
- Know the rules.
- Be a leader.
- Officiate the game.
- Avoid fraternizing.

Presentation on the field

Keep your shirt tucked in.
Stand tall – your posture projects your confidence.
Loudly blowwhistle, it helps to confirm the call.
Hustle into position.

Ethics

To maintain your professionalism and your responsibilities, it is important to follow ethical guidelines. When accepting assignments be fair to the teams and yourself:

- Do not officiate a game in which a family member is participating.
- Junior umpires must officiate two levels below your age group.
- Behavior before, during, and after game reflects on you and your officiating team.
- If problems with another umpire, contact:_____.
- If problems with parents, fans, and/or coach, contact:_____.

Responsibilities, Expectations, Requirements, Field Presence, Professionalism

Resources

Materials: US Lacrosse website; USL WDOC Umpire Manual

US Lacrosse registration

- www.USLacrosse.org click on the membership link icon and scroll down to Membership application or Renewals link.
- Membership questions can be answered at membership@uslacrosse.org or 410 235-6882x120.

Women’s Umpires

Officiating information can be found at www.USLacrosse.org then click on the Women’s Lacrosse icon and scroll down to Officials. Click on the Women’s Division Officials Council (WDOC) for the:

- Rules test
- Umpire Manual is mandatory reading for all umpires rated as Locals and above and is an excellent reference for all aspects of umpiring. The umpire manual includes information about the WDOC, the Super Region, Region, and Local Board Chairs; guidelines and requirements for all rating; NCAA and International; clarifies umpire positioning, penalty administration and gives examples of making the call.
- Current rule changes for the NCAA and the USL are also available.
- Flags and Whistles Newsletter
- Other vital resources for umpiring:
 - Sportsmanship policies and card
 - Rating grid
 - Approved Eyewear
 - Legal sticks

Uniform Resources

For New officials US Lacrosse has starter packages:
www.USLacrosse.org/official/starterkit.phtml

What You Need:

- ¾” striped jersey, Black shorts/ pants, Kilt for women, Fox 40 whistle, Yellow flag, Warning cards (red, yellow, green), Pencil and, Black shoes
- Items You Might Want: outerwear for rain/snowy weather, hats, gloves, black undergarments. Remember, all accessories are to be black with little or no logo.
- Junior Umpires: local area may choose colored shirts.

Where to Get It

Officia or 808-874-2287	www.officiastore.com
Official’s Corner or 800-333-5299	www.theofficialscorner.com
Longstreth Sporting Goods	www.longstreth.com
Honigs or 800-468-3284	www.honigs.com
Local sporting goods vendors	

Knowledge and Judgment

Rule 1 Field of Play

Materials: USL Rulebook: Rule 1, USL WDOC Umpire Manual Part 12 – Field Diagram

Identify the following parts on the Women's Lacrosse Field Diagram.

1. Sidelines max 4"
2. End lines max 4"
3. Restraining Line (RL)
4. Center circle and centerline
5. 12 meter fan
6. 8 meter arc
7. Goal Circle (GC)
8. Goal line (important because ball must completely cross for a goal) must be 2"
9. Goal line extended
10. 8m marks on the goal line extended
11. Hashes (1st inside - left and right; 2nd inside - left and right; center)
12. Hanging hashes or outside hashes
13. Coach and team bench area
14. Team substitution area (TSA)
15. Critical Scoring Area (CSA)

Rule 2 Equipment and Uniforms

Materials: USL Rulebook, USL WDOC Umpire Manual Parts 2 and 3

Equipment	Field Player	Goalkeeper
Uniform		
Required protective equipment		
Crosse: Length Rules modifications		
Stick check notes		

Knowledge and Judgment

Rule 3 Game Personnel

Materials: USL Rule book, USL WDOC Umpire Manual Parts 2 and 3

Teams

Coach

Umpire

Game Administrator

Team captain

Official Scorer

Official Timer

Knowledge and Judgment

Pre Game Umpire Checklist

Materials: USL Rulebook, WDOC USL Umpire Manual Part 2

Attire

Complete any necessary paperwork for the school/program before the game begins

Talk with partners

Meet the coaches with partner

Walk the field

Coaches and captains meeting

Stick check

Sideline manager

Rules modifications points of emphasis

Knowledge and Judgment, Game Management, Penalty Administration and Mechanics

Rule 4 Time Factors and Scoring

Materials: USL Rulebook, USL WDOC Umpire Manual Parts 2 and 3

Duration of play

Each Half

What signals the end of each half?

Halftime

“Continuous”

Last 2 minutes

10 goal differential

Time outs

Suspended/Interrupted game

Forfeited game

Overtime procedures

Scoring

Rules modification points of emphasis

Rule 5 Play of the Game

Rule 8 Definitions

Materials: USL Rule book, USL WDOC Umpire Manual Part 2

Starting & Restarting Play

Draw: six key points

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Illegal Draw -

Penalty Administration (PA) for Illegal draw -

Start/Restart of the play -

Stand-

Restraining Line (RL) -

How many players?
Offense

Defense

Out of Bounds -

Change of Possession -

Shot; deflected shot -

Minor fouls -

Major fouls -

Goal Circle (GC) rules -

Deputy -

Definition of 'cleared' -

Examples:

Rule 5 Play of the Game, Rule 8 Definitions (continued)

Definition of 'played'

Examples:

Throw

Offsetting Fouls

Substitution

Substitution procedures

Illegal substitution

Accident, interference or other incident

Ball lodged in clothing or crosse

Equipment inspection

Measuring a stick

Positioning, Field Coverage, Fitness, Game Management, Penalty Administration and Mechanics, Knowledge and Judgment

Rule 5 Boundaries

Materials: USL Rulebook, USL WDOC Umpire Manual Part 3

Boundaries

Define out of bounds in each instance:

After a shot or deflected shot

Game Management, Penalty Administration, Mechanics

Rule 7 Penalty Administration Introduction

Materials: USL Rulebook, USL WDOC Manual Part 4, Mechanics and Thought Process Chart

The Basics

- The penalty for all fouls is a free position.
- The procedure for player placement varies depending on the area of the field where the foul occurs and the type of foul that is committed --- **5 types of fouls** --- **Major, Minor, Goal Circle, Team (RL/offside), Misconduct** --- that can be committed by the offense, the defense, or both the offense and the defense.
- The order of administration is the same in all cases:

Mechanics

Stop (Whistle/Freeze)

2 Signals = Foul & Direction

B.O.O. Administration = "B"all"; "O"ffender"; all "O"thers"

Start (Whistle and Arm)

Notes:

- No free position may be taken within 8 Meters of the goal circle
- Major Fouls ---- **O**ffender 4 Meters Behind
 - Special Situation: Major Foul committed by the Defense in the CSA when the Offense is on a scoring play = "Slow Whistle" (use of yellow flag) What is a scoring play?
- Minor Fouls --- **O**ffender 4 Meters Away (in direction from which approached the ball)
- Goal Circle Fouls (= Minor Fouls) --- **O**ffender 4 Meters Away
 - Defense Commits Foul = FP on Goal Line extended at 12m fan intersection. Note: this is an "**indirect free position**".
 - Offense Commits Foul = GK FP.
- RL/Offside --- **O**ffender 4 Meters Behind
- Misconduct --- card; no substitute; play short for three minutes; no one behind

- What is an offsetting foul? What is the penalty administration?
- What is a subsequent foul? What is the penalty administration?

Knowledge and Judgment, Game Management, Penalty Administration, Mechanics

Rule 7 Penalty Administration

Mechanics and Thought Process

Mechanics are the non-verbal communication that demonstrates the results of judging a foul and then the subsequent thought process that involves questions and answers relative to the foul and penalty administration.

MECHANICS	THINKING
WHISTLE (varied tone)	See a foul. You have made a judgment. You need to stop play. Blow your whistle. Insist that everyone STANDS. The umpires need not "stand". The umpire needs to move only as much as needed to communicate and to be in position for the restart. Do not walk toward players to administer.
FOUL SIGNAL	What is the foul? Show a foul signal. Be demonstrative. Hold the signal long enough to communicate with partner(s); players; coaches; and spectators. What type of foul was committed? (Major, Minor, Goal Circle, RL or Team, Misconduct?)
DIRECTION SIGNAL (snap it out)	Who committed the foul? Is the OFFENDER offense or defense? With your back to the sideline, put up your arm so that it is horizontal or slightly above horizontal; hold your arm in that position momentarily in order to effectively communicate with partner(s); players; coaches; and spectators. VERBALIZE the "offending player's number" and "uniform color".
B.O.O.	B.O.O. "B=Ball"; "O=Offender"; "O=Others"
BALL	Who gets the BALL and where? Where was the foul committed? (mid-field, over the RL, CSA, 12mFan, 8m Arc, the goal circle?) What type of foul was committed? (Major, Minor, Goal Circle, RL or Team, Misconduct?) Where the foul was committed and what type of foul was committed dictates where the player with the BALL will go. Review these specific details. (Chart)
OFFENDER	Where does the OFFENDER go? Depends on the type of foul (Major, Minor, Goal Circle, RL or Team, Misconduct?) and where the foul occurred (mid-field, over the RL, CSA, 12mFan, 8m Arc, the goal circle?) Review these specific details.(Chart)
OTHERS	Where do all the OTHER players go? Depends on the type of foul (Major, Minor, Goal Circle, RL or Team, Misconduct?) and where the foul occurred (mid-field, over the RL, CSA, 12mFan, 8m Arc, the goal circle?) Review these specific details.(Chart) Are all players 4 meters away? Insist on 4 meters of space! Where do I, the umpire, need to be positioned? I have completed "B.O.O." and I need to anticipate what will happen next. Move and position yourself to be ready to restart play. Do not raise your arm yet!
WHISTLE/DROP ARM	<i>Quick eye contact with partner(s)</i> Restart Play --- Raise your arm just prior to blowing your whistle and drop your arm after blowing Your whistle. Watch carefully --- Did any player creep? Did any player false start? Did I cause the false start by my mechanics?

Practice the "Mechanics" and the "Thought Process". Repetition will increase the speed with which you are able to administer penalties for the fouls that have been committed.

Practice with a variety of examples of fouls that occur in a variety of places on the field.

Practice in front of a mirror.

Practice in front of a group.

Rule 7 Penalty Administration Seven Steps or Seven Habits

Materials Needed: Whistle

Practice the 7 Steps.

1. WHISTLE – Whistle tone; Stand
2. FOUL SIGNAL – Hold long enough to communicate
3. DIRECTION – Horizontal arm
4. B.O.O. – Set up players - **B**all, **O**ffender, **O**thers
If this is taking too long or is confusing, call a timeout and get it right.
5. REPOSITION SELF – Move to a position in anticipation of play after restart
6. QUICK LOOK – Make eye contact with partner(s) BEFORE restarting play.
7. RESTART PLAY – Stand still; raise arm; blow Whistle; drop arm

Practice with a variety of examples of fouls that occur in a variety of places on the field.

Practice in front of a mirror.

Practice in front of a group.

Knowledge and Judgment

Rule 6 – Fouls

FOULS CHART

Foul Category	Fouls Committed By Attack/Offense	Fouls Committed By Defense	Fouls Committed By BOTH - Offense & Defense
MAJOR FOULS			
MINOR FOULS			
GOAL CIRCLE FOULS			
TEAM FOULS [RL]			
MISCONDUCT FOULS			

YOUTH RULES MODIFICATIONS CHART

Rule	FC ("Full Checking")	Level A	Level B	Level C
Rule 1-Playing Area				
Rule 2-Equipment & Uniform				
Rule 3-Game Personnel				
Rule 4-Timing & Scoring				
Rule 5-Play the Game				
Rule 6-Fouls				
Rule 7-Penalty Administration				

Knowledge and Judgment; Game Management, Penalty Administration, Mechanics

Rule 6 Minor Fouls – Legal and Illegal Actions

Rule 8 Definitions

Materials: USL Rulebook, foul chart, Rule modifications chart, sticks (at least 2), vinyl field and player pieces, field diagrams, on field

Minor fouls are fouls that do not involve body contact or stick to body contact and may be grouped as fouls that involve “illegal equipment or uniform”; “procedural errors”; or “misplays”.

Legal actions = skills

Illegal actions = minor fouls

Illegal Equipment or Uniform

Procedural Errors

Misplays vs. Legal Plays

Rule Modification – three second position to check rule

Rule 6 Minor Foul: Delay of Game

Rule 7 Penalty Administration - Carding

Materials: USL WDOC Umpire Manual Part 3, USL Rulebook, cards, whistle

Delay of Game

Define

What is delay of game?

Who commits delay of game?

What actions constitute delay of game?

What considerations are there before beginning the carding procedure?

How is delay of game penalized?

See Rule 7 Use of Cards

Knowledge and Judgment, Game Management, Penalty Administration, Mechanics

Rule 6 Goal Circle Fouls

Rule 7 Penalties for Goal Circle Fouls

Materials: USL Rulebook, USL WDOC Umpire Manual Parts 2 and 3, complete "Fouls Chart"

Goal circle fouls committed by the defense

Goal circle fouls committed by the offense/attack

Goal circle fouls committed by both the Offense and the Defense

Goal circle fouls that apply only to the Youth Rules (What Level? FC, A, B, C)

Knowledge and Judgment, Game Management, Penalty Administration, Mechanics

Rule 6 Major Fouls – Legal and Illegal Actions

Rule 8 Definitions

Materials: USL Rulebook; Foul Chart; Rules Modifications chart; Sticks (at least 2); vinyl board and player pieces; field diagrams; on-field

Legal Actions – Skills

Illegal Actions – Major Fouls

Use of Stick

Legal

Illegal

Body to Body

Legal

Illegal

Playing the Ball

Legal

Illegal

Positioning

Legal

Illegal

Knowledge and Judgment, Positioning, Field Coverage, Fitness

Rule 6 Major Foul - Three Second Violation and Obstruction of the Free Space to Goal (FSG) – Defense Fouls

Rule 8 Definitions

Materials: USL Rulebook, USL WDOC Umpire Manual Part 3, half field diagram, vinyl board and player pieces, rope and field

Free Space to Goal (FSG)

Definition:

Three criteria

- 1.
- 2.
- 3.

Making the call

FSG and the Zone defense

Three Second Violation

Definition:

Criteria:

_____ Making the Call

Knowledge and Judgment; Game Management, Penalty Administration, Mechanics

Rule 6 Major Foul - Team Foul/Offside

Rule 7 Penalties for Team Fouls

Materials: USL Rulebook, WDOC Umpire Manual Parts 2 and 3, demonstrate mechanics, complete Fouls Chart

1. Foul committed by the defense

Practice the penalty administration for offside committed by the defense.

1. How to correct - 3 players involved
 - a. 1- Correct the offside
 - b. 2-Position the BALL
 - c. 3-Position the OFFENDER
 - d. Position all OTHERS

2. Where to set up --- location of the ball when play is stopped determines set up

- a. Outside the CSA - Spot; 4 m Behind
- b. Inside the CSA - 12 m Fan; 4 m Behind; Penalty Lane
- c. Below the goal line extended - 8 m away from goal; 4m behind

3. Restart play

2. Foul committed by the offense/attack

Practice the penalty administration for offside committed by the offense/attack

1. How to correct - 2 players involved
 - a. 1-Correct the offside (OFFENDER placed 4 meters behind BALL)
 - b. 2-Position BALL 4 meters ahead of the RL at the center
 - c. Position all OTHERS

2. Restart play

3. Foul committed by both the defense and the offense/attack (offsetting)

Practice the penalty administration for offside committed by both the defense & offense/attack

1. How to correct - one player from each team moved on-side (OFFENDERS)
2. Where to set up - THROW - below the RL (BALL)
3. OTHERS - 4 m away
4. Restart Play – throw

Knowledge and Judgment; Game Management, Penalty Administration, Mechanics

Rule 6 Major Foul - Misconduct Fouls

Rule 7 Penalties for Misconduct Fouls

Materials: Refer to USL Rulebook, WDOC Umpire Manual Parts 2 and 3, demonstrate mechanics, "Fouls Chart"

Identify misconduct fouls committed by:

	What's the foul?	What is the signal?	Penalty Administration	Cardable?
Defense				
Attack				
Both Attack and Defense				
Coach or coaches, Sideline personal and/or fans				

When to card?

Warning (Yellow)

Suspension (Second Yellow)

Ejection (Red)

Knowledge and Judgment, Game Management, Penalty Administration, Mechanics

Rule 7 Penalty Administration - Slow Whistle/Yellow Flag

Rule 8 Definitions

Materials: USL Rulebook, WDOC Umpire Manual Parts 2 and 3, demonstrate and practice mechanics, vinyl board and player pieces; field diagrams; recommended: on field

Definition of slow whistle

Definition of a scoring play

When does the scoring play end – five instances

- 1.
- 2.
- 3.
- 4.
- 5.

Penalty administration of slow whistle

What are examples of **offsetting** fouls during a slow whistle?

What are examples of **subsequent** fouls after a slow whistle?

Game Management, Penalty Administration, Mechanics

Rule 7 Use of Cards

Materials: Refer to USL WDOC Umpire Manual Part 3, USL Rule book, cards, whistle

When and why are cards used?

How must an umpire handle misconduct?

How does an umpire handle "repeated major fouls"?

Carding procedures

Review Delay of game

First violation

Second violation

Third violation

Yellow card (warning)

2nd Yellow card (player suspension)

3rd card and all subsequent cards

Red card (ejection)

Carding/Suspension of coaches and team personnel

Dealing with inappropriate fan behavior

Knowledge and Judgment; Game Management, Penalty Administration, Mechanics

Rule 7 Penalty Administration – Situations

“Putting It All Together”

Materials: Refer to USL WDOC Umpire Manual Part 4, Thought Process chart,

Activity 1 **Review and demonstrate mechanics**

Stop (Whistle/Freeze)

2 Signals – Foul + Direction

Administration **B.O.O.** = **B**all, **O**ffender; **O**thers

Start (Whistle and Arm)

Activity 2 **Review the “Thought Process” for fouls**

1. What did you see? A foul

2. Blow the whistle = stand

3. What’s foul? “Name that foul”

4. Foul signal

5. What is the foul category? Major, Minor, GC, Team, Misconduct

6. Who committed the foul: Attack or Defense?

7. Direction signal

8. Where on the field did the foul occur?

9. Penalty administration: **B.O.O.** = **B**all – **O**ffender – **O**thers

(Reminder: Where players are positioned depends on the foul category --- Major, Minor, Goal Circle --- and where the foul occurred on the field.)

10. Eye contact with partner

11. Restart: arm up, whistle, drop arm

Activity 3 **Review the requirements for setting up a free position in the CSA that requires clearing the “penalty lane”.**

What is the “penalty lane”?

When is it cleared?

What is the proper set up when there is an 8m free position on the “hanging hash”?

What is the proper set up when there is a free position outside the 8m arc but in the CSA?

What is the proper set up when there is a free position outside the 12m fan but in the CSA?

What is the proper set up when there is an 8m free position on the first inside hash?

Activity 4 **Game Situation examples:**

Blue player commits an empty stick check foul on red’s stick when they are in each of the following locations.

What is the penalty administration?

In the center circle

Below the RL

In the CSA

In the 12m fan

In the 8m arc

Below the GL

Additional Game Situations

Take any foul and move it to different places on the field with different offenders, such as the Red attack or the Blue defense, then follow the steps required for each situation. Be sure to include all foul categories: mandatory cards, goal circle, major and minor foul, Rule Modifications for all levels – FC, A, B, C.

Important Note for Game Management:

If in a game, it is taking too long to set something up/communicate fouls (or partner cannot remember how!), call time-out, confer, and set it up properly.

Activity 5 **For the following foul situations what is the proper set-up:**

- Major foul by the defense – outside the CSA
- Major foul by the defense – inside the CSA but outside the 8m arc with and without players in the penalty lane
- Major foul by the defense – inside the CSA and inside the 8m arc
- Major foul by the defense – scoring play and FP to be awarded
 - o Inside CSA but outside the 8m arc (no additional fouls)
 - o Inside CSA and inside the 8m arc (no additional fouls)
 - o Inside CSA but outside the 8m arc with more than one foul
 - o Inside CSA and inside the 8m arc with more than one foul

- o Attack fouls after and at the same time the defense fouls
- Major foul by the offense – outside the CSA
- Major foul by the offense – inside the CSA but outside the 8m arc
- Major foul by the offense – inside the CSA and inside the 8m arc
- Major foul by the offense – dangerous shot
- Major foul by the offense – dangerous follow through
- Major foul by the offense – dangerous propel

Activity 6 **Offsetting and Subsequent Fouls**

Practice setting up a variety of situations such as those in the Umpire Manual in Part 4.

Remember: offsetting fouls require that a throw be administered and subsequent fouls require that a free position be administered.

NOTES:

Game Management, Penalty Administration, Mechanics, Positioning, Field Coverage, Fitness Two-Person Positioning and Responsibilities

Materials: USL WDOC Umpire Manual Part 6, field diagrams

Lead

Trail

The Draw

Transition

Shared areas

Rotating Positions

Knowledge and Judgment, Game Management, Penalty Administration, Mechanics, Positioning, Field Coverage, Fitness

Positioning - Umpiring the Goal Circle

Materials: USL Rulebook, USL WDOC Umpire Manual Part 6, ropes of various colors, quadrant diagrams

Define the quadrants:

What is the tangent?

What is free space to goal (FSG)?

What is the penalty lane

What does 'staying open to play' mean?

Comportment, Communication, Teamwork

Positive Interactions with Coaches

Keys to Positive Interactions with Coaches:

- Interactions with coaches should be professional and respectful.
- ALL pregame questions should involve both coaches. Spend as little time as possible interacting with just one coach present.
- Understand that both coaches are privy to all discussions about the game, so it is appropriate to invite a coach from the opposing team into any discussions involving rules/judgment/rulings during the game. When invited, an opposing team can decline to participate.
- Coaches can ask rules clarifying questions at time-outs and at halftime
- Statements vs. Questions (Comments – ignore/Question – respond)
 - Statements do not always require a response beyond a nod of the head for acknowledgement.
 - Questions should be answered using the language of the rules. For example, “Wasn’t that an empty stick check?”
“No, Coach. The ball was in contact with your player’s stick.”
- Be patient. It is the coaches’ job is to be an advocate for their players/team. The umpires’ job is to remain calm amid the chaos. As a coach’s voice gets loud, umpires must stay calm and steady.

Talking point: When in doubt, don’t let it out!

Things TO say to coaches:

- “Here’s what I heard you say.” (Recount it so you have it right or understand it.)
 - “I see your point.”
 - “I hear you!”
 - “That may well be...”
 - “We’ll have to talk at halftime coach.”
 - “I’ll relay that to my partners.”
 - “I see what you mean.”
-
- Even if you know a coach personally and the interaction is friendly, always address him or her as “Coach” The same applies for players – address them as “#19” on game day rather than their name
 - Answer reasonable questions, even if they are not expressed in a reasonable way – maintain professional standards.
 - Use the language of the rules and current interpretations when explaining rulings
 - Admit when you were wrong – it builds credibility with coaches.
 - Understand the difference between judgment (which is the umpires’ job and in which gray areas may exist) and application (which is also the umpires’ job, but is ‘black and white’).
 - Never threaten or make personal comments about the coach’s rules knowledge (i.e., “The next time you say something, that will be a card,” or “If you knew the rules, you would know that that’s not a body ball.”) Avoid power struggles at all costs.
 - Umpires work with rules and judgment. Listen to coaches, but direct conversation to those two areas – which rule or ruling (judgment) is it about which they have a question?
 - If a conversation gets off-track (if a coach starts hammering you about what they thought went on during the first half, for example), remind him or her what the conversation is about – a particular rule or ruling.
 - It is better to address things early so a coach’s frustration doesn’t grow during the game

Common comments (and appropriate reactions)

A. “Body ball! Empty! Shooting space!” or general commentary during flow of play and fouls that should be called throughout the game.

- Remember that judgment is the obligation of the umpire, and that coaches and fans are inherently biased toward their teams
- Say, “There was no intention with the ball-to-body contact, Coach,” or “The defender was within a stick’s length of the attacker,” or similar explanation using the language of the rules.
- “Do you have a question about a particular ruling/body balls, Coach?” Sometimes coaches aren’t being critical, but are hoping for a call and verbalize that.
- If there isn’t time to answer a question/address a comment, quickly say “Ask me about that during a timeout or at the half, Coach.”
- If it continues, give a hand, a “mom look,” or say “Enough!” And, be willing to use a card if the talk continues after your physical and verbal warnings.

B. “What was that call, ref?!”

- Coaches are allowed to ask questions, regardless of tone. Sometimes they may be emotional, but still need to know what was called. Give them the benefit of the doubt.
- Answer the question quickly within the language of the rules (i.e., “Checking across the body from behind, Coach.”)
- If it is a call by your partner and you don’t know what it is, tell the coach you will check and get back to them, you were looking off-ball, screened, etc at the time. Then check and get back to the coach when there’s time.

C. “That was a terrible call.” “Whatever!” Or similar statements that are not questions

- During flow of play, ignore, give a hand, a “look,” or say “Enough!” Be willing to use a card if the talk continues after your physical and verbal warnings.

- Ongoing commentary that has been addressed should then be carded.
- "G rated" language is appropriate on the lacrosse field. "PG rated" language should be warned. "R rated" should be carded (without warning).

D. "That is the 5th straight call on my team" "Nice hometown call" "You might as well be wearing a blue shirt" "Who's paying you today?" or other comments that question integrity.

- Say, "Enough," or "That's enough, Coach," and give a hand and then a card.

E. "You need to call the shooting space/body balls/pushes on them."

- Say, "We got it/I understand you, Coach. We'll look for that."
- Say, "Yes, absolutely, Coach – for both teams. We have called that already and will continue to look for it."
- Ask, "Is there a specific question you have about that rule?" (And be ready to answer using the language of the rules.)
- Say, "We need an opposing coach here while we discuss that. Let me go get the opposing coach."

Comportment, Communication, Teamwork

Comportment

Comportment is about how to carry one's self when umpiring. Think about the qualities a good umpire should possess. List three qualities of a good umpire:

- 1.
- 2.
- 3.

To elevate one's presence consider:

- Verbal communication
- Nonverbal communication
 - Posture
 - Attitude
 - Dress
 - Eye contact
- Use the "language of the rules"
- Be fit, run to get into position
- Respect for players, coaches and partner/s
- Teamwork
- Composure

General professionalism:

Call a safe, fair game

The players determine the outcome of the game

In every umpire-coach interaction

- Be professional, approachable, confident, and use good judgment
- Good umpires are physically fit, appear athletic, and are dressed properly
- Cockiness has no place in umpiring
- Confidence is built from strong rule knowledge and ability to explain rulings "in the language of the rules." Try reading a section/page of your rulebook before each game to commit that language to your vocabulary.
- Your appearance, voice, and demeanor determine how you will be received. Be firm but relaxed. Do not raise your voice. Be courteous in all interactions.

TRAINING EVALUATION and POST ASSESSMENT

Please rate each part of the clinic according to the following scale:
 3 = surpassed expectations, 2 = met, 1 = did not meet.

1. Pre-clinic information	3	2	1	NA
2. Registration procedures	3	2	1	NA
3. Value of clinic (cost)	3	2	1	NA
4. Clinic instruction: stations, small groups, review, etc.	3	2	1	NA
4. Clinicians - If any were better or worse, please comment on back.	3	2	1	NA
5. Workbook	3	2	1	NA
6. Clinic Schedule				
Classroom instruction	3	2	1	NA
Field instruction	3	2	1	NA
On-field umpiring	3	2	1	NA
7. Usefulness of Feedback/Suggestions	3	2	1	NA
8. Field Time (was there enough?)	3	2	1	NA
9. Classroom Time (was there enough?)	3	2	1	NA
10. Post clinic session, if applicable	3	2	1	NA

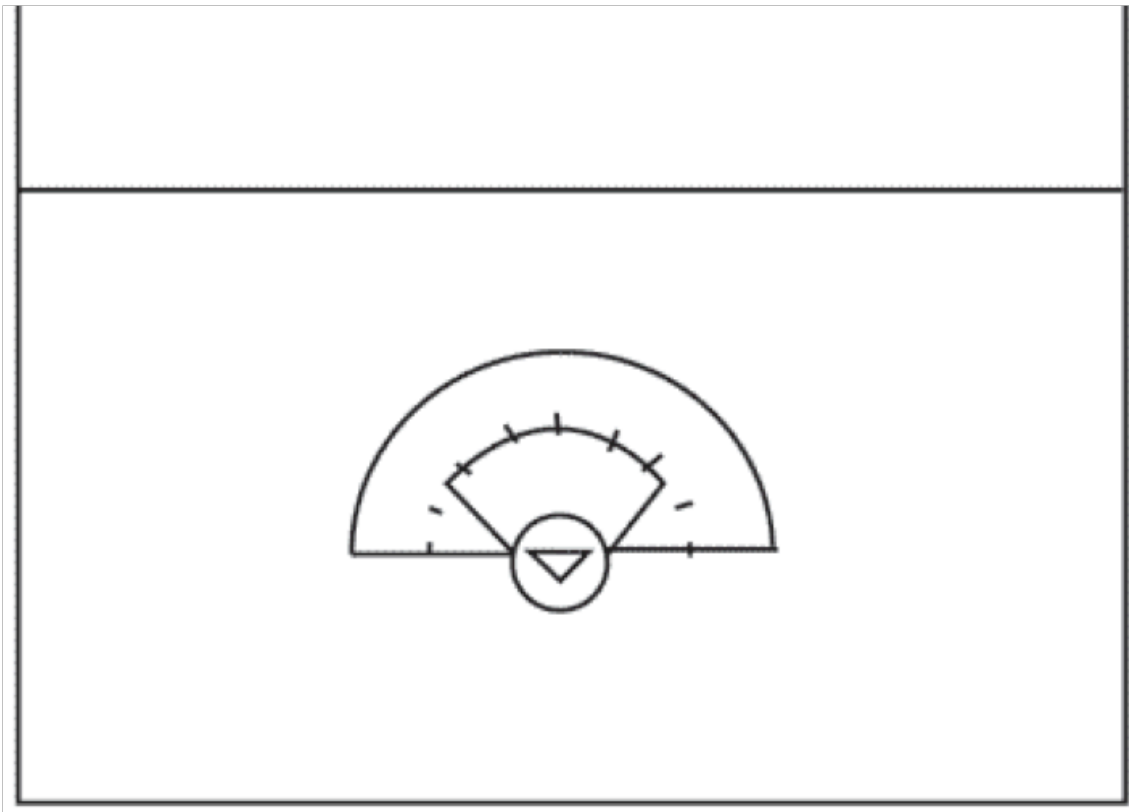
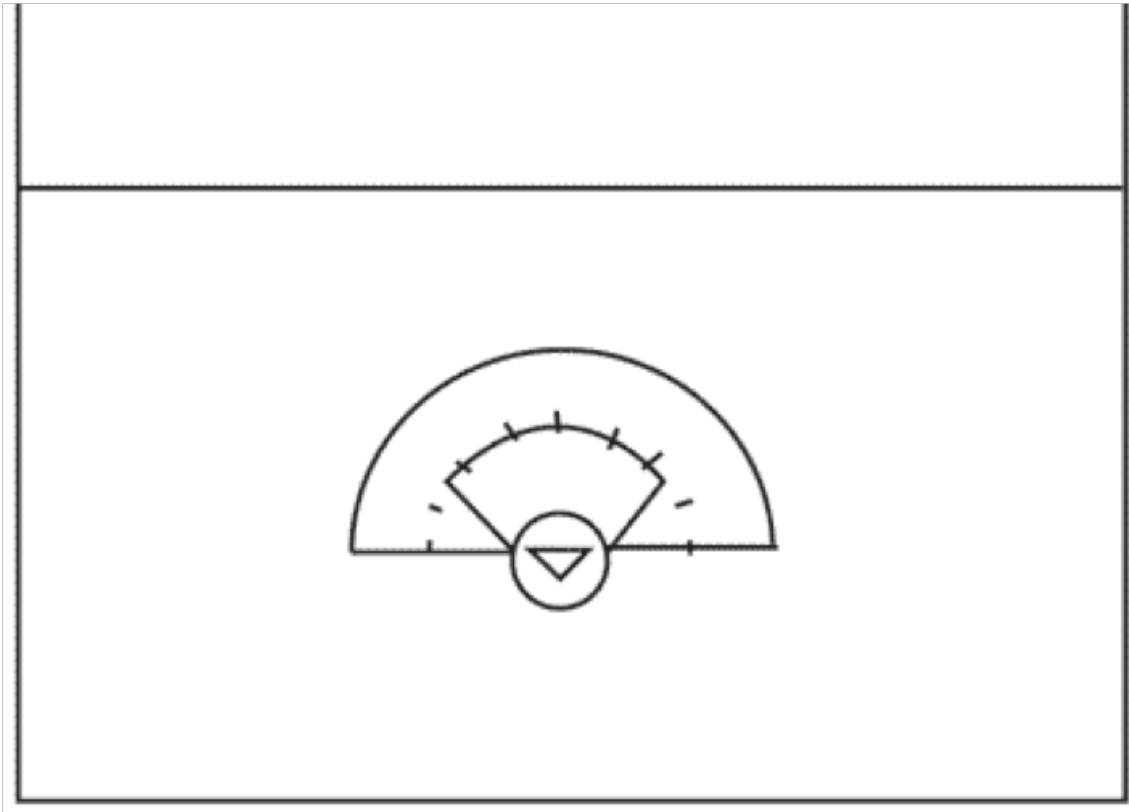
Please comment on the following (use the back if necessary):

1. What did you find to be **most** helpful/beneficial during the training? Why?

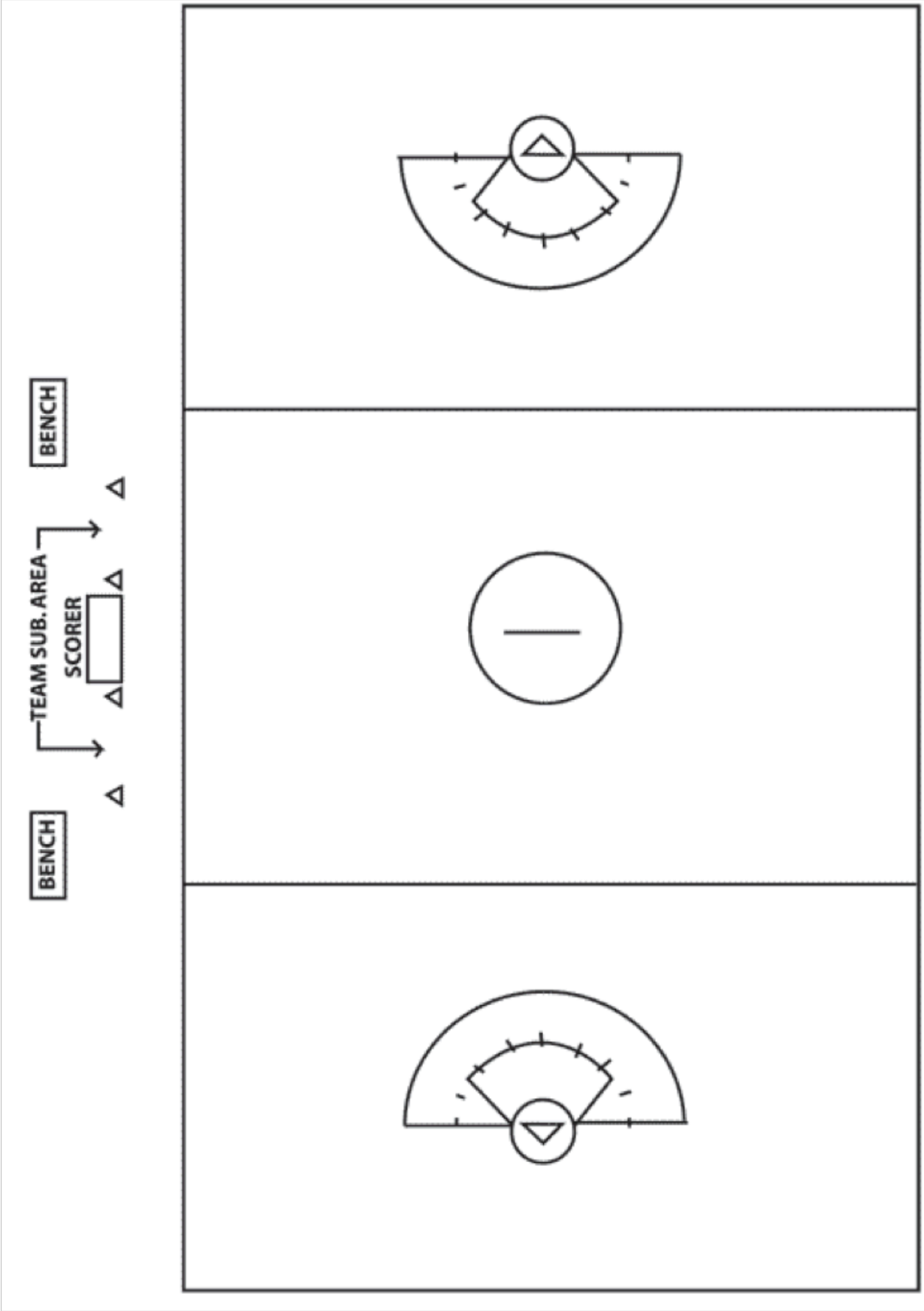
2. What did you find to be **least** helpful/beneficial during the training? Why?

APPENDIX:

8-Meter Arc & 12-Meter Fan Template



The Playing Field



US Lacrosse Rules for Women's Lacrosse - Abbreviated

These are the basic women's lacrosse rules broken down by Major and Minor fouls.

Each boldface item is a mandatory card.

MAJOR Fouls – Rule 6 – Section 1	MINOR Fouls – Rule 6 – Section 2
<ul style="list-style-type: none"> A. Rough/Dangerous Check B. Check to the Head C. Slash D. Holding when opponent has possession of the ball E. Crosse in the Sphere F. Illegal Contact (crosse to body) G. Illegal Use of the Crosse H. Hooking the crosse I. Reach Across the Body J. Illegal Cradle K. Blocking L. Charging M. Pushing N. Obstruction of Free Space to Goal O. Three seconds (defense) P. Illegal Pick Q. Tripping R. Detaining S. Forcing Through T. False Start U. Playing the Ball off an Opponent (to make it go OB) V. Dangerous Propelling W. Dangerous Shot (only applies to shots on goalie) X. Illegal Shot (from an indirect free position) Y. Check the Crosse of an Opponent when the stick is above the shoulders (Youth only) <ul style="list-style-type: none"> a. Offside b. Illegal Deputy 	<ul style="list-style-type: none"> A. Covering B. Empty Stick Check C. Warding D. Hand Ball E. Squeeze the Head of Crosse F. Body Ball (deliberate action) G. Throw her crosse H. Take part in the game without a crosse I. Draw Illegally J. Step on or into the center circle to early on a draw K. Illegal Crosse L. Score a goal without a field crosse M. Adjust the stick after a request for stick check N. Request a second check for any stick meeting specifications O. Fail to be ready to start play P. Jewlery Q. Illegal Uniform R. Illegal Substitution S. Delay of Game (mouthpiece, moving on a whistle) T. Play from OB U. Illegal entry From OB V. Illegal Timeout (a request for TO after two have been used)
GOAL CIRCLE Fouls – Rule 6 – Section 3	MISCONDUCT – Rule 6 – Section 8
<ul style="list-style-type: none"> A. Field player not allowed in to the goal circle unless she is the deputy B. Must clear the ball in 10 seconds C. When inside the goal circle, play the ball outside the goal circle in the air or on the ground with her hand D. When grounded outside, draw the ball back into the goal circle (All of the misconduct fouls are cardable.) E. Step back into the goal circle when she has possession F. Throw any part of her equipment to the deputy 	<ul style="list-style-type: none"> A. Excessively rough or dangerous play B. Persistent or flagrant violation of the rules C. Deliberately endangering the safety of an opponent D. Baiting or taunting E. Non-playing team member leaving the bench area F. Coach leaving the coaching area G. Re-entering the game before a yellow card has expired H. Any type of behavior which the umpire deems as misconduct (All of the misconduct fouls are cardable.)
Youth Rules	NCAA Rules
<ul style="list-style-type: none"> Level A – Modified checking (check below shoulders) Level B & C – No checking allowed & FC – Full Checking Free position at center if 4 goal differential Not allowed to follow through into goal circle Goalie must have std. equipment plus pelvic protector Defensive 3 seconds 	<ul style="list-style-type: none"> Timeout – can be called during play when in clear possession of the ball. Timeout – when free position for attack on 8 M Arc Coaches – remain in area up to sideline OB – resume play 2 M inside boundary

The following are the different free position setups based on the foul and the field position.
 CSA = Critical Scoring Area

OUTSIDE THE CSA		
MAJOR FOULS	MINOR FOULS	
<p>Free position is at the spot of the foul The person who is fouled gets the ball The player committing the foul goes 4 meters BEHIND All other players are moved 4 meters away. Play is restarted</p>	<p>Free position is at the spot of the foul The person who is fouled gets the ball The player committing the foul goes 4 meters AWAY All other players are moved 4 meters away. Play is restarted</p>	
INSIDE THE CSA BUT OUTSIDE THE FAN		
MAJOR FOULS	MINOR FOULS	
<p>Free position is at the spot of the foul The person who is fouled gets the ball The player committing the foul goes 4 meters BEHIND All other players are moved 4 meters away The penalty lane is cleared. IF the goalie did not foul and is in the lane, she may go back to the goal circle Play is restarted</p>	<p>Free position is at the spot of the foul The person who is fouled gets the ball The player committing the foul goes 4 meters AWAY All other players are moved 4 meters away. Play is restarted</p>	
INSIDE THE CSA AND INSIDE THE FAN, OUTSIDE THE ARC		
MAJOR FOULS	MINOR FOULS	
<p>Free position is at the spot of the foul The person who is fouled gets the ball The player committing the foul goes 4 meters BEHIND All other players are moved 4 meters away The penalty lane is cleared. IF the goalie did not foul and is in the lane, she may go back to the goal circle Play is restarted</p>	<p>Free position is on the fan at the spot closest to the foul The person who is fouled gets the ball The player committing the foul goes 4 meters AWAY All other players are moved 4 meters away. Umpire says INDIRECT Play is restarted</p>	
INSIDE THE CSA AND INSIDE THE ARC		
MAJOR FOULS	MINOR FOULS	
<p>Free position is at the closest hash mark to the spot of the foul The person who is fouled gets the ball The player committing the foul goes 4 meters BEHIND All other players are moved 4 meters away The arc and penalty lane are cleared If the goalie did not foul and is in the lane or arc, she may go back to the goal circle Play is restarted</p>	<p>Free position is on the fan at the spot closest to the foul The person who is fouled gets the ball The player committing the foul goes 4 meters AWAY All other players are moved 4 meters away. Umpire says INDIRECT Play is restarted</p>	
OFFENSIVE RESTRAINING LINE		
<p>For offense offside, ball is always 4 meters above the restraining line, at midfield Correct the offside Bring the closest defender from below the line to get the ball Play is restarted</p>	DEFENSIVE RESTRAINING LINE	
	<p>Correct the offside If ball is outside the CSA, setup major foul at the spot of the ball. If ball is inside CSA and above the goal line extended, setup major foul at the top of the fan. Clear the lane. Play is restarted</p>	

Scorer and Timer Responsibilities

Scorer (Home Team @ Table or in direct communication with Table)

- 1) Record starting players in scorebook – 10 minutes prior to game start
- 2) Have roster with names and numbers for both teams prior to game start
 - a) Make sure numbers correspond with players on field
- 3) Record who scored goal
- 4) Display visible score
- 5) Notify umpire of 10 goal differential
- 6) Record substitutions
 - a) Do not allow a player to enter the game who is not recorded in book or has an incorrect number listed
 - b) Tell official on next stoppage of play of illegal substitution
- 7) Record Cards and time of each [player #; time received --- 19:52; time may return --- 16:52]
 - a) Players must sit out 3 minutes
 - i) **No** substitution for that player. Substitutions for other players are OK.
 - ii) Team plays short for 3 mins per each carded player
 - iii) Do not allow offending player to re-enter the game prior to end of **warning** [yellow card]
 - (a) Sub or offending player may enter after 3 minutes
 - (b) Tell official on next stoppage of play if player enters too soon.
 - iv) Do not allow offending player to re-enter the game after a **suspension** [2 yellow cards]
 - (a) Sub may enter after 3 minutes
 - (b) Tell official on next stoppage of play if player enters too soon.
 - v) Do not allow offending player to re-enter the game after an ejection [Red Card]
 - (a) Sub may enter after 3 minutes
 - (b) Tell official on next stoppage of play if player enters too soon.
- 8) Notify umpire of 2nd card on any player
- 9) Notify umpire when a team reaches their third card

Timer (Home Team @ Table or in direct communication with Table)

- 1) Start clock on official's whistle and/or arm signal
 - a) On draws
 - b) During restarts in last 2 minutes of each half
 - c) On restarts after an official's time out
- 2) Stop clock on official's whistle and/or arm signal
 - a) After goals – unless there is a 10 goal differential
 - b) During last 2 minutes of each half- always. Does not change due to score or playing level
 - c) On official's signal for time out
- 3) Time player suspension period - Use time recorded in book --- Begin time=19:52/End time=16:52
- 4) Notify coach when player 3 minute penalty is over
- 5) Notify official of requests for timeout (during dead ball)
 - i) Time team timeouts on stopwatch – may be managed by officials on field
 - ii) Blow horn at 1 minute 45 seconds and 2 minutes
- 6) Sound horn
 - i) To indicate end of half and game
 - ii) Substitution after goals
 - iii) Clock malfunction
 - iv) Notify of illegal sub (when there is a stoppage of play)
 - v) Notify of 10 goal differential (during stoppage of play after goal)
- 6) Notify official of 2 mins remaining and last 30 seconds of each half

Varsity - 25-minute halves – stopped clock after goals
Halftime - 10 minutes unless Captains agree to less prior to The game
JV – 20 - minute halves – running clock after goals Halftime - 5 minutes

It is recommended that the Visiting Team have a scorer and a book at the table

