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Girls Lacrosse  
**Level 1 Officials**

**Training  
Workbook**



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# Level 1 Officials Training Workbook

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# Level 1 Officials Training Workbook

## Goal of the Training

To increase the skills set and confidence in our Junior lacrosse officials as you transition from a player to an official. Combine your knowledge of the game with training for officials to prepare you to facilitate youth lacrosse games.

## Contents

- Training Information
- Professionalism
- Rules 1-12 (NFHS Rulebook)
- Youth Rule Modifications

## Your Training Information

Junior Officials Certification Checklist:

- US Lacrosse membership (USL member number \_\_\_\_\_)
- US Lacrosse Online Rules Course
- Annual Classroom Training
- US Lacrosse Annual Certification Rules Exam
- On-Field Evaluation (Level \_\_\_\_\_)

Trainers Name: \_\_\_\_\_

Training Site: \_\_\_\_\_

Training Dates: \_\_\_\_\_



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## Professionalism

Why do you want to become an official?

What is your experience with lacrosse?

Describe 3 examples of ways to make a positive first impression when arriving at your game:

- 1.
- 2.
- 3.

What is your expected proper uniform for a game?

What equipment are you expected to have at each game?



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Describe a quality you have seen in officials that you see as professional and respectful:

## Role of the Official

The role of the official is to see that each game is played in the name of:

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



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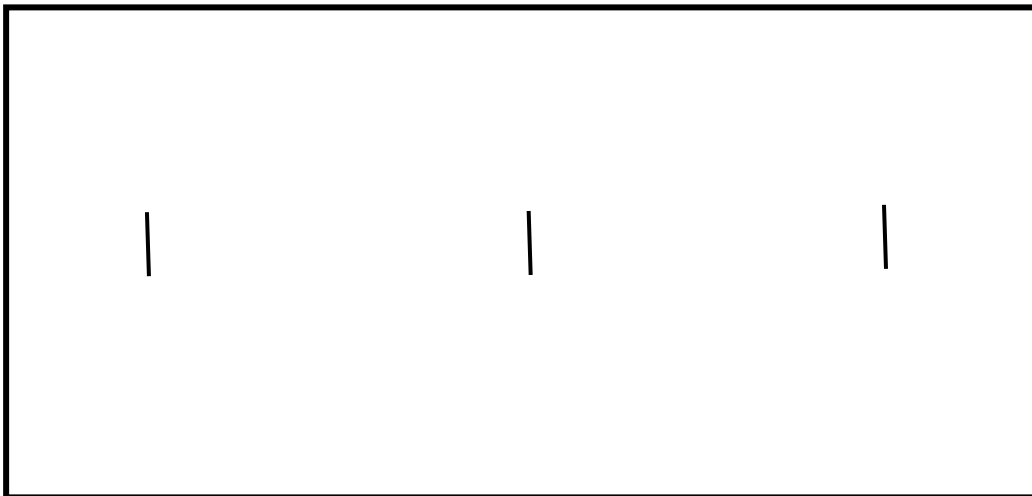
## Rules of the Game

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### Rule 1: The Field

Line the field below. Be sure to include the following lines:

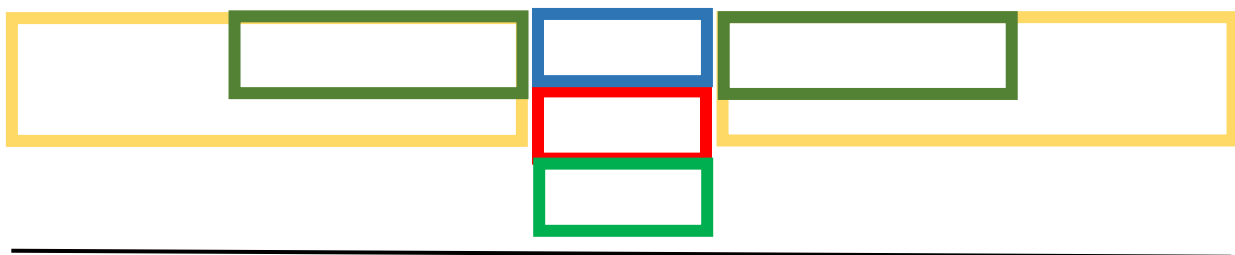
- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Center circle     | <input type="checkbox"/> goal circle        | <input type="checkbox"/> 8-meter mark on GLE (goal lines and center lines provided) |
| <input type="checkbox"/> restraining lines | <input type="checkbox"/> dots               |   |
| <input type="checkbox"/> arc               | <input type="checkbox"/> hash marks         |   |
| <input type="checkbox"/> fan               | <input type="checkbox"/> goal line extended |   |



### Sideline Areas

Identify the following sideline areas below:

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Team bench area | <input type="checkbox"/> Substitution Area | <input type="checkbox"/> Table (Timer and Scorer) |
| <input type="checkbox"/> Coaching Area   | <input type="checkbox"/> Penalty Area      |   |



Sideline





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## Rule 2: Equipment and Uniform

What is the required equipment for Field players?

- 1.
- 2.
- 3.

What is optional equipment for Field players?

What is the required equipment for Goalkeepers?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

What color may the game ball be?



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What must be stamped on the ball?

### **Stick Check**

Describe the pocket check procedure. What makes the depth legal?



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## Rule 3: Game Personnel

How many players may be on the field for the following games:

Full Field: \_\_\_\_\_

Small Sided field: \_\_\_\_\_

Describe the responsibilities of the follow game personnel:

Head Coach

Team Captains

Scorer

Timer

Officials

Pre-Game Official Checklist:



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- Proper uniform
- Proper equipment
- Meet partner
- Walk the field together
- Coaches and Captains meeting
- Stick check
- Talk with timer and scorer

Describe what should be covered in a good pre-game discussion



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## **Rule 4: Timing and Scoring**

Each league/tournament decides the length of games and halves, so the following are best practices for youth lacrosse:

Length of half for 14U and above:

Length of halftime for 14u and above:

When does the clock stop (if a game is not being played with a running clock)?

Describe the Overtime Procedure



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### Substitutions

Name when players may substitute:

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

When are substitutes NOT allowed?

- 1.
- 2.

### Scoring

When does a goal not count (name at least 5 examples)?



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## **Rule 5: Starting and Restarting Play**

When during play must all players stand? Never!

### **The Draw**

When setting the draw describe how the Sticks must be set:

Player positioning on the draw:

How many people can be between the restraining lines from each team?

When may the players behind the restraining lines be released (allowed to cross over the restraining line)?

Name at least 4 actions that make a draw illegal (by the players taking the draw)?

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

**Restarting play after a foul = Free Position**



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Free positions may not take place within \_\_\_\_\_ meters of the sideline or \_\_\_\_\_ meters from the goal circle.

All players must be at least \_\_\_\_\_ meters for free positions (exception: once a player self-starts)

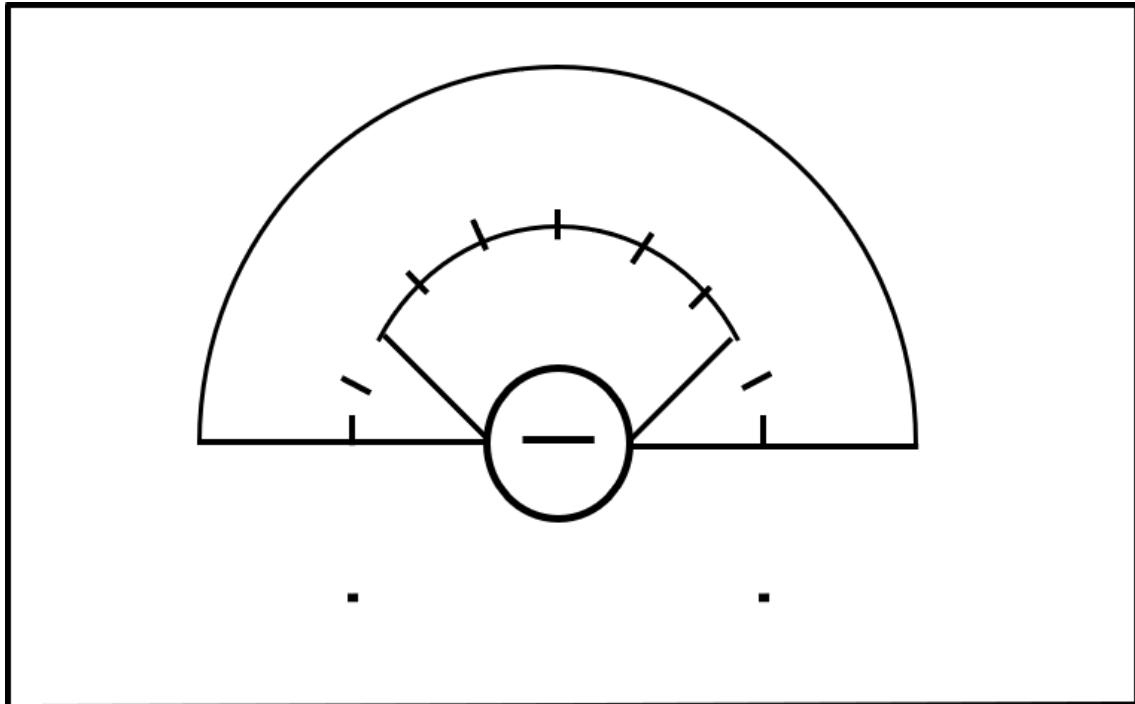
On a Major foul the offender goes 4 meters \_\_\_\_\_ the free position

On a Minor foul the offender goes 4 meters \_\_\_\_\_ the free position

For the following image:

Outline the Critical Scoring Area

Outline the Penalty Zone



When a Defensive foul occurs in the Critical Scoring Area where are the 3 places the free position will be place?





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- 1.
- 2.
- 3.

What is a self-start and what are the criteria for a legal self-start?

When are self-starts NOT allowed?

Name at least 4 reasons that an Alternate Possession is awarded.

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

## **Rule 6: Boundaries**

When is a ball/player considered out of bounds?



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How is play restarted following a boundary call?

Who gets the ball?

Circle ways in which players may start following a boundary:

*Run from outside into play without stopping*

*Throw the ball from outside of the field*

*Step in bounds and throw or run with the ball*

Describe how boundaries are called differently following a shot that goes out of bounds:



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## **Rule 7: Goal Circle YOUTH RULES**

What player is the only one allowed in the goal circle?

How long does the goalkeeper have to clear the ball once it enters the goal circle?

How shall you count 1-5?

How shall you count 6-10?

When a player is shooting or defending a shot (at the YOUTH level) is she allowed to follow through into the goal circle with her stick?

Describe how play is set up for the following fouls:

Attack Goal Circle Foul (steps in or on, reaches in or follows through into the goal circle):

Defense Goal Circle Fouls (GK doesn't clear in 10 seconds, defense steps in or reaches into the goal circle, ball is returned to the goal circle without being played):



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## Rule 8: Offsides Foul

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In a full-sided game(12 v 12) how many players are allowed in each end (inside the restraining line) of the field?

Offensive \_\_\_\_\_ Defensive \_\_\_\_\_

In a small-sided game (7 v7) how many players are allowed in each end (over half field) of the field?

Offensive \_\_\_\_\_ Defensive \_\_\_\_\_

List the steps you take to administer an offsides foul on the Defense when the ball is in the following areas?

Ball anywhere outside of the CSA:

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

Ball is inside of the CSA and ABOVE the Goal line extended:

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

Ball is inside of the CSA and BELOW the goal line extended:



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

List the steps you take to administer an offsidess foul on the Attack when the ball is in the following areas?

Ball is anywhere outside the CSA

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

Ball is inside of the CSA and ABOVE the Goal line extended:

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

Ball is inside of the CSA and BELOW the goal line extended:

- 1.



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2.

3.

4.

Offsides is always a \_\_\_\_\_ foul

Offsides is always a \_\_\_\_\_ start



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## Rule 9: Minor Fouls

Describe the 3 general categories Minor Fouls fall into and list a few examples in each:

1.

2.

3.

### Setting up minor foul penalties

Outside the CSA

The offender goes 4 meters \_\_\_\_\_ this is a \_\_\_\_\_ start

Inside the CSA and ABOVE the Goal line extended

The ball is placed on the \_\_\_\_\_

The offender is placed 4 meters \_\_\_\_\_

This is an \_\_\_\_\_ free position

This is a \_\_\_\_\_ start

Inside the CSA and BELOW the Goal line extended



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The ball is placed on the \_\_\_\_\_ **Level 1 Officials Training**  
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The offender is placed 4 meters \_\_\_\_\_

This is a \_\_\_\_\_ start

### **Delay of Game (Minor Fouls)**

Name 3 examples of Delay of Game fouls

- 1.
- 2.
- 3.

Describe the penalties for Delay of Game:

First Offense:

Second Offense:

Third and Subsequent Offenses:





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## Rule 10: Major Fouls

Name 4 major fouls that involve a stick to body offense

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

Name 3 major fouls that involve body to body offense

- 1.
- 2.
- 3.

Name 2 major fouls that involved stick to stick offense

- 1.
- 2.

Name 2 major fouls that involve a spatial offense



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- 1.
- 2.

Name the 5 Major fouls that are automatic yellow cards:

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

### Setting up major foul penalties

Outside the CSA

The offender goes 4 meters \_\_\_\_\_ this is a \_\_\_\_\_ start

Inside the CSA and ABOVE the Goal line extended

The ball is placed on the \_\_\_\_\_

The offender is placed 4 meters \_\_\_\_\_

This is a \_\_\_\_\_ start

Inside the CSA and BELOW the Goal line extended

The ball is placed on the \_\_\_\_\_



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The offender is placed 4 meters \_\_\_\_\_

This is a \_\_\_\_\_ start

Shooting Space and 3 Seconds



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## Rule II: Slow Whistle

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A slow whistle (yellow flag) is a Held whistle that is used only when the following criteria are met:

Ball is in the \_\_\_\_\_

The attack is on a \_\_\_\_\_

Defense commits a \_\_\_\_\_

Name 4 actions that end a scoring play

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

When a flag is raised, and a shot is NOT taken how is the penalty administered:

The flag is raised, and the ball is inside the 8m arc



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Ball is placed: \_\_\_\_\_

Offender is placed: \_\_\_\_\_

Others: \_\_\_\_\_

The ball is between the 8m arc and 12m fan

Ball is placed: \_\_\_\_\_

Offender is placed: \_\_\_\_\_

Others: \_\_\_\_\_

Inside the CSA and below the goal line extended

Ball is placed on the \_\_\_\_\_

Offender is placed: \_\_\_\_\_

Others: \_\_\_\_\_



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## Rule 12: Misconduct

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Other than the 5 major fouls that are mandatory cards, name 3 actions that are considered cardable offenses:

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

A player receiving a yellow card will be removed from the field and placed:

In the \_\_\_\_\_

For how long \_\_\_\_\_

Her team must play: \_\_\_\_\_

She \_\_\_\_\_ return to the game

Exception:

A GK receives a Yellow card with no other dressed GK

A player receiving a second yellow card will be removed from the field and placed:

In the \_\_\_\_\_

For how long \_\_\_\_\_



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Her team must play: \_\_\_\_\_

She \_\_\_\_\_ return to the game

A player receiving a red card will be removed from the field and placed:

In the \_\_\_\_\_

For how long \_\_\_\_\_

Her team must play: \_\_\_\_\_

She \_\_\_\_\_ return to the game

If a coach receives a yellow card what steps are taken:

- 1.
- 2.
- 3.

A team receiving its \_\_\_\_\_ card must play short for how long?

### Youth Rules Modification

Use the following chart to compare the rules between youth age categories:



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	14U	12U	10U	8U
Number of Players				
Size of Field				
Stick Modification allowed				
Balls allowed				
Length of game				
Start for game and half				
Restart after goals				
Restraining Line				
3 Seconds Good Defense				
Checking Rule				