

Umpire Curriculum

Determine the lacrosse and/or officiating background of the participants in the training class, which might warrant adjusting the curriculum format. Be sure the attendees have both the current rulebook for the U S Lacrosse Women's Rules as well as an Umpire's Manual. This curriculum is only a suggested format to be used in conjunction with the Women's Division Umpire's Manual, which is the policies and procedures book as well as techniques and interpretation guide.

Introduction

Women's lacrosse is a free flowing game involving endurance, stick skills, and teamwork strategies. It would be appropriate to show game footage for the benefit of those people who have not seen a game. As well as review field markings and terms used with those markings and areas. (Rule 3)

Part 1: Fouls of the Game

The overall concept of fouls within the game of women's lacrosse have to do with danger or safety issues, procedural or non-safety factors, misconduct, and team fouls.

1. Major Fouls – these fouls are determined by the potential for bodily contact and safety concerns.
 - a) Review the Major Fouls listed in Rule 18
 - b) Review the Major Fouls which warrant an automatic card
2. Minor Fouls – these fouls are either procedural errors or non-safety concerns.
 - a) Review the Minor Fouls listed in Rule 18
3. Review the Goal Circle fouls listed in Rule 18 and Manual Part Three
Note: Repeated violations of Minor Fouls should be penalized as Major Fouls. Any Minor Foul done in a dangerous manner may be penalized as a Major Foul.
4. Team Fouls – Restraining Line Violation, Manual Part Five
 - a. Review the Restraining Line within Rule 18
5. Misconduct Fouls – Manual Part Three Carding and Suspensions”
 - a. Review as they pertain to a player
 - b. Review as they pertain to a coach, team personnel
 - c. Review as they pertain to a team follower

Part 2: Administering the Penalty

After a determination of just what category of foul has happened, the umpire must be aware at what area of the playing field the foul has taken place. This will

determine the format for setting up the penalty, such as clearing the arc or lane, and 4 meters of free space behind or away. The Umpire's Manual Part IV should be used as a reference.

1. Minor Fouls
 - a. Outside of the Fan
 - b. Inside the Fan
 - c. Goal Circle Fouls
2. Major Fouls
 - a. Within the arc
 - b. Outside the arc, within the Critical Scoring Area
 - c. Within the field of play outside the Critical Scoring Area
 - d. Automatic Card
 - (1) Slash
 - (2) Check to the Head
 - (3) Dangerous Propelling
 - (4) Dangerous Follow Through
3. Team Foul – Restraining Line Violation (Manual Part Five)
 - a. By the Attack
 - (1) Move the closest offending team player to the center of the field to an on-sides position.
 - (2) Move an opponent up from “below” the Restraining Line
 - b. By the Defense
 - (1) Correct the offender to an on-sides position
 - (2) Where the Ball is, determines penalty setup
 - (a) Ball outside the CSA
 - (b) Ball inside the CSA above the goal line extended.
 - (c) Ball below the goal line extended
4. Issuance of Cards
 - a. Delay of Game – Manual Part Three
 - b. Misconduct Fouls – See Manual Part Three “Carding and Suspensions”
 - (1) Verbal Warning
 - (2) Yellow Card
 - (a) Player
 - (b) Coach, or team personnel
 - (3) Red Card
 - (a) Player
 - (b) Coach, or team personnel
 - (c) Misconduct by Team Followers/Spectators

Part 3: Umpire Professionalism and Pre-game

1. Uniform and umpiring tools (Manual Part Two)
2. Code of Ethical Conduct (Manual Part One & Appendix)
3. Pre-game Procedures (Manual Part Two)
 - a. Checking the field, goals, and goalie equipment

- b. Line-up submitted?
- c. Captains meeting
 - (1) Who are Speaking Captains?
 - (2) Agreed playing time and half time
 - (3) Rules questions and/or boundary concerns
 - (4) Coin toss
- d. Stick and uniform check: Manual Two-4
- e. Review responsibilities with scorers and timers: Manual Two-2

Part 4: Field Positioning and Coverage (Manual Part Three)

- 1. Two Umpire System (Manual Three-44)
- 2. Three Umpire System (Manual Three-45)
- 3. Tangent (Manual Three-54)

Part 5: Mechanics

- 1. Whistling
 - a. Communicating fouls and restarting play: consistent short/loud whistle
 - (1) Whistle Talk: severe fouls should have a long strong whistle
 - (2) “No Goal”: repeated short whistles
 - b. Goal: long whistle simultaneous with goal arm signal
 - c. Time Out and dangerous play: long/loud whistle
 - d. Get Players Attention – repeat short blast
 - e. End of Half/Game – many short blasts ending with a long blast
- 2. Arm Signals (review Rulebook Appendix)
 - a. Starting play
 - b. Communicating fouls with arm signals
 - c. Time Out
- 3. Working With Your Partner – Pre-game Communications
 - a. Eye contact
 - (1) Prior to starting play: after goals, after TO, prior to CSA penalty setup
 - (2) Times when the lead needs to get ahead of play
 - b. Who is to take the Draw? – Manual Three-56
 - (1) Far side umpire starts game draw, and after half time
 - (2) After a goal, the lead umpire is responsible for getting the ball back to her partner to start the draw.
 - c. Who is to take the Throw? – Manual Three-53
 - d. The Coffin Corner Boundary - Manual Three-53
- 4. Body Language
 - a. Facial expressions
 - b. Posture
 - c. Voice commands

Part 6: Special Situations

1. The Draw (Manual Two-5)
2. The Throw – Two-8
3. Penalty Lane: Rule 21 Definitions
4. Boundaries: Manual Two-6 and Three-32
5. Body Ball: Manual Three-9
6. Obstruction of the Free Space: Manual Three 15
7. Substitution: Rule 9
8. Blood policy (Rulebook Appendix) vs. Injury (Manual Two-9)
9. Adverse Weather Conditions: Manual Two-11
10. Scoring Play Criteria: Manual Three-34
11. Illegal Deputy (Rule 17C & Rule 193d)
12. Defending an attack player “Directly Behind Goal”: Rlbk definitions.
13. Body Contact: Block vs. Charge (Manual Three-12)
14. Three Second Violation: Manual Three-22

Part 7: Youth Rules (Ages Under 15) (reference the Rulebook and Manual Three- 59)

1. Level A
 - a. 11 field players plus a goalie
 - b. Field size; regulation, with all markings
 - c. Regulation women’s crosse and pocket
 - d. Modified checking only
 - e. 25 minute halves (maximum) running time
2. Level B
 - a. 11 field players plus a goalie
 - b. Field size: 90 yd. x 50 yd., recommended
 - c. Regular field markings
 - d. Regular women’s crosse with modified pocket allowed
 - e. No checking
 - f. 25 minute (maximum) running time halves
3. Level C
 - a. 7 field players, use of a goalie is optional
 - b. Field size 50 yd. x 25 yd. is recommended
 - c. 8m arc, no fan, no restraining line, no center circle
 - d. Youth sticks with mesh allowed or regular women’s sticks
 - e. Modified pocket.
 - f. No checking
 - g. 20 minute halves (max.) running time
 - h. May not shoot from any free position
4. Review Equipment Variations
5. Review Youth Specific Fouls
 - a. Modified checking
 - b. Holding the ball for more than 3 seconds if checkable

Part 8: Levels of Umpiring and Requirements
(all definitions and procedures are found in the Umpire's Manual,
Part One)

1. Apprentice
2. Local
3. District
4. National
5. International

Curriculum Format Suggestions

Individual clinic organization will best determine the amount of materials to be covered in the time allotted. As you will see the suggested sequence of materials covered changes but the basic content does not. Thoroughness obviously varies depending on clinic duration.

Four Session Curriculum Format

All sessions include both on and off the field training time.

I. Session One

- A. Curriculum Parts 1 and 2, as an overview. Plus, Part 6 (1 through 5).
- B. Umpire trainees shadow an experienced umpire on the field. Trainee whistles the start of all play, whistles judgements for boundary calls, and administers the draw.
- C. Off-field practice area should be set up for Throw Mechanics and Stick Check Procedures.

II. Session Two

- A. Curriculum Parts 3, 4, 5 plus Part 6 (6 through 9).
- B. Trainee Umpires work on field, with an experienced umpire shadowing the trainee. Emphasize correct whistling of boundaries, the draw mechanics, and starting play. Should start acknowledging fouls and whistling fouls.

III. Session Three

- A. Curriculum Parts 6 (10 through 14).
- B. Trainee umpires work on field, with an experienced umpire shadowing the trainee. Emphasis is on the Part 6 Special Situations and judgements for Free Space to Goal.

IV. Session Four

- A. Curriculum Parts 7 and 8.
- B. Trainee umpires work on field, with an experienced umpire shadowing the trainee. Emphasis on Part 6 Special Situations and judgements including Slow Whistle and End of Scoring Play judgements.

3 Evening Sessions *

I. Session One

- A. Local Board/Chapter Information & Part 8
- B. Field set up and meaning/names of all lines and markings
- C. Curriculum Part 3, 4 (Two-umpire), 5
- D. Adverse Weather Conditions & Blood Policy
- E. Scorer and Timer, Draw, Stand, Substitution

II. Session Two

- A. Curriculum Part 1 Major and Minor Fouls (without Raised Flag)
- B. Curriculum Part 2 Penalties for Major and Minor Fouls

C. Curriculum Part 6 (3-6, 10 –14)

III. Session Three

A. Curriculum Part 1(4 and5)

B. Curriculum Part 2 (3and 4) emphasize mandatory and misconduct cards (talk briefly about delay of game and delay of game cards as beginning umpires will not use these much if at all)

C. Raised Flag/slow whistle

D. Cards: emphasize mandatory and misconduct cards (talk briefly about delay of game and delay of game cards as beginning umpires will not use these much if at all)

* Required attendance at one play day for fieldwork.

One Weekend Format for New Trainees

Friday night classroom:

Curriculum Basics of Parts 1 and 2, without Raised Flag

Friday night assigned reading in rulebook – Rules

1,2,3,4,5,6,7,8,9,10,11,12,13,14,20

Saturday AM:

Discuss assigned reading and Team fouls and penalties in depth.

Take Polaroid pictures of participants esp. if class is very large.

Saturday PM:

Field work: emphasize draw, boundaries, whistle tone, starting play mechanic, and “keeping the game safe”.

Experienced umpires help shadow new umpires.

Sunday AM –

Field work: emphasize “keeping the game safe”, basic free positions midfield and in CSA. Talk about field coverage, staying ahead of play and keeping the ball/players inside of you.

Experienced umpires help shadow new umpires.

Sunday PM –

Questions, and Written Exam

Youth Curriculum Sessions

Umpires at all levels are to be familiar with the Youth Rules. If training is being scheduled for new umpires who will only be umpiring at the Youth level, it is important to give an overview of the whole curriculum with emphasis on the safety and youth specific rules which aid in teaching skills.

Curriculum Part 1 Fouls of the Game

- Overview of Major and Minor Fouls
- Emphasis on fouls more prevalent at the youth level

Curriculum Part 2 Administering the Penalties

- Overview of Penalty setups in different areas of the field
- (No need to emphasize raised flag)
- Emphasize only mandatory carding situations
- Give a short overview of the misconduct cards
- (No need to emphasize delay of game cards)

Curriculum Part 3 Pre-game

- Getting the game started; check the field and nets
- Meeting with captains for coin toss
- Stick check procedures

Curriculum Part 4 Field Positioning and Coverage

- Two Umpire System mechanics only

Curriculum Part 5 Mechanics

- Whistling and Arm Signals

Curriculum Part 6 Special Situations

- (1 through 9)

Curriculum Part 7 Youth Rules

- Review "Official Rules for Girls Youth Lacrosse in the Rulebook
- Manual Three – 59