



Officials Recruitment and Training Program



**Join the Third Team
on the Field!**

*Sponsored by
US Lacrosse Men's Division Officials Council*

A high-energy contact sport played primarily in the spring, men's lacrosse is one of America's fastest growing team sports. Men's lacrosse resembles playing a combination of basketball and hockey on a soccer field. Players use their lacrosse sticks to catch, throw, scoop and shoot the ball, which spends very little time on the ground. The game involves quick sprints up and down the field with precision passes, body checks, a pick-and-cut offense and explosive dodges that result in scorching shots on goal.

Men's lacrosse is endorsed by the NCAA, played at over 400 colleges and universities at the varsity and club level and sanctioned at the high school level in an increasing number of states. Post-collegiate teams, thousands of youth teams and two professional leagues round out the rapidly growing sport. Men's lacrosse is an obsession on the move among players of all ages.

Earn Money, Get in Shape!

As the sport explodes, there is a great demand for officials at every level of the game. Officiating is terrific exercise, wonderful camaraderie and a fun way to supplement your income. Lacrosse officials earn game fees that are highly competitive with referees fees in other team sports, and there are numerous opportunities for travel. Officials training clinics, sponsored by US Lacrosse, are conducted by an officials organization in your local area and will thoroughly prepare you for this great avocation.

Officials Needed!

If you have never played the game before, we welcome the opportunity to work with and train you. If you were, or are, a lacrosse player, consider giving something back to the sport that has given you so much. If you are a parent who wants to develop a better understanding of the game, we can help you make a significant contribution to the sport. For those of you with officiating experience in other sports, such as basketball, football and hockey, you'll find similar concepts of field coverage and familiar judgements such as "holding" and "illegal pick."

US Lacrosse offers its officials members the materials needed to get started, including rule books, manuals and videos. Your local officials association will assist you in learning the rules, mechanics, judgement and on-the-field communication. The training is clear, concise and designed to give you the skills and confidence you need. Our referee mentoring program will team you up with an experienced official who can answer all of your questions and guide you through your first season.



As you progress in skill, advancement can come quickly. Qualified youth lacrosse officials can advance to officiating high-caliber high school games in three to four years. The Men's Lacrosse Referee Development Program (LAREDO) will prepare you to accept the challenges of officiating more demanding games.

How to Get Started:

1. Contact the US Lacrosse Men's Division Officials Council at officials@uslacrosse.org or the local officiating organization through your US Lacrosse Chapter (see box below or www.uslacrosse.org).
2. Became a member of US Lacrosse and receive comprehensive insurance coverage, a rule book, Lacrosse Magazine, officials e-newsletters, discounts and more.
3. Get the Officials Training Manual and other training supplies through your local officials organization in collaboration with your local US Lacrosse chapter.
4. Attend training meetings and field sessions through your local officials organization.
5. Pass the rules exam and field evaluation conducted by US Lacrosse.

LOCAL CONTACT INFORMATION



Umpire Recruitment and Training Program



Join the Third Team on the Field!

*Sponsored by
US Lacrosse Women's Division Officials Council*

One of the fastest-growing team sports in the country, women's lacrosse is a unique and dynamic field sport. Women's lacrosse is played primarily in the spring and resembles the playing strategies of basketball and field hockey on a soccer field. Players use their lacrosse sticks to catch, throw, scoop and shoot the ball, which spends very little time on the ground. The game involves quick sprints up and down the field with precision passes, a motion offense and explosive dodges that result in exciting shots on goal.

More than 300 universities and colleges, 1,000 high schools, thousands of youth teams and a growing number of post-collegiate club teams play women's lacrosse nationwide. The number of participants has been growing over 10 percent annually for nearly a decade.

Umpires Needed!

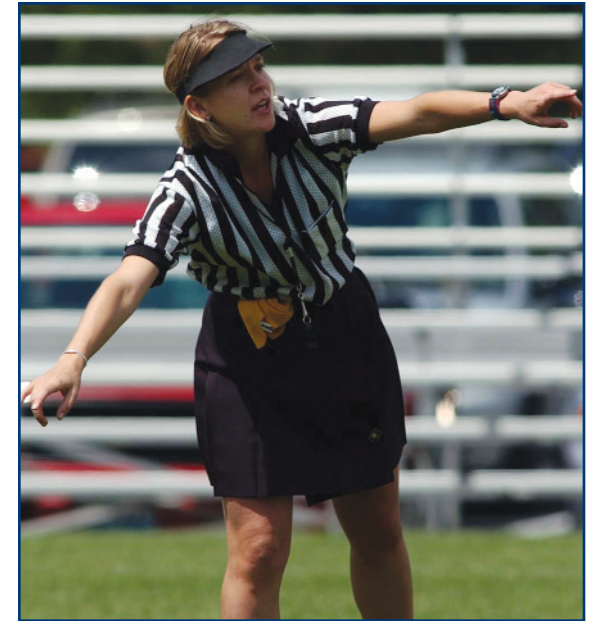
As the sport explodes, there is a great demand for women's lacrosse umpires at all levels of the game. Umpiring is terrific exercise, wonderful fellowship and a fun way to supplement your income. In addition to travel opportunities, officiating allows you the opportunity to become a role model for young adults and develop quick thinking and decision making skills and self esteem. Umpiring training clinics, sponsored by US Lacrosse and conducted by an umpiring board in your local area, will thoroughly prepare you for this great avocation.

If you have never played women's lacrosse, we welcome the opportunity to work with and train you. If you were, or are, a lacrosse player, consider giving something back to the sport that has given you so much! If you are a parent who wants to develop a better understanding of the game, we can help you make a significant contribution to the sport. For those of you with officiating experience in other sports, you'll find similar concepts of field coverage and familiar judgements of "block," "charge" and "illegal pick."

US Lacrosse offers its umpire members all the resources needed to get started, including rule books, manuals and videos. Your local umpiring board will assist you in learning the rules, mechanics and on-field communication. The training is clear, concise and designed to give you the skills and confidence you need. The board will mentor you through your first seasons and assist you with game assignments. Once your skills progress, advancement can come quickly.

How to Get Started:

1. Contact the US Lacrosse Women's Division Officials Council at umpires@uslacrosse.org or your local umpiring board (see box below or www.uslacrosse.org).



2. Became a member of US Lacrosse through your local umpiring board and receive comprehensive insurance coverage, a rule book, publications that include Lacrosse Magazine and the "Flags and Whistles" newsletter, merchandise discounts and more.

3. Get the Umpires Training Manual and other training supplies through your local board or through US Lacrosse national headquarters: US Lacrosse, 113 W. University Parkway, Baltimore, MD 21210-3300, 410.235.6882, www.uslacrosse.org

4. Attend training meetings and field sessions through your local umpiring board.

5. Pass the rules exam and field evaluation conducted by your local board.

LOCAL CONTACT INFORMATION