

Get Training

Want to get involved officiating the youth or high school game of men's lacrosse? Here's how.

1. Attend a US Lacrosse training course

To find out about training dates and trainers in your local area, please [contact your district governor](#). When you attend an officially recognized officials' training through US Lacrosse, you will receive a Level 1-2 training manual, rule book, rules test, and instruction from an approved training authority.

2. Establish, renew or maintain current official category membership with US Lacrosse

You cannot begin officiating until you show your trainer current membership as an official with US Lacrosse. In addition to liability coverage, you are also eligible for advanced training events and additional US Lacrosse membership benefits, online officials' testing and more. Officials renew their membership each fall and receive the new rulebook for that year. [Renew your US Lacrosse membership now!](#)

3. Finish your training

When you complete your training, your trainer will send a Training Notification form to US Lacrosse. At this time, you will be recorded in the database as having completed the training. You are also insured by US Lacrosse when you are officiating provided you maintain current membership.

4. Wear your patches

Upon successful completion of your training by an authorized USL trainer, and establishment of current official category membership with US Lacrosse, your trainer will provide you with your first two US Lacrosse Official patches for your shirts. Wear these proudly as they show that you are an official trained and insured by the governing body for the sport of lacrosse. Each year, as long as your membership remains current, you are eligible to purchase up to four more patches. Order forms are available upon request from sportdevelopment@uslacrosse.org.

5. Stay Current

Take advantage of additional training events for officials, stay in the loop with e-news and Lacrosse magazine, and check the US Lacrosse website often for more information about online testing and other initiatives of the [Men's Division Officials' Council \(MDOC\) Training Committee](#). For further training inquiries, e-mail training committee chair, David Seidman at davidseidman@mac.com.

Also see:

- [MDOC Officials Training Program - FAQs for Levels 1 and 2 Trainees](#)
- [MDOC Training Information](#)
- [Mentoring Resources for Officials](#)

Level 1 and 2 Training System - Information for Trainers and Training Authorities

The following is the US Lacrosse Level 1 and 2 training system that was implemented in January 2003 for trainers to conduct officially recognized US Lacrosse Level 1 and 2 training:

1. Order training packages

US Lacrosse offers to Level 1 (youth and beginning officials of any level) and 2 (high school level) officials attending official training in their local area a Level 1-2 Training Manual, a rulebook, and two patches. This is known as a "training package." Training packages may only be ordered by the MDOC District governor, the District Liaison to the Training Committee (DLTC), or the local Youth Officials Committee (YOC) Representative, US Lacrosse Chapter president, MDOC clinician, or local trainers approved by the aforementioned authorities. Approval should be sent via e-mail to sportdevelopment@uslacrosse.org.

A training package order form may only be obtained by approved individuals by request from sportdevelopment@uslacrosse.org. The order form is then filled out by the approved ordering authority or approved trainer and faxed or e-mailed back to the same address. Package orders are sent within 10 business days of receipt. Once an individual is approved they are added to the list and do not need permission going forward. This process will be automated in the next month through a protected web ordering system.

2. Conduct training, fulfill training requirements

After obtaining the training packages, the training is conducted, and the trainer **must fulfill the following requirements in order to correctly notify US Lacrosse and distribute the patches:**

- **Proof of Membership**

Trainer must obtain from each trainee proof of current membership to US Lacrosse as an official (or cross-participant with official as on of the categories). Verification can also be obtained by contacting sportdevelopment@uslacrosse.org with the names of trainees to be verified.

- **Administer Testing**

The initial training test is found in the back of the Level 1-2 manual and an answer key is provided in your package order. US Lacrosse will also have the NFHS rules test online for any members of US Lacrosse to log-on and take. The results of this will be provided on a monthly basis. We anticipate this will be up by mid-March. We will also post a PDF of the test should organizations want to simply download the test and use a paper format. The NFHS test in True-False version is also available for purchase through the Federation (www.nfhs.org).

- **Submit Training Notification Forms**

Once membership has been established, the trainer must submit a training notification form (included in package orders) for each trainee to US Lacrosse via fax (410.366.6735) or e-mail (sportdevelopment@uslacrosse.org). At this time, the trainee is noted in the database as having completed the training through your organization. This also allows the trainee to order additional patches as well as lets you know upon request who your trained officials are in your area. [Download the Trainee Notification Form here](#) (pdf).

- **Give Patches to Trainees**

Upon completion of their training based on what your organization requires (field practicum, x classroom sessions, passing of test), and proof of current official category membership with US Lacrosse, the trainer may then present the trainee with their two patches that came in the package. They may individually then purchase up to four new patches in each calendar year.

NOTE: Patches may not be given to the trainee prior to this point in training.