LACROSSE CANADA

Lacrosse Canada Officiating Program
D1 Officials Clinic Material

Purpose of this material

- How to be an LC Official.
- How to feel comfortable on the floor.
- Constructive discussion(s) without judgement.
- Provide you a solid base of the rules, and mechanics, of Officiating prior to stepping on-floor.

Expectations

- You come to your on-line clinic prepared by having read the material and watched the game sheet video.
- You are respectful to the facilitator and your fellow Officials.
- You are engaged and are willing to ask questions when you have them (if you have a question someone else probably has the same one).
- We will use a **Parking Lot** for questions to return to if need be.
- You have downloaded the 2026 World Lacrosse Rule Book.

Session Topics

- Reasons For Being An LC Official
- Making Sense Of All The Acronyms
- Rule of Two
- Officiating (Off-Floor)
- Pre-Game Duties
- Safety
- The Game Sheet
- Equipment
- The Playing Surface
- Positioning
- Face-Offs
- In-Game Situations
- Goal Crease
- Technical Infractions
- Penalties
- Penalty Shots
- Signals
- Shot Clock
- Post Game Duties
- What Makes A Good Official
- Abuse of Officials
- Written Exam

Reasons For Being An LC Official

- Give back to the game
- Exercise
- Become a more knowledgeable player
- Generate some income

Making Sense Of All The Acronyms

- WL – World Lacrosse
- LC – Lacrosse Canada
- OIC – Official in Charge
- ALA – Alberta Lacrosse Association
- LGB – Local Governing Body
  - CALL – Central Alberta Lacrosse League
  - CDLA – Calgary District Lacrosse Association
  - GELC – Greater Edmonton Lacrosse Council
  - SALA – Southern Alberta Lacrosse Association
  - WLA – Wheatland Lacrosse Association

The Rule of Two

- A policy to protect both minor aged, and adult, participants.
- How to abide by the Rule of Two:
  - the first Official to arrive uses the Official's room to change immediately
  - the second Official to arrive uses the Official's room to change while the first Official waits outside the Official's room
  - once both Officials are changed, they should then meet just outside the Official's room for their pre-game meeting
  - Officials may lock their belongings in the Official's room but cannot use the room at the same time to dress or meet
  - following a game, if you feel it is unsafe to be alone outside the Official's room, invite another adult to the Officials room

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Officiating

Off-Floor

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Officiating (Off-Floor)

- What should be in my Official's bag?
- Equipment/Uniform:
  - LC/ALRA Officiating jersey
  - solid black pants (no leggings, sweats, or track pants)
  - black socks (calf-length)
  - black shoes
  - black helmet with visor
  - Fox40 whistle (as provided at your on-floor session)

Officiating (Off-Floor)

- What should be in my Official's bag?
- Other recommended items:
  - water bottle
  - measuring tape (stick measurements)
  - rule book (on your phone or printed)
  - string for repairing nets
  - scissors (to cut excessive string)
  - snacks (for multiple-game days)

Officiating (Off-Floor)

- When should I contact my partner?
  - you should be texting your partner the night before your game(s) to confirm the location, time(s), division(s) and number of games you are Officiating together
  - this should be done with every partner you have that next day (ie. tournament days with multiple games and, potentially, multiple partners)
  - this allows you, and the assigning team, more lead time to replace a partner that has potentially become unavailable
  - if you are unable to make a game you previously accepted, please let your assignor know as soon as possible so the assigning team can fill the assignment with the most lead time possible

Officiating (Off-Floor)

- When should I contact my partner?
  - by communicating with each other sooner, rather than later, you could also arrange carpooling if it makes logistical sense to do so
  - a follow-up text the next day, prior to leaving for the facility, to inform your partner of your expected arrival time is good practice to ensure you both know you are on your way

Officiating (Off-Floor)

- When do I arrive at the arena?
  - ideally you will arrive, no later than, 30 minutes before the start of your game
  - this allows both you, and your partner, to have ample time to change and not feel rushed during your pre-game routine while also giving you time for a pre-game discussion
  - if you are running late due to traffic issues, please let your partner know by phoning them as soon as safely possible … **DO NOT TEXT AND DRIVE!!**
  - if you have car trouble while on the way to the game, phone your partner and then immediately phone your assignor on duty and/or your OIC to let them know

Officiating (Off-Floor)

- Can I Officiate alone?
  - under no circumstances are you to ever Officiate a game by yourself
  - regardless of what a coach or parent might say, we need to have a minimum of two (2), 2026 certified, Officials on the floor for a game to be able to take place

NEVER OFFICIATE ALONE!!!

Officiating (Off-Floor)

- Why is being respectful important?
  - you will have a better chance of being respected as an Official if you treat the coaches and players with respect
  - you can show you respect the game, and your role in it, by being on time, being prepared, being non-partisan, and Officiating the game remembering your top 3 priorities (in order of priority):
    - player safety (penalty infractions)
    - good goals (ensuring goals awarded are deserved)
    - technical infractions (possession calls)

Officiating (Off-Floor)

- What does being respectful look like?
  - you will have a better chance of being respected as an Official if you:
    - look professional (no wrinkles or stains on your jersey or pants)
    - maintain your composure in difficult situations
    - refrain from swearing
    - have good body language and presence
    - have patience
    - refrain from speaking down on other Officials or agreeing with someone who bad-mouths another Official

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Pre-Game Duties

Discussions

Tasks

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Pre-Game Duties (Discussions)

- What type of discussions should take place between Officials before a game?:
  - introductions between partners (if you do not already know them)
  - review any special modifications/rules for the level you are Officiating (LC age & stage appropriate modifications)
  - past game experiences
  - rule questions (if unsure, look them up)
  - share tips from evaluators/mentors

Pre-Game Duties (Tasks)

- Below is a list of tasks you should do as part of your pre-game routine:
  - use the washroom
  - review the game sheet
  - test the game clock and shot clocks
  - review the minor Official responsibilities and clock operations with the volunteers
  - check the nets for holes (repair them if any are found) and extra balls
  - check the boards/glass for damage or screws sticking out
  - ensure all of the gates open and close properly

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Safety

Unsafe Playing Surface

How Am I Involved?

How Do I Handle Injured Players?

Who Gets Possession?

What Is A Legal Check?

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Safety (Unsafe Playing Surface)

- What do I do with an unsafe playing surface?
  - you will need to ensure that the playing surface is safe to play on, if it is not:
    - speak to the arena attendant and see if the issue can be fixed
    - if it cannot be fixed, call your OIC and inform them of the situation and cancel the game if you are advised to
    - if you are unable to contact your OIC or assignor, you make the call on the game
    - if the game is cancelled, you will need to submit an arena report at your earliest opportunity
    - for any arena issues, please fill out an “Arena Condition Report” found under the Reports menu item on the ALRA website

Safety (How Am I Involved?)

- How am I involved with player safety?
  - pre-game coach's "check-in"
  - removal of obvious unapproved equipment
  - ensuring all equipment is worn properly when players are on the floor
  - if you see equipment not being used/worn properly, inform the respective coach

Safety (How Do I Handle Injured Players?)

- How do I handle injured players?
  - when to blow play down (clock does not stop):
    - in U9, blow play down immediately
    - in U11 and higher, allow the scoring chance to finish (if there is one), unless
      - the player appears to be seriously injured
      - the injured player is in the shooting lane
  - the coach's job is to tend to their injured player (keep your distance and do not allow any verbal abuse)
  - make sure all players from both sides keep their distance as well
  - the injured player may not return to the floor until after the next non-technical stoppage of play (breach of this rule is a minor penalty)

Safety (Who Gets Possession)

- Who gets possession?
  - blue team has possession … blue team's player is injured:
    - blue team keeps possession (no reset on the shot clock)
  - red team has possession … blue team's player is injured:
    - red team keeps possession (no reset on the shot clock)
  - neither team has possession (ball is loose) … either team's player is injured:
    - face-off at center

Safety (What Is A Legal Check?)

- What is a legal check?
  - it is delivered on the front or the side of the player being checked
  - it is delivered above the waist and below the shoulder
  - Both hands are on the checker's stick
  - It is delivered to a player who is standing on their feet
  - defensive players may "contain" a non-ball carrier but not manipulate, or move, them

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The Game Sheet

Paper / On-Line

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The Game Sheet

- What is the game sheet?
  - serves as a legal document
  - it is how the LGBs track penalties and players
- What do I look for on the game sheet before a game begins?
  - review the game sheet for completeness (number of players, coach's name & signatures, and captains identified)
  - have the coaches make any changes they need to make before the game starts
  - confirm any suspended coaches, or players, listed on the game sheet in the suspensions section are not on the bench or on the floor

The Game Sheet

- What do I do if there are more players dressed on the floor than listed on the game sheet?
  - take the game sheet to the coach and get it sorted out before the start of the game
- Why is the information on the game sheet so important?
  - it serves as a formal record of everything that happened in the game in the off chance that the LGB needs it for discipline actions

The Game Sheet

- When should the game sheet be reviewed?
  - pre-game
  - during each intermission
  - post-game
  - watch for things such as 5 penalties or 2 majors (expulsion), missing game expulsions, and missing game misconducts
- How complete is a completed game sheet?
  - signed by all parties (coaches, minor Officials and Officials)
  - goals/penalty minutes are totaled and boxes crossed out

Equipment

Player

Approved Helmet

Goalkeeper

Equipment (Player)

- What equipment is a player required to wear?
  - helmet with attached facemask and chinstrap
  - intra-oral mouthguard
  - lacrosse gloves
  - chest pad / shoulder pads
  - back / kidney / rib pad
  - athletic support (cup / jill)
  - slash guards / elbow pads (recommended but not required)
  - bicep pads (recommended but not required)

Equipment (Approved Helmet)

- What are the requirements of an approved helmet?
  - all straps fastened
  - helmet brim above the eyebrows
  - chinstrap fastened snug under the chin
  - CSA/NOCSAE approved

Equipment (Goalkeeper)

- What equipment is a goalkeeper required to wear and how must it be worn?
  - helmet with attached facemask, chinstrap, and throat guard
  - intra-oral mouthguard
  - gloves
  - chest pad
  - pants
  - leg pads
  - athletic support (cup or jill)
  - equipment must conform to the shape of the body
  - jersey cannot cover the 7 hole or make gussets (wings) under the arms

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The Playing Surface

Know the terminology

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The Playing Surface (Terminology)

- Change Areas (home & away)
- Restraining Lines (attacking & defending)
- Zones (attacking, defensive, and neutral (center))
- Goal Creases
- Goal Line
- Face-Off Dot
- Officials Crease

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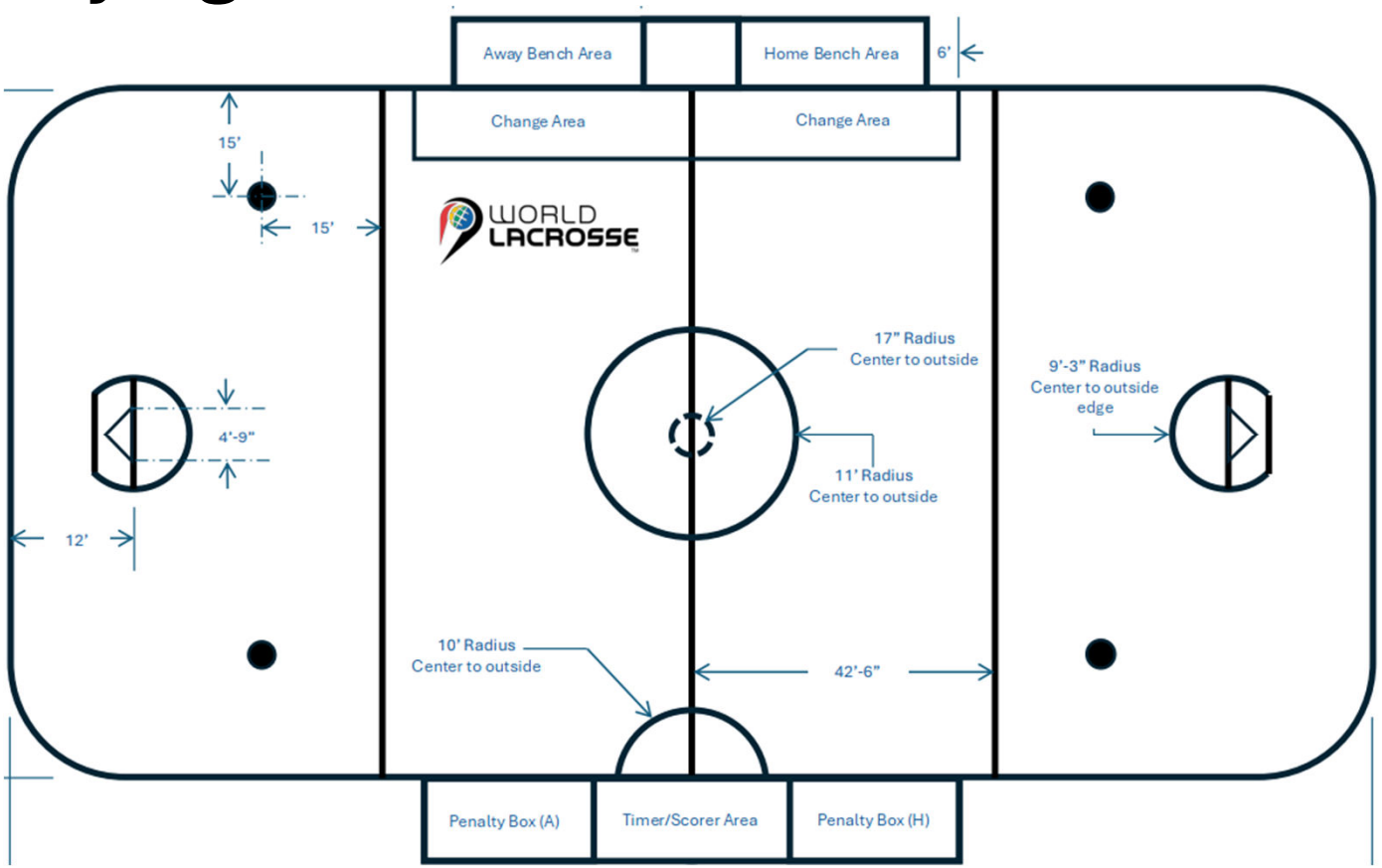
The Playing Surface



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Positioning

The Two-Official System

Floor Coverage

Adaptive Positioning

Switching

Transitioning

Positioning (The Two-Official System)

- Provides a wide area of coverage.
- Comes with specified areas, and shared areas, of responsibility.
- Comes with added expectations due to the wider area of coverage.
- Has dedicated mechanics for the Lead Official and Trail Official in all circumstances.

Positioning (The Two-Official System)

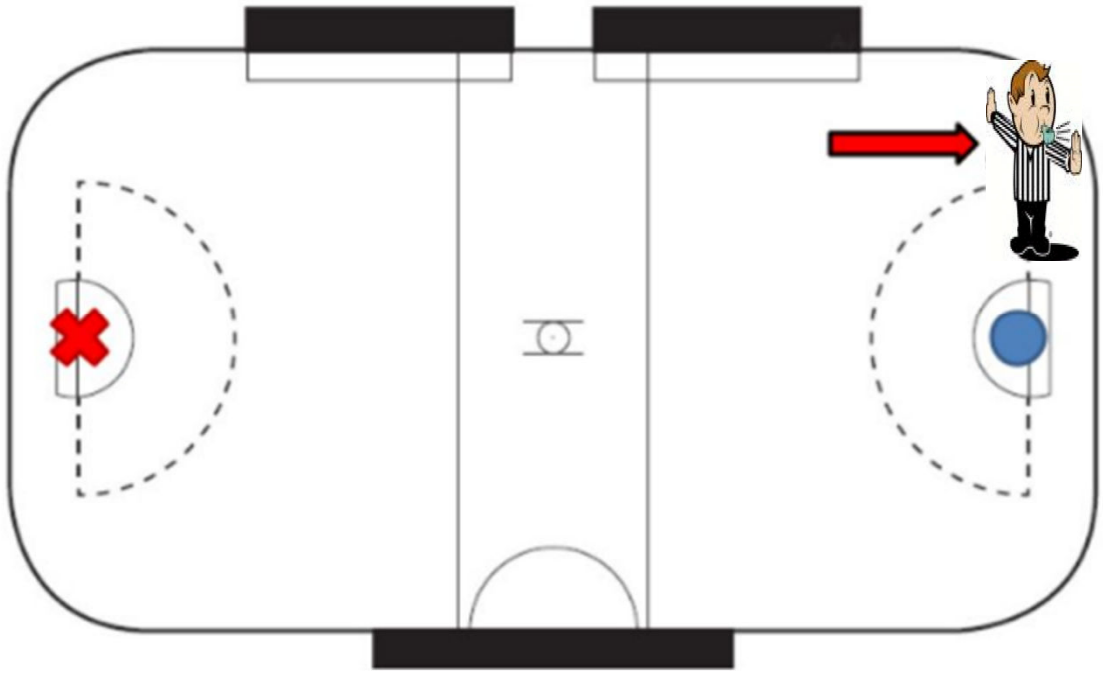
- Who is the “Lead Official”, where do they stand, and what do they do?
- Who is the “Trail Official”, where do they stand, and what do they do?
- How do I move between Lead Official and Trail Official positioning?
  - the answers to these questions will be shown in the next few pages as well as demonstrated for you during your on-floor session
  - you will have the opportunity to run through these positions numerous times in your on-floor session

Positioning (The Two-Official System)

- Lead Official (LO) responsibilities:
  - stands closest to the net
  - continuously moves (breathes) with the play
  - stays engaged
  - verbally communicates with the players
  - signalling goals
  - signalling resets
  - signalling crease violations

Positioning (The Two-Official System)

- Lead Official (LO)

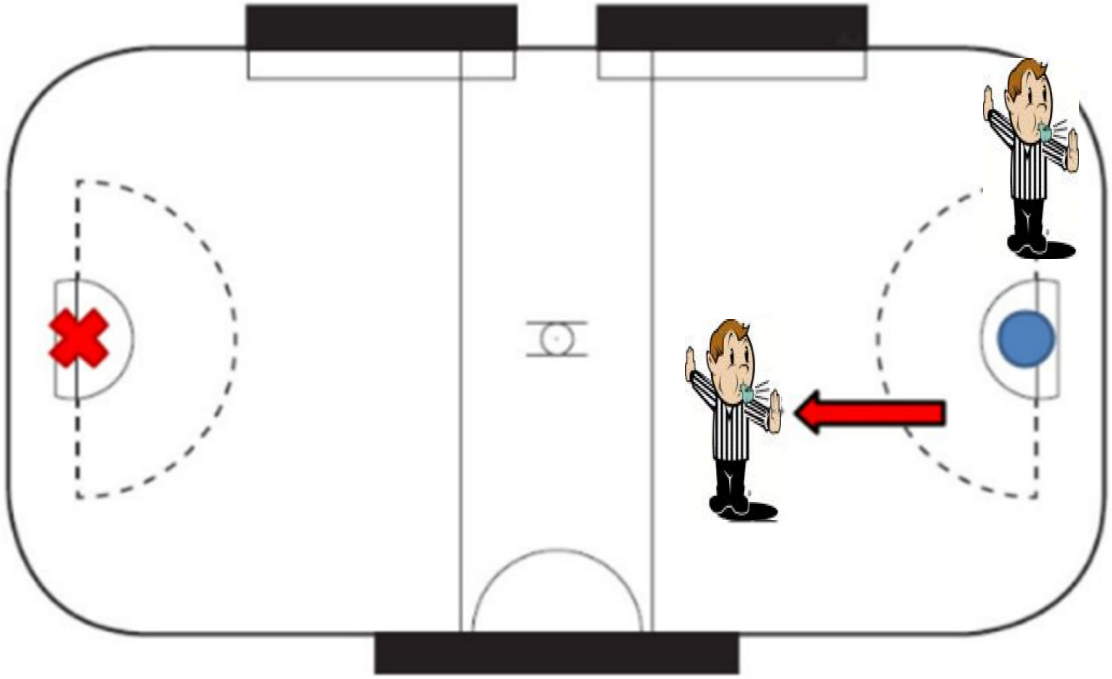


Positioning (The Two-Official System)

- Trail Official (TO) responsibilities:
  - stands opposite diagonally from partner
  - ebbs and flows with the play
  - reporting goals and assists
  - anticipating transition
  - watching for late hits (protecting the shooter)
  - watching the middle of the floor

Positioning (The Two-Official System)

- Trail Official (TO)



Positioning (Floor Coverage)

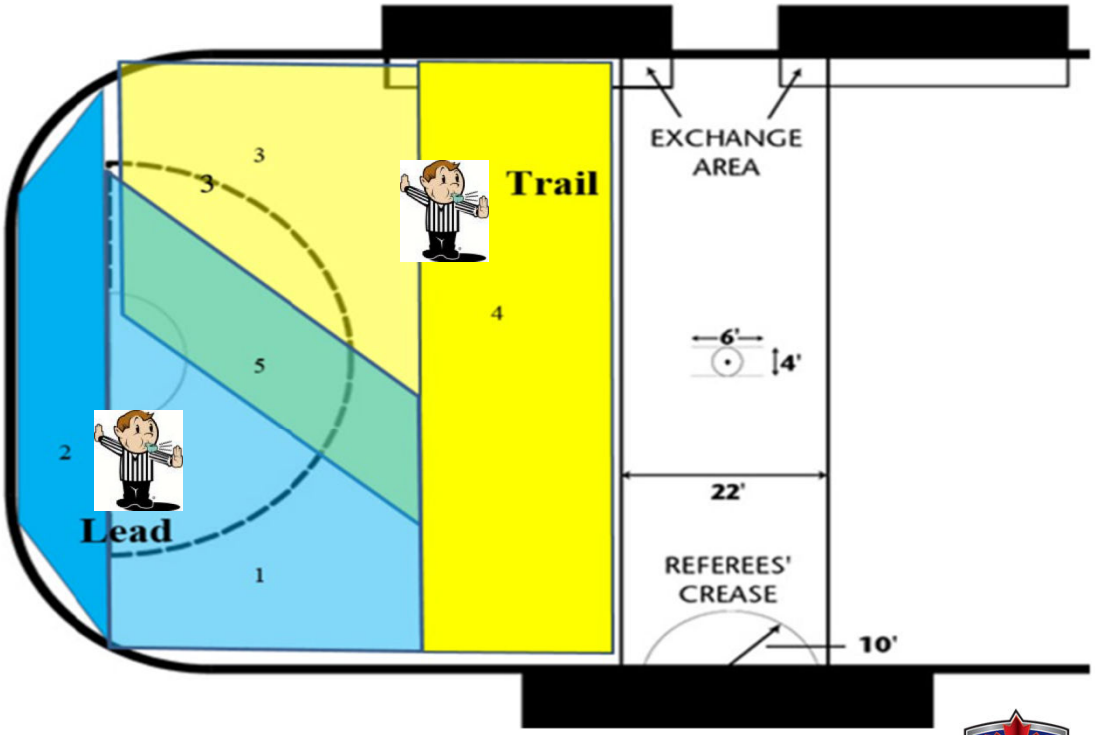
- The floor coverage diagram on the following page gives a very objective description of floor coverage for a two-official system.
- It is a great guideline to start from to give you a clear picture of what you are responsible for as either the Lead Official (LO) or the Trail Official (TO).
- This will be discussed, shown, and worked on during your on-floor session to give you a better sense of how this is not static coverage but dynamic coverage.

Positioning (Floor Coverage)

Areas of Coverage Legend

1. LOs primary coverage responsibility
2. LOs secondary coverage responsibility
3. TOs primary coverage responsibility
4. TOs secondary coverage responsibility
5. shared coverage between LO and TO

You will see this more as you advance as an LC Official. For now, simply see this as "blue zone" for the LO, and "yellow zone" for TO!



Positioning (Floor Coverage)

- Topics for discussion:
  - how can the TO assist in calling crease violations?
  - why does the TO call out of bounds, particularly on shots?
  - who is watching the ball carrier?
  - what are some situations that might require the Officials to alter their normal positioning?

Positioning (Adaptive Positioning)

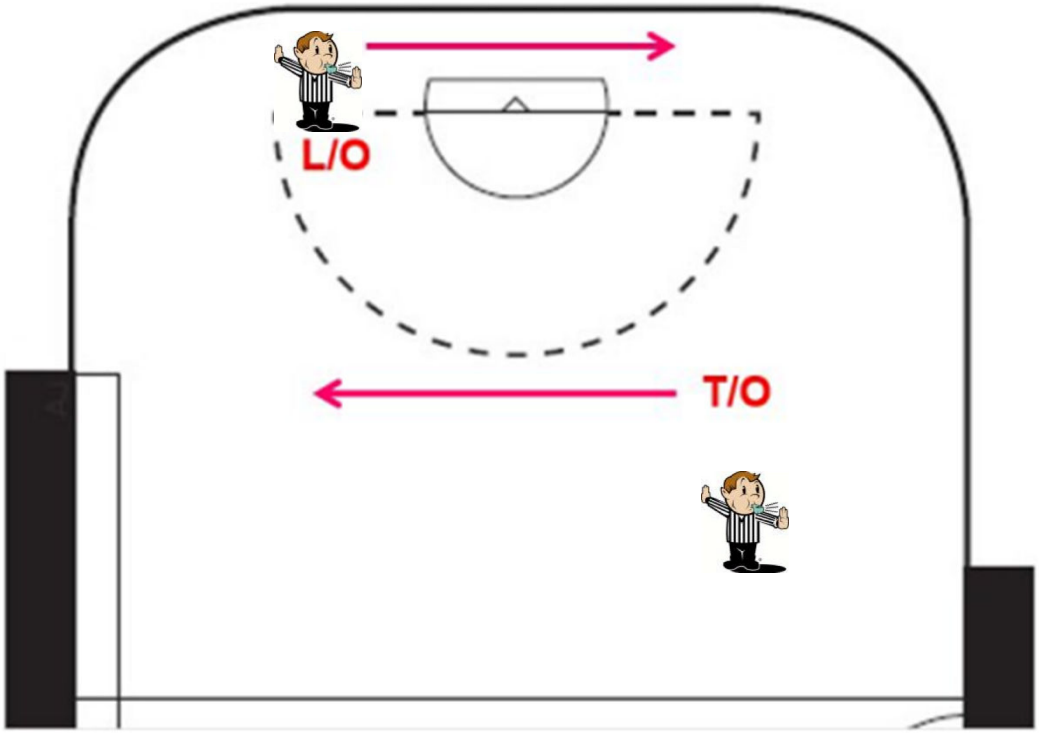
- Proximity is one of the best ways for Officials to utilize their presence and voice.
- Situations exist in settled play that might require Officials to alter their standard positioning to be closer to such plays.
- Zones will reset as the Officials assume their new positions.
- **Officials will never switch Lead and Trail positions!**

Positioning (Switching)

When and how to “switch”:

When a loose ball occurs in these secondary zones, Officials shall be responsible to move toward the loose ball, including moving across the floor (switching), if necessary, to ensure the best positioning.

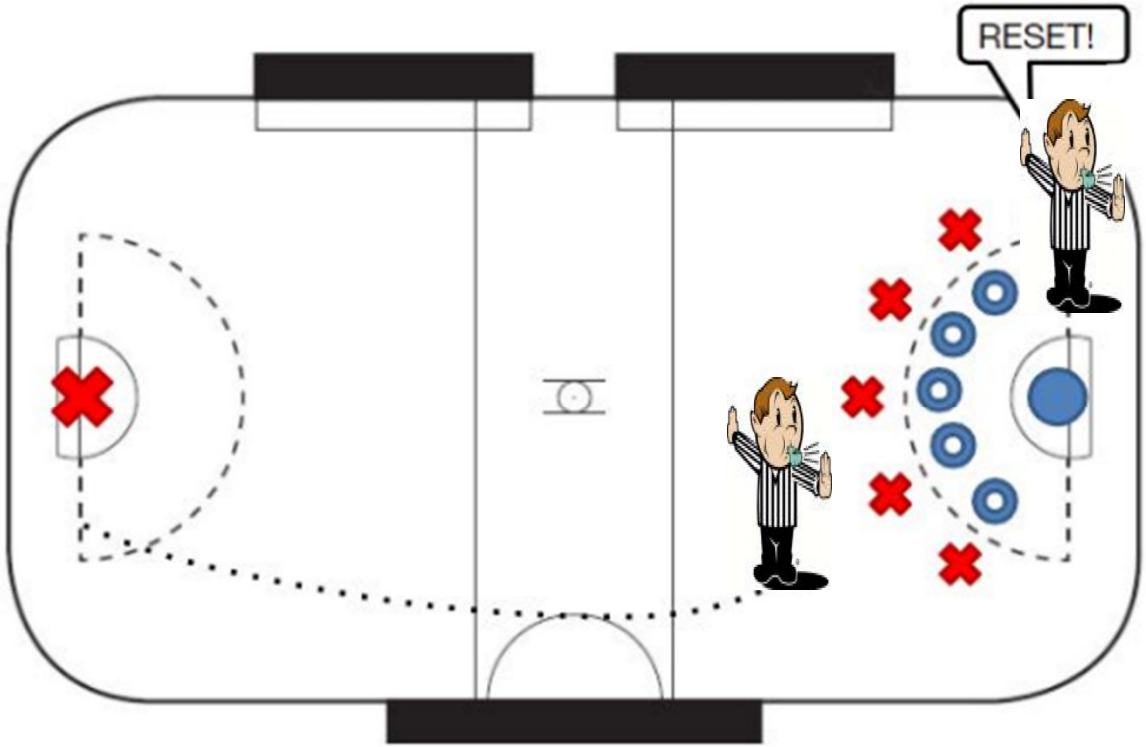
- switches are best made when there is little or no risk of a shot being taken
- who should initiate the switch?



Positioning (Transitioning)

Transition “Team Blue”:

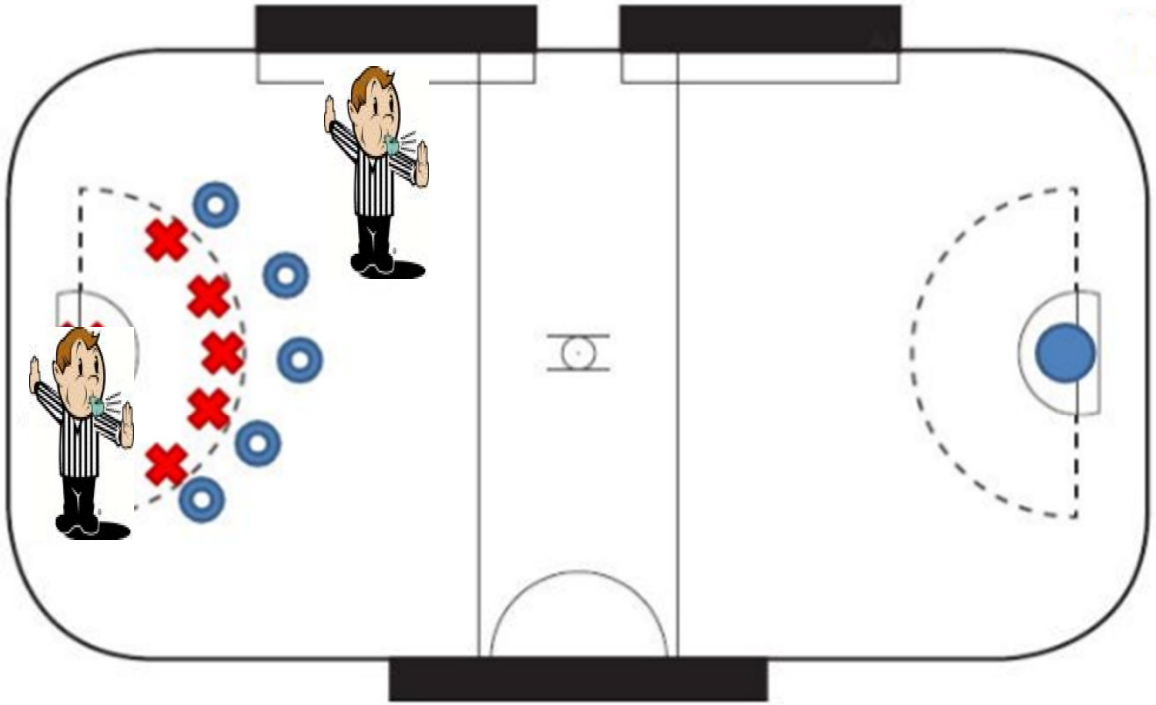
- red takes a shot on goal, saved by blue goalkeeper
- LO signals reset with TO mirroring the reset signal
- as blue team moves the ball up the floor, the TO will become the LO and run just ahead of the players (in an arc pattern if possible)



Positioning (Transitioning)

Transition “Team Blue”:

- the previous LO will then follow the players up the floor ensuring all players stay between them and their partner (no two colors behind you)
- The previous LO will then become the TO and settle into position



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Face-Offs

Purpose

Requirements

Violations

Contesting the Ball

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Face-Offs (Purpose)

- What is the purpose of a face-off?
  - understated importance of the game (you need the ball to score)
  - provides a neutral possession

Face-Offs (Requirements)

- What are the requirements of the players taking the face-off?
  - players facing-off shall stand on the same side of the centerline of the floor as the goal each is defending (right shoulder to their goalie)
  - their sticks should be resting on the floor along the centerline
  - both hands and feet of each player facing-off must be to the left of the throat of the stick
  - the hands of each face-off player must:
    - be on the handle of the stick
    - must be touching the floor
    - must not touch any strings
  - their feet may not touch the stick

Face-Offs (Requirements) continued

- What are the requirements of the players taking the face-off?
  - no portion of either stick may touch
  - nor may either player be in contact with their opponent's body by encroaching in their opponent's territory
  - the walls of the stick must be approximately 8 inches apart touching the floor
  - the sticks must be placed so that they are parallel to the centerline
  - the players facing-off must keep their feet behind the center line
  - once the players have assumed their respective positions, the Official conducting the face-off shall say "set"
  - players must remain motionless until the whistle is blown

Face-Offs (Violations)

- What are common face-off violations?
  - movement by any player facing-off after the “set” command
  - when the ball is stuck in the back of a player’s stick upon facing-off
  - stepping on or kicking of an opponent’s stick shall be illegal
  - if a player gains possession on a face-off with the ball in the reverse side of the stick, and fails to move, rake, or direct it (to a teammate or themself) and takes more than one step, a face-off violation has occurred
  - if a player lined up on the restraining line steps on or crosses the restraining line before the whistle blows
  - when there are coincidental multiple violations (e.g. at the restraining line and face-off spot) the face-off violation shall determine possession

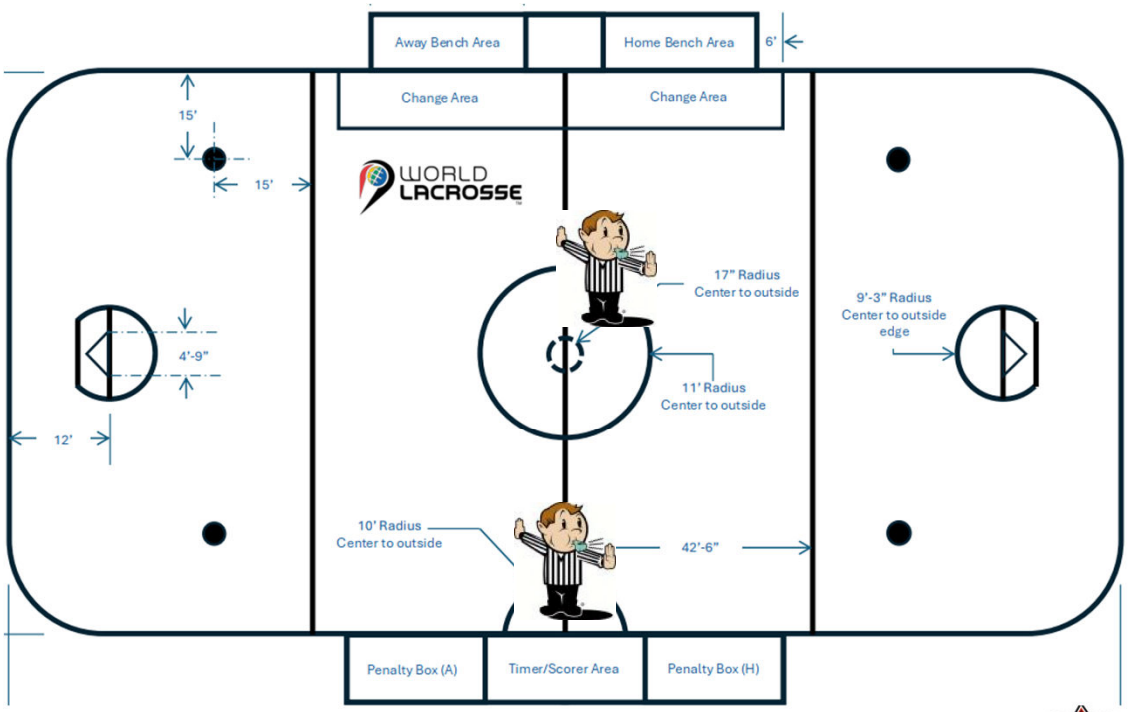
Face-Offs (Responsibilities)

Responsibilities of Official 1:

- face-off and face-off infractions
- becomes the Trail Official (TO)

Responsibilities of Official 2:

- restraining line violations
- follows the direction of the ball
- becomes the Lead Official (LO)



You will conduct multiple face-offs during your on-floor session.

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In-Game Situations

Goal Is Scored

Penalty Is Called

Technical Infraction (Possession) is Called

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In-Game Situations (Goal Is Scored)

- When a goal is scored, what does the Lead Official do?
  - blow their whistle
  - make the goal signal while moving towards the crease
  - after making eye contact with the Trail Official, retrieve the ball out of the net when safe to do so
  - jog to the face-off dot while watching the players as the Trail Official reports the goal and once there, face the goalie that was just scored on
  - conduct the face-off

You will run through the post-goal mechanic multiple times during your on-floor session.

In-Game Situations (Goal Is Scored)

- When a goal is scored, what does the Trail Official do?
  - move to the center of the floor
  - make eye contact with the Lead Official before they retrieve the ball
  - once the Lead Official retrieves the ball from the net, jog to the scorer's box to report the goal (goal scorer and two assists if possible)
  - after reporting, stand in the middle of the restraining lines
  - with your whistle hand up, count the number of players on each team to ensure they are starting play with the correct number of players
  - once the number of players is correct, point to the Official conducting the draw

You will run through the post-goal mechanic multiple times during your on-floor session.

In-Game Situations (Penalty Is Called)

- When a penalty is called, what does the calling Official do?
  - raise their non-whistle hand to signal a penalty
  - blow their whistle (when appropriate)
  - stop moving your feet
  - point to the player with your delayed penalty signal arm extended
  - make the appropriate penalty signal
  - position yourself behind the player and have them jog to the penalty box
  - report your penalty accordingly (including a signal)
  - signal the penalty the appropriate number of times to the stands (1 or 2)

You will run through the calling a penalty mechanic multiple times during your on-floor session.

In-Game Situations (Penalty Is Called)

- When a penalty is called, what does the non-calling Official do?
  - monitor the rest of the floor while the calling Official adjudicates the penalty
  - retrieve the ball
  - go to the goal line extended area just outside the crease of the offending team
  - keep your whistle hand up
  - count players to ensure teams are at proper floor strength
  - roll/toss the ball to your partner once they are in position to restart play
  - point to your partner once number of players is correct and the penalty has been posted on the score board

You will run through the calling a penalty mechanic multiple times during your on-floor session.

In-Game Situations (Penalty Is Called – Attacking)

- When a penalty is called on the attacking team:
  - stop play immediately
  - possession starts with the non-offending team at the face-off circle
- When a penalty is called on the defending team:
  - wait for the completion of play:
    - attacking player commits a penalty, or
    - defending player gains possession of the ball, or
    - ball goes out of bounds, or
    - goal is scored, or
    - game clock/shot clock expire, or
    - any technical violation that would normally result in a whistle

In-Game Situations (Possession Called)

- When a possession call is made, what does the calling Official do?
  - blow their whistle
  - stop moving your feet
  - make the appropriate technical infraction signal
  - point to the end that the non-offending team is attacking to signal possession
  - ensure the player has 2 yards (6 feet) of space before blowing your whistle to start play
  - blow your whistle to restart play if the ball is in close proximity to you, or if you are the Trail Official (situational)

You will run through the calling of a technical infraction mechanic multiple times during your on-floor session.

In-Game Situations (Possession Called)

- When a possession call is made, what does the non-calling Official do?
  - stop moving your feet
  - mirror the technical infraction signal your partner is making
  - point to the end that the non-offending team is attacking to signal possession
  - ensure the player has 2 yards (6 feet) of space before blowing your whistle
  - blow your whistle to restart play if the ball is in close proximity to you, or if you are the Trail Official (situational)

You will run through the calling of a technical infraction mechanic multiple times during your on-floor session.

Goal Crease

Crease Play

Goal Crease (Crease Play)

- What is the five (5) second count?
  - the goalkeeper, or player, has 5 seconds to move the ball out of the crease once they gain possession of the ball
  - that 5 seconds counts towards the thirty (30) second shot clock
  - use your non-whistle arm/hand to show that you are counting

Goal Crease (Crease Play)

- Use of hands in the crease
  - only the goalkeeper is able to touch the ball with their hands when the ball is in their crease
  - if a player touches the ball with their hand in the crease, a penalty shot will be awarded to the non-offending team
  - ensure to blow the play down before helping a goalkeeper with a ball stuck in their gear
  - if you lose sight of the ball within the crease, blow your whistle immediately to stop the play

Goal Crease (Crease Play)

- What is back in?
  - back-in is the directing of the ball back into a player's own crease
  - back-in is also the re-entry of a goalkeeper, or player, who gained possession of the ball while outside the crease stepping back-in to the crease
  - both goalkeepers and players can pull the ball back into the crease, but a player must have both feet in contact with the crease where the goalkeeper only needs to have one foot in contact with the crease

Goal Crease (Crease Play)

- What are attacking players able to do around the crease?
  - faking in and out with the ball in their stick
  - they must keep their feet out of the opposing crease at all times, whether they are in possession of the ball or not
  - they can reach into the crease to get a loose ball
- When has an attacking player committed a crease violation?
  - when they touch the crease line while in possession of the ball
  - when they make contact with the goalkeeper's/player's stick in the crease trapping a ball that was loose
  - when they cut through the crease without possession of the ball

Goal Crease (Crease Play)

- What are defending players able to do around the crease?
  - cut through their own crease without possession of the ball
- When has a defending player committed a crease violation?
  - when a player steps back-in to the crease with possession of the ball, either voluntary or when pushed back-in by an opponent
  - when a player passes or knocks the ball back-in to the crease (directly or indirectly)

Goal Crease (Crease Play)

- What penalties can be assessed relating to play near the crease?
  - crease play ie. minor contact (possession), significant contact (minor penalty)
  - checking from behind ie. hitting the shooter from behind because “there was no other option”
- Why are penalties at the crease more problematic?
  - high emotions
  - safety (nets)
  - goalkeeper safety (striking facemask, hitting the posts, knee contact)

Technical Infractions

Possession Calls

Technical Infractions (Possession Calls)

- Technical infractions include:
  - crease violations
  - illegal screen
  - illegal procedure
  - loose ball push (on the back)
  - minor interference
  - offensive interference
  - offensive ward off
  - ten-second count (man down)
  - touching the ball with your hand
  - withholding the ball from play

LACROSSE CANADA

Penalties

Minor

Major

Misconduct

Match

Gross Misconduct

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Penalties (Minor)

- What is a minor penalty:
  - offending player sits for 2 minutes or less
  - offending player is released on a goal if the penalized team is short-handed at the time of the goal
  - in-home is to serve a goalkeeper minor penalty

Penalties (Major)

- What is a major penalty:
  - offending player sits for full 5 minutes
  - after two (2) goals are scored against the major, a player from the players bench can be added to the floor while the offending player is released on the first non-technical stoppage after their penalty has expired
  - a non-technical stoppage is defined as
    - a goal
    - a penalty
    - a time-out
    - the end of the period
  - in-home is to serve a goalkeeper penalty

Penalties (Misconduct)

- What is a misconduct penalty?
  - offending player (in-home to serve goalkeeper penalties) sits for full 10 minutes
  - floor strength is not affected, and the offending player is released on the first non-technical stoppage after their penalty has expired
- What is a game misconduct penalty?
  - the offending coach/goalkeeper/player is removed for the remainder of the game
  - they are usually assessed with another penalty (with the exception of Abuse of Official situations)

Penalties (Misconduct)

- What is a gross misconduct penalty?
  - the offense is a travesty of the game
    - embarrasses the game
    - excessive acting out/gestures
    - excessive swearing
    - racially motivated comments
  - think of the three Ps:
    - public – everyone can hear it
    - profane – is the profanity used excessive
    - provocative – are the gestures rude or sexual in nature

Penalties (Match)

- What is a match penalty?
  - an offense from a goalkeeper/player that is reckless and endangering to an opponent
  - think of it as a “lost my mind” moment
  - any physical act on an Official

Penalties

- What are coincidental penalties?
  - for a coincidental penalty situation to exist, there will need to be major penalties being issued to both teams at the same stoppage
  - when coincidental minor penalties of equal duration are imposed against players of both teams, the penalized players shall all take their places in the penalty box and teams shall play 4 on 4
  - such penalized players shall not leave the penalty box until the expiration of their respective penalties
  - if another minor penalty occurs to either team during this situation, teams will play 4-on-3

Penalty Shots

Criteria

Offences That Lead to Penalty Shots

Penalty Shots (Criteria)

- What is the criteria for a penalty shot?
  - a penalty shot is designed to restore a scoring opportunity which was lost as a result of a foul being committed by the offending team, based on the parameters as set out in these rules
  - any dressed player on the offended team may take the penalty shot

Penalty Shots (Offences)

- What type of offences can result in a penalty shot?
  - a team is down two players and an additional penalty to a third player is assessed
  - there is insufficient playing time left when an illegal substitution penalty is assessed
  - throwing the stick
  - crease violation
  - holding
  - tripping
  - intentional displacement of the goal on a breakaway
  - illegally entering the game and interfering with the ball carrier on a breakaway

Penalty Shots (Offences)

- Insufficient playing time when illegal substitution penalty assessed
  - if by reason of insufficient playing time remaining, or by reason of penalties already imposed, and a bench minor is imposed for illegal substitution (too many players), which cannot be served in its entirety within the legal playing time, or at any time in overtime, the non-offending team shall be awarded a penalty shot

Penalty Shots (Offences)

- Throwing the stick
  - when any member of the defending team, including anyone on the bench, deliberately throws or shoots any part of a stick or any other object, at the ball or ball carrier on a breakaway or an attacker attempting to pick up a loose ball, the referee shall allow the play to be completed and if a goal is not scored, a penalty shot shall be awarded to the non-offending team

Penalty Shots (Offences)

- Breakaway definition
  - a player with a **breakaway** is defined as a player in control of the ball immediately transitioning from defense to offense with an unobstructed path to the goal and a reasonable scoring opportunity
  - this shall be the definition of a breakaway

Penalty Shots (Offences)

- Crease
  - should a player, in their own end, deliberately fall on the ball in their crease in front of the goal line, or deliberately close their hand on the ball in their crease in front of the goal line, a penalty shot will be awarded to the non-offending team
  - see rule 8.10.16

LACROSSE CANADA

Signals

What?

Why?

How Many?

Technical Infractions

Penalty Infractions

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Signals (What)

- What are signals?
  - they are visual communication tools
- Why are signals important?
  - they communicate your call to your partner, the players, the coaches and the spectators
- How many times do I signal when calling a penalty?
  - typically, you will make your signal three (3) times unless the spectators, benches and time-keeper's box are all on the same side:
    - to the player right after you blow your whistle to stop play
    - to the time-keeper's box (at the top of the Official's crease) to communicate the call to the time-keeper
    - to the spectators (ideally at the center of the floor or at worst a few steps back from the Official's crease)

Signals (What)

- What makes a strong signal?
  - crisp and confident (posture)
  - timing and verbalizing
- How can I communicate non-verbally with my partner?
  - making eye contact
  - hand signals (pointing)
  - head nodding

Signals (Technical)

30 Second Violation

10 Second Violation

Signals (Technical)

5 Second Violation

Delayed Penalty

Signals (Technical)

Over and Back

Time-Out

Signals (Technical)

Second Count

Deflected Ball

Signals (Technical)

Possession

Ball Out of Bounds

Signals (Technical)

Goal

No Goal

Signals (Technical)

Crease Violation

Illegal Screen

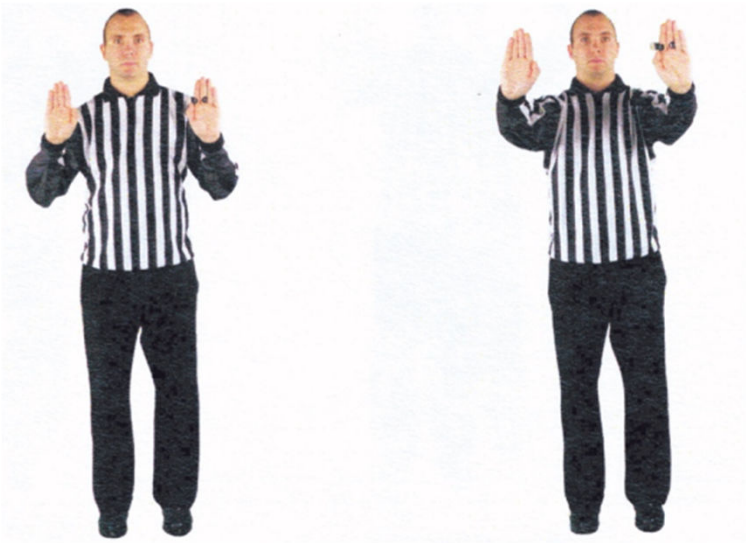
Signals (Technical)

Loose Ball Push

Minor Interference

Signals (Penalty)

Checking From Behind



Cross Checking

Signals (Penalty)

Illegal Substitution

Intentional Dead Ball Contact

Signals (Penalty)

Slashing

Tripping

Signals (Penalty)

Unsportsmanlike Conduct

Game Misconduct

LACROSSE CANADA

Shot Clock

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Shot Clock

- What is the shot clock?
  - gives the team in possession of the ball 30 seconds to play the ball off the goalkeeper, or net, from in front of goal-line-extended (GLE)
- What time counts are somewhat associated with the shot clock?
  - 5 second count (to move the ball out of the crease)
  - 10 second count to clear the ball over the center line during man-down situations for the shorthanded team (U11 – U15)
  - 10 second count to clear the ball over the center line for all possessions regardless of floor strength (for U17 and above)

Shot Clock

- How do I signal a reset?
  - using your whistle hand, raise your arm as if you were calling a penalty and make a circular motion with your hand/wrist
- When do I signal a reset?
  - when there is a shot on goal (hitting the goalkeeper or the post … the Lead Official signals the shot once it happens however the Trail Official should mirror the signal for the ease of the Shot Clock Official/volunteer)
  - when possession changes
  - any time you start play with a whistle (unless after an injury stoppage or a time-out)

Shot Clock

- What is the definition of possession?
  - the ball is in the player's stick and they have control ie. they can make a lacrosse play
- What counts as a shot?
  - the shot must originate from the head of the stick while it is in front of goal line extended
- What do I do when there is no functioning shot clock?
  - use a phone or stopwatch, use the game clock
  - time-keeper signal when there is 10 seconds left in the possession and then the Trail Official hand-counts the remaining 10 seconds

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Post-Game Duties

Handshake

Review The Game Sheet

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Post-Game Duties (Handshake)

- The Officials are on the floor facing the players during the handshake.
- The Officials are responsible for the game until the players are off the floor.

Post-Game Duties (Review The Game Sheet)

- Regardless if the game sheet is on paper or electronic (RAMP), review the game sheet and ensure all of the information is accurate before signing.
- If something is incorrect, have the volunteer correct it, and do not sign it until it is corrected.
- Ultimately it is the Crew Chief's responsibility to ensure the game sheet is accurate.

What Makes a Good Official

Consistency

Game Management

Circle of Influence

Use of Voice

Use of the Whistle

Consistency

- Bring the same game every game.
- When you walk into a room of people that know you, they know what they are getting.
- When you run onto the playing surface the players should know what they are getting as you strive to bring the same game to the table each night.
- Work with your crew on three things every game: a rule, a signal, and an Official mechanic.
- If one of these situations happen in your game, you are ready for them.

Consistency

- Work on this throughout the season and highlight 3 new items each game:
  1. a rule
  2. a signal
  3. mechanic pregame, in game, or post game
- If you are not sure ask your Crew Chief or Official in Charge.
- Do not watch the ball the ball will look after itself.
- See the full picture not just what is in front of you.
- Try to pace yourself to be in the right place at the right time to make the right call
  - being too far away from a call or too close place limitations on your decision making

Game Management

- Referee the game not the score.
- Bring the same game every game.
- Be proactive.
- Expect the unexpected.
- Who is playing tonight and is there a history?
  - read
  - review
  - remember
- An important part of officiating is good communication.

Game Management

- The Referee's communication with participants and others is undertaken in a variety of ways which include:
  - voice - communicating decisions/rulings
  - whistle - communicating to participants to do something
  - indications - communicating a decision nonverbally
  - body language - communicating a feeling/emotion

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The Circle Of Influence

Positioning creates presence and reduces the chances of violating rules.

Easily our most valuable tool after positioning to help guide players to better choices.

Ensure to follow this sequence when enforcing rules of the game. If we aren't in position, and we don't use our voice, we will have to make more calls, and the game will not run as smoothly.

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Voice

- Before you need to use your whistle, use your voice.
  - be proactive in your communication ie. if you can talk a player out of a penalty, or technical infraction … do it
  - loose ball battles … use your voice to let the players know you are there and when the ball is gone
  - verbal warnings help sell penalty calls
  - players, and coaches, will appreciate the communication

Whistle

- What is the value in a good whistle?
  - it should immediately stop play
  - draws all attention in the arena to the Official who blew their whistle
  - there are different types of whistles for different situations
  - we will cover these in depth in your on-floor session

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Abuse Of Officials

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Abuse Of Officials

- How do I administer Unsportsmanlike Conduct (USC) penalties to players?
  - minor penalty
  - misconduct penalty (10-minute without a minor associated with it)
  - game misconduct for second 10-minute misconduct, or continuing to act out after the first 10-minute misconduct
- How do I administer USC penalties to non-playing personnel?
  - talk first … bench minor … game misconduct (Head Coach)
  - bench minor … game misconduct (all other bench personnel)
  - you must submit a game report and ensure the game misconduct is recorded properly on the game sheet

Abuse Of Officials

- What impact can I have on Abuse of Officials?
  - contributing to the new standard of showing that abusing Officials is not acceptable
  - setting the tone for the next Official the coaches may see
  - contributing to either escalating emotions or smoothing out emotions
- What are the consequences of Abusing Officials?
  - greater than 55% attrition rate annually (two Officials join, at least one of the them quits)
  - poor reputation for the sport

Abuse Of Officials

- Who is available to support me in cases of Abuse of Officials?
  - your partner for that particular game (talk after the game or during intermission)
  - your OIC or Assignor(s)
  - members of the ALRA Executive and Board

LACROSSE CANADA

Written Exam

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Written Exam

- Reminder that you registered for a specific material review/exam date and time. Please ensure that you are on time and prepared with any questions you may have.

- During the review, we will address any questions the group may have as well as go over the game sheet, game sheet entries, and game sheet responsibilities.

- After going through this clinic material, and watching the game sheet video, you should be prepared to do your Domestic 1 Exam.

Written Exam

- The exam itself is a critical learning tool, not just a formality.
- When taking your exam, please take your time and read questions thoroughly. The multiple-choice exam will test your rule knowledge and your understanding of certain situations.
- If you are successful in passing your written exam, you will then need to register for your on-floor session (if you have not already) to finalize your training and to be assigned games.

Please Remember

- We are the 3rd team on the floor.
- It is the player's game, not ours.
- Strive to improve every game.
- Always ask questions of senior Officials.
- Making mistakes is how you will learn (and you are going to make mistakes) … All we ask is that you **learn** from your mistakes.

Have fun and enjoy yourself!!

More Information

- If you require more information on being an Official, please visit the Lacrosse Canada website (lacrosse.ca) or the Alberta Lacrosse Referees Association website (alra.ca).

- If you are unable to find what you are looking for at either of those websites, please contact the appropriate member of your ALRA Board of Directors. All ALRA BoD emails can be found on the ALRA website under the 2026 Board of Directors link on the home page.