

CANADIAN BOX LACROSSE OFFICIALS

TRAINING PROGRAM



BEGINNER / LEVEL 1 WORKBOOK

ACKNOWLEDGEMENTS

The **Canadian Lacrosse Association** would like to acknowledge the contribution of the following people for their work on the standard Protocol for Developing the Canadian Box Lacrosse Officials Resource materials:

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Introduction

Ice Breaker Activity

As officiating in lacrosse is done primarily in partners it makes sense to begin the session by beginning with a partner activity to break the ice.

Instructions:

Partner up with someone you do not know. Take 5 minutes and ask each other the following questions:

Name:

Where they are from:

Officiating experience (If any):

Why they have chosen to officiate:

Pay attention to your partners answers as you will be introducing them to everyone in the room.

Then have everyone come together in a circle and have each person introduce their partner to the group. (This should take no more than 30 seconds per person). If the group is very large, split the class in half and have them introduce to the group in two separate areas of the class.



Purpose of this clinic

1. _____
2. _____
3. _____

Reason for being an Official

1. _____
2. _____
3. _____



Making Sense of All the Letters

CLA – Canadian Lacrosse Association

MA – Member Association (Provincial)

NOCP – National Officials Certification Program

RIC – Referee-in-Chief

LTAD – Long Term Athletic Development (program)

LGB – Local Governing Body (typically the “league”)



Officiating (Off Floor)

What should be in my referee bag?

Instructions: Brainstorm as a group and write in the box below.

What is my uniform?

Instructions: Brainstorm as a group. One person draws picture on flipchart

-
-
-
-
-
-

When do I arrive to at the arena? What do I do when I get there?

-
-
-
-



Safety

Risk Management

CLA Bulletins

Player Equipment

Preventative Practices

Can I referee alone?

1.

2.

3.



Unsafe Playing Surface

Instructions: In partners discuss the two questions below.

- a) With a partner discuss what possible safety issues there can be with the arena playing surface.
- b) Then discuss what to do in column b

a) Unsafe playing surface	b) What to do



What are some ways that the referee is involved in player safety?

-
-
-
-
-
-
-

How do I handle injured players?

-
-
-
-
-

Personal Reflection

Instructions: individual activity / Self reflection

Take a few minutes, on your own, to write down some ways that you can ensure as an official that you have a safe environment for everyone.

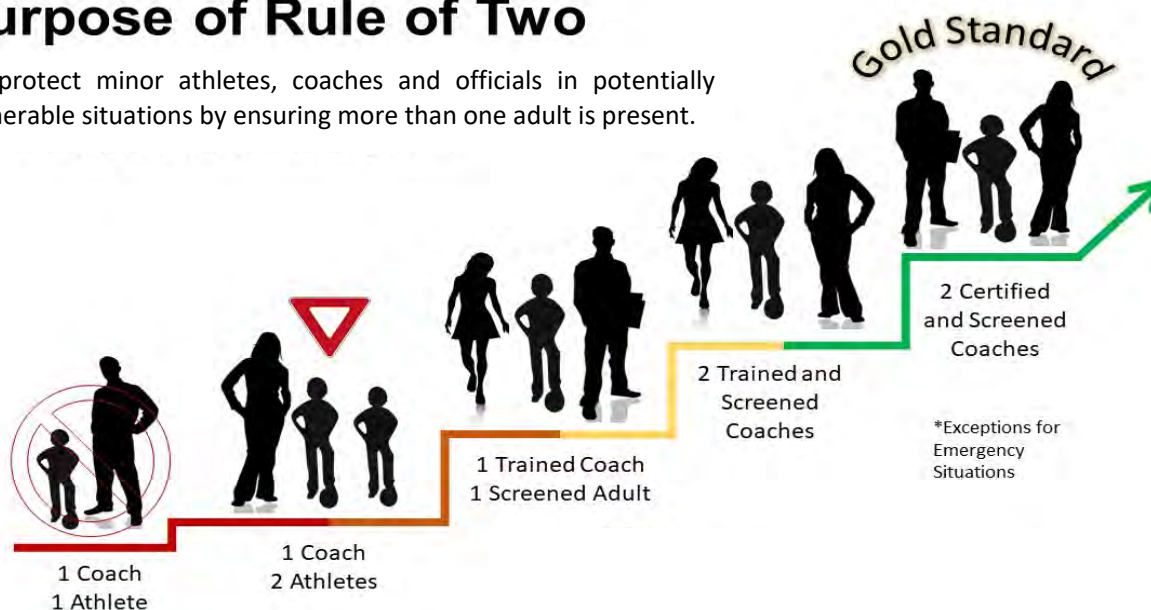


Rule of Two

Policy to protect minor aged AND adult participants

Purpose of Rule of Two

To protect minor athletes, coaches and officials in potentially vulnerable situations by ensuring more than one adult is present.



* In the case of a minor aged official, they will be considered the same as a minor aged athlete.

How to follow the rule of two

- 1) The first referee to arrive → referee room; change immediately.
- 2) The second referee to arrive → uses the room to change while the first referee waits outside the room. Referees may also choose to use a washroom or spare dressing room to save time.
- 3) Once changed, the referees may then meet at the time-box, in the lobby, or in the stands for their pregame meeting.

Notes:

- Referees may leave their jerseys off until the start of the game, as to not attract undue attention during the pregame meeting. Jerseys are to be on when preparing to take the floor.
- Referees may lock all their belongings in the same dressing room but cannot use the dressing room to dress or meet, at the same time.
- If following a game, you feel it's not safe to be alone outside the room, invite another adult to the officials' room until things cool off. Timekeeper or Rink Attendant are good choices.
- Assessors / Mentors will also follow this policy.

BACKGROUND CHECK MANDATORY FOR REFEREES 18 and older



Officiating (Off Floor) Pre-Game Duties

Activity:

Instructions: On the post its provided, write down things you think you will do in your pre-game routine. Post them on the chart paper on the wall.

-
-
-
-
-
-
-
-
-
-

When do I meet my partner?

-
-
-
-
-
-

What discussions take place before the game?

-
-
-
-
-
-
-



The Game Sheet

One of the most important duties as an official is the game sheet. It is your responsibility to make sure that it is done correctly. Minor officials will depend on your guidance. Working with the minor officials will make your games go more smoothly.

Activity:

We will walk through the game sheet and the various things you will need to know and do.

What is the game sheet?

What do I look for before the game begins?



What do I do if more players are dressed than listed on the game sheet?



Why is housekeeping information on the game sheet important?



The Game Sheet

Canadian Lacrosse Association

Date: _____				Level: _____							Game # _____														
visitors/Color:				GOALS							PENALTIES														
#	Players Names	G	A	PIM	Pr	Time	Goal	Asst	Asst	Pr	#	Min	Reason	Off	Start	On									
G																									
G																									
Bench Penalties																									
Game Totals																									
				Susp																					
				Susp																					
Coach: _____				signature: _____							<table border="1" style="width:100%; border-collapse: collapse;"> <tr> <th>#</th> <th>1</th> <th>2</th> <th>3</th> <th>OT</th> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>					#	1	2	3	OT					
#	1	2	3	OT																					
Coach: _____				signature: _____							Time Outs														
Coach: _____				signature: _____																					
Coach/Trainer: _____				cert number: _____																					
Home/Color:				GOALS							PENALTIES														
#	Players Names	G	A	PIM	Pr	Time	Goal	Asst	Asst	Pr	#	Min	Reason	Off	Start	On									
G																									
G																									
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Coach: _____				signature: _____							<table border="1" style="width:100%; border-collapse: collapse;"> <tr> <th>#</th> <th>1</th> <th>2</th> <th>3</th> <th>OT</th> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>					#	1	2	3	OT					
#	1	2	3	OT																					
Coach: _____				signature: _____							Time Outs														
Coach: _____				signature: _____																					
Coach/Trainer: _____				cert number: _____																					
Start Time: _____				End Time: _____							<table border="1" style="width:100%; border-collapse: collapse;"> <tr> <td>Referee 1: Level _____</td> <td>Signature</td> </tr> <tr> <td>Print name</td> <td></td> </tr> <tr> <td>Referee 2: Level _____</td> <td>Signature</td> </tr> <tr> <td>Print name</td> <td></td> </tr> </table>					Referee 1: Level _____	Signature	Print name		Referee 2: Level _____	Signature	Print name			
Referee 1: Level _____	Signature																								
Print name																									
Referee 2: Level _____	Signature																								
Print name																									
Timekeeper: _____																									
Scorekeeper: _____																									
Phone # _____																									

Enter the starting goalie 1st, alternate goalie 2nd, the rest of the team in NUMERICAL order



The Game Sheet

Canadian Lacrosse Association

Date: _____

Location: _____

Level: _____ Game # _____

Visitors/Color:				GOALS					PENALTIES							
#	Players Names	G	A	PIM	Pr	Time	Goal	Asst	Asst	Pr	#	Min	Reason	Off	Start	On
G																
G																
Bench Penalties																
Game Totals																
				Susp												
				Susp												
Coach: signature: _____										Goalie Saves						
Coach: signature: _____										#	1	2	3	OT		
Coach: signature: _____																
Coach/Trainer: cert number: _____										Time Outs						



The Game Sheet

What does a completed game sheet look like?



What is involved in submitting a post-game report?



Equipment

Dangerous vs. Illegal Equipment

Circle below as either dangerous or illegal. In the space below, why is it dangerous or illegal?



Dangerous Illegal

Why is it dangerous or illegal?



Dangerous Illegal

Why is it dangerous or illegal?



Dangerous Illegal

Why is it dangerous or illegal?



Dangerous Illegal

Why is it dangerous or illegal?



Equipment

What equipment must a player wear?	
What are the requirements of an approved helmet?	
What goalie equipment is required?	
How must equipment be worn?	
How do I handle equipment inspections?	

Equipment Penalties

Infraction	Penalty
Chin strap repeatedly loose or undone	2 minutes
Illegal facemask / mouthguard	2 minutes + 10-minute Misconduct
Illegal equipment/Helmet Missing equipment jewelry	2 minutes + Game Misconduct
Oversized goaltender jersey – must fix immediately to continue use.	2 minutes
Goaltender equipment – 1 st violation	5 minutes
Goaltender equipment – 1 st violation	5 minutes + Game Misconduct

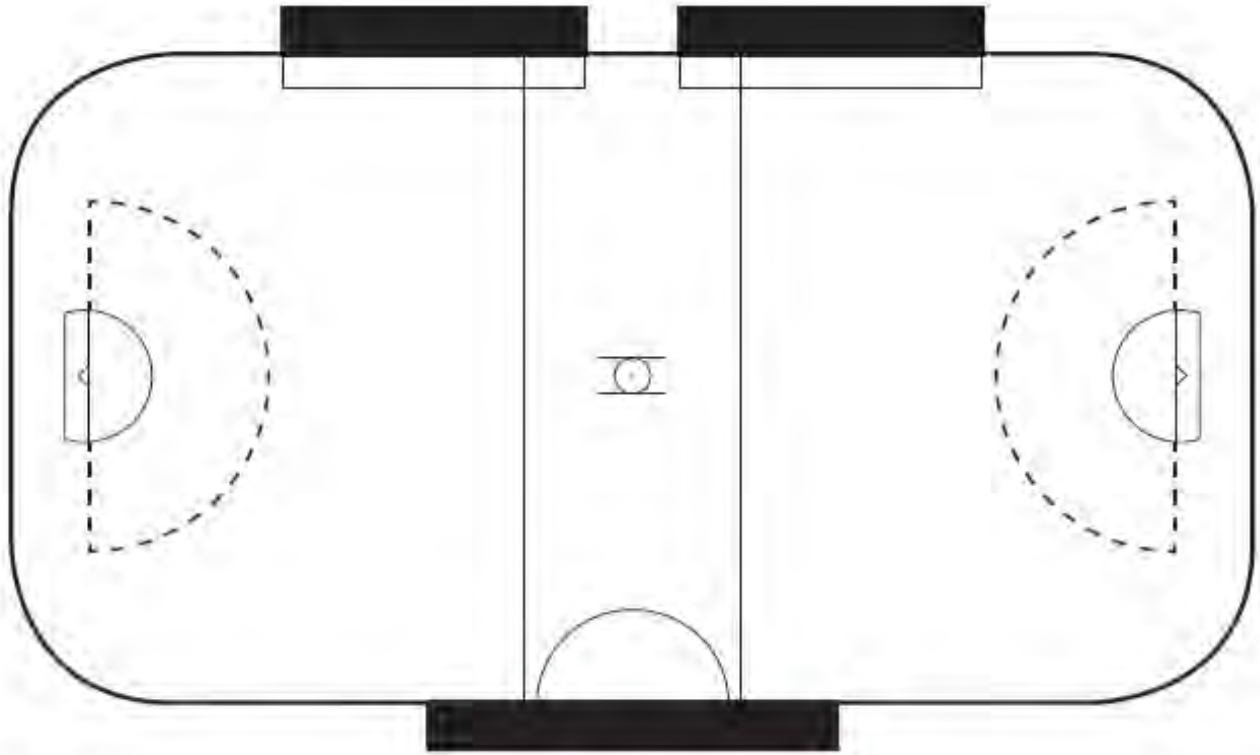


Positioning

The Playing Surface and Positioning

Who is the "lead referee" and where do they stand?

Who is the "trail referee" and where do they stand, what do they do?

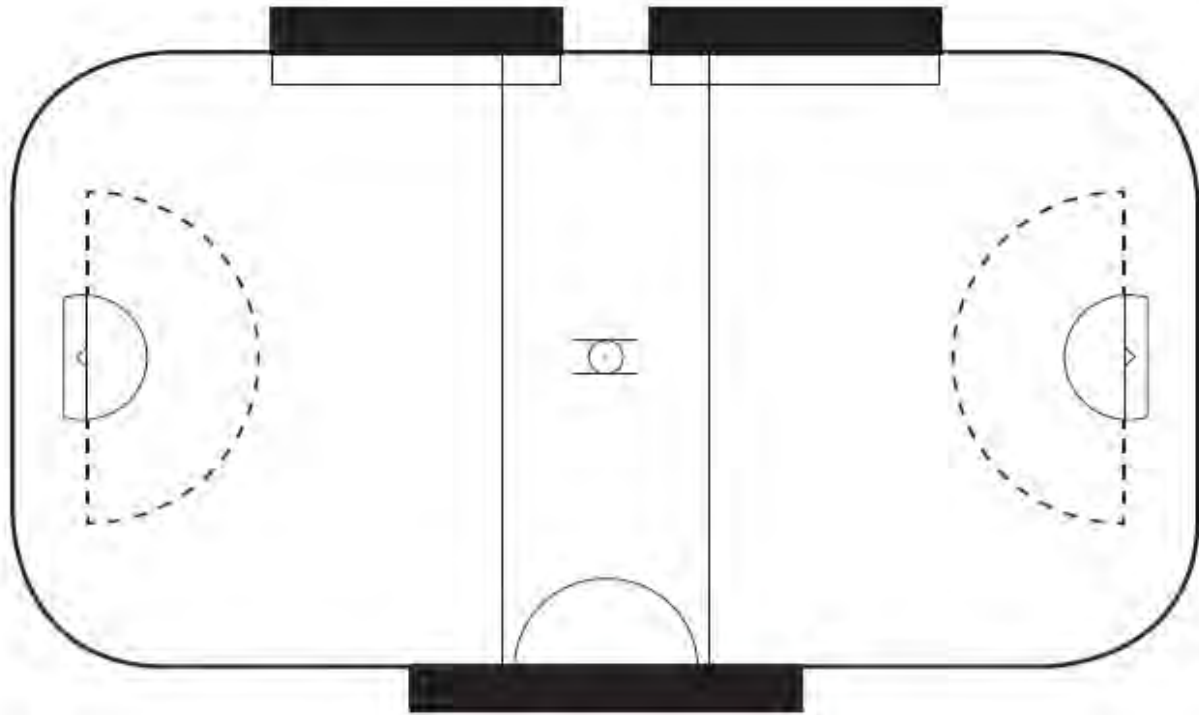


Position	Where to stand	Duties
Lead official		
Trail official		



Positioning

How do I move between trail and lead referee positions?



Lead official movement pathway

A large, empty, light blue rounded rectangular box intended for drawing the lead official's movement pathway.

Trail official movement pathway

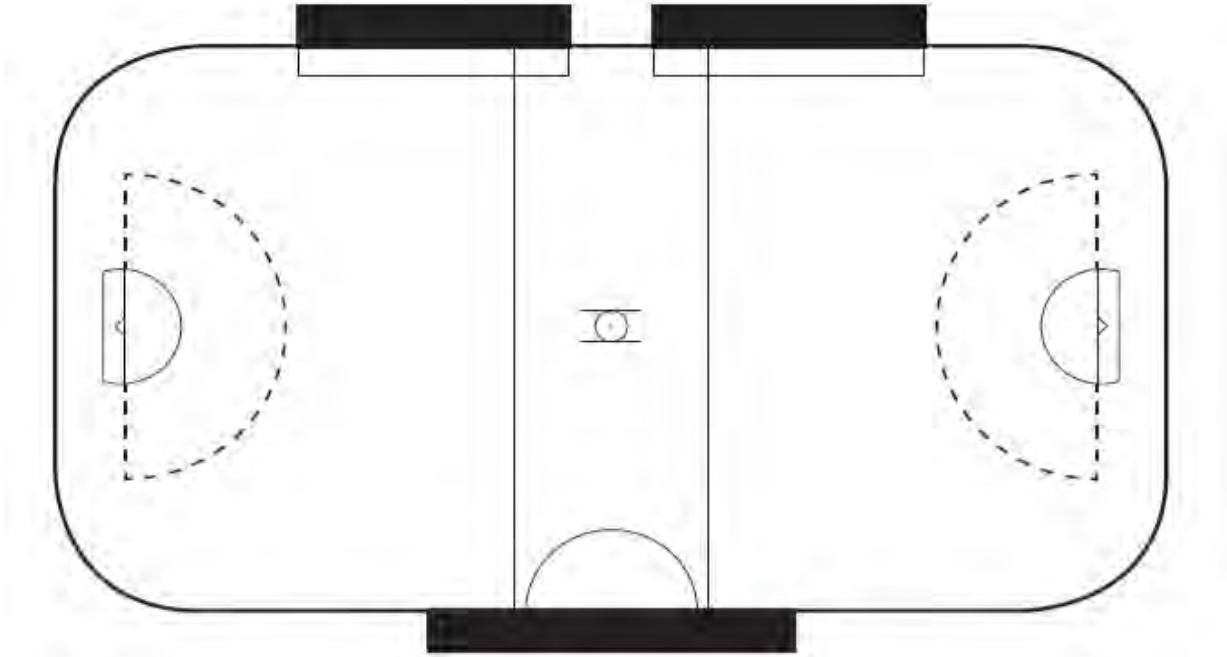
A large, empty, light blue rounded rectangular box intended for drawing the trail official's movement pathway.



Positioning

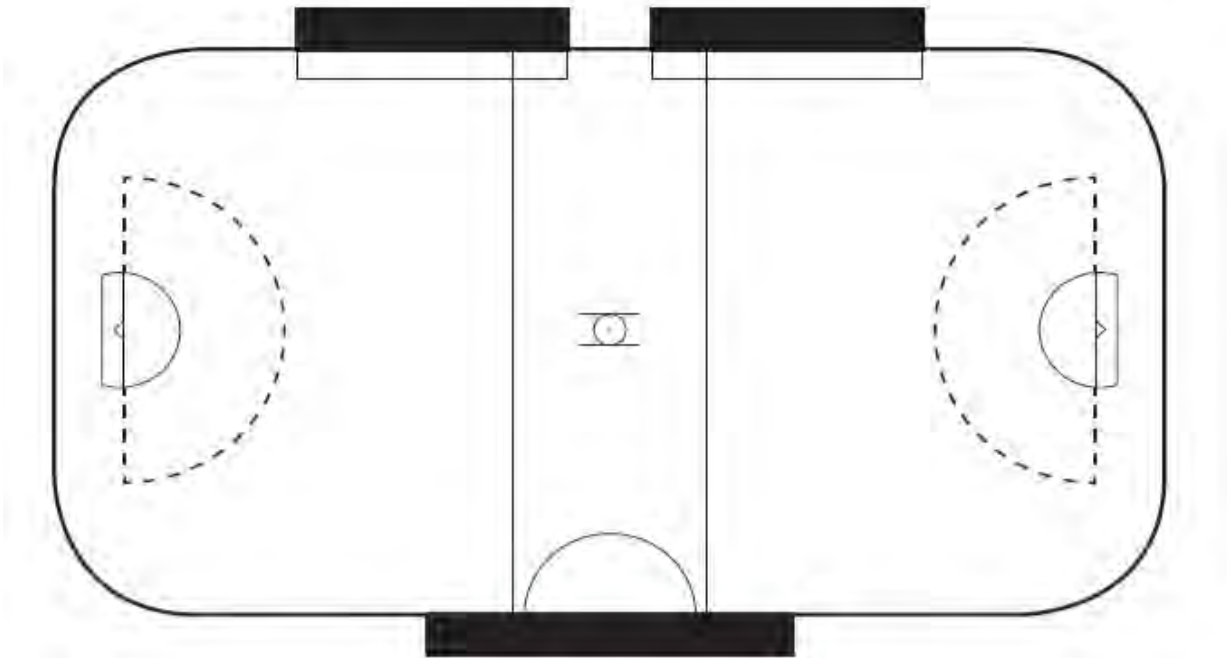
How do I report goals?

Explain / diagram movement of officials and reporting of goals



How do I report penalties?

Explain / diagram movement of officials and reporting of penalties.



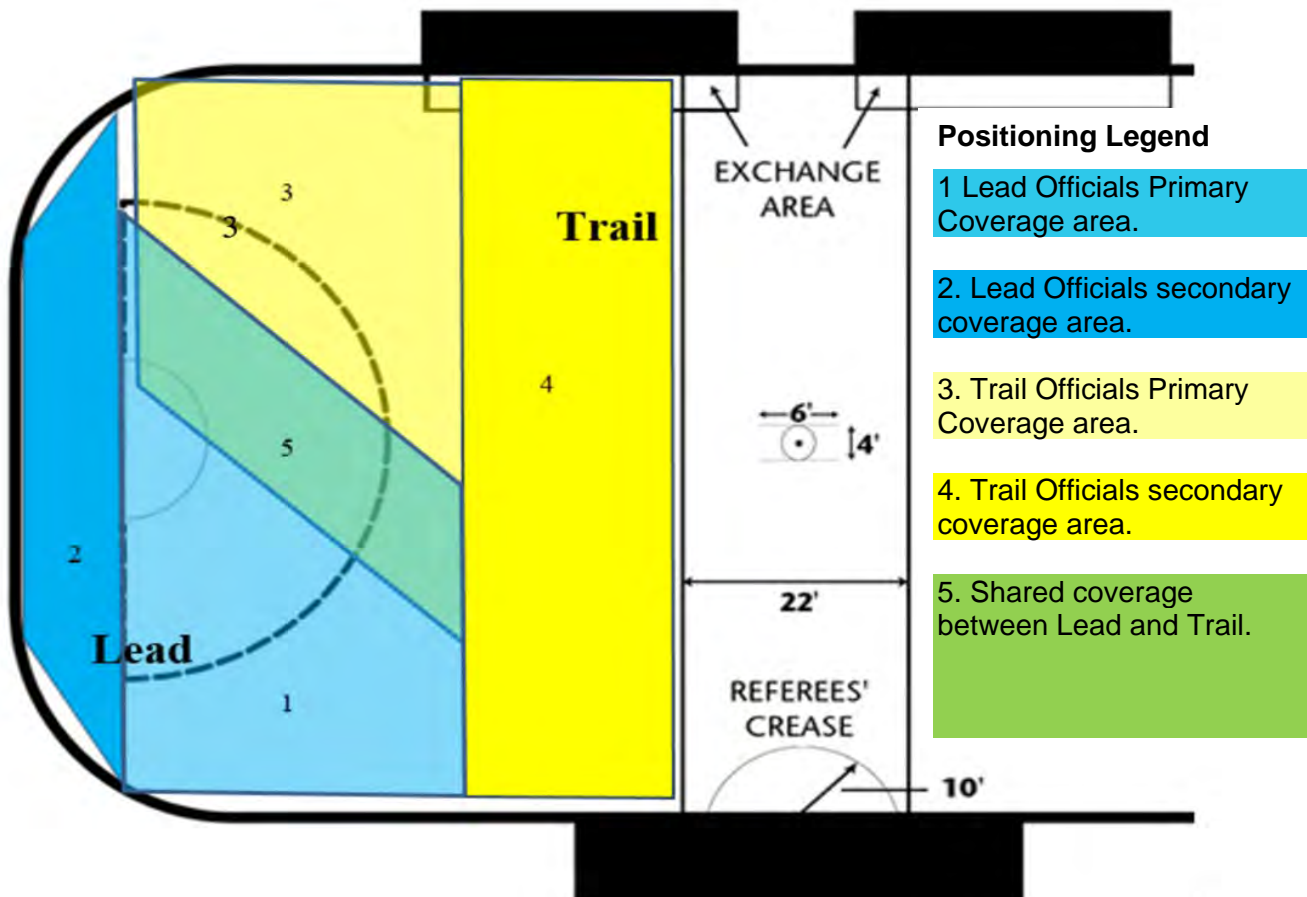
Positioning

The Circle of Influence

- Uniform – positioning creates presence and reduces the chances of violating rules.
- Voice – easily our most valuable tool after positioning to help guide players to make better choices
- Whistle – making calls to ensure safety and fairness.

Ensure we 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.

Dividing the Floor



You will see this more as you advance as a CLA Official. For now, simply see this as “blue zone” for the lead, and “yellow zone” for the trail!

Note:

When a loose ball occurs in these secondary zones, officials shall be responsible to move toward the loose ball, including moving **across** the floor, to ensure the best positioning. Zones will reset as the officials assume their new positions. Officials **shall not** switch lead and trail positions.





What is the purpose of a face off?

How do players position themselves?

What are the requirements of the draw person?



Crease Play



What is the "cylinder?"

Five-second count

Use of hands



Crease Play

What is back-in?

Instructions: Using flipchart paper on wall outline what is permitted and not permitted by both offensive and defensive players during crease play.

Fill in the table below once the exercise has been done as a group.

Position	Permitted	Not Permitted
Offensive		
Defensive		



Crease Penalties

What penalties can be assessed relating to play around the crease?

Why are penalties around the crease more problematic?



What is the Fall-Back Rule?

Minor Interference LF leads Q & A with officials, filling in gaps where necessary

What is a pick?	
When do we call a 'moving pick'?	
What is loose ball interference?	



Types of Penalties

What is a minor penalty?	
What is a major penalty?	
What are multiple penalties?	
What are coincidental penalties?	



Types of Penalties

What is the process for goalkeeper penalties?

What is the process for bench penalties?

What is a game misconduct?



What is a match penalty?

What is a gross misconduct penalty?



Penalty Calls

What Penalties will I call?

Checking from behind (CHB)	
High Sticking (HS)	
Tripping (TR)	
Slashing (SL)	
Unsportsmanlike Conduct (USC)	

How long are penalties for?



When should a major penalty be called in favour of a minor penalty?



Penalty Shots

What are the criteria for calling a penalty shot?

How to Conduct a Penalty Shot

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



Signals

What are signal mechanics?	
Why are signals important?	
What is the value of a whistle?	
How many times do I signal?	
What makes a strong signal?	
How can I communicate non-verbally with my partner?	



Signal Mechanics

Checking from Behind (CFB)



High Sticking (HS)



Slashing (SL)



Tripping (TR)



Signal Mechanics

Minor Interference (MI)



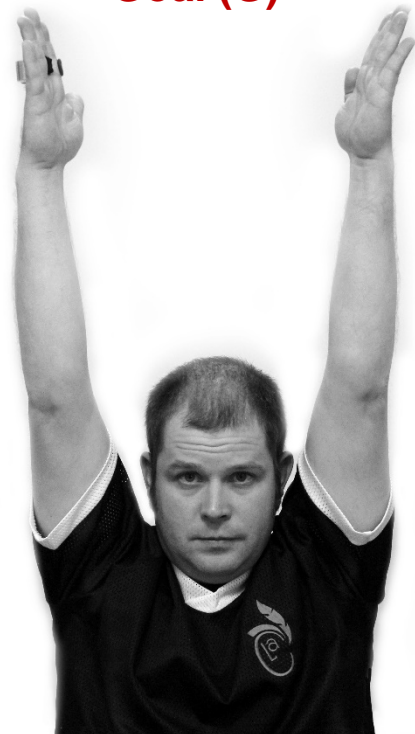
Crease Violation (CV)



Unsportsmanlike Conduct (USC)



Goal (G)



Shot Clock

What is the shot clock?	
What time counts are associated with the shot clock?	
How and when do I signal reset?	
What is the definition of possession?	
What Counts as a shot?	
What to do when there is no shot clock.	



Written Exam

The exam is a critical learning tool for the official, NOT just a formality.

The exam will test your:

- Rule knowledge
- Situational understanding

The exam is a series of multiple-choice questions.



Referee Abuse (or Managing Conflict for Officials)

How do I administer USC penalties to a player?

How do I administer USC penalties to non-playing bench personnel?

What impact can I have on referee abuse?



What are the consequences of referee abuse?

Who is available to support me in cases of referee abuse?



Development Opportunities

What are my goals as a referee?

Where can I go as an official?

What are some opportunities available to me?

Where can I get more information on officiating opportunities available to me?



Where can I get information about officiating Field Lacrosse?

Development Opportunities

- 1) LGB playoffs – earned through regular season assignments
- 2) Minor Provincials – significant development / advancement
- 3) Provincial Summer Games – Bantam A – prepares referees for Midget
- 4) Minor Nationals – prepares referees for Junior
- 5) Major Nationals – Referees to represent MA, and refine skills
- 6) Worlds/Professional – Expected to take leadership in CLA or NOCP

For more Information

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Notes:

