

CANADIAN BOX LACROSSE OFFICIALS TRAINING PROGRAM



LEVEL 2 – 3 WORKBOOK



ACKNOWLEDGEMENTS

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Introduction

Ice Breaker Activity

Toilet Paper Game

What is a NOCP Level 2 – 3 Official?

| | |
|--|--|
| Level 2 <ul style="list-style-type: none"><input type="checkbox"/> 70% pass on level 2 NOCP Exam<input type="checkbox"/> 2 years previous box lacrosse referee experience<input type="checkbox"/> Opportunity to referee up to Midget | Level 3 <ul style="list-style-type: none"><input type="checkbox"/> 80% pass on level 3 NOCP Exam<input type="checkbox"/> 3+ years previous box lacrosse referee experience<input type="checkbox"/> 18+ years of age, opportunity to referee all levels. |
|--|--|



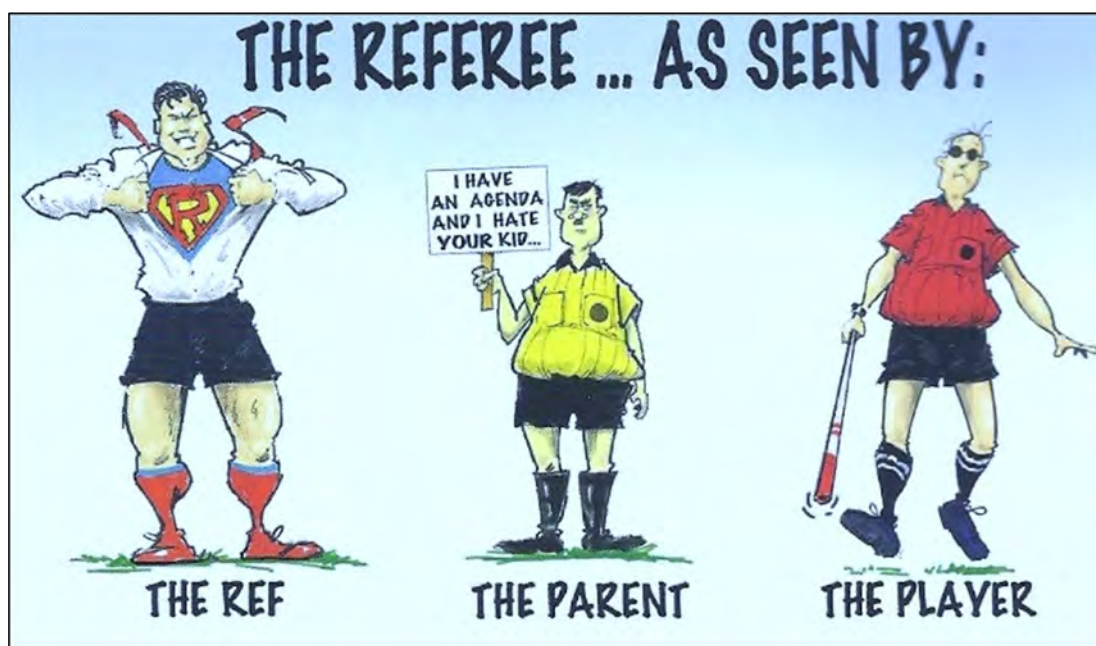
What is the purpose of this clinic?



What is the Referee and what does that look like?

Instructions: In groups of 3, draw on the flipchart paper what the ideal official looks like. This is a brainstorming activity where you DRAW (no words) Each group will describe their drawing to the others in debrief.

The cartoon below will give you some perspective.



Why does Lacrosse need officials?

What are the expectations of the ref?

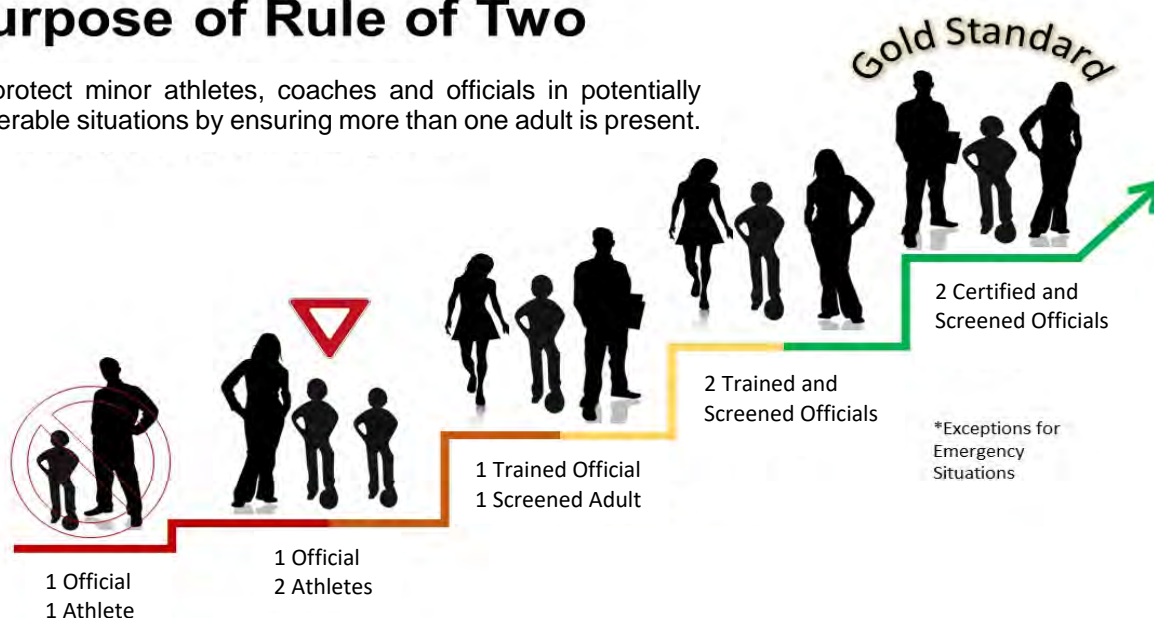


Rule of Two

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. This meeting should be out of hearing from coaches, players and fans.

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 OVER 18 (BORN before January 1, 2003)



Professionalism

Define “RESPECT”

What relationships will an official be part of?

When does the job start / end?

Why is professionalism important?

Online/Offline Professionalism



Risk Management

What time do we arrive to the arena?

Arena Conditions

What other area of Risk Management do you need to be aware of as an official?

| | |
|--|------------------|
| Bulletins | |
| Player Equipment | |
| Preventative Officiating | Three Questions: |
| 1. How can we influence the teams toward a clean, fair game? | |
| 2. Can we direct players away from taking penalties? | |
| 3. Why is this good practice? | |



Game Management

Risk Management vs. Game Management

Risk Management

- ☐ Equipment Safety
- ☐ Technical Bulletins
- ☐ Arena Safety
- ☐ Preventative Measures

Game Management

- ☐ Awareness → Anticipation
- ☐ “Games within the game”
- ☐ Adaptability
- ☐ Keeping the Game moving

Instructions: Having just completed the section on Risk Management and you will now move onto Game Management. The four areas of Game Management are: Awareness → Anticipation, “Games within the game”, Adaptability, Keep the Game moving.

Activity: Jigsaw

Split into 4 groups. Each group will be assigned a Game Management area. Each group has 10 minutes to read and make notes on their section. Then have one person from each area join in with a person from each other area. Once settled, each person “teaches” the others in their new group about their area. Have all four areas explained. Each person in the group has 5 minutes to brief their new partners.

1. Awareness

Feeling the “Style and Rhythm”

- ☐ Every game has its own unique style and rhythm.
~Types typically encountered: intense, easy, fast, chippy, rivalry.
- ☐ The ref is responsible for adapting to the feel of the game.
- ☐ Some games are low maintenance, other require plenty of intervention. Make calls that NEED to be made and keep the focus on the players and game itself as much as possible.

Looking AND Listening

- ☐ We watch the game as best we can, but some of the best opportunities to pick up on trends, frustrations, or attitudes in a game are to listen in on the players and benches, when possible. (stoppages, dead ball, etc.)
- ☐ The more information we gather, the more of appropriate our course of action will be.

Constant communication (Referee crew)

- ☐ When you see or hear things that give you insight into the games going on within the game, SHARE them with your partner at stoppages and period breaks.
- ☐ The more we know, the better prepared we can be as the game progresses.



Anticipation

Trends

- ☐ Many teams spend the first period trying to “feel out” the opponent, and the referees.
- ☐ This will start to show trends in their behavior, which can allow us to reasonably anticipate and prepare for the evolution of the gameplay as time passes. (ask for examples)
- ☐ Newer (and some veteran) players may appear to have a reckless nature about them. It is important to keep these players in view when you feel they are likely to commit a foul. Use your voice to deter them and be sure your partner is aware of your observation.
- ☐ Acting quickly can save your game from a major incident.

Red Flags

- ☐ Noticing unsportsmanlike/intimidation/provocative behavior early, and taking action verbally or with a call, can mitigate or even eliminate emotional outbursts (which often lead to games getting out of control.)
- ☐ Statement calls: making a call on a “borderline” play early in the game will give the teams a boundary to adapt to and will make penalty calls easier to sell later in the game. **YOU MUST MAINTAIN THIS STANDARD MOVING FORWARD.**

Timing

- ☐ The optics of a referee “picking on” a team, or trying to “even up the score,” will jeopardize your rapport with the teams, and could lead to one team acting out. **DON'T RUIN YOUR OWN GAME.** Talking with both teams during gameplay drastically decreases the chances of appearing to favour one team over the other
- ☐ We know that no referee would swing a game, but perception is reality in the eyes of the teams and the fans. We must respect this!!!

Communication (teams)

- ☐ Keeping an open line of communication with the teams is imperative when tensions rise in a lacrosse game.

Note: This does NOT need to be verbal. This can be as simple as facing the teams during a stoppage.

- ☐ Eye contact is sufficient acknowledgement in many cases. Be confident and make eye contact. If the teams know that you are aware of their actions or reactions, they are less likely to lash out if/when you make calls in the game, and you are in a better understanding of what the feel of the game is.



2. Game within a Game

Player to Player

- ☐ Up to 5 “mini-games” happening at once on the floor, at any given time.
- ☐ We must be aware of ongoing tension between certain players. This will help justify calls, if needed, but also allow us to deter a situation verbally before it escalates.
- ☐ Players have endless ways of getting into an opponent’s headspace. Officials must decide on what the threshold is, while keeping the game’s focus on lacrosse and obeying the rules of sportsmanship and safety. Being talkative with players can help with this behaviour.
- ☐ “Keeping score” between players throughout a game is not a skill that everyone has. It can be developed over several years, but is not encouraged in developing referees and NOT OK IN MINOR LACROSSE

Benches

- ☐ Chatter from the benches is an inevitable part of this passionate game
- ☐ Talk from the benches may be directed to teammates, the opposing team, or the officials
- ☐ It is important to know where the line is between “feeling out a referee” and referee abuse.
- ☐ Abusive behavior, regardless of profanity or title used (sir, Mr. Referee, etc.) must be addressed, and penalized if not rectified.
- ☐ There is no reason for a referee to be distracted from the play by way of talk from the bench. Use the stop sign and a stern warning to coaches who persistently demand your attention during dynamic play and/or stoppages. Requesting a captain is often best.

Referee “Head Games”

- ☐ Officiating from the bench – This is an entry level tactic, attempting to publicly make the referee look incompetent or complacent. **Do not tolerate this behavior.** Instruct the coach to stop immediately, then assess bench minor penalty if behavior persists.
- ☐ Repeatedly sending a captain for clarification – there is no reason to justify a minor penalty or technical infraction to a captain. A good standard to follow is to always take a second to explain major penalties, and do not entertain repeated questions regarding minor penalties.

3. Adaptability

Games/Trends/Thresholds change as games progress

- ☐ “a slash in the first minute is a slash in the last minute.” - this is true in all minor lacrosse, and some major games (if the energy is low, and the feel of the game doesn’t change.)
- ☐ HOWEVER, in a dynamic game, where stakes are high, and the game is competitive, making borderline or “soft calls” late in a game can have a massive effect on the flow, and momentum of the game.
- ☐ Officials **MUST** ensure that the consistency is the same between **TEAMS, NOT ALWAYS BETWEEN TIMES**. The point of penalties is to ensure **SAFETY** and **FAIRNESS**.
- ☐ Intense games at high levels have a unique way of sorting out battles on the floor. As the intensity increases, referees must become even more aware of all the factors of play before making calls that could adversely affect the outcome of a game.
- ☐ Different divisions have different challenges. The ability to adapt to the feel of each game, because no two games are exactly alike.
- ☐ Disparity (difference) in skill is a major contributor to a variable standard of play.

E.g. Do not punish one team because they set better picks. Explain why the picks are good to the other team.

Maintaining rapport as intensity increases

- ☐ Game flow changes, and as tensions rise, your CREDIBILITY will be your biggest asset.
- ☐ Stay calm, be approachable, but don’t be pressured into “staying out of it.”
- ☐ If player safety, or a scoring opportunity, are at risk, you will be respected for making the right call.



4. Keep the Game Moving

Dangers of “dead ball” time

- ☐ The situation with the highest risk for a referee is during a dead ball.
- ☐ With no ball in play, players are left to loiter with their opponent, giving them a perfect opportunity to engage in head games, or take cheap shots while the referee is busy looking elsewhere. The best deterrent for this is to keep the dead ball time to an absolute minimum.

Center of Attention

- ☐ Keep the focal point of the game on the ball as much as possible. Lengthy stoppages and frequent conversation with captains/coaches will heighten suspicion of a referee's competency and confidence.
- ☐ Don't let yourself become the center of attention. The more focus a referee gets, the harder his/her job is.
- ☐ Make calls quickly, and restart play as soon as possible (without compromising safety and fairness.)

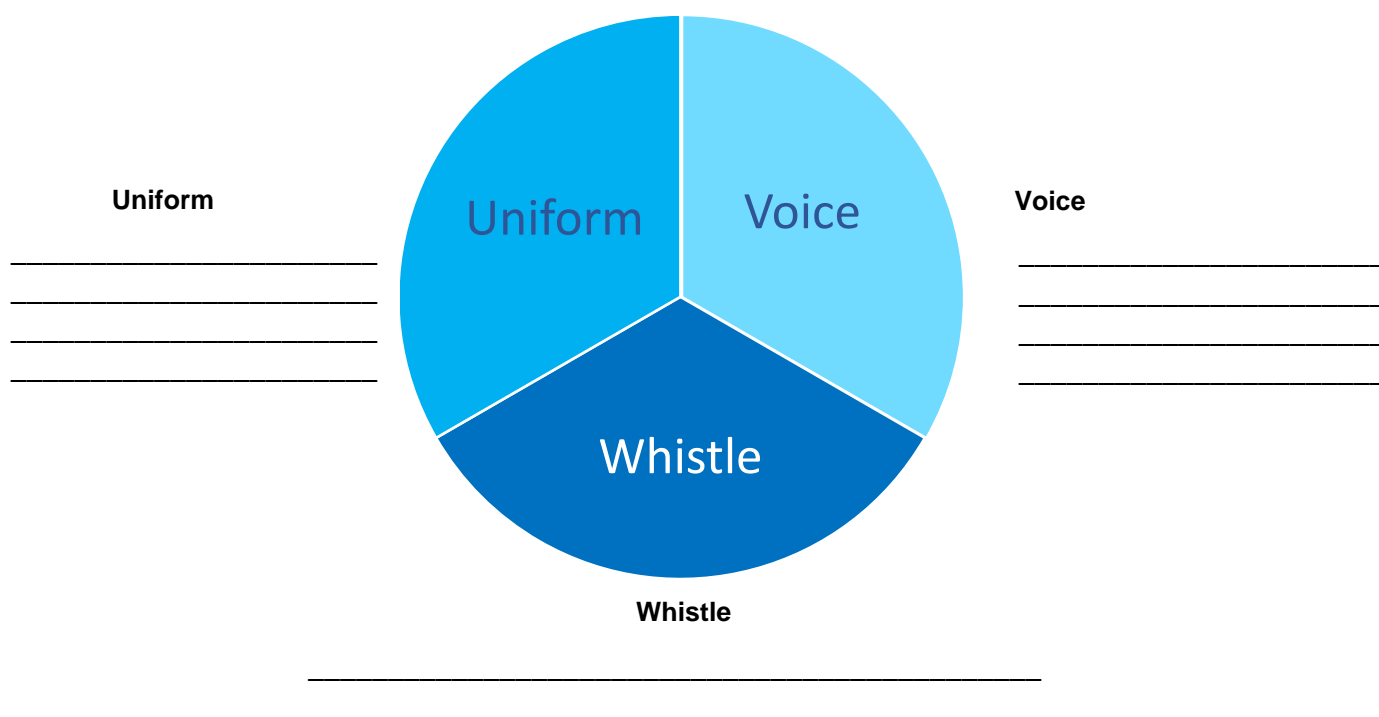
Penalty Administration

- ☐ IMPORTANT: ONE REFEREE MUST ALWAYS WATCH THE FLOOR. Again, dead ball situations are prime opportunities for cheap shots.
- ☐ If you are not reporting the penalty, get to your restart position quickly, and keep all players in your line of sight.
- ☐ Report penalties to the minor officials with assertiveness and bold signals. This allows the minor officials to quickly get the penalty on the clock and limits the chance of a captain asking for clarification on your call.
- ☐ DO NOT start play without making eye contact with your partner first.
Double restarts are unprofessional and make the officiating crew looks disorganized.
- ☐ Clear, efficient penalty administration is one of the fastest ways to build respect and rapport with everyone involved in the game



The Circle of Influence

What is the Circle of Influence?



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.

Equipment

What equipment is required for all players?

Instructions: On flipchart paper name all the equipment players are required to wear. Students fill in their workbooks as answers are put on flipchart.



How to Perform a Stick Measurement

What are the steps when measuring a stick? What equipment do you need?

Goalkeeper Equipment

What equipment is required for the goalkeeper?



Equipment Call Cheat Sheet

| Penalty | Infraction |
|---------------------------|--|
| 2 min | Chinstrap (repeatedly) Undone/Loose Illegal Stick |
| 2 min + 10 min Misconduct | Illegal Facemask Mouth guard |
| 2 min + Game Misconduct | Illegal Equipment/Helmet Missing Equipment Jewelry |
| 2 min | Oversized Goaltender Jersey – must fix immediately to continue use |
| 5 min | Goaltender Equipment – 1 st violation |
| 5 min + Game Misconduct | Goaltender Equipment – 2 nd violation (same game) |

Penalties

Why do we decide to make the call?

What is advantage?

What is the spirit of the rule?



How does the call affect the game?

REMINDER: This is not a message for minor lacrosse referees. Call 12U / 14U / 16U tighter. That's what the leagues / participants want!

“What's the intended outcome of the call(s)?”



Penalty Selection

What's the risk in calling the game tight?

What's the risk in calling the game loose?



Coincidental / Multiple Penalties

Read **Rule 83** and underline below **when** and **how** to 'cancel' out penalties.

Coincidental Penalties (Rule 83): penalties administered at the same stoppage, not just the same play.

A major penalty **must** be present on both sides, during the same stoppage, to cancel penalties. If canceling is possible, cancel as many penalties (majors AND minors) as possible, resulting in the least amount of players being removed from the floor.

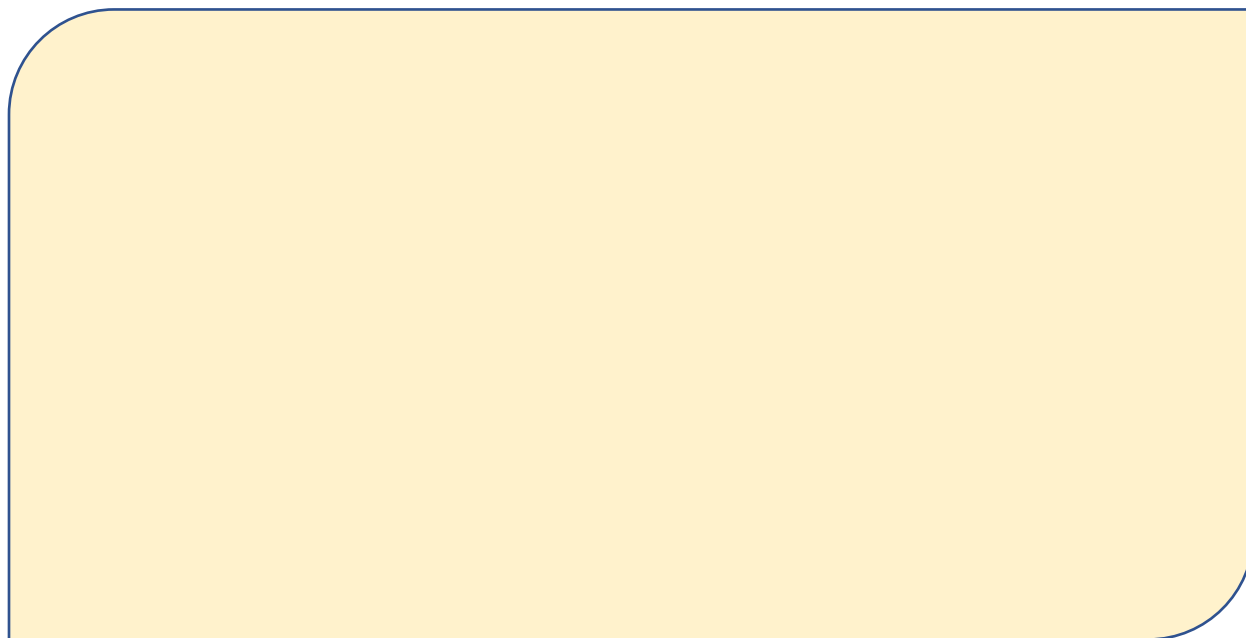
PLAYERS MUST SERVE THEIR ENTIRE PENALTY TIME, REGARDLESS OF CANCELING

TIP: Use a riot/note pad to quickly jot down floor strength before the stoppage, and all penalties administered. Cross off all penalties that cancel, then report which penalty should be shown on the clock. You may then explain the breakdown and floor strength to ONE captain from each team.

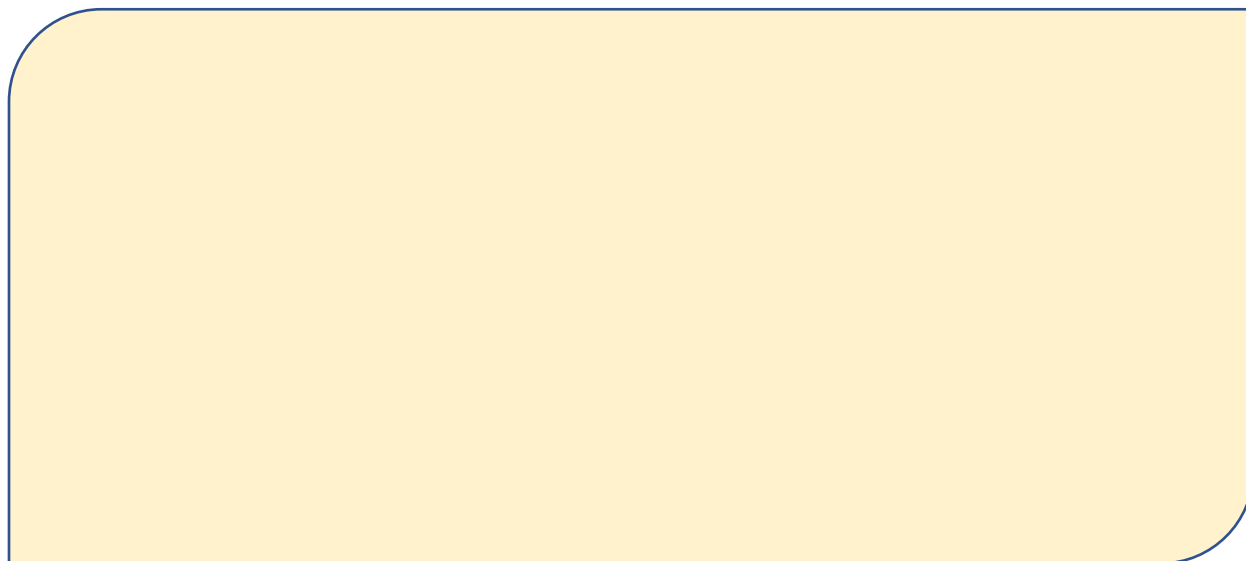
Determining "Who gets the ball?"



Handling Multiple Penalties

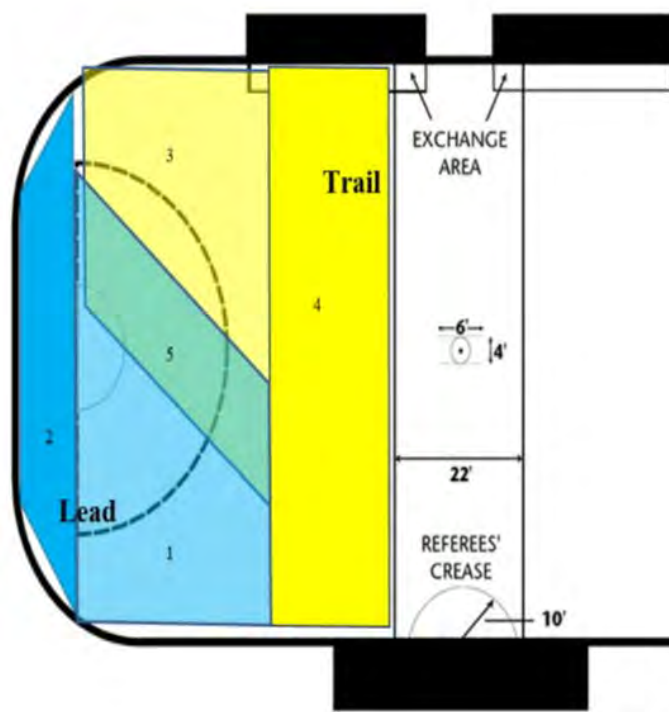


Communication



Floor Coverage

Dividing the Floor



Positioning Legend

- 1 Lead Officials Primary Coverage area.
- 2. Lead Officials secondary coverage area.
- 3. Trail Officials Primary Coverage area.
- 4. Trail Officials secondary coverage area.
- 5. Shared coverage between Lead and Trail.

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.

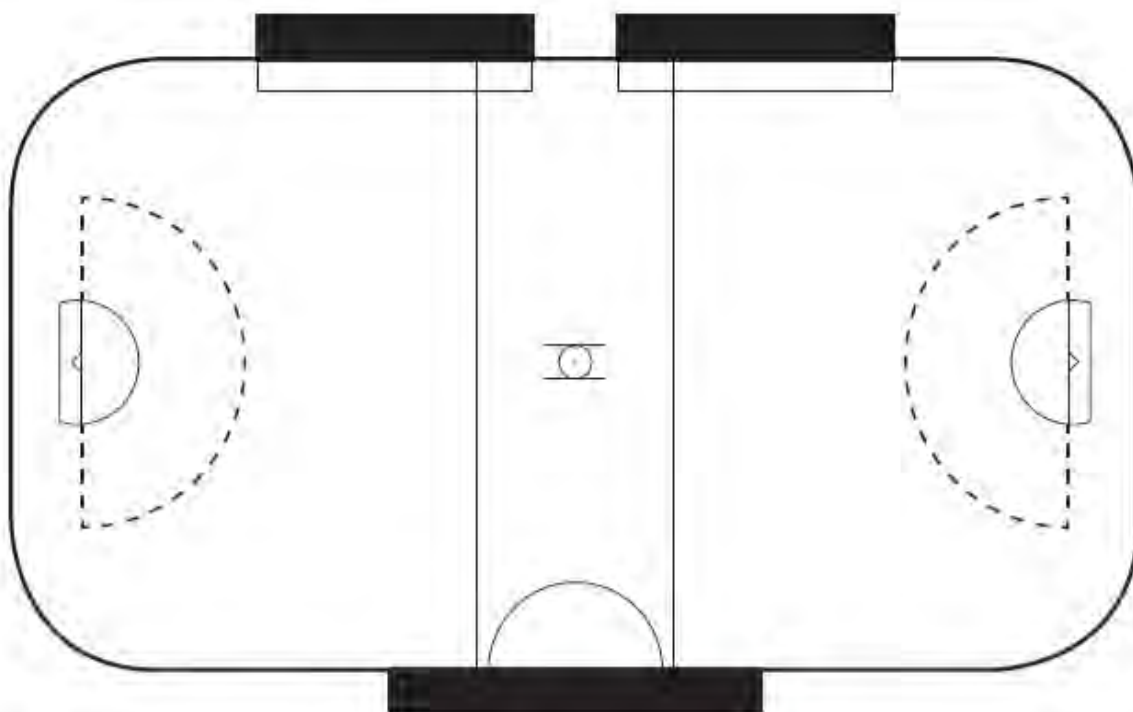
Notes:



Dividing the Floor

Instructions: Using the floor plan draw the lead and trail pathways to give a visual explanation of the general movement for each position.

When acting as the "lead referee" what are my responsibilities?



When acting as the "trail referee" what are my responsibilities?



What does it mean to "ball watch?"

Transitions

Instructions: In a classroom Question and Answer complete the table below

| | |
|--|--|
| What are my responsibilities as a transitioning referee? | |
| How are line-changes managed by the referees? | |
| How does anticipation impact positioning? | |
| How can I use positioning to my advantage? | |



Written Exam

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

The exam will test your:

- Rule knowledge
- Situations

The exam is a series of multiple-choice questions.



Communication

| | |
|---------------|--|
| Optics | |
| Game Play | |
| Selling Calls | |
| Mistakes | |
| Reports | |



Referee Abuse

Identifying Abuse

- ❑ Any aggressive behavior toward referee, regardless of whether they swear, or address you as “sir” or “ref.” Unsportsmanlike behavior is not to be tolerated, and the teams are aware of that (via points of emphasis). Persistent behavior must be penalized, and abusive coaches must be removed from the game. Any personal comments shall be penalized immediately.

Thick Skin vs. Apathy

- ❑ Many experienced officials feel like “they don’t care about the yelling anymore,” but the reality is that giving teams permission to yell only encourages coaches in all divisions to disrespect their officials.
- ❑ This is a very intense and emotional game. Voices will be raised, and teams/fans will get upset. But it’s up to every official to do their part in curbing abusive behavior.
- ❑ Evaluate WHY a team may be upset, and if you decide the behavior is abusive or unjustified, do your part for the game, and MAKE THE CALL.

Setting the Tone

- ❑ Curb abusive behavior EARLY. Making several USC calls late in a game will affect the game negatively, push a team’s patience over the edge, and can damage your rapport, as well as your reputation
- ❑ Remove abusive fans (via home team) as soon as they distract the attention away from the game. NEVER ENGAGE DIRECTLY WITH A FAN.
- ❑ Comments from players can be dealt with verbally, through a captain, to avoid assessing soft calls. This keeps the game moving and will also mitigate emotional escalation as the game progresses.

Communicating with Coaches/ Captains

- ❑ Always speak with coaches/captains in a 1-on-1 fashion, preferably at eye level. Do not engage in a shouting exchange.
- ❑ Always approach the bench to speak with a coach, and ask them to step down to speak with you

Work as a Team

- ❑ If your partner is getting static from a bench following a call, position yourself on the bench-side of the floor, allowing your partner some distance from that bench (happy side of the floor)
- ❑ Always enter and exit the playing surface as a team. This will mitigate the chances of verbal abuse in passing, or off the playing surface.
- ❑ Being close-by during time outs and injuries can also provide a witness if abusive behavior or a serious incident occurs.
- ❑ Split the floor to cover watching the players during stoppages. Missed calls during stoppages are one of the biggest instigators of referee abuse in major lacrosse.



Game Day

Instructions: Form 5 equal groups. Each group will be assigned a section from below about Game Day Preparation. Outline your section on the flipchart paper provided. Each group will present to the others. Each group has 5 – 7 minutes to do the poster, then 5 minutes to present.

Garbage in = Garbage out

- ☐ If you eat garbage food, you will feel sluggish, bloated, gassy and low on energy
- ☐ Best pregame snacks: bananas, dates, apples, dried fruit
- ☐ Avoid: Energy Drinks, Candy, Fast Food, Pre-workout Supplements (please)

Hydration

- ☐ Drink passively all the time, but optimal pre-hydration for an intense game starts at least 24 hours prior to the game.
- ☐ If the weather is hot, or you work a physical job, hydration is even more critical in staying in peak condition for exertion
- ☐ Beware of caffeinated beverages. Some people are unknowingly sensitive to stimulants and can feel jittery and even flushed when exerting themselves after using stimulants.
- ☐ Sports drinks” like Gatorade and Powerade are often packed with sugar and salt, which can disrupt your body’s ability to dissipate heat (sweat) or make you more thirsty

The best clinical dilution for these sports drinks is 8:1 glucose to water. If you must have your Gatorade, water it down!

Mental Preparation

- ☐ Your job is to be mentally prepared for the rigors of refereeing.
- ☐ Find your best method of “clearing your head” before you step onto the floor, or better yet, before you leave for the arena
- ☐ When you are sharp mentally, you will ref at your best, period.

Time Management

- ☐ In major lacrosse, it is unacceptable to arrive any later than 30 minutes to game time.
- ☐ We encourage referees at this level to be at the rink 30-45 minutes before a minor game, and 45-60 minutes prior to a major level game.
- ☐ This allows adequate time to communicate with teams, minor officials, your partner(s), and time to have a proper warm up.

If your partner is not there at the 20 min (minor) or 30 min (major) mark, start making phone calls, NOT TEXTS. Call your partner, and if there is no answer, call your assignor/RIC.

Warm up

- ☐ Warm up is a critical part of your performance in major lacrosse
- ☐ Many referees take this lightly, and it shows in their performance!
- ☐ Starting a game cold, and stiff, tells the teams that the game is not important enough for you to prepare for. Respect the game, and your body. Do a warmup.
- ☐ Light run – change of direction – some short sprints – stretch/mobilize
- ☐ Schedule permitting, warmups can be done on the floor in appropriate attire, so long as you do not interfere with the teams’ warm up.
- ☐ That being said, the safest place to warm up is in an empty space away from players, and bystanders
- ☐ Start the game ready to RUN



Advancement

Rapport & Reputation

- ☐ Your rapport with leagues and fellow referees will have some effect on your assignments. Always stay professional, and your reputation will be your biggest asset
- ☐ When it comes time to choose officials for playoffs, provincials and nationals, referees showing initiative, with top performance, and good attitudes, will be chosen first. You can always request an evaluation to improve your chances of being selected.

Who assesses officials?

- ☐ In some leagues, coaches fill out a form after games and are reviewed by the league and the Manager of Officiating.
- ☐ Mentors – Senior Officials and Mentors may evaluate you without notice
- ☐ This is a learning opportunity, not an attempt to “bust” you for bad habits. Use this valuable time to listen to feedback and ask questions. It’s a privilege to have the time of others for your benefit!

Mentorships & Assessments

- ☐ Assessments are mandatory for applications to national tournaments. Assessors report back to the selection committee following evaluation of national applicants. Some national applications also require YOU to do assessments.

National Championships

Applying for Nationals

- ☐ Let your RIC/Assignor know that you are intending to apply for Nationals. You may need a letter of reference depending on the event you apply to.
- ☐ Keep an eye on the website for application window and deadlines.
- ☐ Doing mentorship / assessments strengthens your application, ask the VP Development to help you arrange these assignments!
- ☐ Email your Provincial Manager of Officiating.

For more information

www.lacrosse.ca

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APPENDIX

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)



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