

2022 Northland Level I+2 Officials Training Guide

This document gives complete instructions on how to become certified to work HS games if you have not previously completed Level 1 Training. You must be at least 18 before you can work HS games but can complete most of the training while you are 17.

If you are considering working MSHSL varsity games this season, see <http://www.northlandloa.org/mshsl/>.

Pay the Northland LOA membership fee

Please pay your \$50 annual membership fee via Venmo to [@northlandloa](#). If you need to pay by check, contact Damon Kocina at damonkocina@gmail.com.

Complete the Northland LOA new member form

Please complete the form posted at <https://tinyurl.com/Northland-New-Member> so we have contact information for you and can send you Zoom links.

Read and sign the independent contractor agreement

Please read and sign the form at <https://tinyurl.com/2022IndependentContractor>

Complete concussion training (must be done before on-field training or working games)

Please complete the concussion course at <https://nfhslearn.com/courses/concussion-in-sports-2> (required by state law) and email your certificate of completion to russ hunt@frontier.com. If you completed it in a prior year and your expiration date is at least 12/31/21, you can skip the course and just email the certificate.

Complete USA Lacrosse online training courses

USA Lacrosse requires all officials to complete their online courses at <https://tinyurl.com/USAL-online-rules> and <https://tinyurl.com/USAL-Prof-Dev>. Please try to complete both before your first classroom session.

Join USA Lacrosse

Join USA Lacrosse (or renew your membership) at <https://www.usalacrosse.com/membership> as a boys lacrosse official with Northland LOA. If you are already a member but are becoming an official, email membership@usalacrosse.com and ask to be added as an official to Northland LOA.

Please be sure to use the same email address with US Lacrosse as you use for other lacrosse-related activities. You must have an expiration date of 6/30/22 or later to work spring games.

Complete classroom/Zoom training

You must complete at least 12 hours of training, including:

Level 1A—January 29 (9:00–11:00) or February 20 (9:00–11:00)

Level 1B—January 29 (12:00–2:00) or February 20 (1:00–3:00)

Level 1C—February 6 (9:00–11:00) or March 5 (9:00–11:00)

Level 1M—February 6 (1:00–3:00) or March 5 (12:00–2:00)

Simultaneous Fouls *and* Effective Use of Play-On (February 12, 9:00–11:05, Zoom or Blake—Hopkins)

Equipment Checks *and* Counts, stalling, and over-and-back (February 19, 9:00–11:05, Zoom)

If you can't make a particular session, you will be able to watch video of the Zoom session and then set up a time with an instructor to get quizzed via Zoom, but please attend the sessions live if possible. The Zoom links will be emailed to you a few days before each session. Be sure to put classroom sessions on your personal calendar and block the dates and times in ArbiterSports.com.

You can attend other optional training sessions (marked with an asterisk on the attached schedule) if you are looking to get a better understanding of officiating.

Order uniform and equipment (at least 2 weeks before on-field training)

See <http://www.northlandloa.org/uniforms-equipment/> for information about uniform and equipment. Go to <https://zebrawear.com/northlandloa/> to purchase a Level 1+2 starter package at a discounted price (\$195) and then you can buy additional items locally (e.g., black belt, black shoes) if needed.

Study rules and mechanics (prior to exams)

You will receive an NFHS rule book (from USAL or MSHSL), the 2022 youth rules, and 2-person and/or 3-person mechanics manuals. Use these resources to help you prepare for your exams.

USA Lacrosse HS rules exam

Youth rules are based on the HS rules, so you must take the HS rules exam. Go to <https://myaccount.usalacrosse.com/user/profile> and click "Login," then click the "Menu" on the top right and select "E-Learning." Click "Catalog," then "Official Education and Development," then choose the "Exams" option and click "2022 Boys' Lacrosse High School Rules Exam."

Youth rules exam

Follow the same instructions as for the HS test, but in the last step click "2022 Boys' Lacrosse Youth Rules Exam." Note that the USA Lacrosse exam does not include any Minnesota rules variations; you will be provided with information about which questions differ from Minnesota rules in your classroom sessions.

On-field training

When you have completed all the above steps, email russhunt@frontier.com (subject line "Level 1 Recert Training Completed") to request an on-field training session. Send the email from the same account you are using for your USL membership account and include your full name in the body of the email.

2022 Northland LOA Classroom Training Schedule

The following training options are being provided. Exact requirements are detailed in the training guide, but all Northland officials are welcome to attend any of these classes (including Level 1 classes). Registration links, Zoom links, and directions for classroom sessions will be provided closer to the date of each session. You must have your Northland dues paid and have insurance through MSHSL or USA Lacrosse to participate. Topics marked with an asterisk are appropriate for new officials hoping to gain a better understanding of officiating.

Returning officials training

January 22 (in-person at Blake Hopkins Campus with Zoom option)

Film study: personal fouls* (9:00–10:00)
Rules and mechanics changes from 2022* (10:05–11:05)
Rules and mechanics points of emphasis* (11:10–12:10)
Multiple-minute penalties* (12:15–1:15)
Officiating the 10-man ride (1:20–2:20)

February 5 (Zoom)

Communication: managing the game without flags and whistles* (9:00–10:00)
Lacrosse officiating from a coach's perspective* (10:05–11:05)
Officiating Tournament Play* (11:10–12:10)
Running an effective pre-game (two-person and three-person) (12:15–1:15)

February 12 (in-person at Blake Hopkins Campus with Zoom option)

Simultaneous fouls (9:00–10:00)
Effective use of play-on* (10:05–11:05)
Calling offside and sub infractions* (11:10–12:20)
Faceoffs* (12:25–1:25)
Professionalism* (1:30–2:30)

February 19 (Zoom)

Equipment Checks* (9:00–10:00)
Counts, stalling, and over-and-back* (10:05–11:05)

March 6 (Zoom, possibly with an in-person option)

Your life as a new R (12:00–1:00)
Dealing with bad behavior* (1:05–2:05)
Penalty enforcement* (2:10–3:10)

April 3 (Zoom)

Three-person mechanics (4:00–6:00)

(See next page for Level 1 and 2 training options.)

New and junior officials training

Level 1

Level 1A—January 29 (9:00–11:00) **or** February 20 (9:00–11:00)

Level 1B—January 29 (12:00–2:00) **or** February 20 (1:00–3:00)

Level 1C—February 6 (9:00–11:00) **or** March 5 (9:00–11:00)

Level 1M—February 6 (1:00–3:00) **or** March 5 (12:00–2:00)

(New Level 1 officials must do one session each of Level 1A, 1B, 1C, and 1M either by Zoom or by watching the recordings; this includes new Level 1+2 officials)

Level 2

Simultaneous Fouls—February 12 (Zoom or Blake—Hopkins) 9:00–10:00

Effective Use of Play-On— February 12 (Zoom or Blake—Hopkins) 10:05–11:05

Equipment Checks—February 19 (Zoom) 9:00–10:00

Counts, stalling, and over-and-back—February 19 (Zoom) 10:05–11:05

(New Level 2 officials must do all four either by Zoom or by watching the recordings)

Level 1 Recert

Your life as a new R—March 6 (Zoom) (12:00–1:00)

Dealing with bad behavior—March 6 (Zoom) (1:05–2:05)

Penalty enforcement—March 6 (Zoom) (2:10–3:10)

(Level 1 Recert officials must do all three either by Zoom or by watching the recordings)