

## 2022 Northland LOA Level 2 Officials Training Guide

This document gives complete instructions on how to become certified to work HS games if you have previously completed Level 1 training but never completed Level 2 Training. Use the Level 1+2 Training Guide if you are a new official who wants to become Level 2 certified. 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/>.

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### 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](mailto:damonkocina@gmail.com).

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### 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.

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### Read and sign the independent contractor agreement

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

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### Set up your Arbiter account

Contact [lacrosse@yourassignment.net](mailto:lacrosse@yourassignment.net) immediately if you do not already have an Arbiter account. See <http://www.northlandloa.org/arbiter/> for full instructions on setting up your account. Set blocks for any time you could not or would not accept a game if one were assigned (e.g., when you will be sleeping, at work, at school, on vacation, in Northland training classes).

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

You must either (1) take the course at <https://nfhslearn.com/courses/concussion-in-sports-2> and email your completion certificate to [russhunt@frontier.com](mailto:russhunt@frontier.com) or (2) complete concussion training through the MSHSL Central Hub in ArbiterSports.com if you will be an MSHSL official in Spring of 2022.

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### Renew your USA Lacrosse membership

Renew your membership with USA Lacrosse at <https://www.usalacrosse.com/membership> as a boys lacrosse official with Northland LOA. 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.

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### Complete USA Lacrosse online training

USA Lacrosse requires all officials to complete their online rules course at <https://tinyurl.com/USAL-online-rules>. If you completed it previously, you do not need to repeat it; log in to check your completion status.

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**USA Lacrosse professional development**

USA Lacrosse now requires that all officials complete a short course on rules changes. Log into your US Lacrosse account and click <https://tinyurl.com/USAL-Prof-Dev> to complete it.

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**Complete classroom/Zoom training**

You must complete at least 6 hours of training, including:

Rules and mechanics changes from 2022 (January 22, 10:05–11:05, Zoom or Blake—Hopkins)

Rules and mechanics points of emphasis (January 22, 11:10–12:10, Zoom or Blake—Hopkins)

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 want to get a better understanding of officiating.

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

You will need to order the Level 2 starter pack from <https://zebrowear.com/northlandloa/> (\$115). See <http://www.northlandloa.org/uniforms-equipment/> and check that you have all other uniform and equipment items required for your level of play. You can purchase additional equipment from Zebrowear.com or elsewhere if needed.

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**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.

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**USA Lacrosse HS rules exam**

Take the NFHS rules exam <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."

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**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.

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**On-field training**

When you have completed **all** the above steps, email [russhunt@frontier.com](mailto:russhunt@frontier.com) (subject line "Level 2 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)

### **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)