

## 2022 Northland Returning Adult Officials Training Guide

This document gives instructions for officials who have completed Level 2 Training in a previous year. If you are currently away from home for college, you should be able to complete all requirements (except the three-person on-field training, if required for you) before you return so you can start working immediately.

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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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### Join USA Lacrosse **or** the MSHSL

You can get insurance via USA Lacrosse **or** the MSHSL. If you plan to work spring MSHSL games, registering with the MSHSL will save you the \$55 USA Lacrosse membership fee.

*MSHSL:* Join or renew your membership as a boys lacrosse official at <https://www.mshsl.org/officials-judges/officiating> (registration link at bottom) for the 2021–22 school year. The MSHSL will inform you about their requirements, some of which satisfy Northland requirements below.

*USA Lacrosse:* Join or renew your membership at <https://www.usalacrosse.com/membership> as a boys lacrosse official with Northland LOA. Please be sure to use the same email address with US Lacrosse as you use for all lacrosse-related activities. You must have an expiration date of 6/30/22 or later. To have full USA Lacrosse certification, you must complete several e-learning requirements on their website.

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### Complete annual training

Training can be completed in-person (when available) or via live or recorded Zoom sessions. If you opt for a recorded Zoom session, you may need to complete a quiz on the session to get credit. See below for the training schedule. Training requirements depend on your years of experience working high school games:

**All returning officials** must complete the “2022 HS and Youth Rule Changes” and “2022 Northland Rules and Mechanics Points of Emphasis” sessions (roughly 2 hours)

**First-year MSHSL officials** (0 years varsity experience) must complete the “Three-Person Mechanics” course (2 hours) and do an on-field training (1 hour).

**Officials with 1–4 years of prior varsity experience** must complete training sessions on “Multiple-Minute Penalties,” “Effective use of Play-On,” and “Calling Offside and Sub Infractions.”

Be sure to put classroom sessions on your personal calendar and block the time of those sessions in ArbiterSports.com (so you don’t get assigned games that conflict with your classroom sessions).

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### Check uniform and equipment

See <http://www.northlandloa.org/uniforms-equipment/> for information about uniform expectations and requirements. Please check your gear and replace any worn, stained, or damaged items. You can order your gear from anywhere, but our official supplier is <https://zebraware.com/>

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

By state law, officials must complete concussion training. If you are an MSHSL official, you will do this through your MSHSL ArbiterSports.com account. If you are not an MSHSL official, you must take the course at <https://nfhslearn.com/courses/concussion-in-sports-2>

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Read and sign independent contractor agreement

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

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Set up your Arbiter account

You should already have an Arbiter account. If you do not, contact [lacrosse@yourassignment.net](mailto:lacrosse@yourassignment.net) immediately. Make sure you have blocks set 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). See <http://www.northlandloa.org/arbiter/> for full instructions on setting up your account.

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Disclose conflicts

Send an email to [lacrosse@yourassignment.net](mailto:lacrosse@yourassignment.net) with the names of any teams (e.g., Springfield HS varsity) for which someone *might* think you have a conflict of interest (e.g., you played or coached in that team's system in the past 5 years) or for which you have a definite conflict of interest (e.g., you or a close relative work for the team's school, you have a relative playing on or coaching the team).

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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 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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MSHSL **or** USA Lacrosse HS rules exam

You must pass the MSHSL Rules Exam to work varsity MSHSL games. You will take that exam through your MSHSL Central Hub account in ArbiterSports.com in late March/early April.

If you do not intend to work varsity MSHSL games, you can complete the USA Lacrosse exam instead. 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' High School Rules Exam."

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Youth rules exam

If you **are** a USA Lacrosse member, you can take the youth rules test (follow the same instructions as for the HS test to find that exam). Remember this test uses USA Lacrosse rules and not any MN variations.

If you are **not** a USA Lacrosse member, take the Northland LOA Youth Rules Test at <https://tinyurl.com/NorthlandYouthTest2022> (this test will not be available until sometime in January, as USA Lacrosse has not yet published its 2022 youth rules).

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Final steps

When you have completed **all** the above steps, email [russhunt@frontier.com](mailto:russhunt@frontier.com) with the subject line "Returning Adult Training Completed." Send the email from the same account you are using for your USL membership/Arbiter 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.

## 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 other side 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)