

Beginner MLUA Lacrosse Umpires:

The following are basic concepts that you need to become very proficient at early in your development. Review these before every game, half time of games, etc. until you are comfortable with them. You will then progress into the more common calls and administration as you continue to work games and get experience by observing games. Eventually you will become proficient with all of these as you progress into the finer points of the girls game.

- **Boundary Balls:** When the ball goes out of bounds, you must blow your whistle immediately. This is important because in girls lacrosse, all players must stop on the whistle. From there, we can help figure out who gets the ball and the location. It's very much like any other sport: the player who last touched the ball before going out of bounds will lose possession to the other team. The opponent that gets the ball will be the one closest to where the ball goes out of bounds. However, if a shot caused the ball to go out of bounds, the player who was closest to the ball when it went out of bounds will be awarded possession. Please review Rulebook pages 32-35 for more in-depth description of boundary ball rules. Discuss this with your veteran umpires pregame.
- **Goal Signal Whistle and Signal:** The procedure for calling a goal in lacrosse is different than in other sports. There is not an immediate whistle, nor an immediate signal. Once the ball enters the goal legally from the lead official's perspective, she must visually confirm with the trail umpire. The trail umpire (looking for offsides or other fouls) will then confirm it was a good goal or disallow the goal and signal the infraction. There are several ways to confirm with your partner, discuss this in pregame as well. Once confirmed, the lead official will signal the goal and give the unique goal signal whistle.
- **Starting Play:** Whether you are starting play on a draw, after the ball has gone out of bounds, or after you have set the players up after a foul, all you need to do to re-start play is put your arm straight up, blow your whistle then lower your arm. It's that simple. It is typical to make visual contact with your partner to make sure she is ready.
- **Center Draw administration.** Conducting the draw is the remaining basic function you need to be able to perform right away. Setting it up correctly should be discussed in pregame. When facing opposing goalkeeper, crosse must go down to the right. Player can stand on either side. Ball in top 1/3 of pocket. Cadence to start draw. Identifying illegal draws will come with time.

These are the most basic of the basic calls you will need to make in your first games. Being satisfied with just knowing these basic rules will only work for your first games. You will have access to the rulebook and the training manual, mentors, videos, and you'll be able to ask lots of questions to your more experienced partners. You will have very opportunity to progress quickly in your first season, but you will need to be proactive in your quest to learn the more advanced rules as shooting space, cardable fouls, offsetting fouls and administrative procedures such as penalty administration, proper play set up within CSA, etc. Veterans will help you along the way.

Hopefully you can get comfortable with all of the above quickly. We will focus on these in the preseason scrimmages. The next three key areas that will help you be effective are:

- **Offside:** When the offensive team has more than seven players inside the restraining line, they are offside, and you must blow your whistle to stop play. When the defensive team has more than 8 players (7 field players plus the goalie) inside the restraining line, they are offside. You should be able to recognize this offside foul but the coaches for the other team will usually let you know (loudly) that the other team is offside. Count the attack first, then defensive team. As you work more games, you will learn the proper set up procedure, but initially, we want you to recognize when a team is offside. Please review Rulebook page 50 and 54-55 for a more in-depth description of the offside foul.
- **Minor Fouls vs. Major Fouls:** Minor fouls are more procedural while major fouls are potentially dangerous fouls. You will need to know which fouls are minor fouls and which ones are major fouls because the administration of these fouls is different between the two. Study Rulebook pages 44-49 for a description of each foul and in which category they belong.
- **Signals:** They are the most important and effective communication tools we use throughout the course of the game. The most common are: Dangerous Check, Pushing, Check to the sphere. Review signals with your partner before every game. There is a standard cadence that US Lax wants us to follow: Whistle, give direction of team getting the ball, signal the foul, give direction again.

For both of the above items, do not worry about making a mistake blowing your whistle. That's the great thing about lacrosse – if it's an inadvertent whistle, just re-start as-is.

Please contact me if you have any rules questions. And thank you for joining the Minnesota Lacrosse Umpires Association (MLUA)!

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