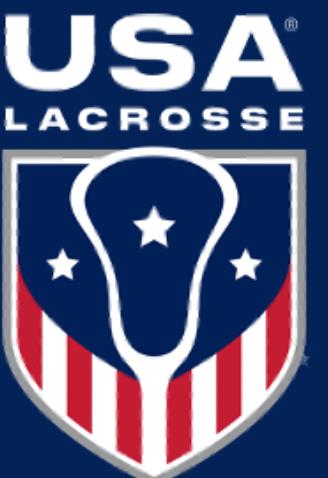




OFFICIAL EDUCATION

2026

Professionalism



RECOGNIZED SPORT
ORGANIZATION

We envision a future that offers anyone the lifelong opportunity to enjoy the sport of lacrosse.



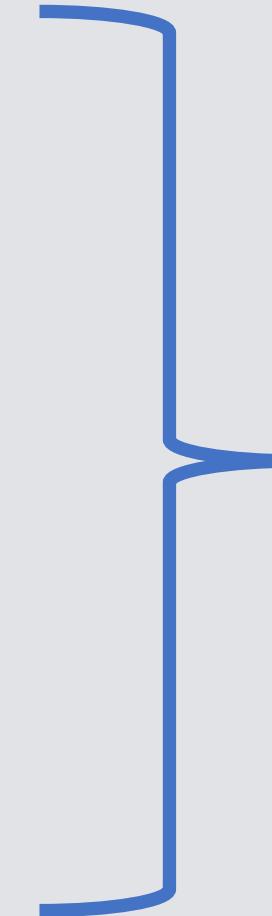
As the sport's national governing body, USA Lacrosse provides national leadership, structure and resources to fuel the sport's growth and the experience of participants.

Main Focus as Officials



Pathway to Annual Certification

- ✓ **USL Membership**
- ✓ **Annual Rules Exam**
- ✓ **Annual Professional Development**
- ✓ **Rules Online Course**
- ✓ **On-Field Evaluation**



USA
LACROSSETM



Certified Official

ACTIVITY:
USAL Certification
Checklist

Competency Levels

Based on Skill Set and Experience

Junior

- Youth officials under the age of 18. Capable of controlling youth games (two levels below their current playing level, if applicable.)

Level 1

- Beginning Official; capable of controlling youth, middle school, and lower level high school games.

Level 2

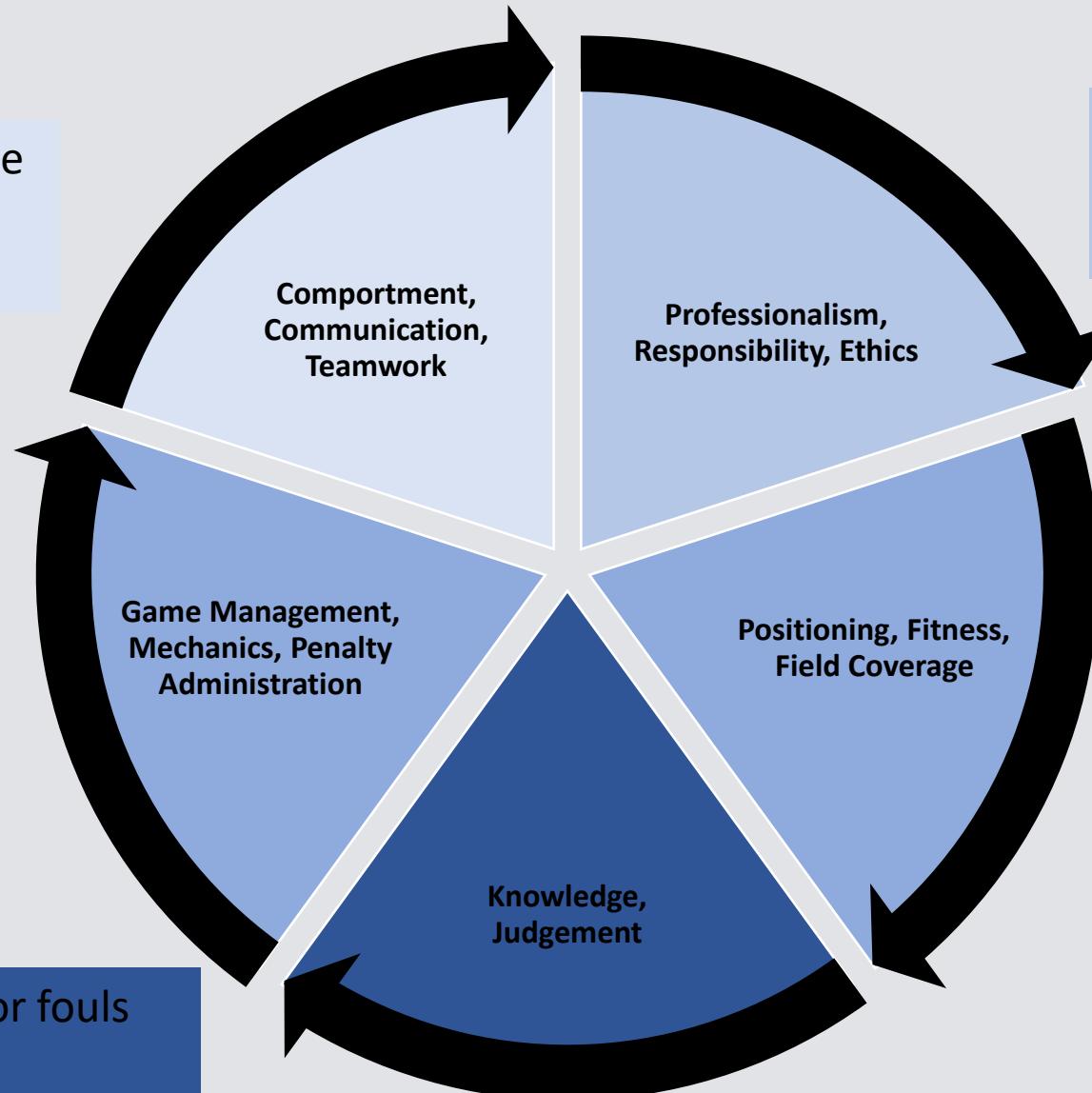
- Experienced Official; capable of controlling youth, middle school and high school varsity and JV level games. Proficient in the two-person system.

Level 3

- Experienced Official; capable of controlling youth, middle school, all levels of high school and low level college games. Competent in three-person system.

FIVE CORE CONCEPTS

- Shows respect for all in game
- Composed demeanor
- Receptive to feedback



- Proper penalty administration/mechanics
- Clear, loud whistle

- On time
- Proper uniform
- Avoids conflicts of interest

- Keeps up with play
- Positions relative to ball
- Knows areas of responsibility

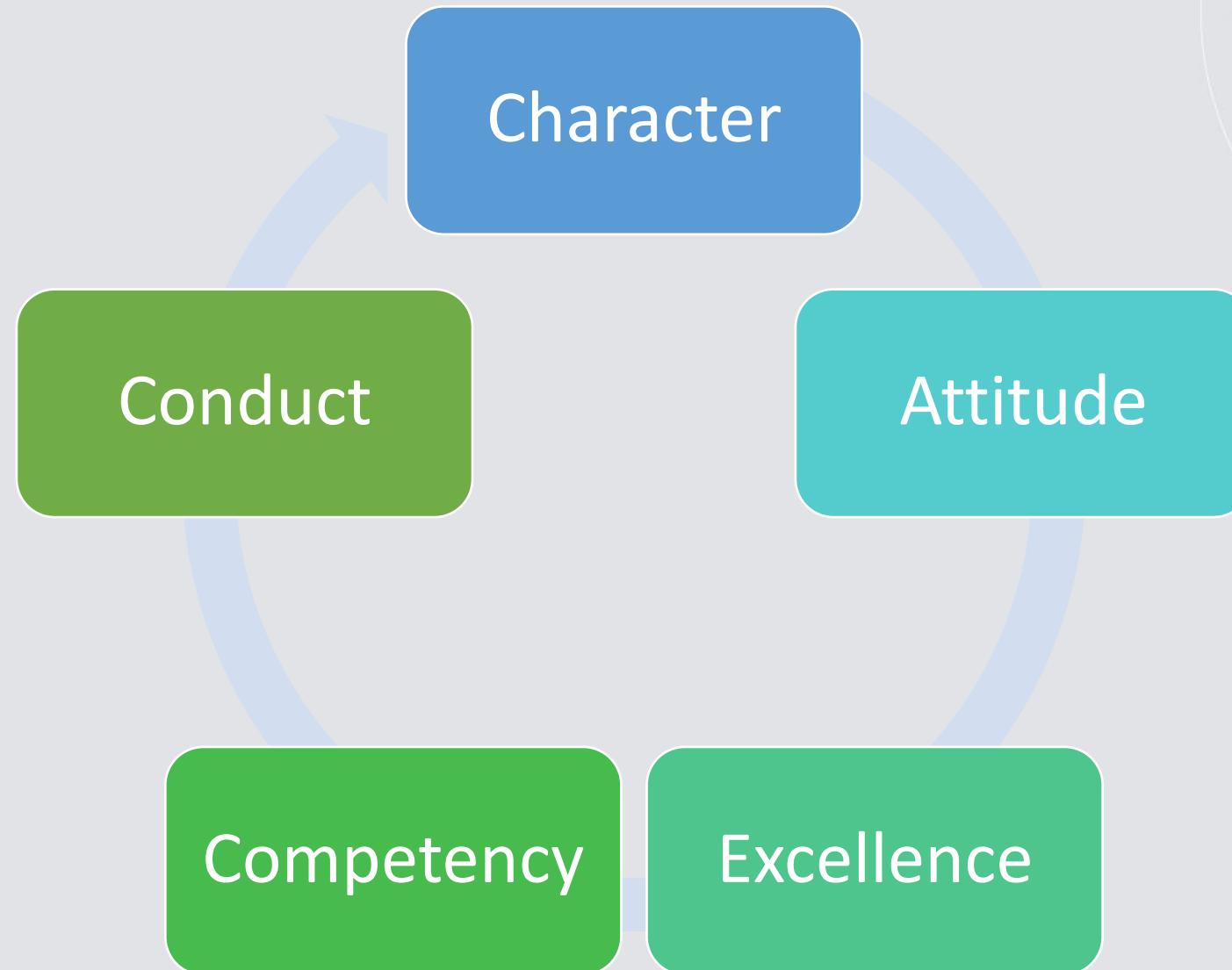
- Calls major and minor fouls quickly
- Keeps game safe

DISCUSSION:
LEVEL 1 Rating Form

WHAT IS PROFESSIONALISM?



KEYS TO BEING A TRUE PROFESSIONAL



DISCUSSION:
What is
Professionalism

CODE OF ETHICS



Respect – values the opinions , views, and roles of others



Fairness – makes decisions without favoritism or prejudice



Teamwork – cooperative and coordinated efforts to work towards a common goal



Communication – creates shared understanding



Legality – does not violate the law



Conflict of Interest – avoids any action which leads to a real or perceived conflict of interest

PREPARATION FOR THE SEASON

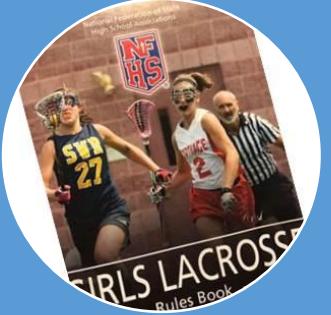


**Mental
Preparation**

**Physical
Preparation**



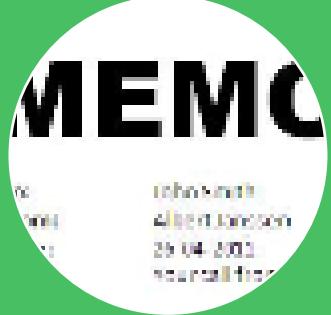
MENTAL PREPARATION



Read rules book
and manual



Review the rules
interpretation
video



Keep current
with rules
interpretation
memos



Pre season
practice games

PHYSICAL PREPARATION



Stretching



Healthy food plan



Cardiovascular exercise



Pre-season
practice
games

DRESS FOR SUCCESS



Black and White Stripes



Black Kilt/Pants/Shorts



Black Accessories



Black Outerwear



Equipment

BREAK OUT
GROUPS:
Impressions

EQUIPMENT CHECK

- ✓ Whistle
- ✓ Yellow flag
- ✓ Cards (red, yellow, green)
- ✓ Rule book
- ✓ Measuring tape
- ✓ Pencil
- ✓ Coin
- ✓ Watch
- ✓ Sportsmanship card (if applicable)

