



# OFFICAL EDUCATION

2026

Professionalism

**USA<sup>®</sup>**  
**LACROSSE**



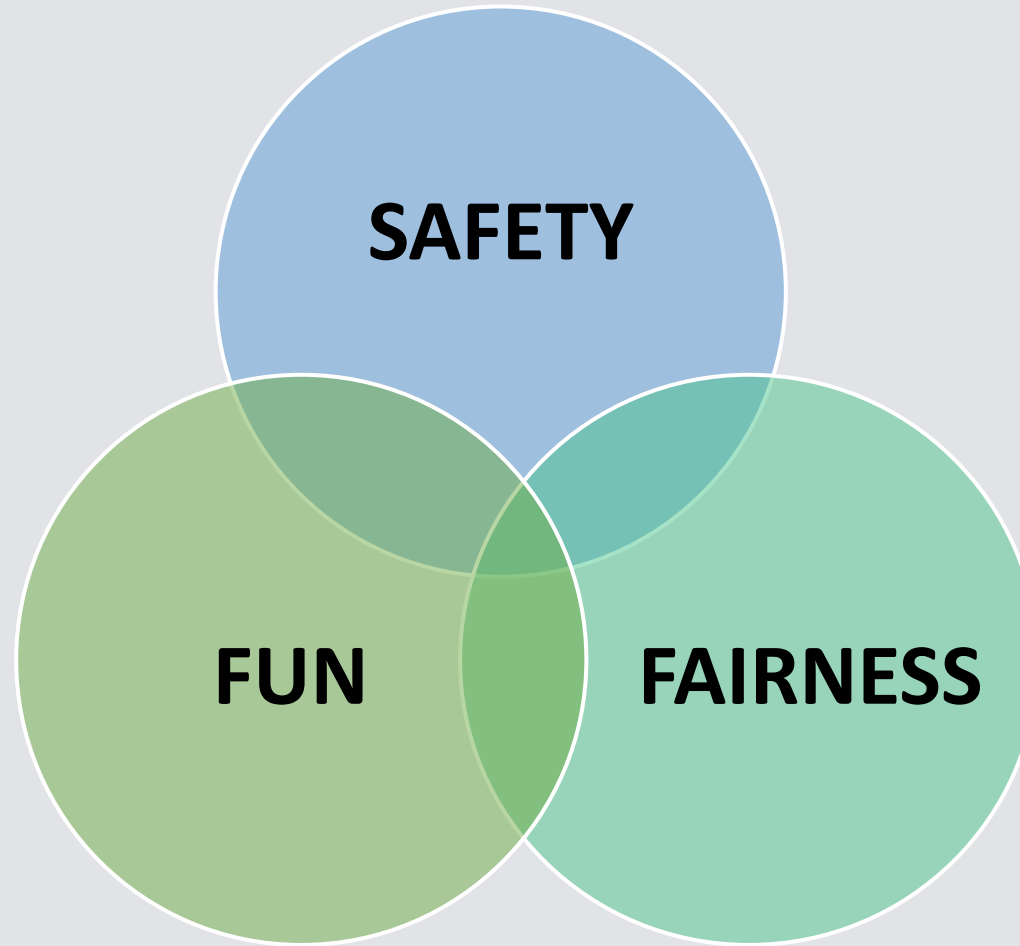
RECOGNIZED SPORT  
ORGANIZATION

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**<sup>TM</sup>  
**LACROSSE**



**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

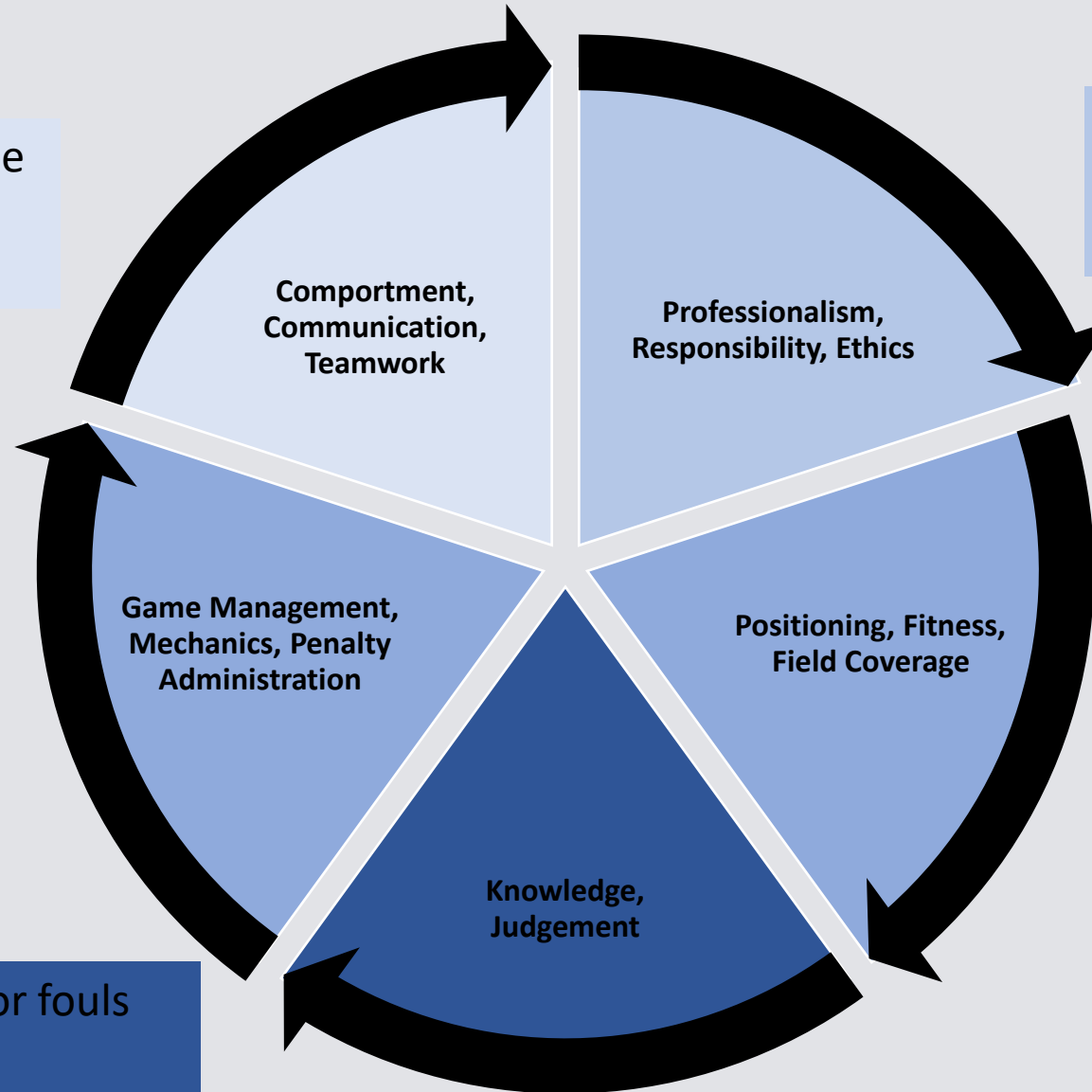
- Experienced Official; capable of controlling youth, middle school, all levels of high school and low level college games. Competent in three-person system.

# FIVE CORE CONCEPTS

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

- Proper penalty administration/mechanics
- Clear, loud whistle

- Calls major and minor fouls quickly
- Keeps game safe



- On time
- Proper uniform
- Avoids conflicts of interest

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

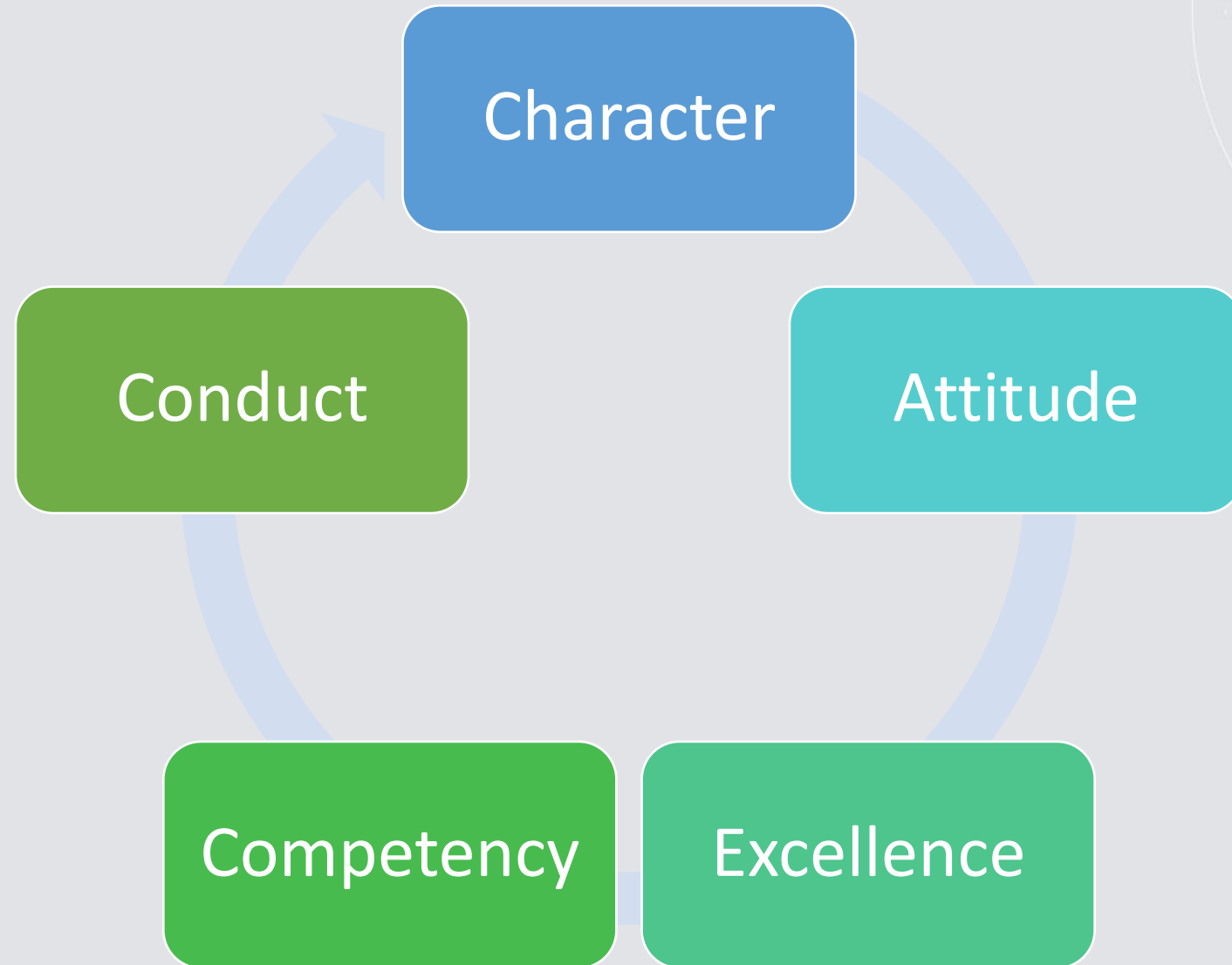
**DISCUSSION:**  
LEVEL 1 Rating  
Form



# 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**



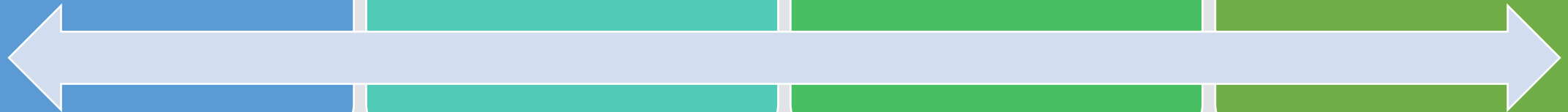
**Healthy food  
plan**



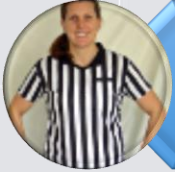
**Cardiovascular  
exercise**



**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)

