



# Lacrosse Officials of Louisiana

## New Officials Guide

Thank you for your interest in officiating lacrosse with us for the 2021 season! This guide is intended to show you the steps necessary to begin your journey towards becoming a Lacrosse Official.

**STEP 1.** Join LOLA by sending an annual dues check for \$35.00 payable to “Lacrosse Officials of Louisiana,” to our Treasurer **Jaime Ponseti, 4936 S. Tonti St., New Orleans, Louisiana 70125.** (Cell # 205 837-9848) If you prefer, pay your dues using **PayPal**. Send to Jaime’s PayPal account, [soulkeg@gmail.com](mailto:soulkeg@gmail.com), click “Sending to a friend,” and add a note ---“Your Name, 2020 LOLA Dues.”

**STEP 2.** Join US Lacrosse [HERE](#) and follow “Join Today.” Be sure to register as an “Official” to have access to their wealth of officiating resources and Rule Book. Membership includes the required Accident Medical Liability and General Liability Insurance. If you have any difficulty, call US Lacrosse at (410) 235-6882. If US Lacrosse membership presents a barrier to your becoming an official, please contact a board member. Send your US Lacrosse Member # to Head Trainer, Dustin Percle, at [dpperple74@gmail.com](mailto:dpperple74@gmail.com).

**STEP 3.** Begin your education by viewing / taking:

A. The Georgia New Official Training Videos [#1](#) and [#2](#).

B. Complete the **Boys Lacrosse Online Rules Course** at [HERE](#). (US Lacrosse>Officials>Development >Online Courses>Catalog>Officials>Men’s Game Officials> Rules Courses>2018 Boy’s Lacrosse Rules Online Course..)

C. The **Introduction to Three Man Mechanics** video on YouTube [HERE](#).

D. **Boy’s Game “You Make the Call” Videos** on YouTube [HERE](#) .

E. More **Men’s Game Videos** at [USLacrosse.org](http://USLacrosse.org)> Officials > Development>Men’s Game Videos.

F. **Penalty Reporting** [HERE](#) and [HERE](#)

G. **US Lacrosse 3-Person Baton Rouge Webinar** [HERE](#)

H. **US Lacrosse Personal Fouls Playlist** [HERE](#)

I. **NFHS Boys Lacrosse Rules Book**. As a member of US Lacrosse, you will be mailed a 2020 paperback rules book (choose NFHS, not NCAA) sometime in December. Digital versions of the 2020 NFHS Rules are available now as an eBook for \$7.00 at [Apple Books](#) and [Amazon Kindle](#).

J. Take and pass the [2021 Boys High School Rules Exam](#) with a score of 85% or higher. It’s open book.

**STEP 4.** Obtain approved uniform and gear from a variety of online sellers: [Smitteez](#), [Honig's](#), [Cliff Keen Athletic](#), [ZebraWear](#), [Ump-Attire](#), [Stripes](#) and others.

**US LACROSSE GRANTS AND SCHOLARSHIPS:** US Lacrosse is accepting applications for a variety of **Scholarship Opportunities for Individual Officials**. Read more and apply for scholarships [HERE](#). This includes a “**New Officials Equipment Grant**” which is open to new officials looking for assistance in purchasing the equipment needed to become a lacrosse official. [APPLY HERE](#).

**Striped Shirts** 1 inch vertical black/white stripes (**not** the wide football stripes) with black collar and black cuffs and a pocket on the left breast; long sleeve and short sleeve. Optional United States Flag Patch is worn with the bottom of the patch centered 1” above the left breast pocket, available at US Lacrosse. You will be given two LOLA Patches which are worn centered on the right sleeve, 3” below the shoulder seam.

**Undershirt** Solid black t-shirt or turtleneck. Any visible undergarments must be black.

**Shorts** Solid black with 4 pockets and belt loops, no stripes, no mesh lacrosse or basketball shorts. If worn, compression shorts may not extend below the hem of the shorts. Black golf shorts with appropriately sized belt loops work well.

**Shoes** All black with black laces; mark out any white logos or swooshes with a black marker. Cleats are not required.

**Socks** All black ankle socks. Should just cover the ankle bones. **No** calf length socks. “No show” (well below the ankle) and “crew socks” (well above the ankle) are **not** permitted.

**Belt** 1 1/4 – 2 inches in width, solid black with a plain buckle.

**Hat** Black baseball style cap with white piping. Fitted preferred.

**Fox 40 Finger Whistle** (spare optional)

**Digital Wrist Watch** with countdown timer function.

**Flags** Two yellow, with weighted black ball centers.

**Scorecard** Reusable plastic template score card shaped to be used to check legality of sticks as well.

**Pencil** Golf or library pencil is fine. May purchase “bullet pencil” from officials store.

**Coin** Half-dollar size or larger.

**6’ Mini Tape Measure** Not the Bob the Builder size!

**1:40/20-second Timer** There are 2 types: the 20 second timers and the 1:40/20 second timers, the later is great for managing time outs and time between periods.

**Step 5.** Download and become familiar with the [LOLA Policy Manual](#).

**Step 6.** Get in shape / Stay in shape! Lacrosse officials cover 3-4 miles during a 1 1/2 - 2 hour varsity game. It's important to get in condition *before* the season rather than *during* the season.

**Step 7.** Register for and watch [LOLA's 2020 Annual Rules Clinic Webinar](#), recorded in January of 2020. Attend classroom, on field, and online training sessions as they are scheduled. We will keep you posted.

Questions? Contact Dustin Percle, Head Trainer, [dpperple74@gmail.com](mailto:dpperple74@gmail.com), (225) 315-8965