

2021 UMPIRE TRAINING COURSE

(Includes: February 2021 - World Lacrosse Rules Memorandum
“Clarifications For Women’s Rule Book 2020-2022”)



FROM “THIS”



TO “THIS”

So, you have decided to become a Women's Lacrosse Umpire. After reading and understanding the Rule Book (including current addendums), the following are some of the fundamentals to help you on your way.

1. **WEAR APPROPRIATE ATTIRE:**

- Be and look professional, wear black and white striped shirts with black shorts/skirts (leggings may be worn underneath your shorts/skirt), black socks and black shoes/boots.
- Black accessories such as cap/visor, lanyard, watch.
- A good black whistle (preferably a pealess type), cards, and yellow flag(s).



2. **UMPIRES are the third team.**

- Always trust your teammates and be confident in their ability to call fouls.
- Do not overcall your teammate unnecessarily but be there for assistance.
- Always keep eye contact with your teammates. Ideally sunglasses should not be worn.

3. **BE CONFIDENT – HAVE A SENCE OF BELONGING**

- Always use your hand signals and a confident whistle when calling fouls. Showing confidence fosters belief in your call and reduces the sidelines questioning the call (i.e. selling the foul).
- If a mistake is made inadvertently (foul or foul signal) do not be afraid to admit it then correct it immediately and quickly.

4. **WATCH the game not the play.**

- Officials can become too focused on the play (the ball) but we need to have a bigger field of focus. If we focus only on the ball who is watching the rest of the play/players.



5. **SIDELINE CHATTER (do not listen to it or get distracted by it):**

- There is nothing worse than an umpire that reacts to calls from the sidelines for fouls. Try to block out negative comments from coaches or spectators. If it is out of hand, remember there is a carding system in place for you to use.
- If you find yourself briefly talking to a coach during a game, remember to keep focused on the game.
- The local (e.g. Lacrosse SA) or National Governing Body (ALA) have a policy for spectator behaviour.

6. **POSITION YOURSELF:**

- Get into a position to see the space between players, players rarely stop moving so neither should you. Move with the play to keep view of the spaces where contact will occur. If you find yourself leaning or crouching to see, you are not in position. **Be in the best position to make the correct call.**
- Move quickly to get to a position to see the ball that goes over the boundary line and who is closer.



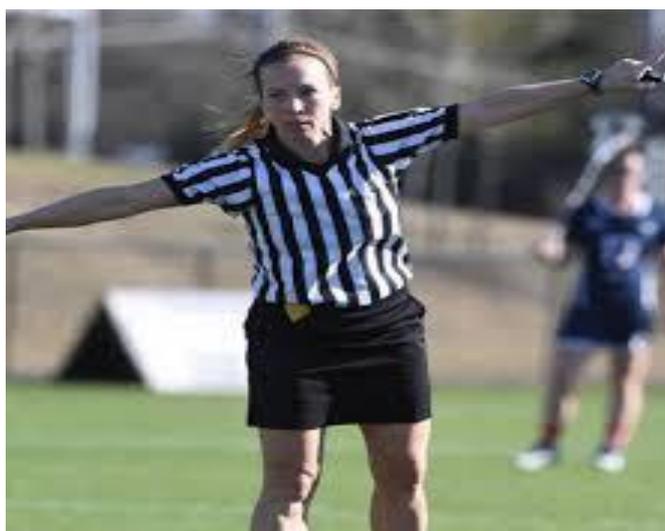
Great Lead Umpire positioning to see the play in front of goal, goal circle fouls and scoring.



Do not allow players to move behind you, step back and keep the play inside you and the field (you can step outside the boundary line) then step back in.

7. **COMMUNICATION.**

- To avoid confusion, speak in the language of the Rule Book when speaking with players and coaches.
- Use crisp and clear hand signals (vital for players, sidelines and **most importantly, the other umpires**).
- Keep your cool, speak how you want to be spoken to, watch your body language, tone of voice, verbal clarity, especially show respect.
- Eye contact is vital to ensure each umpire is correctly positioned and focused on the game. In this aspect, sunglasses should not be worn unless necessary.



Clear, crisp and visible hand signals are vital, in this case 1) calling all clear for a goal, and 2) showing direction of play after calling a goal circle foul.

Remember these basic guidelines and officiating becomes relaxed and more enjoyable.

UNDERSTANDING THE RULES:

All umpires must understand exactly what a foul is, and what it is not, when to call the foul and when to pay the advantage. The following describes many of the rules, some interpretations, and some guidance into the fundamentals of umpiring.

All Umpires should regularly read and understand all the rules of Lacrosse especially as they develop or change from year to year, there is always something we miss or forget so Umpires need to be one step ahead of players and coaches.

Minor Fouls (Rule 20) are non-dangerous fouls with minimal bearing on the safety of play.

1) **Illegal Equipment and Improper Equipment:**

- 1) Using illegal stick or head, e.g. pocket too deep...
- 2) Jewellery, absence of a mouthguard...

Add other examples; refer to the rulebook if needed...

• _____

• _____

2) **Procedural Errors:**

- Empty Crosse check (pre-check), holding opponents crosse (minor)...
- Restraining Line foul, illegal substitution, illegal draw...
- Self-start when not permitted, false start, e.g. at centre draw or during a throw is a turnover...

Add other examples; refer to the rulebook if needed...

• _____

• _____

Pre-check (empty Cross check): Just because two or more sticks touch or connect whilst players are attempting to legally play the ball does not mean that one has been pre-checked. This often occurs (regardless of coaches' incorrect opinions) and does not always require a whistle.

3) **Misplaying the ball:**

- Body ball - deliberately impede, accelerate, kick, or change the direction of the ball to her or her teams' advantage. Unexpected deflection may not be deliberate.
- Covering a ground ball (with crosse or body).

Add other examples; refer to the rulebook if needed...

• _____

• _____

Covering a ground ball is when player (including goalkeeper) uses her stick to trap/cover the ball when it prevents an opponent from making a legal play on the ball. The ball may be covered without penalty when no opposition player is attempting to make a legal play on the ball.

A player can use her Crosse to flick a ball sideways without covering the ball.

Penalty for a Minor Foul infringement is 4m to the side of the free position.

Remember, the offender(s) must take the penalty, even during a self-start procedure.

Major Foul – (Rule 21) are rules put in place to ensure the safety of all players. Major fouls can be categorised into various levels as follows:

1) **Major Fouls – ‘Level-1’ - May call advantage (held whistle) depending on the level of play:**

- Dangerous/Rough check, holding crosse within a field-Crosse width of an opponent's face...
- Reaching across the body (when feet are behind **or only level** with the opponent) ...
- Must not block, charge, barge, shoulder, push...
- Shoot dangerously/unsafely without control...
- Holding opponents crosse (major), tripping, hooking the end of an opponent's Crosse...
- 3-second rule...

Add other examples; refer to the rulebook if needed...

• _____

• _____



A clear reaching around the body call.



Reaching around the body OR holding the crosse too close to the opponents face & being too close to the head.



A clear barge / shoulder / push...



Less obvious but still reaching around the body.



Both photographs show dangerous or rough play (conceivably by both players in red in 'left' photograph). Do not hesitate to foul more than one offender if justified.



2) Major Fouls – ‘Level-2’ – Advantage Flag (Rule-22) OR Immediate Whistle:

Advantage Flag is a held whistle for a major foul committed by the defence when the attacking team is on a scoring play. Once the scoring play is over before a shot is taken, the Umpire will blow the whistle to stop the play and set up the free position.

- Criteria for a scoring play: Within 11m of goal, forward movement to goal, able to shoot safely...
- Be aware there can be a flag call for a 3-second violation if it occurs inside the 11m area.

List all criteria necessary for an Advantage Flag; all noted in the rulebook if required...

- _____
- _____
- _____

Immediate Whistle for safety reasons the Umpire must blow the whistle immediately to stop play.

- Once a scoring play is over, either a foul by the attacking team, attacking team stops the direct attack on goal, another foul by the defensive team that requires the game to be stopped...
- Defensive team having a second/unprotected player in the goal circle...
- Obstruction of Free Space to Goal...

Add any other examples for an immediate whistle; refer to the rulebook if needed...

- _____
- _____
- _____



Legal defensive positions to avoid free-space call.



Flag call, attack player has lost the ball after another foul by the defence so the umpire is about to stop play.

3) Major Fouls – ‘Level-3’ – Misconduct And Warning Cards (Rule-23) & Mandatory Cards:

There are several reasons to issue misconduct warning and mandatory cards. Each one has its own criteria, i.e.: -

- Delay of Game – continuing – a) Failure to move 4m for a free position; b) Failure to follow an Umpire’s direction; c) continuing false ‘self-starts’...
- Personal Misconduct Cards – A player must not a) Conduct herself in a rough, dangerous, or unsporting manner; b) Persistently or flagrantly violate the rules; c) ...
- Mandatory Cards – Check to the head (noting that all contact to the head is not necessarily a ‘check’ to the head, contact may have been caused by a player forcing herself through a legal defence).
- Penalties for Goalkeepers have different scenarios when issued Cards, are the penalties treated the same as a field player? Not quite, it depends if the team only has 1 or 2 dressed goalkeepers, time to ‘dress’ a new goalkeeper and the like. Make sure you know them because goalkeepers are carded.
- When issuing a card to a coach or bench personnel be sure you are aware of the procedures for the team playing a player(s) down (who come off, can they change player(s) to serve the penalty??)
- Cards incur timed penalties, different for ‘Yellow’ “Yellow/Red” & “Red”. Make sure you know them.
- Do not forget the correct procedures (time out, hand signals, etc.) when issuing Cards.

List all Misconduct and Warning Cards including the criteria for each; all noted in the rulebook if required...

- _____
- _____
- _____
- _____

List all Mandatory Cards including the criteria for each; all noted in the rulebook if required...

- _____
- _____
- _____



Mandatory Card for a 'Swipe' and 'Check to the Head'. If players want to argue that contact was NOT made, do not debate, just make the call! (Can be a Swipe or Dangerous Check, same result!!!) If the offender (teammate, coach, or bench) continues to argue the call (i.e. failure to follow an Umpires instruction/call), in a worst-case scenario additional cards may be issued. Remember, not all contact to the head is a yellow card, sometimes a player may turn into a legally placed defender. Additionally, a check to the head may well have been an accident, but this usually means the defender was not in a legal position, or was clumsy/inexperienced/tired, but the fact is that the player was checked or 'taken out' and the card warranted.

Penalty for a Major Foul infringement is 4m to the rear of the free position.
Remember that the offender(s) must take the penalty, even during a self-start procedure the offender(s) must adhere to the procedures.

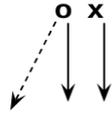
WORLD LACROSSE – UMPIRE REFERENCE MANUAL (Refer WL website)

Kicking / deliberately playing the ball off your body to you or your team’s advantage:

Schematic Body Ball Diagrams

KEY: X = Opponent -----> = Direction of the Ball
 O = Offending Player -----> = Direction of the Player

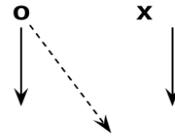
A. One-on-One Situations



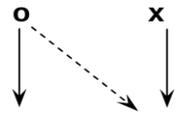
CALL – Ball kicked to O’s distinct advantage



NO CALL – X not within playing distance of the ball



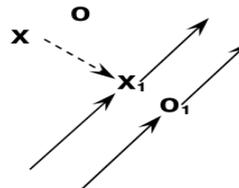
NO CALL – X has 50/50 chance to play the ball



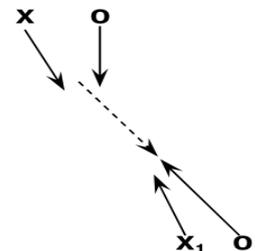
NO CALL – Ball goes directly to X; distinct disadvantage to O.

B. When teammates are involved, the umpire must look at the bigger picture

CALL – The ball rebounds directly off X to X₁ and prevents O₁ from an equal opportunity to play the ball



NO CALL – As long as O₁ is ahead or even with X₁, there is no call even if O₁ misplays the ball.



NO CALL – Ball bounces off X’s shoulder; no distinctive advantage to X



Centre Draw:

To draw, two opponents stand with one foot toeing the centre line. If a player is stepping on or over the line, don't make an issue out of it, just ask/tell the offender(s) to 'step back' to commence the draw.

Players on the outside of the centre circle should also toe the line and it is up to the other umpire(s) to enforce this rule.

Crosses are held in the air 'above hip level' (do not waste time discussing the height of crosses if the players are of different height, make the decision for them) plastic-to-plastic parallel to and over the centre line.

Both the head and shaft must lie along the vertical plane of the centre line. The hand at the bottom of the player's shaft cannot be higher than the hand at the top of the shaft. The butt end of the shaft cannot be lower than 30 degrees from being parallel to the ground.

Crosses will be held back to back the right sidewall is down so that each player's crosse is between the ball and the goal she is defending.

A player's top hand may not contact the throat pocket or sidewall of her Crosse (any part of the crosse).

Three players from each team may contest the centre draw. One being the centre player and two others on the outside of the centre circle.

The rest of the players must be behind the restraining line and may not cross (or be touching/standing) on the line until the ball is in a player's stick and the umpire (closest to the ball) calls possession and indicates direction of play/possession. Don't have each umpire making the call at different moments in play.

If you see players pushing to get a more favourable position, standing on the centre line, centre circle or restraining line, be pro-active, warn them, separate them before the game starts, do not wait for the whistle and call a foul. You may need to inform the centre Umpire not to continue with the centre draw.

Watch for illegal movement of players and illegal draws, pay the free position at the centre line.

Early entry over either Restraining line is a minor foul.

Entering the centre circle before the whistle to commence the game is a minor foul and **will be called if the player or her team gains a clear advantage because of the violation** with the free position at the centre line.



The Centre Umpire should make eye contact with the other umpires to ensure they are all 'good to go'.



Players taking the centre draw are to 'toe the line', like the player with the blue top, the other player should step back slightly.

Players and Umpires must be ready to start the game (i.e. the Umpire has the ball in hand ready to place it between the two crosses) within thirty (30) seconds after a goal has been scored (this time also allows for a stick check after the goal)

Offside:

Offside is a minor foul and violation of the rule results in the ball being given to the non-offending team.

When an attacking team goes offside, the whistle should be immediate to stop play, correct the offside and set up the free position (turnover).

When a defender goes offside, and the attacking team is not on a scoring play blow your whistle as soon as possible/practicable to correct the offside and set up the free position.

Note: *This is not necessarily a "got-you" call against players who may step on or just over the RL before they can stop moving and especially if this minor discretion had no bearing on the play at the time.*

However, if the attacking team is on a direct route to goal then allow them the advantage to score. At this time, hold your arm straight in the air with your palm open, then when blowing your whistle to penalise the offside close you fist. (Just a verbal/held whistle advantage...NOT a yellow flag)

Contact:

Essentially Women's Lacrosse is a non-contact sport but as we all know incidental contact occurs but not all contact is a foul. Contact can be body to body or stick on body. A defender's stick can be touching an attacker's body without it being a foul, or an attacker may want to feel the attacker's stick so they know where they are while looking for the next pass. Alternatively, a defender may also like to feel the location of her opponent.

This is especially so for experienced players who know what they are doing and in higher-level competition. For junior competition and less experienced players take more care, call the foul if/when necessary. Do not make players work too hard for a free.

We must watch for defenders using their shafts to steer push or hit an attacker, usually contact seen by the extension of the arms or the moving of defender feet forward. Watch for bottom hands as it is becoming more prevalent that players are using their bottom hand to push or hit hips whilst keeping their top hand still to confuse or trick umpires.

Watch for body contact by the defence (block/hold) with their body or stick as an attacker attempts to dodge. Also watch for legs and knees being pushed out to trip the opposition player.

Body contact by the attacker (barges/charge) as they attempt to push through a defender who has legal position. Here you need to watch for any movement by the defender to move into an attacker, or no attempt by the attacker to avoid contact.

An attacker may make contact that 'slightly' moves a legally positioned defender (arms, legs, body). If so, the defender is entitled to regain her original position with a 'slight' push (not a big shove) without being fouled.

Reward good defence, the key is to watch who displaces who, who caused the first contact.



Do not permit defenders to continue pushing or contacting attackers. Call advantage if there is a clear advantage, otherwise call a foul.



***Charge or Block? Who made the first contact??
If it was a block, was there contact to the head?
If it was a charge against a legal defence, which caused contact to the head this is not a Y-Card.***



In these two photographs, attackers have 2 choices, pass to a teammate, or roll out. On the left, the defenders are in good legal position (feet/legs, body, and Crosse). On the right, the defenders have their Crosses too wide (this could be a simultaneous block/charge foul). Watch out for late extension of elbows/arms or legs. Watch out for the attacker trying to push/charge through good defence. Reward good defence...



Get into position to see any arm contact to the head. Block or Charge? Get into position early.



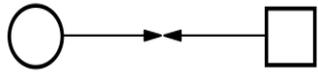
Correct positioning is essential to see fouls, such as pushing or holding opposition players with their hands.

WORLD LACROSSE – UMPIRE REFERENCE MANUAL (Refer WL website)

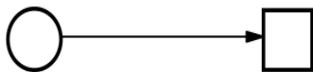
CHARGE, BLOCK, BARGE, SHOULDER, ETC. (Rule 20.A.6)

Block and Charge Situations: ○ = Attack Player □ = Defence Player

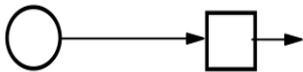
—————▶ = Direction of Movement



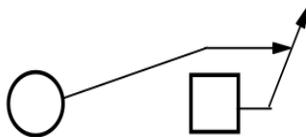
Double Foul - Neither player makes an attempt to avoid contact; Throw.



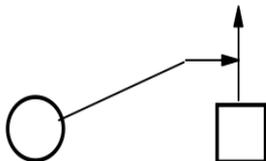
Charge by Attack - Defender has established her position within the attack's visual field allowing time and space for the attack to change direction.



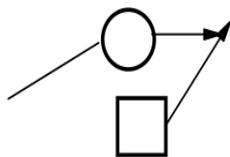
Charge by Attack - Defender has given ground and tries to avoid contact.



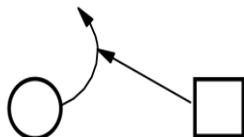
Charge by Attack - Defender has given ground and tries to avoid contact.



Block by Defender - Attack has made an effort to go around the defender and avoid contact. Defender steps into path of attack and causes contact.



Block by Defender - Once the attack has worked to get her feet level/even with the defender, the attack has the right to that space.



No Call; No Contact - The attack has made the move to avoid contact, and the defender has moved diagonally to maintain body checking position without contact.

Held Whistle (Advantage call):

An umpire may choose not to whistle a foul but to allow play to continue if a player has been able to maintain **quality** possession. Still signal that you have seen the foul by extending a straight arm in the direction that the fouled player is attacking (moving forward) and also calling advantage (so players are aware that the umpire has seen a foul but is paying the advantage).

Do not allow play to continue after calling 2, 3 or 4 continuous 'advantage' calls in a single play. Stop the game, foul the offender, set up the free position, let play continue in a safe manner.



Administering a Throw:

There are times that a throw will be taken, including when an umpire does not know who was the last player to touch the ball when it went out of bounds, or if players were equal distance when ball goes out of bounds...

List all reasons when a throw will be taken; all noted in the rule book if required...

- _____
- _____
- _____
- _____
- _____
- _____

Once you know when to have a throw you must know how to do it, how and where to take the throw, positioning of players, what to do if one player moves before the umpire throws the ball & blows whistle (turnover of the ball unless the umpire has done something wrong) and so on.

The rule book details all these items.

Stick Checking:

An umpire must watch for the stick checks that invade the ball carriers bubble/sphere (crosse within a field-Crosse width of an opponent's face), checking that causes the ball carriers stick or the ball towards the head or neck, checks that contact the ball carriers body and checks that are from behind the ball carrier and go across the body. Any dangerous use of the lacrosse sticks when checking is a foul. All checks must be controlled.

Watch for players being off balance when checking, one handed swinging. Even if they miss or accidentally make contact, it can still be dangerous and cardable.

Read the Rule Book for descriptions, not so much on how to check but how not to check, e.g. not to reach across the opponent's body when feet are behind or level of an opponent, i.e. feet must be in front.



Forcing an opponent's Crosse into her body/face must be called as a foul, it is NOT a 'good check'.



Nothing wrong with 2 defenders checking at the same time just make sure the checks are safe.

Three Second Violation inside the 11m Advantage Flag Area (Major Foul):

Umpires must be aware of defenders that stand in the 11m fan (marking) area without actively defending an attacker who is within a stick length (1.5m) away from her.

Only one defender may mark the same non-ball player in the marking area. A Defender who is marking the player directly behind goal is exempt from 3-sec rule (but not FSG) but if the attacker moves from directly behind goal the defender then must move out of the marking area within the three seconds.

A defender drawn into doubling a non-ball carrier whilst still marking her opponent directly behind goal may remain in the 11m marking area.

If the attacking team is on a scoring play at the same time of a 3-sec violation a Flag Call should be called in lieu of calling the foul.

This is one of the easiest calls to make, if defender(s) are illegally standing or zoning in the area in front of the goal, blow your whistle, remove them, and set up the free position.

Read the Rule Book for full descriptions of this rule, how and where to set up penalties, when the 3-sec count commences, etc., etc.

Free space to goal:

Violation of this rule is an **immediate** whistle as it can be dangerous to the player who is standing in front of an attack player looking to shoot (although a shot should not be taken if it is not safe, this occasionally happens).

Free Space to Goal – is an imaginary pathway to goal as defined by two lines extending from the ball which must be within 11m of goal to the out edges of the goal circle. No defender will be penalised if positioned below goal line extended.

A player must be looking to and have the opportunity to shoot safely. Just because an attack player has the ball in the 11m area does not mean she is able to shoot. A player with their back to the goal or double and triple teamed doesn't have a safe shot so there would be no free space call.

A defender who has been drawn through the free space to goal by her attacker should not be penalised if she moves through without hesitation or stopping.

Read the Rule Book for full descriptions of this rule, the diagrams that help explain the rule, where defenders can stand, how they can defend the ball and where to set up penalties, and especially the criteria for the call.



Two defenders definitely not in Free Space to Goal and correctly entering the FSG space, sticks first.



Some players will shoot regardless of defenders. Make sure all 'FSG' calls are correct and quick.

Advantage (Yellow) Flag:

Advantage Flag area includes the 11m fan and the playing area behind the goal that runs 12m deep and 11m to the side of the centre of the goal line.

The advantage flag is a held whistle and raise their yellow flag for a **major foul committed by the defence when the attacking team is on a scoring play within 11m of goal.**

A scoring play is a continuous effort by the attacking team to move the ball towards goal.

If the advantage is lost, the free position will be set at the nearest hash to the spot of the foul.

If the foul occurs within the 11m outside the marking area the free position is set on the nearest 11m hash mark and a penalty lane will be cleared of player's crosses and bodies.

The fan (marking area) is cleared if the ball is set on all the other hash marks.

If the ball is set on the GLE then only a lane in front of the goal will be cleared, i.e. not behind the GLE.

If the attack fouls a throw will be undertaken.

When clearing the fan or penalty lane make sure that all other players' body and sticks have cleared the area.

When is the scoring play over?

List all reasons when a scoring play is over; all noted in the rulebook if required...

- _____
- _____
- _____
- _____

Misconduct and Warning Cards:

The carding system is for umpires to use to keep control of the game, the participants including coaches.

For delay of game fouls, the first incident will incur a minor foul penalty. For the second transgression, a major foul penalty will be awarded. (If a team continuously breaches the rule it can be turned into a card)

Yellow Cards are awarded to players for personal misconduct and incur a 2m timed penalty.

Red Cards:

A player awarded a second yellow card will be shown a yellow/red card and serve a 5-minute timed penalty.

A Straight red card is for flagrant, reckless, dangerous play and incurs a 10-minute timed penalty.

Positioning:

- It is important for umpires to understand the importance of correct positioning which allows Umpire's to:
 - Enhances the ability to ensure **SAFE** and **FAIR** competition.
 - Allows the officiating team to see the game from multiple and changing angles.
 - Make thorough foul recognition.
 - Have better eye contact/communication, setting up of foul positions, game management, etc.
 - Seeing the **'Big Picture' vs. the 'Small Picture'** (refer picture on next page) do not get too close or too far from the play that you miss some infringements.

Small Picture vs. Big Picture



Small Picture Big Picture

- Move continually to keep seeing the space between players' which is where fouls usually occur.
- If you find yourself looking directly at backs or fronts of players move to a better position to see the space between them. This provides clear views and perception of depth.
- If you are crouching or leaning to see, move to a better position, never plant yourself in one spot.
- Be in position and close to the play when the ball is in the Critical Scoring Area (11m) as lead.
- Never walk or dawdle into position but run, hustle, get there to see the play, try to anticipate the next play. Show respect to the players and in turn you will earn it from the players, coaches, and spectators.



Lead Umpire must be close to the Goal, positioning near the Restraining Line is "WAAAAY" too far out.



Anticipate and move to get into the best position.

There are positioning differences between three umpire or two umpire systems (refer following diagrams).

Three umpire system basics include:

Lead (A or B depending on direction of play) Umpire is ahead of the ball so the play comes toward you and you are able to position yourself accordingly (anticipate the standard of the teams so you do not go too far down the field in case of a turnover. Open your shoulders to the whole field and maintain ball awareness.

Makes the final 'goal' decision, calls 'shot', is on-ball for the majority of play around the goal (not so when the play is travelling to other umpire positions and they have the better view), cover end boundary.....

Centre (C) Umpire escorts the ball Upfield and is either level with or just behind the ball/play.

Trail (A or B depending on direction of play) Umpire is always behind the ball (trailing it up field) assisting the Lead Umpire when necessary.

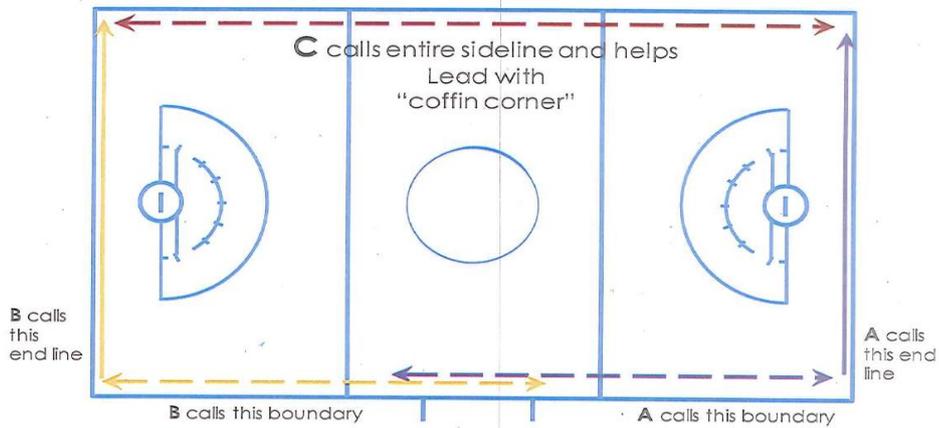
Two umpire system basics include:

One umpire on each side of the field. Your "Lead" area is to goal to the right of your and you become the "Trail" at the other end.

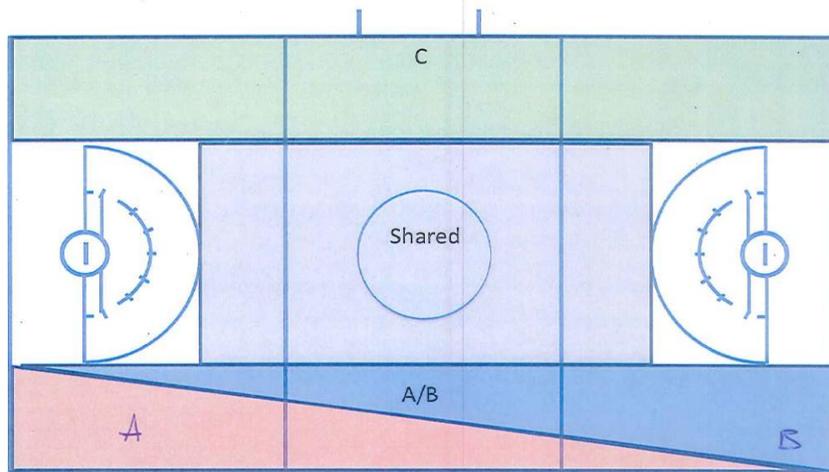
When a goal is scored, the Trail Umpire to conduct the centre draw as they are closest to being in position at the time.

(Please ignore the 15-metre field markings as shown on the following pages.)

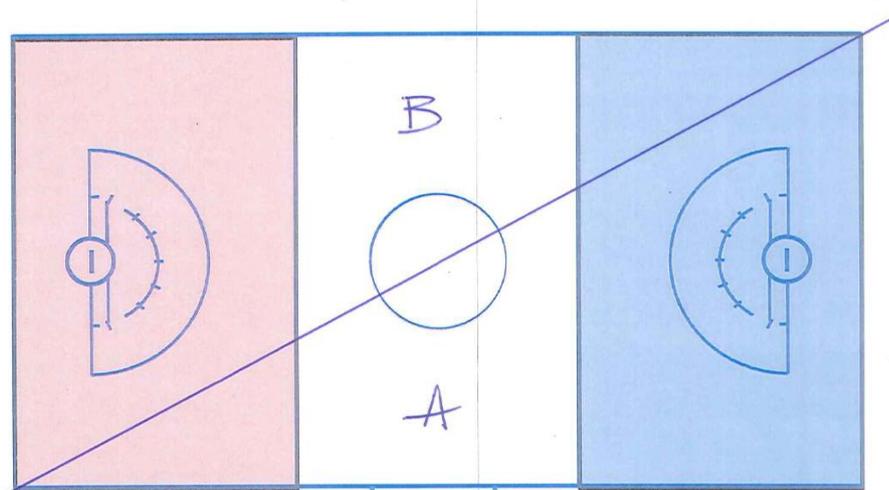
BOUNDARY COVERAGE FOR 3 UMPIRE SYSTEM



AREAS OF COVERAGE FOR 3 UMPIRE SYSTEM

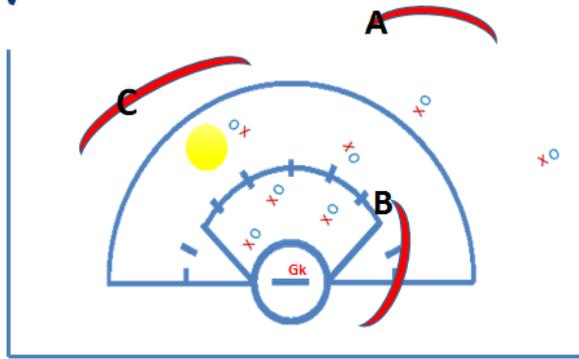


AREAS OF COVERAGE & BOUNDARY COVERAGE FOR 2 UMPIRE SYSTEM



***Each Umpire takes the goal to the right side to become the "Lead Umpire".
The second umpire takes the role of a "Trail Umpire" and assists where possible depending on the play.
Each Umpire covers the side and end boundary in their respective (triangle) area of control.***

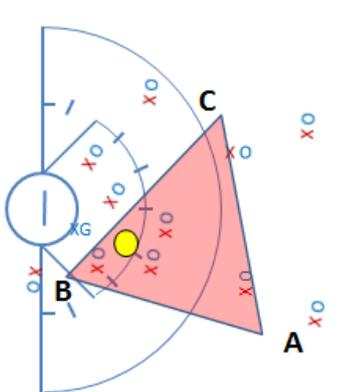
ARCS OF MOVEMENT



ALL Umpires must move laterally (ARCS OF MOVEMENT) around the goals shadowing the movement of the ball in play. This allows for the best positioning to call 'FSG', space between players, Goal Circle fouls, etc.

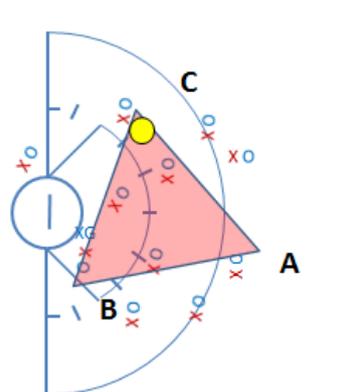
- This schematic shows approximate 'Arcs of Movement' for a three Umpire system whilst maintaining the 'Positioning Triangle'.
- The photograph shows the Trail Umpire shadowing the ball carrier as well as the play between her and the goal (being "off ball").

Umpire Triangle



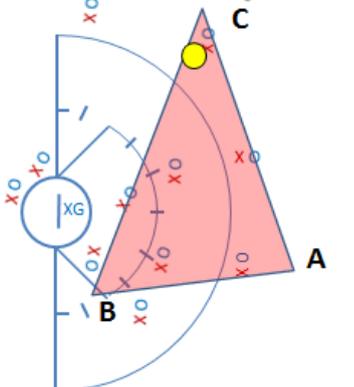
Ball stays in "triangle" between officials.
As ball moves, officials move!

Umpire Triangle



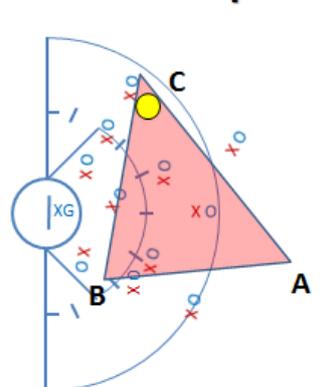
The size of the triangle changes as play progresses.

Umpire Triangle



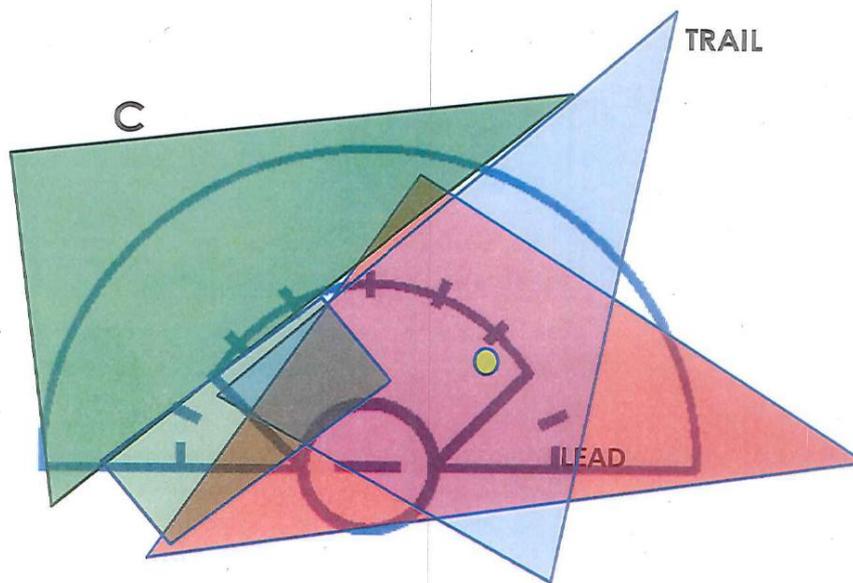
Wider play (ball out towards sidelines or out of CSA) creates a bigger triangle.

Umpire Triangle



Lead Official (B) adjusts to ball.
C and Deep Trail (A) adjust relative to the ball and each other.

EXAMPLE OF AREAS OF COVERAGE FOR 2 UMPIRE SYSTEM AROUND GOALS



Career Pathway

Officiating can be undertaken at various levels starting at 'Club' level and progressing to 'State', 'National' and finally 'International' level as an on-field Umpire.

After all that running there are opportunities for off-field officials including "Technical Delegates" (soon to be called "Umpire Coaches"), "Assessors" and "Mentors", even going on to National Officiating Committees.

Before you get all the benefits, exhilaration and excitement of being a well versed umpire it is essential to travel to various championships and tournaments in Australia meeting other umpires, working hard and learning as much as possible before officiating in international events and eventually World Cup events with an International Accreditation.

Our game doesn't only need players to exist we need well trained and competent Umpires as well.

Compressed version of the 2020 Australian Umpires Career Pathway (refer to the ALA website:

ALA - Umpire Career Pathway					
LEVEL	0 - Under Aged Club (U-11 U-13)	ALA Level 1 - CLUB (U-15 U-18 Senior Level)	ALA Level 2 - STATE	ALA Level 3 (FIL Level 1) - NATIONAL	INTERNATIONAL
Item 1: Theory Test Requirement:	Min 80% of each State's U-11 / U-13 Theory Test Current State Rules (Open Book - 3 chances to succeed). To be undertaken before the -31st May- EACH YEAR.	Min 80% ALA On-line Theory Test - Current FIL Rule Book AND Current ALA Rule Variations (Open Book - 3 chances to succeed). To be undertaken before the -31st May- EACH YEAR.	Min 80% ALA On-line Theory Test - Current FIL Rule Book AND Current ALA Rule Variations (Open Book - 3 chances to succeed). To be undertaken before the -31st May- EACH YEAR.	Min 80% ALA On-line Theory Test - Current FIL Rule Book AND Current ALA Rule Variations (Open Book - 3 chances to succeed). To be undertaken before the -31st May- EACH YEAR.	Min 80% FIL On-line Theory Test - Current FIL Rule Book AND Current FIL Rule Variations (Closed Book - 2 chances to succeed). To be undertaken as directed by FIL EACH YEAR.
Item 2: Minimum Experience: (Umpires 18 years old and older are eligible to officiate in any grade, locally and Nationally.)	Entry Level - If under 18 years old, must be at least 2 years older than the 'year level' being officiated. Subject to appropriate level of competency assessed by officials of each State (or at an approved ALA Event). Additional assessment(s) may be required to ensure competency at each level.	For ALA Level 1, if under 18 years old must be at least 2 years older than the 'year level' being officiated (subject to competency). Must attend training session(s) as required by each State prior to season commencement. Items will include Rules, Interpretations and Umpire Mechanics.	Required to hold Level 1 for a minimum of 1 year from the date accreditation is provided and actively umpire in at least 15 games in a combination of U-18 and "senior" level. Must attend training session(s) as required by each State prior to season commencement. Items will include Rules, Interpretations and Umpire Mechanics.	Hold Level 2 for a minimum 1 year from the date of accreditation and actively umpire (e.g. at least 15 games) at a "senior" level. Assessments to be undertaken at approved ALA Events, e.g. National Championship.	Minimum 1.5 years at National Level. (ALA to ensure minimum 20 games officiated in the States highest level of competition in the 2 years before FIL selection process commences).
Item 3: Practical (On-Field) Assessment:	Subject to appropriate level of competency assessed by officials of each State or at an approved ALA Event). Additional assessment(s) may be required to ensure competency at each level. ALA Assessment Forms to be used to provide feedback to each Umpire (up to ALA National Level).	Minimum 2 full games with 2 written assessments in the one "season" confirming accreditation at the particular level.	Minimum 2 full games with 2 written assessments in the one "season" confirming accreditation at the particular level. Suitable fitness (for the level of competition) will apply as per ALA assessment requirements.	Written assessment of a minimum of 3 games at a single ALA U-18 or Senior Championship. Certificate of Recognition provided by ALA. Suitable fitness (for the level of competition) will apply as per ALA assessment requirements.	Assessment at FIL World Event (U-18 or Senior World Cup) or FIL Approved Event, in accordance with current FIL requirements. Current FIL fitness test requirements will also apply.
Item 4: Renewal	Practical assessment undertaken every 2 years. (Theory test every year as noted in Item 1.)	Practical assessment undertaken every 2 years. (Theory test every year as noted in Item 1.)	Practical assessment undertaken every 2 years. (Theory test every year as noted in Item 1.)	Practical assessment undertaken at a minimum every 4 years. (Theory test every year as noted in Item 1.)	Practical assessment undertaken at a minimum every 4 years. (Theory test every year as noted in Item 1.)
Item 5: Recognition	Email confirming after initial accreditation and each renewal.	Email confirming after initial accreditation and each renewal.	ALA Certificate after initial accreditation and each renewal.	ALA Certificate after initial accreditation and each renewal.	FIL Certificate after initial accreditation.
Item 6: National Event Opportunities	Direct travel costs for officials to attend ALA National Events are covered by ALA.	U-15 National Tournament.	U-15, U-18 & Senior - National Championship.	U-15, U-18 & Senior - National Championship.	U-15, U-18 & Senior - National Championship.
All ALA National Events are held in different States each year.			U-18 & Senior National Championships		International Level Umpires may be suitable to attend 'under age' events as Technical Delegates and/or Assessors (travel reimbursement I.D.C.).
Item 7: International Event Opportunities	NII	NII	Southern Cross Tournament (annually)	FIL U-19 World Championship (every 4 years) FIL Senior World Championship (every 4 years)	

RULE CHANGES FROM 2020 AND 2021

**(Includes: February 2021 - World Lacrosse Rules Memorandum
“Clarifications For Women’s Rule Book 2020-2022”)**

Rule-1 – Field Markings - Fan - The 15m fan has been removed from our rules:

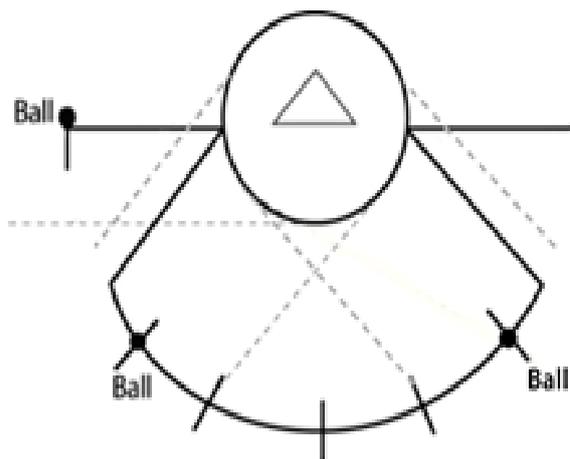
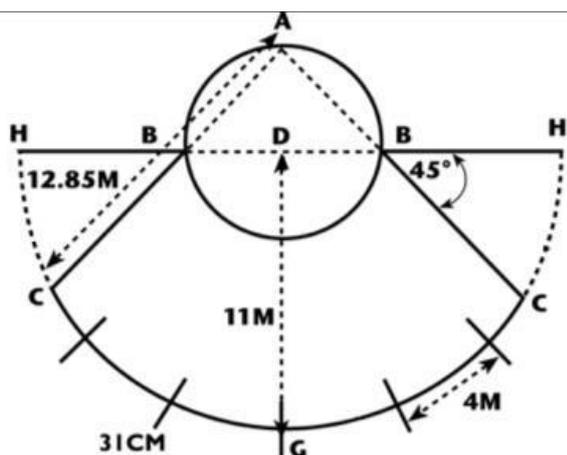
The “Advantage Flag Area” (marking area) includes the 11m fan and the playing area behind which runs 12m deep and 11m to each side of the centre of the goal.

Major fouls will be penalised as follows (refer to the rule book for detailed descriptions):

- Inside the 11m marking area, the free position will be set on the nearest hash mark on the 11m fan. The marking area, and when needed the penalty lane will be cleared.
- Within 11m outside the advantage flag area the free position will be set on the nearest hash mark and a penalty lane will be cleared of player’s bodies and crosses.
- Outside the 11m marking area, the attack will be awarded a free position at the spot of the foul the defender who fouled will move 4m behind and any other player within 4m of the free position will move away.
- Below level of goal or if goalkeeper saves shot free position is set on the nearest 11m hash mark on the goal line extended. Players will clear a penalty lane above/in front of goal line extended.

Guidance: When a major foul occurs within 11m of the goal outside the marking area in the pie shaped area, the attacker who was fouled is placed on the first hash mark inside the 11m marking area and the player who fouled must move 4m behind the attacker. **Only** a penalty lane shall be cleared. Players to the sides of the attacker taking the free position must be 4m away. For any other major foul by the defense that occurs within the 11m marking area the entire 11m area shall be cleared.

From 2021: Teams may play on a smaller field, **for a WL event the goal lines will be no less than 67.4 metres apart.**



Rule-3.5 - Mesh pockets are allowed in stick heads (refer to WL Approved Stick/Head List & Rule Book):

Either complete mesh, and combination mesh and thong stringing only no leathers on the sides.

Glue/adhesive must not be used on any thong, string, or mesh in the head of the crosse.

(Suggest you refer to the WL Approved Stick & Head list to familiarise yourself with new sticks.)

The ball must roll freely within all parts of all mesh heads and have the maximum depth requirements as all other Crosses have.

Rule-11-C – Duration of Play - (Clarifications added for ‘Free Movement’ rules):

No need for players to leave their sticks on the field for a possession or injury time out.

The player who was in possession of the ball when the time out was called, must resume play with the ball.

Rule-12 – Substitution:

When substituting, the player on the field steps off the field with both feet directly in front of her team’s substitution area **(but not necessarily into the area)**, the substituting player may enter the field.

The player who was in possession of the ball when the time out was called, must resume play with the ball.

Rule-13-C - Self-Start - (Revised rule/changes from 2020 including 2021 modifications):

Following a whistle (and hand signal) for a major or minor foul outside the 11m Advantage Flag area, the player who is awarded the free position may continue to play after both feet are stationary on the ground and the ball is in her Crosse without waiting for an additional whistle.

The offending player must immediately commence moving 4m behind for a major foul or 4m to side for a minor foul to the player taking the free position indicated by the umpire. All other player(s) although allowed to move must also allow 4m of clearance.

The player who has been awarded the free position may self-start following the umpires signal of the foul and the umpires awarding of the free position.

The option of self-start is administered at the spot of the foul however if the ball is within playing distance (a stick and a half-length away, approx. 2m from the player who is awarded the free may pick up the ball and self-start.

If the ball is outside the playing distance of the foul, the player who has been awarded free position and the ball must return to the spot of the foul for the self-start. If the spot of the foul cannot be determined the umpire shall indicate the position for the free position. ~~(Delete) If the umpire has to reset the free position the umpires whistle will restart play.~~

When the ball is out of bounds, including the side and end lines, the player awarded the ball will place the ball in her Crosse and stand 2m inside the boundary from the spot where the ball went out of bounds and may self-start. All opponents must give the player at least 1m free/clear space (stick, body, and feet).

If the player who has been awarded the free position chooses to self-start, the defence may play her immediately following the self-start. ~~(Delete) If a player~~ When a defensive player moves closer to the player who has been awarded the self-start free position before the self-start starts, this is a false start and shall be penalised at the spot of the ball. Repeated false starts, delay in moving 4m by the defence or self-starts by the attack beyond the playing distance of the foul will result in delay of game penalty (Rule 23.D.1&2).

Guidance: Players MAY SELF-START following an umpire resetting the free position. The player awarded the free position will not be penalized for a self-start when this is not permitted, or if they attempt to self-start from a position further than a playing distance from the spot of the foul. To resume play, the umpire will reset the free position and allow the player to self-start from the correct position, or resume play with a whistle if the self-start was not permitted. However, a REPEATED 'false self-start' as described previously, attempts by a team to self-start beyond playing distance of the spot of the foul will result in a delay of game penalty.

Self-start is not an option when:

1. Game clock is stopped
2. There is a restraining line violation
3. There is an illegal draw
4. Goal Circle fouls, Major fouls and Minor fouls that occur in the **11m Advantage Flag area**

Guidance: Following a whistle for a ball out of bounds, the player awarded the possession may return 2m inside the field of play where the ball crossed the boundary and can self-start. All other players must move at least 1m away (**body and sticks**) from the player awarded possession and await the self-start, or the umpires whistle. If the ball crossed the boundary within the 11m Advantage Flag Area (i.e. behind the goal) the player awarded possession shall move 2m onto the playing field from where the ball went out and may self-start.

If the player who is awarded the free position attempts to self-start further from a position from playing distance from the spot of the foul, the umpire will blow the whistle, set the free position at the spot of the foul, and ~~(Delete) commence the play with the whistle~~ players may self-start.

Repeated attempts to self-start from a position further than a playing distance from the spot of the foul may result in a delay of game foul.

If a player who is awarded the free position self-starts when it is not permitted the umpire will blow the whistle set the free at the location at the spot of the foul and commence play with a whistle. Repeated attempts to self-start when self-starts are not permitted will be a delay of game card.

Instruction by the umpire to the location of the free position does not stop a self-start.

Rule 13-A - Free Movement - (Note the 'Delay of Game' and "Carding" rules):

After a whistle has been blown for any stoppage of play (foul or otherwise), all players not involved in the infringement may continue to move.

Following an infringement, the offending player must attempt to move 4m behind (major foul) or 4m to the side (minor foul) of the player in possession of the ball. All other players although able to move must be no closer than 4m. Play may

resume prior to the offending person being in position if the self-start rule is initiated by the ball carrier (WL rule 13c, including the 'out of bounds self-start procedure).

If the self-start option is not taken, and the offending player takes too long to position or encroaches the 4m space before the umpires whistle a delay of game penalty will be awarded. 1st delay of game – minor foul 4m to side 2nd delay of game – major foul 4m behind. Persistent delay of game fouls may result in a yellow card.

For infringements inside the 11m arc and set on a hash mark, players can continue to move outside the 11m fan but may be no closer than 4m to the side or behind player taking the free. The 'marking area will be cleared.

Rule 15-D - Out Of Bounds (2m (not 4m) inside boundary:

To resume play when the ball has gone out of bounds the player receiving the ball (or if a throw is to be taken) all will place the ball in her Crosse and stand **2m** inside the boundary (**i.e. NOT 4m**) from the spot where the ball went out of bounds and may self-start. All other rules noted in the Rule Book, and variations as previous, still apply...

This change also has an effect on other rules, e.g. commencing play with a throw if the ball goes out of bounds from a centre draw, for a free position following a foul near the boundary and the like only need to be 2m inside the boundary, as noted in the Rule Book.

Rule 16-B – THROW (2021 modification):

A throw is taken when:

1. The ball goes into the goal after contact with a non-player, including the umpire. The two nearest opponents will be awarded a throw on the GOAL LINE EXTENSION **at least 4m from the 11m Advantage Flag Area (Diagram 6)**. (Rule 14.C.1).

Items 2 – 10 remain the same.

Guidance (during a 'Draw'): Players positioned below/goal side of the restraining line must not cross the restraining line, as 'possession' has not been determined (Rule 13.A).

Rule 17-B.5 – CONDUCT OF PLAY (2021 modification):

If two opposing players foul simultaneously and the fouls are equivalent (minor/minor or major/major), a throw is taken. If the fouls are not equivalent, major and minor, the team committing the major foul is penalised.

Exception: Rule 16.B.8

When the attack commits any major or minor foul during a raised advantage flag/scoring play, the fouls will be treated as equivalent/offsetting fouls. A throw will be taken level with the goal line extended, **at a point 4m beyond the 11m mark on the goal line extended**. (Rules 16.B.9, & 22.C.4).

Rule-18 - Goal Circle Rules and Penalties (Defence players inside Goal Circle):

18.A.2.c (Delete) ~~Defensive player/s within a stick's length actively marking an opponent without the ball may move through the goal circle for 3 seconds when their team is not in possession of the ball.~~

18.A.2.c (Replace with) The defensive player/s may move through the goal circle.

18.B – Goal Circle Fouls

18.B.1 (Field Players).a On a shot, the attack shooter **(Delete)** ~~and the defender/s immediately marking the shooter~~ must not step on or over the goal circle line. Other defensive players **(Delete)** ~~actively marking an opponent within a stick's length~~ may move through the goal circle.

18.B.1.c Guidance: *Defenders who have legally established their position **in or** near the goal circle before the shot, must not be penalised for illegal contact caused by the attack shooter or one of her teammates.*

18.B.2.e Guidance: *The goalkeeper straddles the goal circle line to pick up a ground ball and steps back into the goal circle. **ILLEGAL:** the goalkeeper was grounded. To resume play, the goalkeeper remains at the spot of the foul (inside the goal circle), and the attack is awarded a free position **(DELETE)** ~~4m behind the 11m on the goal line extended~~ on the 11m mark on the goal line extended.*

The interpretation for 18.2.c is as follows:

2020 Guidance: ~~(Delete) Players on the defending team in their defensive end of the field may run through any portion of the goal circle while defending.~~

Players on the defending team in their defensive end of the field may run through any portion of their team's goal circle (GC).

Running through the GC may be multi- or uni-directional (i.e. A defence player running through the GC in one direction may change direction while running through.) The amount of time a defensive player is in the GC is not limited by the rule. However, no defensive player may settle or remain in the GC unless she abides by 'Rule 18.A.1'.

Defensive players may run through the GC when:

- When they are marking the attack player with the ball;
- They are marking a non-ball attack player, and;
- They are not marking any attack player

Any defender running through the goal circle must still abide by all provisions of the shooting space rule.

Guidance: If an attack player settles at the edge of the GC, any defender(s) marking her while in the goal circle, must step out. If the attacker begins to move again, the defender(s) may step back into the GC and move through to stay with the attack player.

On a shot the defender(s) directly marking the shooter must move out of the goal circle but, may reach into the goal circle with their stick(s) to block the shot or check the shooter's stick.

Situation: A defender is legally moving through the goal circle actively marking within 1m an attacker who has the ball. The attacker suddenly turns and shoots (no dangerous follow through) and as she is shooting, the defender, who is quickly trying to step out of the goal circle, still has one foot in the goal circle as the goalie makes the save. The defender continues to leave the goal circle immediately following the shot.

LEGAL: The defender was immediately exiting the goal circle as the attacker began to shoot. She simply could not move her feet as fast as the attacker propelled the ball. Note: The attacker must be aware of where the defender is and NOT propel or follow through dangerously into the defender.

Rule-20 – Minor Foul Rules And Penalties:

20.A.13 – Illegal Equipment (2nd paragraph clarification)

The player requesting the Crosse inspection must provide the umpire with the shirt number of the opponent whose Crosse will be checked (Rule 20.A.15)

20.B.2 – Minor Foul Free Positions (Clarification because no 15m arc/area)

When the defence commits a minor foul within the 11m Advantage Flag Area above the goal line extended (no advantage flag/scoring play), the attack player who was fouled will be awarded a free position at the spot, no closer than 15m nearest to and in line with the foul. The defender who fouled will move 4m away to the side of the opponent relative to her field position at the time of the foul.

Guidance: Placement for Minor Fouls below the Goal Line Extended, will be at the 'dot' described in Rule 1.D.1

Rule-21 – Major Foul Rules And Penalties:

21.B.1 (Introduction of Free Movement – around the World)

For any major fouls that occur anywhere on the field outside the 11m Advantage Flag Area, including below the level of the goal line extended (no advantage flag/scoring play), the free position is awarded at the spot of the foul, but no closer than 11m to the centre of the goal line, or within 2m of the boundary. The offender will stand 4m directly behind the player taking the free position. ~~(Delete) If the goalkeeper is outside her goal circle and has not fouled, she must stand for the free position and must not return to the goal circle.~~

21.B.2 – Obstruction of Free Space to Goal

When a major foul by the defence occurs above the goal line extended, within the 11m Advantage Flag Area and outside the marking area (i.e. in the pie shaped area), the free position is set in line with the foul on the nearer of the first hash mark in the 11m Marking Area or the 11m mark on the goal line extended, whichever is nearer to the spot of the foul. **Only the penalty lane will be cleared.** All players must move their bodies and crosses sideways from the penalty lane relative to their positions when play stopped don't forget with free movement, players can move to other areas of the field. (Rule 24, Diagram 9)

Guidance: The nearest mark, can either be the first hash inside the 11m or the 11m mark from goal on the goal line extended. The hash for the free position is dependent on the location of the foul inside the pie area and dependent on the ball carrier's momentum of a scoring play.