

KENTUCKY LACROSSE NEW OFFICIALS TRAINING FOLLOW UP CHECKLIST

- COMPLETED - Attend NEW OFFICIALS TRAINING class (4 hours)**
- Join US Lacrosse as an official at uslacrosse.org = \$50 (annual) <https://uslacrosse.org/officials>
 - If already registered as player, call US Lacrosse to add Officials status
- Order NFHS Rulebook, will need to purchase Youth Rulebook from US Lacrosse
 - Purchase your official's starter kit (including whistle, yellow/red/green cards, scorecard, yellow flag, and pencil.) UMP-ATTIRE: <https://www.ump-attire.com/> or ZEBRAWEAR: <https://zebrawear.com/womens-apparel/>
- Begin an exercise routine (include cardio to build endurance) so that you will be able to keep up with the girls on the field and not get injured (anticipate, you may run 3 miles/game). Practice good nutrition too.
- Purchase an official's striped shirt, black pants, shorts, or skirt (with pockets is best), black running shoes
- Review US Lacrosse website, rulebook and practice blowing your whistle and signals in the mirror.
- Attend Rules Interpretation Meeting for officials (4 hours)
 - January 25th – Lexington, KY @ Georgetown College 9am-1pm
 - January 26th – Louisville, KY @ Sacred Heart Academy 1-4pm
- Attend ALL Umpires Rules & Business Meeting : February 15th 9am – 1pm
- Pay KLUB (Kentucky Lacrosse Umpire Board) Dues. New officials= \$0/Returning officials \$55
- Take/Pass US Lacrosse Online Rules Course both HS Girls and Youth Rules Tests on US Lacrosse Girls Rules Exam on www.uslacrosse.org or Arbitersports.com on Central Hub with an 80% or better. This is the web link, current USL account required to access: <https://www.uslacrosse.org/officials/rules-exams>
 - First, print out PDF versions of each test to answer with rulebook, then take online
- Set Up Arbitersports.com account profile with contact info & photo. Setup day/time blocks, communicate via email with Assignor about school affiliation or family lacrosse conflicts. www.arbitersports.com
- Attend designated Rating Day to get on field training to get practice/feedback and be evaluated for your rating.
 - February 22nd – Rating @ Georgetown for ALL Levels – (Mary B./ Steve R./ John S.) 9:00 - 3:00
 - February 29th – Rating in Louisville for ALL Levels @ TBD (Chris Niblock)
- Ask Questions of Experienced Officials; Trainers, Raters, Partners, etc.
- HAVE FUN & ENJOY A GREAT SEASON!!

UPCOMING TOURNAMENTS:

- MARCH 7 & 8TH @ WOODFORD COUNTY
- SHA BRAVEHEART HIGH SCHOOL TOURNAMENT in Louisville – APRIL 2020
- KCD JAMBOREE MIDDLE SCHOOL/U 14 & U12 TOURNAMENT in Louisville – APRIL 2020

ADDITIONAL WEB RESOURCES:

US Lacrosse: <https://www.uslacrosse.org/>

YouTube & US Lacrosse 2019 – “You Make the Call”

US Lacrosse Officials Development page @ Facebook

John Slider blog: <https://restart.typepad.com/sliderlax/>

LEXINGTON CONTACTS: Steve Ranft, steve.ranft55@gmail.com, 859.312.9071 - KLUB V Chair & Mary Brainard, marydbainard@gmail.com, 859.433.1354 - Lexington Site Trainer & John Slider, jwslider@aol.com, 502.548.9712 – Lexington Assignor

LOUISVILLE CONTACTS: Chris Niblock, chris@theniblocks.com, 502.295.8701 - KLUB Training Coord & Louisville Assignor & John Slider, jwslider@aol.com, 502.548.9712 - USL Officials Development Coordinator & Trent Haffler, trent.haffler@gmail.com, 502.888.5739 - KLUB Recruiting Coordinator

Additional Trainer: Hallie Bray, hbray9500@gmail.com