



## Men's Officials Field Station Training Guide

### Overview:

Station training accomplishes three major objectives in one meeting:

1. Involves all members of the association in an activity
2. Utilizes the expertise of more experienced officials leading stations
3. Gives everyone the opportunity to practice mechanics on the field

This document shows two maps for station training. The first is most appropriate to officials associations that primary use two-person officiating mechanics. This is the *"Fundamentals Station Training Map."* The second is split between two- and three-person mechanics to allow associations to introduce officials to three-person mechanics and further train officials with three-person crew experience. This is the *"Combined Station Training Map."*

There are eight stations with an optional ArbiterSports station, and Certified Trainers can choose to swap out stations based on the needs of their association for a given season. Each station lasts between 10-15 minutes and the entire training can be completed between 2 and 2-1/2 hours. Each station is described in detail, including three major topics that leaders are expected to cover. As long as those topics are explained, station leaders are encouraged to further the discussion with their own experience and expertise. This ensures that each group receives the same core lessons while still allowing the leaders enough flexibility to guide a discussion based on the group's questions.

Each station requires a minimum of two leaders. One will be responsible for explaining the mechanic and game situation, and the other aid the primary leader through their observations and demonstrating mechanics as needed. Leaders are encouraged to involve group participants to stand in position, execute a mechanic, or stand-in for a player. This builds a great amount of interactivity into each station and officials of all experience levels can contribute to the group's greater understanding of a mechanic.

If possible, officials who were former players are great additions to a station leadership crew to give officials the player's viewpoint. For example, a former goalkeeper who now officiates can give greater insight into how a goalkeeper uses the crease to his advantage within the rules, and how a player could stretch the rules. Another example is on facing off, where a former faceoff player can explain the most common moves in detail and the most common ways to gain an illegal advantage on a faceoff. Station training is the perfect way to engage these former players more deeply in the association's training.

Finally, the Head Certified Trainer is responsible for organizing the station leaders, handing out the station descriptions, and keeping each station on time. Having a dedicated timekeeper to help with this can be very useful!

## Station Training Equipment

- Lined lacrosse field
- Goals
- Stopwatch
- Lacrosse sticks (short and long)
- One illegal crosse (make a stick as illegal as possible to demonstrate all the possible illegal variations)
- Several regulation lacrosse balls
- Extra flags and whistles (for new officials)
- Complete officiating uniform
- Helmet, mouthpiece, shoulder pads, arm pads, gloves
- Measuring tapes
- 3x5 index cards (different penalties written down for reporting station)
- Table
- Chair
- Station Handouts
- Station Signs (OPTIONAL)

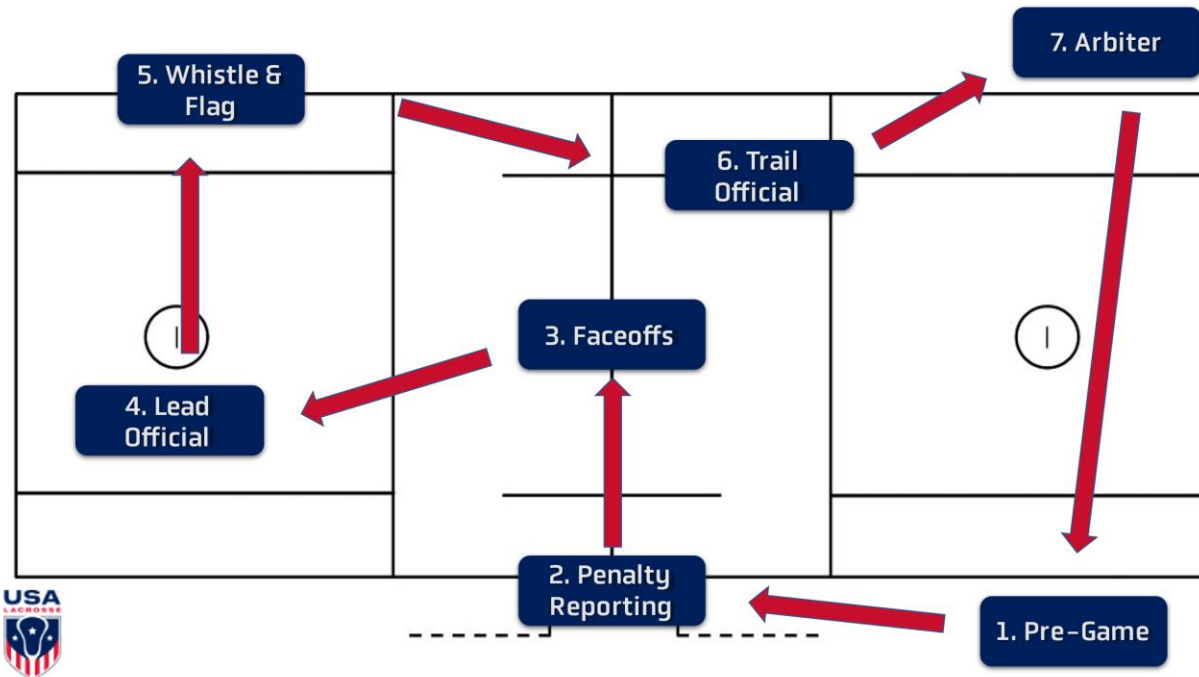
## Group Leader Requirements

- 3+ years experience preferred
- Official in good standing
- Wearing a complete uniform

## Group Design

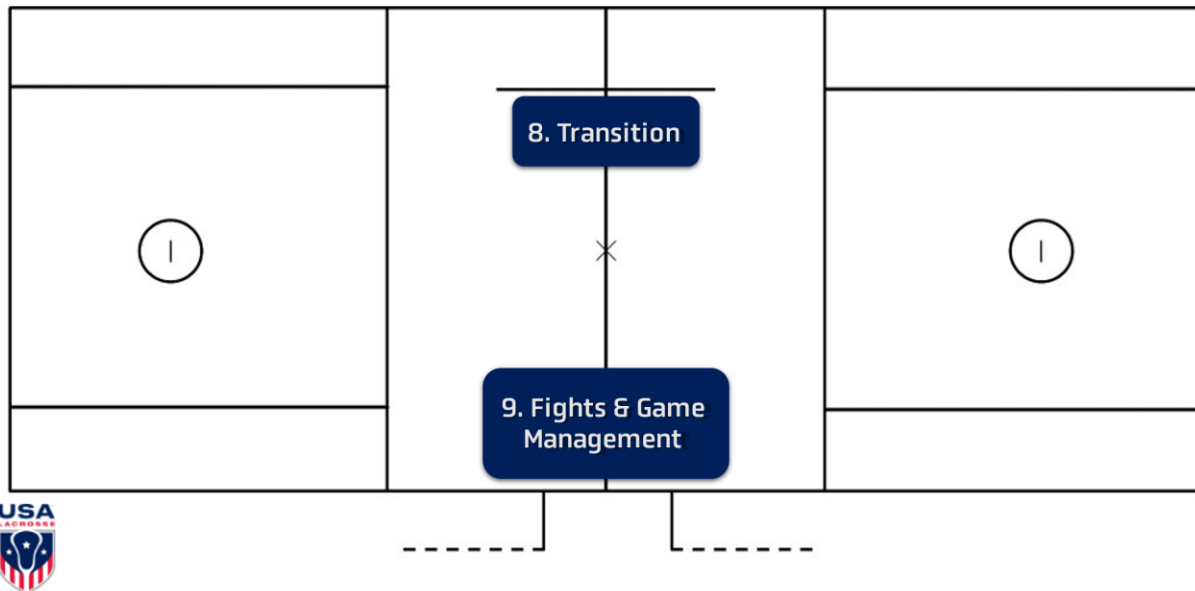
- Between 8-16 officials
- Mix of veteran and less experienced officials

## Fundamentals Station Training Map



<b>Station 1: Pre-Game Administration</b> <ul style="list-style-type: none"> <li>Walking the field to review safety issues</li> <li>Certifying coaches, prepare table personnel</li> <li>Coin toss</li> </ul>	<b>Station 2: Penalty Reporting</b> <ul style="list-style-type: none"> <li>C-NOTE</li> <li>Relaying a penalty between partners</li> <li>Multiple penalties</li> </ul>
<b>Station 3: Faceoffs</b> <ul style="list-style-type: none"> <li>Demo faceoff mechanic</li> <li>Four release conditions</li> <li>Man-down faceoffs</li> </ul>	<b>Station 4: Lead Official</b> <ul style="list-style-type: none"> <li>Close crease plays</li> <li>Goal scored and missed shots</li> <li>Becoming the new Trail</li> </ul>
<b>Station 5: Whistle and Flag</b> <ul style="list-style-type: none"> <li>Proper whistle blowing technique</li> <li>Proper flag throwing technique</li> <li>Play-On mechanic</li> </ul>	<b>Station 6: Trail Official</b> <ul style="list-style-type: none"> <li>Shooter</li> <li>Offside</li> <li>Over and Back</li> </ul>
<b>Station 7 (OPTIONAL): ArbiterSports</b> <ul style="list-style-type: none"> <li>If an indoor area is available set up multiple computers with internet access</li> <li>How to mark yourself as available, access rules tests, access Central Hub</li> <li>Take headshots and upload pictures to official's profile</li> </ul>	

## Fundamentals Station Training Map - Continued



This map shows the two stations that are viewed by all participants along the sideline. As many group leaders as needed may be used to demonstrate positioning or play-act as a player, coach, or fan. These stations are performed one at a time.

### Station 8: Transition

Demonstrate two-person crews in transition  
 Ball out of bounds through substitution area  
 Over and Back

### Station 9: Fights & Conflict Management

Demonstrate two- and three-person crew fight mechanics  
 Protocol for a disruptive fan  
 Ramp for players and coaches

### Wrap Up and Picture:

Association leaders can use the end of the station training for any final pre-season announcements. Since this is likely the last time the entire association will be together on one field this is a great opportunity for a group photograph of the association that can be shared with all members.



## Fundamentals Station Training Handout

These three pages describe the major topics for each station in more detail. Group leaders should strive to cover the major topics in the time allotted and guide the discussion that arises from the group.

### Station 1: Pre-Game Administration

- Walking the field to review safety issues
  - Are the lines correct? Are there any drainage grates, track and field equipment, or other obstructions near or inside the boundary lines?
- Certifying coaches, prepare table personnel
  - Where and how to certify the coaches. “Are all of your players legally equipped by rule?”
  - Meeting with table personnel, getting names, and reminding them of their responsibilities
- Coin Toss
  - How to perform the coin toss (catching the coin)

### Station 2: Penalty Reporting

- C-NOTE
  - Color, Number, Offense, Time, Explanation – tell a story
- Relaying a penalty between partners
  - Group is split up. One official relays a penalty to official near table area, that official reports the penalty to the table
- Multiple penalties
  - How to relay more complicated penalties (multiple, simultaneous, live/dead-ball)

### Station 3: Faceoffs

- Demo faceoff mechanic
  - Explain the “down,” adjust, “set” (with hand on crosses), varied whistle procedure
- Four release conditions
  - Possession, ball out of bounds, ball crosses defensive-area line, whistle stops play for time-serving foul or a whistle restarts play after a non-time-serving foul
- Man-down faceoffs
  - Empty wing, and check with table to determine length of penalty time remaining
  - No release of player until possession if short time left on penalty



#### **Station 4: Lead Official**

- Close crease plays
  - Responsible for crease, handling dives, shots and stepping into crease post-goal
- Goal scored and missed shots
  - Goal signal, eyes on players during dead ball, end line coverage
- Becoming the new Trail
  - 4-count on goalkeeper possession, 20-second timer on, jog even or behind ball

#### **Station 5: Whistle and Flag**

- Proper whistle blowing technique
  - Loud, long blast of whistle to start/stop play
  - Short, staccato whistles to gain player attention
- Proper flag throwing technique
  - High flag toss with loud “Flag Down!” verbalization
  - When to throw forward
- Play-On mechanic
  - Clear, crisp signals and demonstrative verbal commands
  - Player gains possession
  - Player does not gain possession

#### **Station 6: Trail Official**

- Shooter
  - Always watches shooter on every shot for late hits
- Offside
  - Counts forward (6 offense, 7 defense)
- Over and Back
  - Gets to midline to determine over and back, potential for pushes and offside also

#### **Station 7 (OPTIONAL): ArbiterSports (or your assigning platform)**

- Mark yourself as available, access rules tests, access Central Hub
  - Ensure the official knows how to accept game assignments
  - Show officials how to set distances, blocks for COIs and leave locations
  - Discuss the use of the app for text assignments
- Take headshots
  - Pictures in Arbiter greatly add to a positive season, especially for new officials who do not know everyone.



### **Station 8: Transition**

- Demonstrate two-person crews in transition
  - Lead runs, Trail jogs. Run “station-to-station,” rest when you get to your new position.
- Ball out of bounds through substitution area
  - Slower restart
  - Ensure player with ball is five yards into the field from the point where the ball exited the field
- Over and Back
  - Conditions that lead to over and back (offensive team last touches the ball after bringing it into their attack box, except on a shot)
  - When over and back does not apply (defensive team possession, no touch in attack box, defensive team deflection, shots)

### **Station 9: Fights & Conflict Management**

- Demonstrate two-person crew fight mechanics
  - Closest official blowing whistle, throwing flag, commanding to stop
  - Furthest official freezes benches, records numbers
  - No rush to restart play
- Protocol for a disruptive fan
  - Enlist aid of Head Coach or Site Administrator
  - Have the fan removed if poor behavior continues
- Ramp for players and coaches
  - Verbal Warning
  - Conduct foul, turnover
  - Conduct foul, 30-second technical
  - Unsportsmanlike conduct foul, 1-minute non-releasable
  - Unsportsmanlike conduct foul, 3-minutes non-releasable + Ejection
  - Officials may start at any point on the Ramp depending on the severity of the behavior and the official’s judgment of the situation