

CWLOA Update

November 2015
www.cwloa.com



CWLOA

Colorado Women's Lacrosse Officials Association

Registration for 2016 Season

Attention: There are several registration steps and deadlines that you need to complete annually to officiate girls (youth, high school) or women's (NCAA or club) lacrosse this upcoming season.

1. **Register nationally** ASAP with US Lacrosse (or renew) to get your complimentary new Rules book. Specify USL for youth/HS/College Club or NCAA www.uslacrosse.org

2. **Register locally** through Arbitrator for CWLOA and CHSAA by November 30. Registration is to begin now. The ability to pay online is not in place so you will need to send a check to our Treasurer, along with the registration form. (separate attachment, and link on cwloa.com)
www.arbitersports.biz

Recruiting Officials – Let's all recruit!

Think of girls' lacrosse as a three-legged stool. One leg represents the players, another the coaches, and the third, the officials. If that stool is going to work and not wobble, all three legs need to be the same strength. The players' and coaches' ranks are growing, resulting in more games. We need to grow that third

Additionally, if you are new to Colorado or new to officiating, contact Frank Bailey (bailey5280@gmail.com) to get an Arbitrator account set up.

After November 30, fee increases. Register by end of November for discount.

Officials are also required to

1. Attend a rules interpretation meeting,
2. Attend minimum of 6 hrs of classroom training, 8 hrs recommended for L2 and above,
3. Have on-field practice,
4. Pass the annual online test,
5. Take USL online educational women's officials course once

See page 2 for dates to help you meet these requirements

Login Arbitersports.biz



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Special points of interest:

- 49 High schools=700+ of girls' high school games per season
- 70 currently active officials
- 120 officials needed to cover all the games (minimum)
- **Let's all recruit!**
- New? Watch [Starting Out in Stripes](#) an introduction to the game

leg to keep our stool operating successfully. What can you do?

- Share the fact often that we are actively recruiting lacrosse officials via social media and conversation.
- Forward this newsletter to friends and ask them if they

know of any one interested in learning to officiate.

- It's good pay-game fees range from \$39.50-\$52.00 and middle school & youth game fees range from \$30.00-\$40.00. Most game schedules involve double headers generating between \$60.00-\$100.00 per assignment.

Training Dates – Training is FREE!

For L1 and new officials:

December 2, 2015
Southglenn Library –
Centennial – 6:30-8:30

December 9, 2015
Southglenn Library –
Centennial – 6:30-8:30

December 17, 2015
Southglenn Library –
Centennial – 6:30-8:30

Two additional classroom sessions will be scheduled for January & February. We will also be scheduling

comprehensive training in other regions around the state. We will let you know when and where when we have finalized the dates.

We will have details of each of the classroom trainings posted to our web site as soon as they are available. Some of these sessions will be mandatory.

Please check cwloa.com for this information.

For L2 and above officials:

Nov 4, 2015
Southglenn Library in
Centennial - 6:30-8:30 pm
Topic: Arbiter and on-field
position mechanics.

For officials who will be officiating NCAA games:

Feb 6 – Classroom at
Colorado College.

Feb 20- Play Day.

Please be sure to check for updates on our web site calendar (cwloa.com)

US Lacrosse Convention/ Scholarship application

*US Lacrosse
Convention
Jan 22-24, 2016
Baltimore*

*Planning to go to
Convention?*

*Email
cwloaboard@gmail.com
so we can connect all
those who are going.*

The annual US Lacrosse Convention is a wonderful place to learn the new rule interpretations for both USL and NCAA. It's a chance to hear from veteran officials and coaches on the rational, background, and nuances about the rules. There are live field demonstrations, active presentations, discussions and occasionally spontaneous humor from the presenters. It's worth the trip! To apply for a scholarship to cover the convention fee, go to uslacrosse.org and search for "convention scholarship". Deadline is Dec 11.

New USL 2016 Rules

USL rules cover high school, college club, youth, and post collegiate club games. A number of rule changes this year center around keeping the game safe and play flowing. New this year:

- A mandatory yellow card for Dangerous Contact
- A Dot added 5 M below each hash on goalline extended (GLE) for penalty administration for minor/major fouls below GLE
- Ball may be lime green in addition to yellow or orange.

Gone	Instead
15M CSA	CSA coincides with 12 M fan
"Throw"	Alternating Possession
OT: mandatory two 3-min periods	Sudden Victory

For 2016 rule changes and clarifications please go to uslacrosse.arbitersports.com

Special Interest: "Dot, Spot or 8"

"Dot, Spot or 8"

Here's a clever way to remember penalty administration for off setting fouls in USL or NCAA, courtesy of Frank Bailey at our recent college play

day/training session with Laurette Payette and Connie Walton.

If the ball is inside the CSA below the GLE, the restart is at one of the **DOTs.. (Blue Zone)**

If the ball is outside the CSA, the restart is set up at the **SPOT** of the ball, above or below the GLE. **(Green zone)**

If the ball is inside the CSA above the GLE, the restart is at the hash mark **(8)** on the GLE. **(Red Zone)**

Divide the field into these zones:

Blue zone: Inside the CSA, below the GLE

Green zone: Outside the CSA

Red zone: Inside the CSA above GLE

Inside Story: You Make the Call

Try to answer these before you look at the real answer! Many of these issues actually happened. If you have some good scenarios, please send them to us. cwloaboard@gmail.com

1. You see a cover when 5 players are trying to pick up the ball. Your partner is 5 feet from the play. You are 10 yds away.

- A. Whistle the cover. Always call every foul you see no matter where it is and no matter where your partner is.
- B. Hold your whistle. If your partner doesn't call it, you call it. Even late. No matter who wins the ball.
- C. Hold your whistle. If your partner doesn't call it, you call it. But only if the wrong team wins the ball.
- D. Do not call the foul.

ANSWER: D > Minor fouls are not called by the official further from the ball. Trust your partner and the coaches will too that way. If you are trail, you are off ball.

2. Your partner is an experienced ref. You see a major foul from across the field. Your partner is in full view of the play.

- A. Whistle the foul immediately
- B. Hold your whistle and if your partner doesn't call it, you should
- C. Talk to your partner at a break about what you saw.
- D. Leave your partner's calls alone.

ANSWER: C or D > discuss calls at breaks; know that when you are not lead, you are supposed to be OFF BALL; if you are making on ball calls, you are not doing YOUR JOB. If there is a safety concern on a play and you are convinced your partner cannot see it, you might call it... but remember that you are not an eagle...you cannot see everything and anyone who thinks they can needs a reality check. You can help out in the coffin corner. Talk to your partner about coverage.

The Third Team: Professionalism from a Slightly Different Point of View

It is expected that you will be professional while officiating a game, but what does that look like?

David "Buzz" Ellsworth, a NCAA men's official in District 9, shared his views at a recent training session on Oct 20.

One of the most important take-aways from Buzz's presentation was his "night before" homework that he calls his PREGAME. He suggests a script that covers plans for the entire game to reduce surprises and have all officials on the same page. Items included are:

- Referee, Umpire, Field Judge roles and duties
- Who brings out captains?
- Certify coaches?
- Inside or outside
- Anything weird pop up?
- Partner stop sign and signals
- What am I going to call? What am I NOT going to call? WHEN IT GETS PERSONAL, call it.

So think about your pregame and what would you put in your script?

Send suggestions to cwloaboard@gmail.com

"You want to shake any perception by the staff at the school that you aren't prepared."

Buzz Ellsworth,
NCAA Men's Official

Did you know? Welcome to these New Teams in 2016 & 2017

The growth of lacrosse in Colorado is alive and well! As in past years new teams are continuing to be added at both the college and high school levels.

In 2016, we welcome Johnson & Wales who is a

NAIA school.

For High School in 2016 Evergreen High School is adding girls lacrosse.

In 2017, the University of Colorado – Colorado Springs is adding women's lacrosse.

In 2017 for high school, Longmont and Fort Collins will be adding girls lacrosse.

As you can see we have a real need to continually recruit and train people to add to our current group of trained officials.



CWLOA is a nonprofit organization focused on recruiting training and rating new officials, developing and supporting higher-rated officials and promoting a safe and positive environment for women's lacrosse throughout Colorado.

cwloaboard@gmail.com

CWLOA.com

The association seeks to provide safe, fair, and impartial officiating for women's lacrosse games while promoting the ideals of sportsmanship, personal responsibility, and team work in the sport of lacrosse.

CWLOA board president – Cyndy Schlaepfer-Youker cwloaboard@gmail.com

Have an idea for an article or a question you want answered?

Submit to: cwloaboard@gmail.com

Want to become more involved? These are the areas we need ideas and help with:

Recruiting / Training / Rating / Mentoring / Web site – updating/design / Recognition

Please send an email to cwloaboard@gmail.com and include your name, email, phone number. Let us know how you would like to be involved, and list special skills you would be able to provide, if any.

Promoting the ideals of sportsmanship, personal responsibility and team work in the sport of lacrosse

Spotlight – Lynz Keys Bolton

When and where did you first play lacrosse?

I started playing lacrosse in High School, when my High School basketball coach convinced me to pick up lacrosse in the spring rather than my primary sport at the time, soccer. I was 15 when I first played lacrosse and was hooked immediately. My HS basketball coach who was also the U-19 Canadian Lacrosse coach convinced me to try out for the 1999 U-19 Canadian team. It didn't take much convincing.

What administration roles in a lacrosse-related organization have you done?

I have primarily coached, which requires a great deal of administration also. I was an assistant coach for the 2007 U-19 Canadian Women's Lacrosse team, a manager for the 2009 Canadian Women's Lacrosse Team, and was an assistant coach at D1 institutions for 5 yrs. I now coach youth and high school-aged athletes through Ascent Club Team. I assist with coaching at Colorado College (D3) in Colorado Springs.

What's your favorite lacrosse memory?

There are too many...I honestly can't pick one. Many of the off-field antics or hilarious on-field bloopers come to mind. Although the highs and lows of winning and losing are poignant throughout your playing and coaching career, for me, it's far more about the people that I'm surrounded by that make the memories worth remembering. So many of my fond memories are of the teammates and friends I've made along the way, not the outcomes of the games.

What made you take the step into becoming an official?

I thought officiating was another way of learning about the game and giving back to the greater lacrosse community. I've been very blessed in my opportunities as a player and coach, and officiating is a new avenue of growing the game. Good officials are rarely applauded, or even noticed, but they contribute so much to an overall positive lacrosse experience for players. I remember many of the officials I had when I started out in the game, many of whom were teammates of mine or coaches themselves, and they added so much to my lacrosse education.

What is your hope/vision for our officials association?

Continued growth. I think Colorado is a very up and coming lacrosse hot bed and we need to learn and grow with the expansion of the game. I have no doubt we will!

What is one goal you personally want to achieve this year as an umpire or coach?

I want to learn some tactics for de-escalation and work to maintain my calm in tense situations. Both as a coach and umpire, so much of how we approach a situation determines the outcome, and I, personally, want to learn how to maintain the calm when others are losing theirs.

Finally, ask a question for our next spotlight official.

What have you learned about yourself, or the game of lacrosse, as an official?