

# CWLOA Update

March 2019 Newsletter  
www.cwloa.com



# CWLOA

Colorado Women's Lacrosse Officials Association

## Official Professionalism

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As an official in Colorado you need to bring professionalism in approaching each game, during it and after.

1/ Arrive at the game site 30 minutes prior to the scheduled game time for a high school game. This allows time to get into uniform, find your partner, and have a pre-game discussion. Officials are to be on the field 20 minutes prior to the game time for high school.

2/ Be neatly dressed in the official uniform: solid black kilt/shorts/pants; one inch vertically striped black and white shirt; any accessories you wear due to weather must be black (jacket, hat, visor, etc.)

3/ Use a bag, preferably black to carry a rulebook, whistle, cards, tape measure, flag, pen and coin.

4/ Inspect the field – check markings for correctness, condition, boundaries, substitution area and table placement at midfield.

The day of the game you should email or call your partner to be sure

they are on the game, and email the school to confirm the game, place and start time.

If you are caught in traffic and going to get to the site later than 30 minutes before the start time, call your partner to let them know.

*Where do I get the school and other official's phone numbers or emails?* In Arbiter, after you are signed in go to your schedule; click on the game number (first column); that shows you your partner and contact information. On that page you'll also see the site of the contest. Click on that and you will see the schools' contacts.

### Things to Note:

**One More Training Session for those who need it will be held March 17<sup>th</sup> at Castle Pines Library, 360 Village Square Ln, Castle Pines, CO 80108 from noon-4 pm. Please let Les Snively know if you plan to attend. [les@windstream.biz](mailto:les@windstream.biz)**

- If you haven't yet completed a background check and you are supposed to, please do.
- Be sure to login to Arbiter and accept game assignments.

Volunteers are still needed for the Youth on field training on March 10<sup>th</sup> – from noon to 4 pm at Lorenz Park. Contact Cyndy Schlaepfer-Youker or Michelle Gazarik if you can help out ([cglaoofficials@gmail.com](mailto:cglaoofficials@gmail.com)).

**REMINDER: March 10<sup>th</sup> is Daylight Savings Day**

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## New Penalty Zone; Horn for timeouts; Shots at end of time periods

The new **penalty zone** is the area 8 meters away from the goal circle above the GLE and the area created by the extension of the 8-meter mark to the dots and across the dots. To minimize the risk around 8-meter free positions as well as to

increase the pace of play by limiting repeated obstruction calls, the penalty zone must be cleared when a defensive player commits a major foul in the 8-meter arc.

**Double Horn for timeouts:** In an effort

to differentiate between the time-out horn and all other horns, it is now a requirement to sound the horn twice to indicate a time-out. This is meant to improve communication between the tier and the officials, players and coaches.

**Shots at end of time periods:** It is legal if it is released from the crosse before time expires and the horn sounds. Establishing the release of the ball from the crosse before time expires as a legal shot eliminates the judgment call of the official at the goal line.

## 2019 Assigning Instructions – *How to get games going forward*

**There are lots of open games following the draw and more will open as the season progresses!**

There is only one Arbiter site this year for high school girls lacrosse: CHSAA. All ASO games are now under CHSAA. If you do college games or other sports, it is important that you share between sites, blocks, etc., using the share feature in Arbiter under your profile tab. Sharing will also better ensure all assigners know when you are assigned. Below is a list of the assigners and what schools they are assigning.

**CHSAA:** Melissa & Jerry Letofsky: [aleto38676@aol.com](mailto:aleto38676@aol.com)

Arapahoe, Cherokee Trail, Cherry Creek, Eaglecrest, Grandview, Mullen, Overland, Smoky Hill, Castle View, Chaparral, Heritage/Littleton, Rangeview, Regis, Rock Canyon, ThunderRidge, Rocky Mountain (Fort Collins)

**Jeffco:** [dvelichk@jeffco.k12.co.us](mailto:dvelichk@jeffco.k12.co.us) – Dale Velichkoff

Bear Creek, Chatfield, Columbine, Conifer, Dakota Ridge, Evergreen, Golden, Green Mountain, Ralston Valley, Wheat Ridge, Valor Christian

**Metro:** 2 assigners – DPS: [donna\\_wingo@dpsk12.org](mailto:donna_wingo@dpsk12.org) – Donna Wingo – Metro: [shlep4ukr@gmail.com](mailto:shlep4ukr@gmail.com) – Cyndy Schlaepfer-Youker

**DPS:** Denver East, Denver Kennedy, Denver North, Denver South

**Metro:** Centaurus, Colorado Academy, Kent Denver, St. Mary's Academy, Loveland, Dawson (JV)

**Mountain:** [schouty@msn.com](mailto:schouty@msn.com) – Randy Schouten

Aspen, Battle Mountain, Eagle Valley, Steamboat Springs, Summit, Fruita, Monument , Durango is Assigned independently

**Southern:** [dan.cronin.cos@gmail.com](mailto:dan.cronin.cos@gmail.com) – Dan Cronin

Air Academy, Cheyenne Mountain, Liberty, Palmer, Palmer Ridge, Pine Creek, Pueblo West, Rampart

CHSAA assigners do not use self-assign. Each assigner uses email to communicate openings. Some will communicate at least weekly.

Assigners will try to fill openings by assigning an official that indicates in Arbiter that they are available. This process requires that you *keep your availability in Arbiter updated with any availability changes to avoid getting assignments that you cannot accept. We all have things that come up, so please do your best to keep your Arbiter blocks current.*

There have been a number of turn backs from the auto assign involving time and distance issues. You can prevent these assignments by using the block features in Arbiter. If you have any questions about Arbiter, please contact [cwloaboard@gmail.com](mailto:cwloaboard@gmail.com) and we will try to help you.

Middle school games are assigned by Cyndy Schlaepfer-Youker - [shlep4ukr@gmail.com](mailto:shlep4ukr@gmail.com)

Youth games will be assigned by Dan Cronin ([dan.cronin.cos@gmail.com](mailto:dan.cronin.cos@gmail.com)) in Colorado Springs & Pueblo and by Cyndy Schlaepfer-Youker & Michelle Gazarik ([cglaofficials@gmail.com](mailto:cglaofficials@gmail.com)) in metro Denver, Loveland & Ft Collins.

These games are assigned in a third Arbiter site so please communicate with Dan or Michelle/Cyndy if you are interested in working youth games. The youth games are on Saturdays from March 30 - May 11., unless weather moves them to Sunday. Their championship weekend is May 18-19.

## CWLOA Mentor Program

Mentoring Link: <http://tinyurl.com/cwloa-mentor-link>  
(copy / paste into browser)

**Start signing up now.** Ideally, we would like to have the mentor/ mentees paired by the beginning of the season. The partnerships will be for this year only unless you want to continue into next year.

**What do you have to lose?** Nothing!

**What do you have to gain?** A friend to share lacrosse stories, enjoy a laugh or too, and appreciate the

community spirit of lacrosse, while also being able to check on things that happened in your games with someone more experienced so you can learn and get comfortable on the field quicker than otherwise.

Our Mentor Program chair is Michelle Gazarik. Please contact her with any questions.

c: 757-817-0599 e: [mvgazarik@gmail.com](mailto:mvgazarik@gmail.com).

## More Rule Changes Reminders & Point of Emphasis for 2019

**Self-start:** Establishes the self-start option which decrease the amount of official involvement in restarting play and allows for greater flow of the game.

Self-start is NOT an option when:

- a. The game clock is stopped
- b. There is a restraining line violation;
- c. The foul is in the critical scoring area, excluding boundary restart;
- d. There is an alternating possession;
- e. There is an inadvertent whistle; or
- f. A goal is scored.

### Alternate Possession:

Alternate possession awarded inside of the critical scoring area shall be awarded at the closest dot. The opponent will stand 4 meters away and nearer to the

goal she is defending. No other players may be within 4 meters. The goal keeper may clear back into the goal circle if she is above the GLE unless: 1. She fouled the opponent; or 2. She is closest to the incident that stopped the play.

**Scoring:** The shot or propelled action must release the ball before time expires.

A shot is deemed complete when:

- a. The ball enters the goal;
- b. B. Any player gains possession;
- c. The ball goes out of bounds;
- d. The ball comes to rest on the field of play or inside tgoal circle; or
- e. The ball touches the ground below the GLE

### 2018 Points of Emphasis

(see full points in the rule book)

#### Obstruction of Free Space to Goal – Opportunity to Shoot

The Free Space to Goal (shooting space) foul continues to be one of the most

difficult rules to understand and officiate in girls lacrosse. In an effort to clarify this major foul the emphasis in on the criteria needed when evaluating the potential foul. Location of the ball; (above GLE and in CSA; attacker must be in active pursuit to goal while her hands, stick and feet are in a position to shoot safely.

**Rough and Dangerous:** Limiting rough and dangerous play is apriority. Officials should consider carding players who continually commit rough and dangerous fouls.

#### Empty Stick Check – Intentional vs. Incidental Contact

Clarifies incidental vs intentional stick contact during the pursuit of a playable ball. When the ball is in the air or on the ground and is playable by both teams, incidental stick contact by players who are actively pursuing possession of the ball is legal.

## Upcoming Calendar Events

*February: NCAA and College Club games start*

*March: Girls high school season starts regular season is 3/7 through 5/4.*

*March 31st: Youth Games start*

*May: NCAA Playoffs & HS Playoffs*

*June: Tournaments, Youth, HS and college*

We wanted to give you a heads up to some lacrosse events that are coming up so you can put these on your calendar if you are interested in participating as an official or attending as a spectator!

**March 2 – On-field training/ HS Play day: You should already be assigned to a site. If you are not, please email Dan Cronin ([dan.cronin.cos@gmail.com](mailto:dan.cronin.cos@gmail.com)) and he will get you assigned. Please get to the site you are assigned ½ hour before start to sign in and get oriented.**

#### HS Dates to note:

May 18<sup>th</sup> & May 22<sup>nd</sup> – HS Semi Final and Final @ DU  
 May 17<sup>th</sup>-19<sup>th</sup>– NCAA Playoffs –Div II Semi-final and Final (Allendale, MI)  
 May 18<sup>th</sup> - 19<sup>th</sup> – CGLA Festival, site TBD

June 8<sup>th</sup> & 9<sup>th</sup> - Rocky Mountain Jamboree Tournament  
 June 14<sup>th</sup> – 16<sup>th</sup> - Denver Shootout Tournament, Dick’s Sporting Goods Park  
 June 17<sup>th</sup> – 19<sup>th</sup> – Vail Lacrosse Tournament  
 June/July: Vail Lacrosse Shootout

Girls’ U19                      June 30<sup>th</sup> – July 3<sup>rd</sup>  
 Women’s Elite                July 4<sup>th</sup> - July 7<sup>th</sup>  
 Women’s Masters          July 4<sup>th</sup> – July 6<sup>th</sup>



[cwloaboard@gmail.com](mailto:cwloaboard@gmail.com)

[CWLOA.com](http://CWLOA.com)

Facebook: CWLOA

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

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.

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](mailto:cwloaboard@gmail.com)

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

Submit to: [cwloaboard@gmail.com](mailto: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](mailto: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.

## **Spotlight – Kristen McGrath – Official**

***Tell us how you first became involved with officiating women's lacrosse*** I first became involved with officiating women's lacrosse after I graduated from college, spent a year teaching English in France, and realized how much I was missing lacrosse from my life! I connected with my local chapter in New Jersey to see how I could become an official.

***Where did you play in college – tell us about your experience*** I played lacrosse at Virginia Wesleyan College (now Virginia Wesleyan University.) I started playing lacrosse when I was 10 years old.

***Do you or have you officiated any other sports; how does that help with officiating lacrosse?*** I have officiated field hockey in the past, and that definitely helps with officiating lacrosse because it increased my game management and communication skills with my partner and the coaches.

***Do you have a favorite lacrosse memory?*** My favorite lacrosse memory was when I was a sophomore in college and we were playing Salisbury University. Salisbury was always a very strong team, but we came back from a pretty big deficit to almost beating them. It was an incredible feeling. If only we had about 2 more minutes of game time..!

***What is one goal you personally want to achieve this year (the coming season)?*** I really want to increase my confidence officiating at the college level. I am relatively new to the scene, and I have enjoyed the experiences so far. This year I want to hone in on my college skills and hopefully be able to attend a clinic to stand for my collegiate rating.

***What hobbies do you have outside of lacrosse?*** I like to stay very active, so running and yoga are just two types of exercise I enjoy. I like to ski, travel when I can, and spend time with my friends and family.

***Overtime: Where are you going on your next vacation?*** Life in Colorado feels like a vacation for me compared to life in New Jersey!

***Double Overtime: It's 2029; What are you doing?*** In 10 years, I'd like to see myself either still teaching ESL (English as a Second Language) or in a supervisor position for the ESL department in a district.

***From the last newsletter spotlight official (Devin Bauman:) What do you feel is the biggest obstacle in training our newest officials?*** I think the biggest obstacle for training new officials would be the recognition and responsibility that comes along with being out there in a different position. It is a lot more difficult than it looks, and I think it can be very overwhelming for new officials even if they have played, coached, or been a spectator of the game. Knowing the rules and applying the rules are very different!

***Finally, ask a question for our next spotlight official.*** What do you find to be the most beneficial way to maintain your officiating skills post-lacrosse season?