



## Louisiana Lacrosse Officials Association New Officials Guide

Thank you for interest in officiating lacrosse with LLOA. This guide is intended to show you the steps necessary to begin your journey towards becoming a Lacrosse Official.

**Step 1:** Join USA Lacrosse [USA Lacrosse](https://www.usalacrosse.com). It is strongly suggested to do so from a desktop/laptop computer. Please be sure to request the NFHS Rule Book and select LLOA as your officiating group.

Membership Levels:

- Adult; ages 23 and above = \$60
- Young Adult; ages 19-22 = \$35
- High School; ages 15-18 = \$35
- Youth; ages 7-14 = \$30

Membership includes access to their wealth of officiating resources through the E-learning portal, a free rule book (annually), and the required Accident Medical Liability and General Liability Insurance.

If you have any difficulty joining, call USA Lacrosse at 410-235-6882 or contact Dustin Percle at 225-315-8965. Email your USA Lacrosse Member Number to Dustin Percle – [louisianalao@gmail.com](mailto:louisianalao@gmail.com)

**Step 2:** Begin your online education by completing/passing the following items in the E-learning portal of your account:

- Boys Lacrosse Rules and Penalties Course
- Boys Officials – Annual Professional Development
- Exam – Boys Youth Rules
- Exam – Boys High School Rules
- Exam – Boys Collegiate Rules (although it should state Men's Collegiate Rules)

Also important to your education are viewing the following video courses (found in the E-learning portal as well):

- Boys Officials – Two-Person Positioning and Mechanics
- Boys Officials – Three-Person Positioning and Mechanics

The E-learning portal has a wide variety of video courses/webinars for your viewing, take advantage of the many resources.

**Two of the most important resources that will be available are the Rules Book and Mechanics Manual. The rules book is free with your membership, and access to the mechanics manual will be provided to you by LLOA.**



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**Step 3:** Obtain approved uniform and gear from a variety of online sellers:

- [Ump-Attire](#) [Smitty Honig's Stripes](#) [Zebra Wear](#) [Cliff Keen](#) and others
  - Striped shirt → 2-1/4" vertical black/white stripes with black collar, black cuffs, and a pocket on the left chest; long sleeve and short sleeve.
    - Contact Dustin Percle before purchasing shirts; United States Flag Patch, USA Lacrosse Patch, and LLOA Patch will be sublimated onto the shirt
  - Undershirt → Solid black t-shirt, compression shirt, or turtleneck. Any visible undergarments must be black
  - Shorts → Solid black with 4-pockets and belt loops, no stripes; not mesh lacrosse or basketball shorts. If worn, compression shorts may not extend below the hem of the shorts. Black golf shorts with appropriately sized belt loops work well.
  - Shoes → All black with black laces; mark out any white logos or swooshes with black marker. Cleats are NOT required; turf shoes work best.
  - Socks → All black ankle socks; should just cover the ankle bones; no calf length socks
  - Belt → 1-1/4" – 2" in width, solid black with a plain buckle
  - Hat → Black "baseball style" cap with white piping; fitted preferred
  - Fox 40 Finger Whistle
  - Digital Wrist Watch → black watch with the countdown timer function
  - Flags → two yellow flags with weighted black ball centers
  - Scorecard → Reusable plastic template score card; shaped to be used to check legality of sticks as well
  - Pencil → Golf or library pencil; "bullet pencils"
  - Coin → Half-dollar size or larger
  - 6' Mini Tape Measure → Not the "Bob the Builder" size
  - 100/20 Second Timer → a required tool to track the time for clearing counts, time-outs, and between quarters

As a brand-new official, getting started can be a bit pricy. It can cost between \$200-\$300 to purchase all the required uniform/equipment. USA Lacrosse offers Grants and Scholarships that can help offset some the cost to get started. Click the link to see the Grant Opportunities:

[Grants and Scholarships](#)

Keep in mind that once you begin officiating, you will indeed be paid for your services. Which in turn will help supplement the income that was used to assist in becoming an official.

Game Fees:

Youth: \$50

High School (NFHS): \$85-Varsity; \$75-JV

High School (NCAA): \$90-Varsity; \$75-Sub varsity



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**Step 4:** Download and become familiar with the [LLOA Policy Manual.pdf](#)

**Step 5:** Get in shape/Stay in shape!!!! Lacrosse officials cover 3-4 miles during a 1-1/2 – 2-hour varsity game. It is important to get in condition *BEFORE* the season rather than *DURING* the season.

**Step 6:** Attend meetings (in propria persona or virtual), classroom trainings, on-field trainings, online trainings as they are scheduled. We will keep you posted.

**Step 7:** Pay LLOA dues in the amount of \$20; three options

1. Cash
2. Check made payable to Louisiana Lacrosse Officials Association; mail to:  
38577 Alderly Ln.  
Denham Springs, LA 70706
3. Venmo: @Dustin-Percle-2

Questions? Contact Dustin Percle, Head Trainer, [louisianalao@gmail.com](mailto:louisianalao@gmail.com) , 225-315-8965