

# UMLOA Training Guide for Level I Boys Lacrosse Officials

This course is intended for high school freshmen, sophomores, and juniors who have *not* officiated boys lacrosse in Minnesota before. This checklist shows everything you need to do to complete your training.

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## Register for UMLOA training (must be done first)

Go to [laxtraining.activemoodle.com/amember/signup](http://laxtraining.activemoodle.com/amember/signup) and register for Level 1 Training. You can pay the \$159 fee by credit card or PayPal. This includes the cost of your classroom, on-field, and online training in addition to most of your uniform and equipment and your NFHS rule book. If you have a US Lacrosse membership already, use the same email address to register as you have on file with USL.

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## Join US Lacrosse (must be done within 48 hours of registering for training)

Join or renew your membership at [www.uslacrosse.org/membership.aspx](http://www.uslacrosse.org/membership.aspx) and specify that you want to be a boys lacrosse official; your lacrosse officials association is the Upper Midwest Lacrosse Officials Association (UMLOA). Please be sure to use the same email address with US Lacrosse as you use for registering for UMLOA training.

You **must** have an expiration date of 9/30/15 or 9/30/16. If you don't, you have the wrong membership type and **must** contact US Lacrosse membership to get "official" added to your membership type; see [www.uslacrosse.org/about-us-lacrosse/contact-us.aspx](http://www.uslacrosse.org/about-us-lacrosse/contact-us.aspx) for contact info.

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## Set up your Arbiter account (must be done before on-field training)

Within 10 days of registering for training, you will receive an invitation to set up an Arbiter account for the UMLOA group and another from US Lacrosse. Accept these invitations and follow the instructions in the email for setting up your account.

You **must** correctly set blocks before you will be assigned an on-field training. If you don't set blocks, you will **never** be assigned an on-field training session. Also, **completely block all days** between the current date and the date by which you will have completed both classroom sessions and the online mechanics and youth rules sections.

Be sure to check the "ready to be assigned" checkbox once your account is set up.

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## Concussion training (must be done before on-field training and final exam)

Complete the online course at <http://mshsl.org/mshsl/showConcussion.asp>, verify your name appears in the database at <http://www.mshsl.org/mshsl/lowerlevelreport2.asp> and then send an email to

[laxtrainingmanager@gmail.com](mailto:laxtrainingmanager@gmail.com) with the subject line "Level 1 Training Concussion Course Completed"  
NOTE: The course will not show completion if using a new version of Internet Explorer or a mobile browser. You can download Chrome, Firefox, etc. for no charge. You must be able to enter your name at email address at the end in order for me to accept your concussion training. NO EXCEPTIONS!

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## Order uniform and equipment (must be done roughly 3 weeks prior to on-field training)

Go to <http://zebrawear.com/UMLOA> and select the UMLOA Starter Pack but **not** the timer. Enter your sizes. You will be billed 1¢ just to make the order go through; the rest of your order is already paid for via your course fees.

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- Put together personal equipment not included in starter package

You are responsible for supplying some uniform items on your own. You may have some of this already. See <http://www.umloa.org/uniforms/> for information about what you need.

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- Register for classroom training sessions (must be done *at least 3 days* before session)

Go to <http://tinyurl.com/registerumloa> to register for your Level 1—Class A and Level 1—Class B classroom sessions. This must be done at least 3 days prior to the scheduled date of the classroom sessions; classes will be canceled if they don't meet minimum enrollment levels

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- Complete “Intro for all boys lacrosse officials training 2015” online material (must be done prior to “Level 1—Class A 2015” online material)

Go to <http://laxtraining.activemoodle.com/course/view.php?id=33> to see the introduction to online training.

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- Complete “Level 1—Class A 2015” online material (must be done prior to Level 1—Class A)

Complete the online videos and quizzes at <http://laxtraining.activemoodle.com/course/view.php?id=36> and then print out and fill out the admission ticket for the classroom session.

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- Attend Level 1—Class A (must complete online material for Level 1—Class A before attending)

Show up on time for your Level 1—Class A classroom session. Bring your **completed** admission ticket, a pencil and paper, and your NFHS rule book if you have one already.

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- Complete “Minnesota Youth Rules” online material (must be prior to Level 1—Class B)

Complete the online videos and quizzes at <http://laxtraining.activemoodle.com/course/view.php?id=39> and then print out and fill out the admission ticket for Level 1—Class B classroom session.

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- Attend Level 1—Class B (must be after Level 1—Class A)

Show up on time for your Level 1—Class B classroom session. Bring your **completed** admission ticket, a pencil and paper, and your NFHS rule book.

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- Complete “Basic Two-Man Mechanics” online material (must be prior on-field training)

Complete the online videos and quizzes at <http://laxtraining.activemoodle.com/course/view.php?id=42> and then print out and fill out the admission ticket for on-field training session.

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☐ **Attend On-Field Training Session** (must have uniform and equipment; must be registered; must have completed basic two-man mechanics online; must have completed concussion training; must have US Lacrosse membership as an official)

You will receive an assignment through Arbitersports.com for your on-field training. Accept this assignment and attend the training session (you should **not** need to decline the assignment, because you will have blocked any times you cannot attend). If you miss your scheduled assignment, there is a rescheduling fee involved.

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☐ **Apply patches (after on-field training)**

You will receive your US Lacrosse patch at your on-field training and your US flag patch is shipped with your uniform. Have them **sewn** on to your striped shirt following the instructions at <http://www.umloa.org/uniforms/>

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☐ **Study rules (prior to final exam)**

You should have been issued a 2015 NFHS Boys Lacrosse Rule Book, and the 2015 Minnesota Youth Rules are provided to you in your online course. Study both documents. Don't be afraid to highlight or otherwise mark up the book to help you remember and study.

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☐ **US Lacrosse exams**

Follow the instructions at <http://tinyurl.com/USLacrosseTests> and take **both** the US Lacrosse NFHS Rules test **and** the US Lacrosse Youth Rules test (on the youth rules test, answer questions 7, 10, 11, 23, and 24 using the US Lacrosse rules and not the Minnesota rules). When you have a score of at least 80% on each, send **one** email with screen shots of **both** scores to [laxtrainingmanager@gmail.com](mailto:laxtrainingmanager@gmail.com) with the subject line "Level 1 USL Test Scores."

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☐ **Final steps**

When you have completed **all** of the above steps, email [laxtrainingmanager@gmail.com](mailto:laxtrainingmanager@gmail.com) with the subject line "Level 1 Training Completed." Send the email from the same account you are using for your USL membership and your Arbiters account, and include your full name and your grade in high school for the 2014–2015 school year (even if you are completing the class in June) or "adult" if you are over 18 and currently out of high school.