

# OFFICIAL'S CHECKLIST

## Key points to keep in mind when officiating Lacrosse at all levels.

By John P. Hill & ZLAX Publications

### Be Competitive

- Players give a maximum effort, so should you?
- Tell yourself that you are not going to let the game get away from you.
- You are hired to make the calls that control the game – MAKE THEM!

### Have your head on right

- Don't think you're immune from criticism.
- Plan to take it.
- Successful officials know how much to take.
- Ask respected officials in your organization.

### Don't be a tough guy

- If a coach is on your case – STAY AWAY!
- Especially true during timeouts.
- Spend this time with partner (s).
- Don't be an official that develops irritating characteristics.

### Get into the flow of the game

- Treat each game, as it is – **different**.
- Concentrate on the reactions of the players.
- Take note if the tempo of the game changes.
- Sloppy games call for different style of officiating than a smooth one.

## **Don't Bark**

- If you don't like to be shouted at, don't shout!
- Be firm with a normal relaxed voice.
- This does wonders to help reduce the pressure.
- Shouting indicates a loss of control – not only of one's self, but also the game.

## **Show Confidence**

- Cockiness has absolutely no place in officiating.
- Your presence should command respect from participants.
- Appearance, manner and voice determine how you are accepted.
- Present the proper image.

## **Forget the fans**

- Fans usually exhibit three characteristics
  - Ignorance of the rules.
  - Highly emotional partisanship.
  - Delight in antagonizing officials.
- Ignore them unless they come on the field and prohibit you from doing your job.

## **Answer reasonable questions**

- Treat players and coaches in a courteous way
- Reasonable questions should be answered in a polite manner.
- Don't let them step on you.
- Be firm, but be relaxed.

## **Choose your words wisely**

- Don't obviously threaten a coach or player – this puts them on the defensive.
- More importantly – you're on the spot.
- If situation is that bad – use the rules to penalize them.
- Using proper words can make things subtler.

## **Stay cool**

- Purpose is to establish calm environment.
- Nervous or edgy officials are easy to spot.
- Avidly chewing gum, pacing around or displaying wide range of emotions make you seem vulnerable to the pressure.