

WWLUA

Washington Women's Lacrosse Umpire Association

UMPIRE TIPS

WWLUA sends its officials "Umpire Tips" to review a particular rule, procedure, game situation or umpire activity. The following "Umpire Tips" have been shared with WWLUA officials:

January 1, 2015

Umpire Conditioning: Proper conditioning is one of the most effective methods for avoiding injuries during the lacrosse season. The following suggestions are listed under the topic of "Lacrosse Injury Prevention" at the Stop Sports Injuries website:

- Be proactive in your conditioning.
- Stay in shape year round.
- Prior to the lacrosse season, start a graduated program of stretching, conditioning, and strength training geared to lacrosse demands.
- Warm up properly by thoroughly stretching and gradually increasing the intensity of your workouts.
- Hydrate regularly and get plenty of rest.

If you have not already done so, now is the time to start conditioning in preparation for the spring 2015 lacrosse season. Have fun and stay well.

March 29, 2015

Lightning: If lightning or thunder occurs during the pre-game period or during a game, it is the umpires' responsibility to make a determination about suspending play. This is an important responsibility that can affect the safety of everyone on the field. Therefore, it is important that you are familiar with the following "Guidelines for Lightning Disturbances" that are identified on page 103 of the USL Women's Rule Book. These guidelines state:

1. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
2. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
3. Any subsequent thunder or lightning after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.

If it is necessary for you to suspend play for lightning or thunder, the players should drop their sticks to identify their position on the field, take shelter, then return to the field when the umpire has determined that play may resume.

April 2, 2015

Youth Games 4-Goal Differential Rule: The 4-goal differential rule applies to U-13 and U-11 games. It does not apply to U-15 games. This rule is stated on page 75 of the 2015 Women's Rule Book:

"For U-13 and below: If score is kept, possession will be taken at the center by the team with fewer goals if a four or more goal differential exists unless waived by the coach of the trailing team. When this occurs positioning for the draw will apply with the defender standing 4m away at a 45 degree angle and all other players must stand. This is an indirect free position. The player taking possession may run or pass, but may not shoot until another player has played the ball."

WSLA does not encourage teams at the U-11 level to keep score. Therefore, application of the 4-goal differential rule for U-11 games shall be at the discretion of the officials. If it appears that a U-11 team has scored 4 goals or more goals than their opponent, the official may allow the team that is trailing to start the game after a goal with possession at the center of the field. This will be an indirect free position.