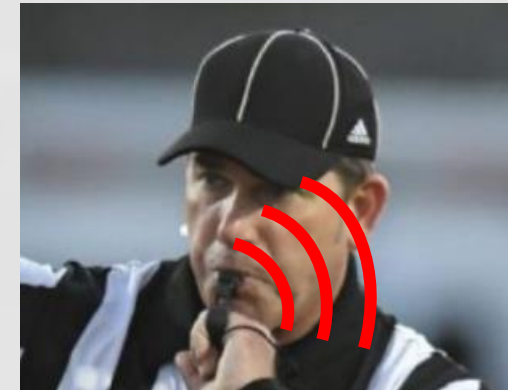


Simple Safety and Other Tips for Lacrosse Officials



George Lane
Certified Boys'/Men's Lacrosse Official



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George Lane, v8Apr2026

I created this presentation to capture things I have figured out and learnt over my years of officiating lacrosse so I can share this information with other officials.

George Lane



Topics

- Hearing Protection
- Sun Protection
- Weather Protection
- Equipment, Various Tips
- Arbiter Mobile App
- Pre-game Checklist
- Digital e-Rule Book. AI.
- Mechanics Manuals



Created in 2025, revised for 2026

Hearing Protection

Protect your hearing by taking the top edge off the whistle sound, while still hearing normal sound.



For additional information, try doing a (Google) web search using the following or something similar: *“is an official's whistle damaging to the referee”*



Hearing Protection

one option...

SureFire EP3 Sonic Defenders Filtered Earplugs, Double Flanged Design, Reusable

“Permanent hearing loss is no joke.

*SureFire EP3 Sonic Defenders will protect your hearing
against Noise Induced Hearing Loss (NIHL)*

*...without compromising your ability to hear routine
sounds or conversations in noisy environments.”*

SureFire Co. website.



comes Clear or Black.
At Walmart, Amazon & elsewhere.

Hearing Protection – one option...

SureFire EP3 Sonic Defenders Filtered Earplugs, Double Flanged Design, Reusable

- Reuseable. Easy to wash.
- Very comfortable. They stay in well.
- “Filters reduce loud noises while allowing conversations to be heard” SureFire Co.



Recommendation:

Either use like this photo, cap unplugged (can cut the cap off); or as I do, remove the insert piece.

If any questions or concerns, contact SureFire or consult an ENT doctor.

Other Examples to try



Hearprotek Concert Ear Plugs, 2 Pairs High Fidelity Musician Ear Plugs for Concerts Loud Music-Noise Reduction Ear Protection Reusable Earplugs for Rave,Festival,Music,Tinnitus Relief,Clear

Visit the Hearprotek Store

4.4 ★★★★★ (12,411) | Search this page

Amazon's Choice

400+ bought in past month

-10% \$17.09 (\$17.09 / count)

List Price: \$18.99 | Price history

Apply for Amazon Store Card and unlock a \$60 Amazon Gift Card upon approval. Pay \$17.09 \$0.00 for this order. [Learn more](#)

FREE Returns

[Click to see full view](#)



High Fidelity Concert Ear Plugs, Noise Cancelling Silicone Ear Plugs 2 Pairs Great for Concerts Loud Music, Musicians, Motorcycles, Airplanes, Raves, Hearing Protection -23 dB

Brand: Reure
4.3 ★★★★★ (3,894) | Search this page

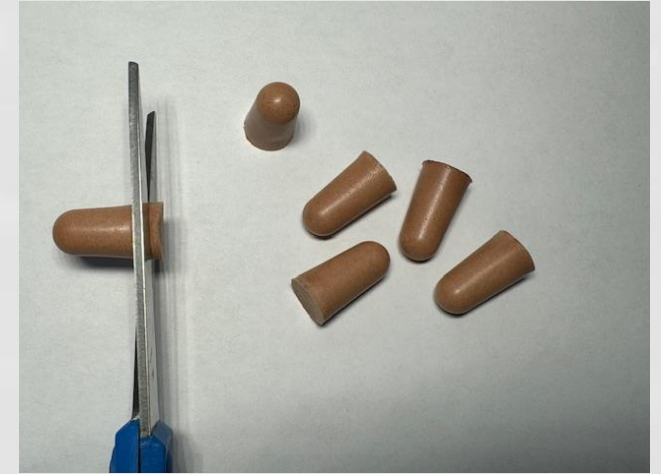
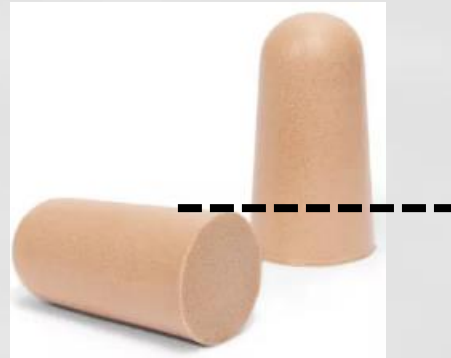
\$15.99 (\$8.00 / count)
Price history

Search using this phrase or similar: "ear plugs for noise reduction", to find other options.

Another Option - Common Foam Earplugs



- Take the edge off the whistle.
- Low cost. Disposable.
- Can cut them down easily with a scissors.
- Easy to adjust in your ear for less or greater sound blocking.



Simple,
Inexpensive,
Effective...

Ultra Soft Foam Ear Plugs - 50 pair - up & up™

★★★★☆ 219 ▼

\$8.99



Hearing Protection

sample feedback received



“The ear protection piece is interesting and something I think would be valuable for other officials. My ears are often ringing for hours after games, and it can't be a good thing....”

An experienced EMLOA high school and college official. 2025



“George, I think the ear protection was quite well done. I am afraid that it is way too late for me, but it might be worth while for the younger officials.”

An experienced EMLOA high school and college official. 2025



Skin Protection

- Some UV rays can go through regular shirts.
- Consider UV 50 rated shirts – Amazon, REI, LL Bean...



Gets some other colors while you're at it, for non-lacrosse outdoor activity

Visit the Vapor Apparel Store

Vapor Apparel Men's Outdoor UPF 50+ Long Sleeve T-Shirt, UV Sun Protection for Fishing, Running, Hiking, Swimming

4.6 ★★★★★ | 11,660 ratings | Search this page

Amazon's Choice

\$27⁹⁹

FREE Returns

Size: Large

Color: Carbon

Large is your recommended size based on

Size Chart

Product details

Fabric type: 100% Polyester

Care instructions: Machine Wash

Visit the SPORT-TEK Store

SPORT-TEK Unisex Posi-UV Pro Tee | Men's and Women's Athletic Fit Workout T-Shirt, Gym Clothing for Spring & Summer Fashion

3.3 ★★★★★ (6) | Search this page

\$14⁸⁹

Price history

FREE Returns

Color: Black

\$14.89

I have these two brands in long & short sleeves.

Skin Protection

- Sun exposure causes skin damage
- Apply sunscreen to protect your skin



“Skin cancer on the ear is common. The skin on your outer ear is susceptible to cancer because it's often exposed to the sun's damaging UV rays. Feb 1, 2023”

Cleveland Clinic
<https://my.clevelandclinic.org>



Include sunscreen on your ears.

The top part of the ear is particularly vulnerable to skin cancer; ...nose, too.

Between 6 and 10 out of 100 skin cancers (between 6 and 10%) develop on the outer ear. Cancers that develop inside the ear (the middle and inner ear) are rare.



Cancer Research UK
<https://www.cancerresearchuk.org/cancer-of-the-ear>



Dress for the Weather

- Rain:
 - Black rain jacket & pants; consider black (or dark) waterproof hiking shoes (especially if you're doing multiple youth or tournament games in a row)
- Cold: options to consider...
 - Layers... plus black gloves, black knit or fleece hat.
 - Base layer pants, then shorts with belt (to hold flags and timer), then long black pants
- In general Bring Everything:
 - Always have a black waterproof jacket and all other layer options in your car to adapt to the weather and match partner(s).



Tape Measure for Stick Checks



Very flimsy
tape measure



Flimsy, but sleek to
fit in a pocket

12

Good one; fits in a pocket easily.
(1/2" wide tape)

at Amazon ~\$12



Remove chain

Lufkin
Tape, Keychain, Black Blade, 1/2" X 8'
(L1108B)

Other options available at Home Depot, Lowe's, etc.

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George Lane, v8Apr2026

Tape Measure for Stick Checks



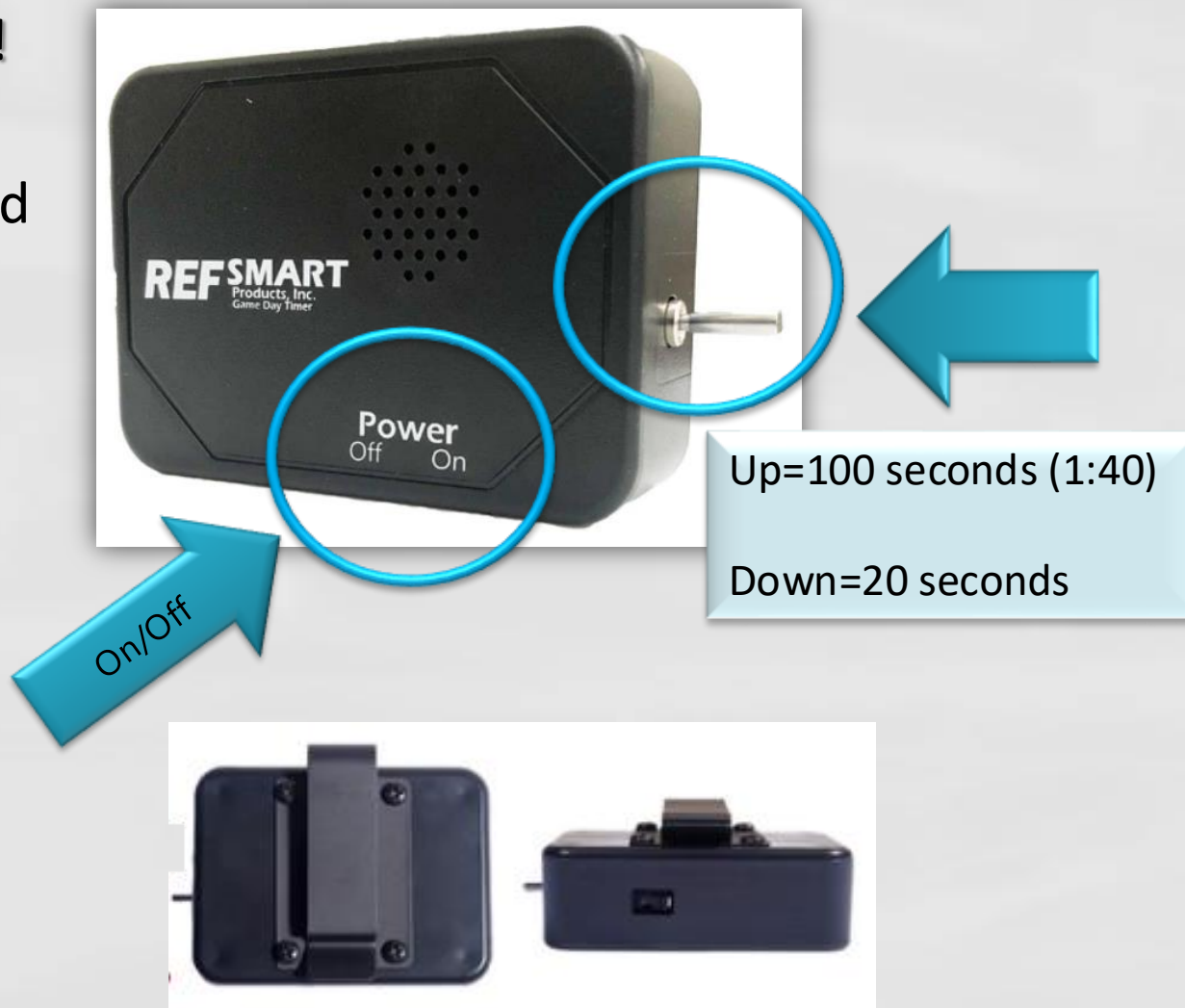
Consider using a Sharpie to mark your tape measure at:

- 40" & 42" for attack/middie stick length measurements
- 52" & 72" for D-stick length measurements
- 6" & 3" for measuring the head pocket area opening

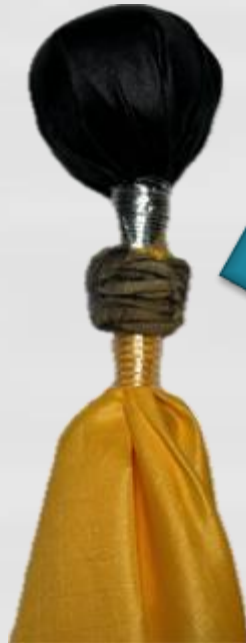


Lacrosse Timer - 20 Sec./100 Sec.

- Check your current timer for accuracy!
- 100 seconds for 2-minute timeouts and in between 1&2, 3&4 quarters. Blow your whistle when it beeps & vibrates.
- On/off button stops timer from going off accidentally in your bag!
- Easily configurable for other sports.
- www.purchaseofficials.com or www.blowyourwhistles.com



Prevent Flags from working their way out of your belt/waist...



Add some
Rubber Bands!
...to hold the flag in
place as you run!



Additional George tip/suggestion:

Separate all the ref items/accessories you specifically need to officiate a game and carry them in a small tote or 1 gal. food storage bag in your ref bag. Leave out other items.

Note: Recommend having 2 whistles on the field. 2 pencils is good to have, as well.



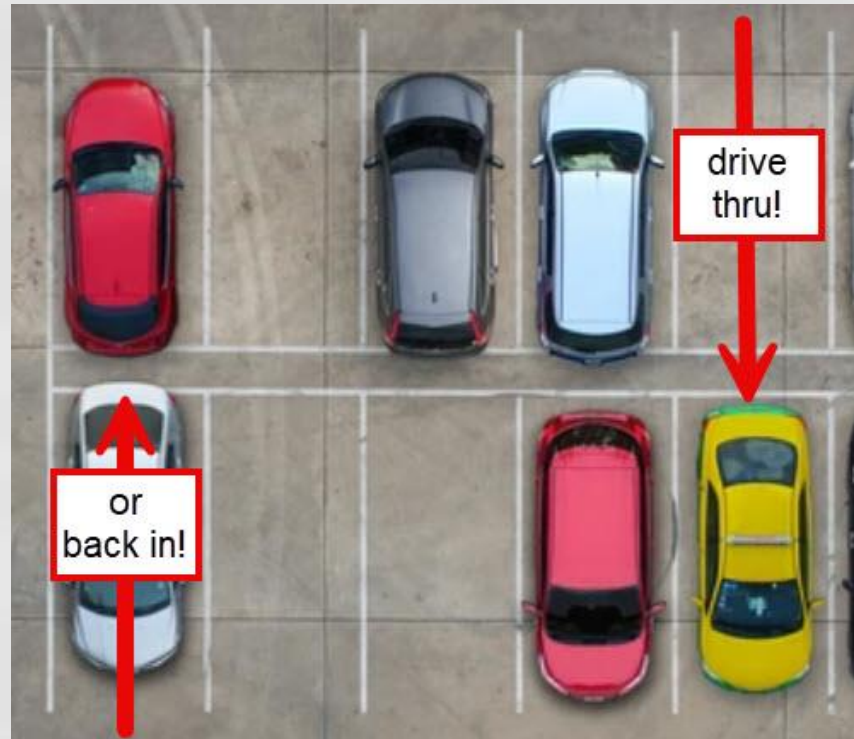
Parking Lot...

Always...

drive thru

or back in

(First ever ref tip I received!)



- Try to park next to or near your partner. This has potential pluses before the game and after.
- Note: In all my years of officiating, one time my partner and I walked out together and were followed and threatened. Another time, my partner and I separated to go to our cars and he was followed and threatened.

The importance of the Post Game. Whether it's a quick beer at the 99 down the road or just 10 minutes discussing the game you just did and/or odd situations that came up last week, that breakdown is incredibly helpful and should be considered part of the game.

Try to park next to or near your partner(s)

- Potential pluses before the game and after.
- Consider buying a **collapsible safety cone** to keep in your car trunk for breakdowns and for officiating.
- If you arrive 1st, hold a spot for your partner.

15 in. Orange Reflective Multi-Purpose Collapsible Safety Cone
(approximately \$12)



opens to 15"
not too short,
not too high



if needed, when needed...

- If taking ibuprofen (or acetaminophen)... **Gel caps instead of tablets**... easier on the stomach.
- See product label for adult dosage and cautions. Consult your doctor when in any doubt on what is best for you.

Consider soft gels caps without artificial flavors and colors.

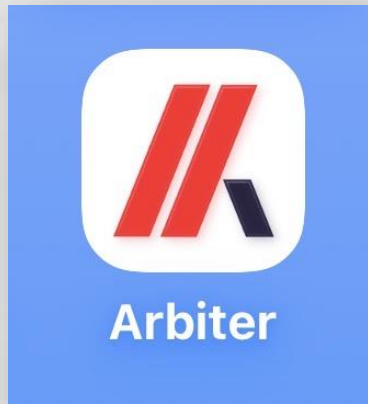
**Walgreens Free & Pure Ibuprofen
200 mg Mini Softgels, 200 ea**



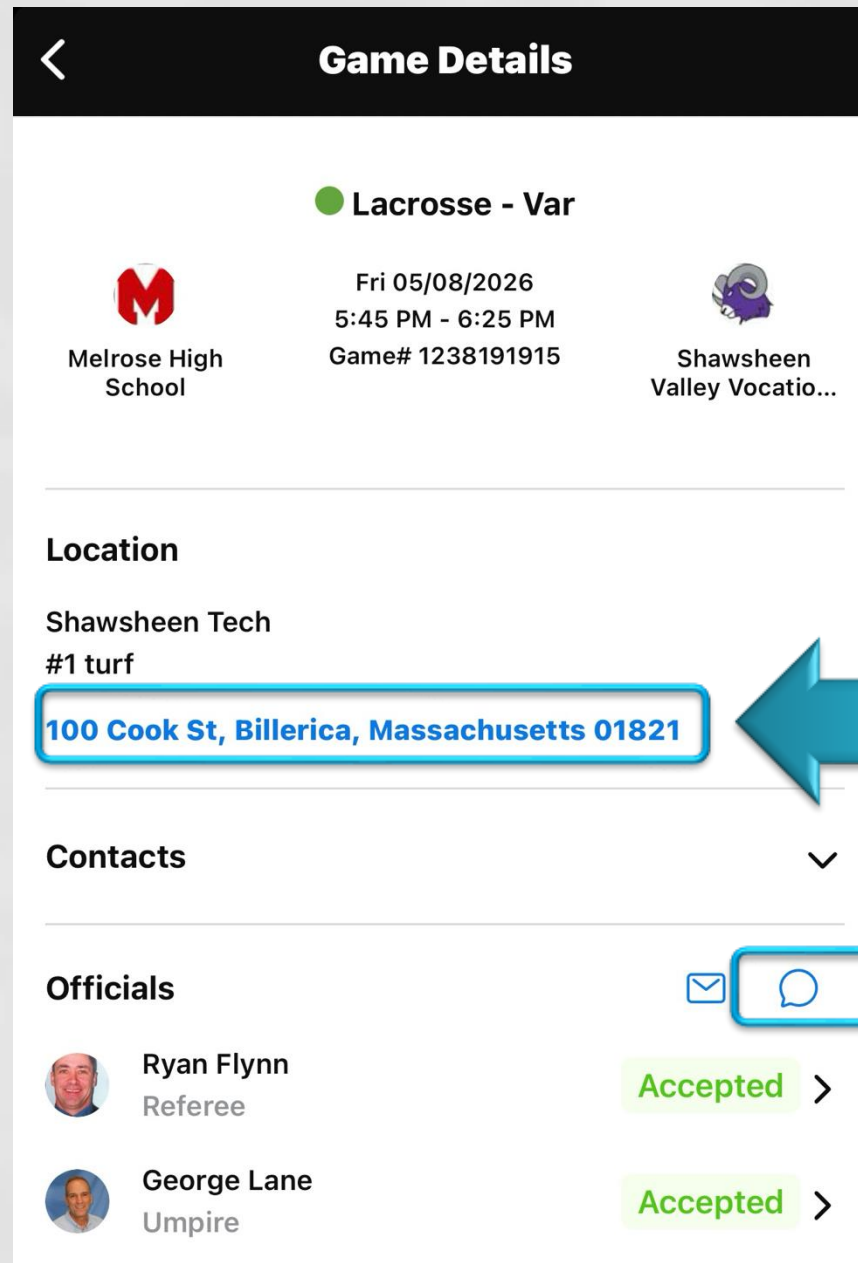
Free + Pure is:

- No artificial flavors
- No synthetic colors

Arbiter Phone App



- Download the app. Much easier than accessing the Arbiter through a browser on your phone!
- Receive notifications; see your schedule; blocks and more.
- Can download app to a MacBook PC; easily text, email, directions from your PC.



Tap here to open your GPS app. with directions to your game site!

Tap here to send a text message to all game partners!

Additional Tips...

- You forgot your flags:
ask your partner to borrow one...
- You forgot a coin:
use your scorecard; visitor picks a side,
then flip it/spin it and let it hit the ground.
- Writing on your scorecard:
Pencils from mini or regular golf work well (have 2 with you as you're officiating).
I've used just a piece of paper folded into 1/4th size and write with a pen.
Some refs put fresh athletic or masking tape over the scorecard before each game.
I've seen and used card stock paper scorecards which I really liked; ...until I used them up (time to make some up myself...).



EMLOA SCORECARD													
CAPTAINS					CAPTAINS								
STICK CHECKS	IN HOME	POSSIBLE	ADVISOR	STICK CHECKS	STICK CHECKS	IN HOME	POSSIBLE	ADVISOR	STICK CHECKS				
FIRST QUARTER					FIRST QUARTER								
SECOND QUARTER					SECOND QUARTER								
THIRD QUARTER					THIRD QUARTER								
FOURTH QUARTER					FOURTH QUARTER								
TIME-OUTS													
1 st HALF			OT				1 st HALF			OT			
2 nd HALF			OT				2 nd HALF			OT			

George's 'R' Pre-game Checklist

Reminders
to mention



Referee Pre-Game Checklist

1. review field for safety & odd lines
2. check-in with timer & scorer (table back 6 yds., auto. horn?, penalties, fouling out)
3. introduction to ea. head coach
 - certification, in-home #, player area, eye blk... (home team: NOCSAE balls, medical person on site? AD or site administrator?)
4. [youth games: meeting with both coaches (MYL: cert. cards)]
5. check nets; get problem gaps fixed
6. 6-8 mins: coin toss. (mark card for AP)
7. 6 end line & sideline balls, 5 yds off fld.
8. line-up ("no big hits, no late hits")

Partner Pre-game:

1. Confer with each other when both have a flag; or unsportsmanlike conduct or multiple minutes...
2. Trail: Protect the shooter (& passer)
3. Trail usually reports penalties
4. In case of a fight... blow whistle!, other ref takes bench!... & write #s down!
5. Review rules for this level

End of 1st & 3rd (or a timeout) stick checks

End ea. quarter:

1. Confirm score w/partner, then the table
2. Ensure reload of end/sideline balls

e-Rule Book



<https://accounts.nfhs.org/>

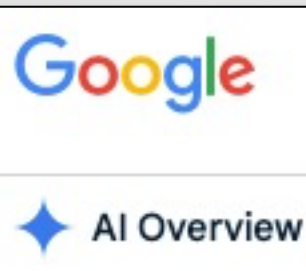
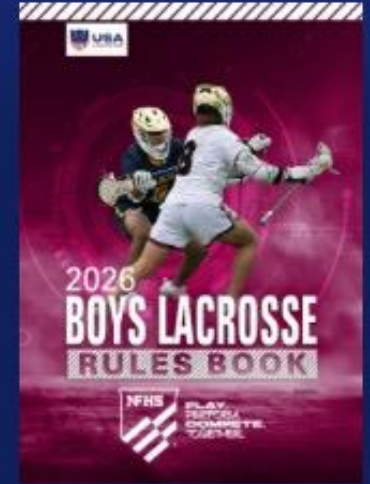
One (\$9.99) purchased to get the following 3 items:

1. Website version
2. NFHS app version on a phone
3. NFHS app version on a tablet

DIGITAL BOOKS

Rules publications are available in an online format through NFHS Digital, the online platform for NFHS rules publications.

NFHS Digital

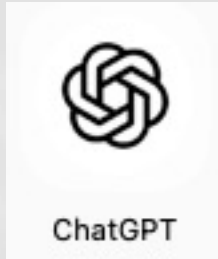
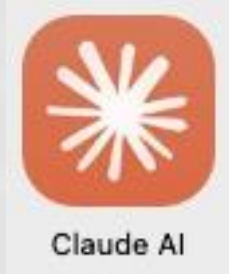


Some rule information is available via an inquiry using a basic web search. Google or Safari have built-in AI, now. Or via an AI app such as ChatGPT or Claude.

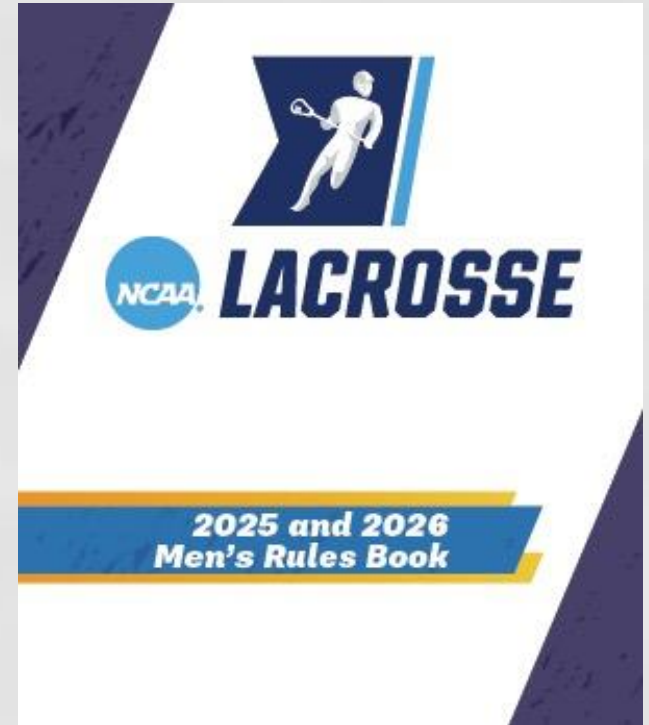
For example, by typing the following, provides helpful results: “2026 NFHS boys lacrosse rules: what is the penalty for a slash?”

NCAA Rules & Using AI

NCAA Rule Book is available as a free PDF file. Then, using an AI application such as:



1. Start a new 'chat' using an AI app on your phone or tablet.
2. Upload the NCAA Rule Book PDF file. Might be easier using the website version on your PC, the first time.
3. And ask away... (using the app, type your request or question; or press the microphone icon to speak it; or press the icon next to the microphone icon to speak it and have the app reply by voice and text).



I started by typing:

“NCAA Men's Lacrosse Rules for 2025 and 2026. Review the attached rule book. Summarize the diving rule when a player is trying to score.”

Where to find the Mechanics Manuals

- 2-Person Mechanics Manual (PDF file):
<https://www.usalacrosse.com/sites/default/files/documents/Officials/Officials-2ManManual-2021.pdf>
- 3-Person Mechanics Manual (PDF file):
<https://www.usalacrosse.com/sites/default/files/documents/Officials/Officials-3ManManual-2021.pdf>

Notes:

- 2025 versions: must login to your USA Lacrosse account. -> 'My Transcript'
OR they are posted on the www.EMLOA.org website.
- > 'Boys Officials Annual Certification (2026)' - click red eye icon. Both Manuals can be found underneath the exams section.
- NILOA maintains a 3-person mechanics manual for college games.



Mantras that help George: (most likely calls in these scenarios)

- A. Ball is not in possession – repeating in my head: “play-on; play-on...”
- B. Lead Official: ball in possession in offensive half: “flag, ward, crease; flag, ward, crease...”
- C. Trail Official: ball in possession in the offensive half: 1st counting players... 2nd “stay w/the shooter”

Sample feedback received

"...this material is not covered (elsewhere in training) and useful."

Jim K., EMLOA, 2025

"Who knew rubber bands would stop the flags from falling out!"

Ed M., EMLOA, 2025

"George, I like it. Very good info. I like this idea. Thanks."

Sean M., EMLOA, 2025

"Just finished your PowerPoint. That is a must for any 1-3 year new ref or just to have to review as a vet before the season. Great job. Just bought my ear plugs. Great work."

Bill B., EMLOA, 2025



Sample feedback received

"I never thought about ear protection. Definitely something I will be mindful of going forward.

UV rated shirt is a good idea. I like how you show where to find these items on Amazon as well. Gives a good starting point to find and buy the item.

Reminding folks of sun protection is a great idea.

Good tip on the gallon storage bag for all of your game day items. I used a side pocket on my bag to keep those items, but I was always reaching in and feeling around for the items. Pulling out a gallon storage bag will be easier so I will be employing that tip for sure.

I will definitely be trying the rubber band around the flags. Sometimes I felt like I was tucking in my flags all game long as they would start to slide out with the running."

Jeff P., EMLOA, 2025

"Good call on marking the tape measure with a sharpie. I'll have to do that!"

B. an experienced EMLOA high school and college official, 2025

Sample feedback received

“George,

This is very well done and thought out. I also liked the elastic band to stop the flag from falling out.”

John H. an experienced EMLOA high school and college official

“Outstanding. Pre-game (pre-pre-game)contact partner. Confirm game, time, venue, uniform etc.”

Roy C., EMLOA, 2025

“Nice compilation of info about taking care of ourselves as officials and being ready for the field!

Nice job, thanks for sharing with me.”

Randy W., EMLOA, 2025



Sample feedback received

George,

Thank you for sharing. I might try the ear plug suggestion. The presentation has some great tips that all refs would benefit from!

Chris F., EMLOA, 2025

“Great information and well thought out. Great tips we can all use. Thanks for sharing.”

Tony C., EMLOA, 2025



Sample feedback received

2/20/2025

George,

Very interesting presentation; I like the idea of putting a presentation together like this where it's filled with the extra knowledge that's useful which is not covered in mechanics manuals or rule books. The order and flow of the PPT is done well, and I like the examples with prices.

Mark Burnett

Manager, Officials Development

USA Lacrosse

USALacrosse.com





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Westford, MA

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Feedback and suggestions are certainly welcomed. Thank you.