Pre season email:

1. Video’s to watch before you take your online test or come to field training:
   1. Shooting space video from USL: (copy and paste this link into your browser

( <https://www.youtube.com/watch?v=pgJzzpjrdFA> )

b. Rules Interpretation Video 2017 Girls HS and youth (U8-U14A)

Copy and paste link into your browser:

( <https://www.youtube.com/watch?v=TzNR7jRznf8&t=13s> )

( <https://www.youtube.com/watch?v=tdTqM0dL184> )

( <https://www.youtube.com/watch?v=DPZsSub-wYs> )

( <https://www.youtube.com/watch?v=MDIYdy-tJKI> )

( <https://www.youtube.com/watch?v=W91HgDIJtjw> )

2. Read about how you will be tested on the field, (how will you be rated).

Visit the following website: https://uslacrosse.arbitersports.com/front/108525/Site/Page-Content/womensresources

Link to :

[Explanation of Levels (1, 2, and 3)](https://uslacrosse.arbitersports.com/Groups/108525/Library/files/Officials%20Certification%20Skill%20Levels_2017.pdf)

\*Juniors regardless of experience use the level 1 forms

Rating forms:

[Link to Level 1 rating form](https://uslacrosse.arbitersports.com/Groups/108525/Library/files/Apprentice%20Rating%20form%2017.pdf)

[Link to Level 2 rating form](https://uslacrosse.arbitersports.com/Groups/108525/Library/files/level%201-2%20Rating%20form(1).pdf)

* Level 3 ratings must come from a USL LEAD clinic or C.O.A. rating event.

3. Practice rules Tests in PDF format:

\*attached as a document to this email

4. 2017 Rules Interp. Session- COACHES EDITION

\*also posted under 2017 Girls key documents on NCJLA.org

\* Attached as a PDF to this email

5. Trainers tips and cheat sheets:

\*attached as a word doc to this email

1. Penalty Mechanics cheat sheet
2. Pre-game Checklist

6. 2017 Uniform Standard-

\*You signed that you would meet these requirements in the Policies and Procedures document during registration.

1. [www.lacrossefanatic.com](http://www.lacrossefanatic.com)
2. Doc with specifics is attached.