

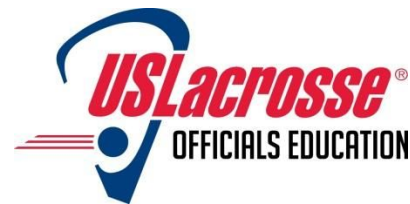
Become a Girls Lacrosse Umpire

- **Give back to the game** - share your knowledge to help the game grow responsibly.
 - Time commitment based on your availability
- **Stay fit** - exercise while having fun
 - 1 game is typically 2500-4000 steps!
- **Flexible schedule**- game schedules are flexible
 - No minimum or maximum required to work
 - Weekends and evenings
 - Games are typically 1 hour in length
- **Learn a new sport** - if you've officiated other sports, you can easily transfer those experiences to lacrosse
 - Online professional development courses and opportunities for advancement
 - Access to a mentor for new officials
- **Earn a few dollars** – Officials at all levels of competition are paid for working games
 - HS Varsity/JV- \$65-75 and Youth \$55-\$35
 - Travel more than 50 miles round trip is paid! *(standard IRS rate)*
- **Tax deductions**- independent contractors can deduct costs associated with officiating
 - Tolls, uniforms, professional membership dues, internet access, etc. *(please consult a tax professional for more information)*
- **Scholarships available to offset start up costs**- lacrosse is growing rapidly and adult umpires are needed for all levels
 - Visit the Northern California Junior Lacrosse Association website to learn about their Recruitment Program and New Umpire Scholarships (www.ncjla.org)



WHAT DOES IT TAKE TO BECOME AN OFFICIAL?

- ✓ 6-8 hours of classroom training depending on level
- ✓ 6-8 hours of on field training
- ✓ Attend a 2 hour rules interpretation clinic
- ✓ Pass the USL certification test *(online)*
- ✓ Pay NCUC membership dues
- ✓ Complete independent contractor and W-9 forms *(online)*
- ✓ Complete Policies and Procedures Form *(online)*
- ✓ Pass background check *(online, Adult Umpires)*
- ✓ US Lacrosse Membership
- ✓ Attend 2 hour mid-season playoffs-championship classroom training
- ✓ Purchase approved uniform and equipment



If you are ready to become a Nor Cal Chapter Umpire please **REGISTER** at:

Adults (new and returning):[Here](#)

Juniors (new and returning):[Here](#)

Specific questions please email: Secretary@norcalchapterusl.org

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