

How to Get To and Take the USL Coach Rules Test

Updated: 1/12/2018

Note -This course must be taken every year and only tests taken in 2018 will be accepted for the 2018 Spring Season. But If you already took the test for this coming season and you did not save your certificate please do the following: Complete steps 1-4 below. Once logged in Click on MY COURSES, then click on Coach Courses/Sessions, then click on Rules Tests, click on the title of the rules test that you took and then click on the red Certificate button on the right. Your certificate will open in a popup window. Save that .pdf file to your computer and then send that .pdf file to your Club Administrator.

1. Go to www.uslacrosse.org/
2. Rollover COACHES
 - a. Roll down to EDUCATION
 - b. Click on Online Courses
3. On the Online Courses page
 - a. Scroll down the page and Click on TAKE A COURSE (Red Button).
4. Log in with your USL Username and Password. Or Sign up for an account
5. Once logged in:
 - a. Click on CATALOG
 - b. Click on Coach & Parent Rule Exams
 - c. Click on the Shopping Cart to the right of the appropriate gender/age group that you will be coaching

Girls Coaches:

U8-U14B coaches should take:

 - 2018 Youth Girls' Rules Test for Coaches and Parents

U14A and HS coaches should take:

 - 2018 NFHS Girls' Lacrosse Rules Changes and Points of Emphasis Test for Coaches

Boys Coaches:

U8-HS Varsity coaches should take:

 - 2018 NFHS Boys' Lacrosse Rules Changes and Points of Emphasis Test for Coaches
6. Once Added to Cart
 - a. Click on Proceed to your Cart
 - b. Click on Proceed to Checkout
 - c. Click again on the Proceed to Checkout button
 - d. Click on Proceed
 - e. Click on Confirm Purchase
7. Under Browse My Courses
 - a. Click Start Browsing
 - b. Click Coach & Parent Rule Exams
 - c. Click Launch next to the Rules Test you selected
 - d. Click Launch again
8. Take the Test
9. Once Completed
 - a. Click on Certificate to view your Certificate
 - b. Save this .pdf file to your computer
 - c. Email the saved .pdf certificate to your Club Administrator.