



Signaling: The Arms Have It

Author: Lucia Perfetti-Clark

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Giving a signal and direction with every foul may not be automatic for brand new officials. However, as you improve, these informational mechanics become a key component of displaying rule knowledge and confidence. When you give a crisp signal, you are telling the world just how confident you are in the call.

Snapping out your signal lets coaches, players and spectators know you have the call. Showing hesitation of having signals that are loose and not in line with the standard mechanics make you seem unsure. Video is the best way to see how you signal during a game, but in the meantime, take the rule book to the closest mirror and practice. You may be surprised at the reflection.

See some animation of hand signals at LaxMagazine.com. Click on "Tips/Officials." To become a lacrosse official, go to uslacrosse.org and click on "officials."

Get Fit to Referee

Being in shape for opening day is important. Here's a simple running workout that only takes 30-45 minutes to complete, but should get big results on the field, especially when you have to make a fast full-field transition. Grab your sneakers and watch. To lengthen your stride and get the most out of your sprint, make sure your palms are going "eye socket to hip pocket." This small adjustment will get you in position to make the call seconds sooner!

1. Find a track or a loop in your neighborhood that is a short distance, between 200-400 meters.
2. Warm up for five minutes with a jog while mixing in some active plyometric stretching.
3. From minutes 5-10 run at 60 percent of your effort.
4. At minute 10, sprint the loop. See what your time is. If your time is 40 seconds, rest (walk) for 80 seconds. Generally your walking time should be double your sprint time. Continue this pattern for 20-25 minutes. Try to keep your sprint pace the same as your first sprint.
5. Cool down with a 10-minute jog.

The more you do this workout, the faster your sprint should get. To increase the difficulty, reduce the rest time.