

WLUJA

**WASHINGTON LACROSSE UMPIRE
ASSOCIATION**





Agenda

- Welcome
- Association business
 - Election – Chair and Secretary
 - Treasurer report
 - HS report
 - Youth report
 - Rating report
 - WLUA training update
- Award Presentation
- 2026 Rules
 - USAL Online Requirements
 - USAL Rules Interpretation
- Varsity Hybrid Rules
- WLUA Areas of focus
- Wrap Up / Attendance
- Youth Rules Interpretation

WLUA Executive Committee



- Chair*: Jessica Lowrance
- Vice Chair: John Hansen
- Treasurer: Pat Dillon
- Secretary*: Ron Fowler
- HS Assignor: Margaret Kondracki
- Youth Assignor: Jen Roane
- At large: Amy Sronce
Emily Falk
Mary Ann Wagner
- Rating Chair: Allison Barton

**election year*



Association Business

Elections

- Chairman – Mary Ann Wagner
- Secretary – Ron Fowler

Membership Information

- 2026 Dues
 - \$35 for all adults who do youth, HS rated and higher officials
 - \$20 for all youth officials
- 2026 Training fees
 - \$40 for HS rated officiating class
 - \$40 for youth officiating class

WLUA Officials -Collegiate level



- Transitional
 - Ron DeGoosh*
 - Allison Barton*
- Collegiate
 - Meaghan Galvin
 - Greg Gouchnour
 - Kendra Hardy
 - Julie Lenkart
 - Ruth Limberg
 - Greg Schaaf
 - Mary Ann Wagner
- Collegiate Select
 - Morgan Everitt
 - Ron Fowler
 - Cindy Johnson
 - Jen Roane*
 - Pam Shea
 - Deb Smith
 - Amy Sronce
 - Jeff Zinn
- National Elite
 - Barb Almond
 - Liz Brush
 - Tom Brush
 - Erica Garcia*
 - Emily Falk*
 - Margaret Kondracki
 - Jessica Lowrance
 - Cathy Russo

* new rating this fall

Reminders . . .



PRE-SEASON REQUIREMENTS

- USAL rules interpretation ✓
- USAL 2026 required courses
- USAL HS test – due by 3/1
- Conditioning **NOW**
- Check your uniform/accessories
 - Need new all black shoes?
 - Need new hat/visor?
- Preseason games

SEASON REQUIREMENTS

- Create blocks in Arbiter
- Accept games
- Communication with assignor immediately for changes and partners day before
- Contact partner day before
- Dress for success!
- Be 30 minutes early! Walk table staff through all timing (and signals for possession clock)
- Follow up with Chair on questions/clarifications/situations

Treasurer Report



Deposits/Credits

WLUA Training fees (new officials, HS students)	\$2,000.00
Fees collected: games, travel, admin, dues	<u>\$545,225.04</u>
	\$547,225.04

Treasurer Report



	Deposits/Credit total	\$547,225.04
Checks/Debits		
	Bollinger – D&O Insurance	\$650.00
	Website	\$91.80
	Training expenses / supplies	\$2,674.20
	Ratings/Observations	\$675.00
	Arbiter – Renew	\$2,081.84
	Assignor fees paid	\$42,701.90
	Bank service fees	\$44.00
	Game/travel fees paid	\$485,322.55
	Umpire bags	\$879.54
	Youth Coordinator Stipen	\$1,785.00
	Local Board Chair Stipend	\$1,000.00
	Checks/Debits total	\$537,905.83



Treasurer Report

- Assignors
 - Jen Roane – Youth - \$7,794.00
 - Jessica Lowrance – TSJ - \$6,095.64
 - Margaret Kondracki – HS - \$28,812.26

- Bank balance as of 12/31/2025 = \$12,486.25

HS Report



	Varsity	JV	Post Season	Single Game Fee*	Scrimmage
Fairfax/Loudoun	\$125	\$115	\$150	+\$20	V \$90 / JV \$80
Prince William	\$130	\$120	\$150	+\$20	
Private Schools	\$160	\$150	\$160	None	

We have a 4-year contract with the schools, we will have a small game fee increase for year 2027 and 2028.

HS Report



PLEASE KEEP ARBITER UP TO DATE

- IF YOU SHOW AVAILABLE, I EXPECT YOU TO ACCEPT
- Game day communication – MUST BE A TEXT. Your communication is not resolved unless you get a response from me.
- DO NOT call the school to ask if they are canceling games due to weather. ADs communicate to assigners as soon as they know, and I communicate with you as soon as I know.
- Let me know ASAP if you have a conflict with a school or partner
- If you are listed **first** – you are the head official.

HS Report



- ASSIGNMENTS –

- Schedules have been added to arbiter
- SCRIMMAGES – February 27- March 14
 - **ALL ARE REQUIRED TO DO 2 SCRIMMAGES – They are paid as noted in the game fees.**
- **Regular Season – being published RANDOMLY**
 - Season begins March 16
- **Busiest Days – Friday IS THE BUSIEST DAY, then Tuesday and Thursday, lots of Saturday games so please update weekend availability**
- Varsity only - this is still up in the air and will continue to be through tryouts.
- Middle School –assignments are posted during the season as they are continually changing.

HS Report



- **ASSIGNMENTS –**

- Spring Break
 - Public School: March 29– April 5
 - Private – varies with each school during the month of March
- Post-Season – we expect to be the FIRST week of May. We will make every effort to support the semi-final and final with 3-person crews.

ALL POST SEASON ASSIGNMENTS ARE DISCUSSED WITH LBC!

I look forward to working with you this season!

PLEASE EXPECT LAST MINUTE CHANGES

Assigning Review



- EC very busy renegotiating contracts.
- With significant increase in game fees, EC voted on increase in fees.
- Administrative raised from 8% to 10%.
 - 8% is assignor fee
 - 2% will go to WLUA for administrative fees: Arbiter, New Umpire Kits, Training, Materials, and D&O insurance
- Membership dues will remain the same at \$35 and deducted at end of season.
- WLUA sincerely appreciates your dedication and commitment. Each official will receive this WLUA Bag to hold all your game day items.
- THANK YOU FOR ALL YOU DO!





Youth Report

- Rules interpretation has been added to this meeting so all officials here today are eligible for youth games
- Please consider at least one Sunday in season of youth games
 - Great way to give back to WLUA and junior officials
- Junior Umpire on-field training – March 8 – email Jen if you can help (please!)
- NVYLL regular season
 - 3/21-5/10
 - Games (Saturday) and Sunday
 - No Games Easter Weekend (4/4-4/5)
 - Play-off weekend – May 16/17 – please hold if possible
- Report red cards on players and all cards to coaches to wluayouth@gmail.com

Youth Report



YOUTH CLUB LEVEL	2024	2025	2026
G 7/8	\$65	\$68	\$70
G 5/6	\$60	\$63	\$65
G 3/4 FF	\$55	\$58	\$60
G 3/4 MF	\$55	\$55	\$55
GK2	\$50	\$50	\$50

SINGLE 7/8 GAMES GET \$25 SINGLE GAME FEE

Rating Report



- Rating Committee email: WLUARatings@gmail.com
- New and Youth Ratings
 - Youth ratings are granted to junior officials and adult officials who are qualified to officiate youth-level games
 - Apprentice ratings are granted to all first-year high school officials upon successful completion of class and on-field training
 - No need to contact the rating committee
 - Ratings expire 12/31 of the next year. I.e., if new in 2026, rating expires 12/31/2027
- Renewal ratings are awarded Apprentice, Level 1, Level 2, or in some instances Level 3 rating
 - Contact Rating Committee prior to expiration of high school level rating
 - Conducted throughout the lacrosse season based on game and rater availability
 - Ratings valid for 1-3 years
 - Cost \$75

Rating Report



- In 2025, completed 9 ratings at HS level
- 2026 outlook based on 81 officials at HS level
 - 56 officials with current ratings
 - 25 officials at HS level with an expired rating as of 1/1/2026
- Most common rating feedback
 - Positioning
 - As lead, remain on tangent in proper quadrant in CSA, see between players
 - As trail, don't ball watch and count ahead, not behind
 - Movement
 - Move with a purpose, don't stand
 - Move with partner and support 8m administration
 - Mechanics
 - Direction first then foul signal
- USL Rating Level 1-2 and 3 Forms on WLUAOfficials.com/resources webpage

WLUA Training Update



- 17 students signed up for our January New Umpire Training Class
 - January 25th: Virtual webinar
 - January 30th: Classroom training at Oakton Library 10304 Lynnhaven Place, Oakton, VA
- March 2nd-14th: On-field training during scrimmages

Award Presentation

Kirlin Award



Madelaine B. Kirlin Award

Presented annually to the umpire and junior umpire who best demonstrate the qualities of dedication, hard work and service that Madelaine exemplified during her life. Madelaine was a long-time high school and college umpire with WLUA that went above and beyond her umpire responsibilities. She served as a mentor, leader and dear friend to all. She was the kind of partner all wanted to work with. Her passion for lacrosse and giving to our lacrosse community surpassed her responsibility of being on the field.

2026 Award Recipients:

Deb Smith and Reagan Lowrance

2024 – Kimberly Edmondson & Rachel Kartel

2022 – Jen Roane & Elyse Cosgrave

2021 – Amy Stevens & Adri Cristofari

2018 – Jessica Lowrance & Colleen Novotny

2017 – Pam Shea & Kelly Galloway

2016 - John Hansen & Amelia Crabtree

2015 - MaryAnn Wagner & Megan Barlow

2014 - Barry Barbini & Paige Walton

2013 - Meaghan Oakes

2012 - Danni Zuralow & Mike Zuralow

2011 – Cathy Russo

2009 - Greg Gochnour & Bridget Corridon

2008 - Ann Ljone & Margaret Kondracki

2007 - Patti Cleary & Kristi Arenian

Hall of Fame Inductee



CATHY RUSSO

The Potomac Lacrosse Association Hall of Fame's purpose is to honor those men and women, who by their outstanding achievements, noteworthy service, and laudable character, exemplify the spirit of the game of lacrosse, and who, through their extraordinary dedication, commitment and contributions, have advanced the growth and excellence of lacrosse in the greater Washington, DC metropolitan area.

Induction Ceremony and Dinner

Saturday, February 7, 2026, 5:30 PM – 10:00 PM

The University Club of Washington, DC

1135 Sixteenth Street, N.W., District of Columbia

Grand Reception, Refreshments & Ceremony; \$75 per guest

RSVP and purchase tickets by February 1, 2026

USAL Rules Interpretation

USAL Requirements



- Navigating the USAL resources
- 2026 requirements for USAL certification
 - 2026 Professional Development
 - Video w/ Q & A
 - Insurance pdf
 - 2026 NFHS Rules Exam
- Additional resource
 - 2026 training manual

ISL AA / WCAC Conference: Varsity Hybrid Rules



- Games will be identified in Arbiter as **VARSITY HYBRID**
- Varsity Hybrid rules will **ONLY** be played on ISL AA and WCAC **Varsity** games and play-off games
- Goal of having 3 officials per game, but there are times there will only be 2 assigned
- Shot clock was used at The St James for indoor league
- We will continue to pair newer officials to shot clock with veterans
- Our goal is to support officials as the game continues to grow. We want all members to grow their experience, knowledge and game situation awareness.
- **If only two officials – HYBRID RULES WILL BE ENFORCED.**

ISL AA / WCAC Conference: Varsity Hybrid Rules



Rule #1 – Goal Circle

- Defenders allowed to move through goal circle when their team is on defense
- Defenders **must move through** goal circle and cannot STOP or STAND
- ONLY defender directly **marking ball within a stick length** may remain in the goal circle
- Defender marking an opponent behind the goal (w or w/o ball) may not stand in the goal circle
 - Defenders can still mirror but cannot be in goal circle when mirroring
- Defender running through goal circle is not exempt from shooting space
- Defender cannot run into goal circle to avoid three-seconds – must exit 8-meter arc

ISL AA / WCAC Conference: Varsity Hybrid Rules



Rule #1 – Goal Circle

- Defenders can play the ball in the goal circle
 - Positioning of feet DOES NOT matter. Can be in, out or half and half.
- A ball on the ground or in the air within the goal circle constitutes possession of the defense
- Defenders, in their defensive end, can go into goal circle to prevent a rolling ball from crossing across goal line.
- 10-second count remains the same. Ball must be played before it can be returned to goal circle
- OFFENSE is responsible for taking a “safe” shot when a defender is in goal circle legally or illegally.

ISL AA / WCAC Conference: Varsity Hybrid Rules



Rule #1 – Goal Circle

- What has not changed?
 - Offensive goal circle fouls or penalty administration did not change.
 - Yellow card procedure will remain the same if shooter commits dangerous follow-through or dangerous propel
- All goal circle fouls by defense are minor fouls
 - Ball placed on closest dot
 - Now it is direct!!! Based on 2025 rule change – all minors are direct.
 - Goalie remains in goal circle.
 - All players must exit goal circle.
- Mechanics for goal circle foul remain the same.

ISL AA / WCAC Conference: Varsity Hybrid Rules



Rule #2 – Possession Clock

- Allow for a 90-second possession clock (PC)
- Schools **should** have two PCs. One at each end of the field for both teams to see.
 - Schools are allowed to have only one visible PC.
 - Must be placed at center field opposite team benches so both teams can see
- PCs **SHOULD** have its own horn, or the table staff must have horn at table to sound when PC expires.

ISL AA / WCAC Conference: Varsity Hybrid Rules



Rule #2 – Possession Clock

MECHANICS

- Possession off the draw to start 90-sec PC
 - Signal: winding arm
- Stop PC on all fouls in the CSA
 - Signal: taping the top of your head
- Rest PC
 - Signal: twirl arm/hand in air above head
- Expiration of 90-sec PC
 - Signal: illegal procedure signal
- Stop game clock and PC
 - Signal: making an X above head

ISL AA / WCAC Conference: Varsity Hybrid Rules



Rule #2 – Possession Clock

PROCEDURES

- Game clock procedures will not change!
 - Will stop after goals, offside penalty, alternate possession, issuance of a card, injury or when a timeout is called.
 - Will stop in the last minute of each quarter (NEW) when there is a foul in the critical scoring area (CSA).
 - Will **RUN** even when PC is stopped for fouls in the CSA unless  OR 
- Expiration of PC – MINOR FOUL
 - Team in possession will not delay in putting the ball down on ground relative to the position when PC horn sounded.
 - Team gaining possession can self-start when self-start is allowed (game clock is running).

ISL AA / WCAC Conference: Varsity Hybrid Rules



Rule #2 – Possession Clock

PROCEDURES

- PC resets when:
 - Change of possession, including save by the goalie inside goal circle
 - Rebound or deflected shot off the goalie, her stick, or the post whether the ball remains in the goal circle or goes back into field of play
 - Reset signal will occur but will not start until a team gains possession
 - If PC resets and runs, DO NOT STOP Game. Just reset PC once possession is gained.

NOTE:

- Shot that goes wide of goal or above crossbar does not reset PC.
- Shot on goal is when the ball is released from the shooter's stick prior to the expiration of the PC or expiration of game clock at the end of the quarter, game or OT.
- A team must be in clear "possession" (be able catch, cradle, throw) to reset PC for a change of possession

ISL AA / WCAC Conference: Varsity Hybrid Rules



Rule #2 – Possession Clock

PENALTY ADMINISTRATION

- If PC expires/horn sounds, immediately blow whistle to stop play
 - Free position awarded to opposing team at spot of ball within playing distance
 - Any opposing player on the field at expiration, may take free position.
 - No player within 4 meters of free position
 - If ball in air at time of expiration, free position will be where ball lands
 - If ball is out of bounds, free position will be 2-meters on field from boundary
 - Self-start allowed when self-starting is allowed.

NOTE:

- PC will not reset on offsides.
- PC will ONLY reset on alternate possession if change of possession.
- PC will reset on yellow or red card.



Areas of Focus

2026 WLUA ADDITIONAL AREAS OF FOCUS

- 1) Professionalism / treatment of partners
- 2) Offensive fouls: Charge / Forcing through / Dangerous follow through
- 3) 3-person positioning

Professionalism



Profession (n) - a calling requiring specialized knowledge and often long and intensive academic preparation
Merriam-Webster

OUR APPROACH TO THE GAME

- We are the calming factor
- We are unbiased
- We must respect our role and each other
- We must honor the game
- We treat everyone with respect

Professionalism towards PARTNERS!

- Not discussing other officials with coaches or other partners
- Issues are brought to the attention of the Executive Committee
- Maintain good standing with all members of WLUA

Proper
Preparation
Prevents
Poor
Performance

Offensive fouls



A foul committed by the attacking team (team with the ball)

- Block: block an opponent by moving into the opponent's path without giving the opponent a chance to stop or change direction and contact occurs.
 - When a player is running to receive the ball, a "blind side" defense player must give the player enough time and/or space to change directions.
- Charge: charge, bare, shoulder, or back into an opponent, including a player pushing into an opponent's stick
- Who initiates contact?

Offensive fouls



- Minor
 - **Cover**
 - **Empty**
 - Hand ball
 - Illegal crosse
 - Illegal exchange of crosse
 - Play from out of bounds
 - Squeeze head of stick
 - **Warding**
- Major/Cards
 - **Dangerous Shot vs Dangerous Propel vs Dangerous Follow-through**
 - **False start**
 - **Forcing through /Charge**
 - **Illegal Pick/block**
 - **Holding**

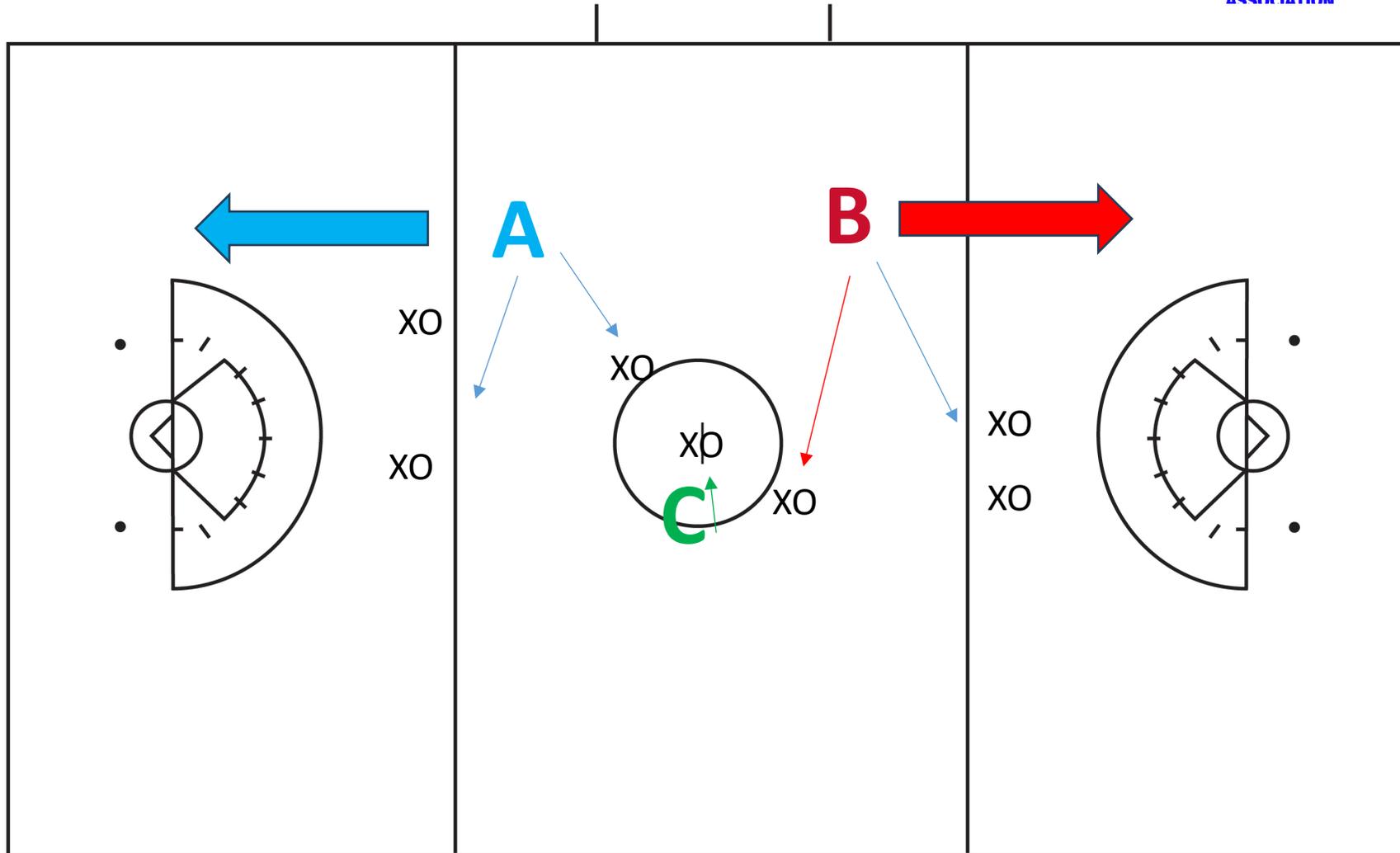
***Bolded fouls are ones you might see more often.**



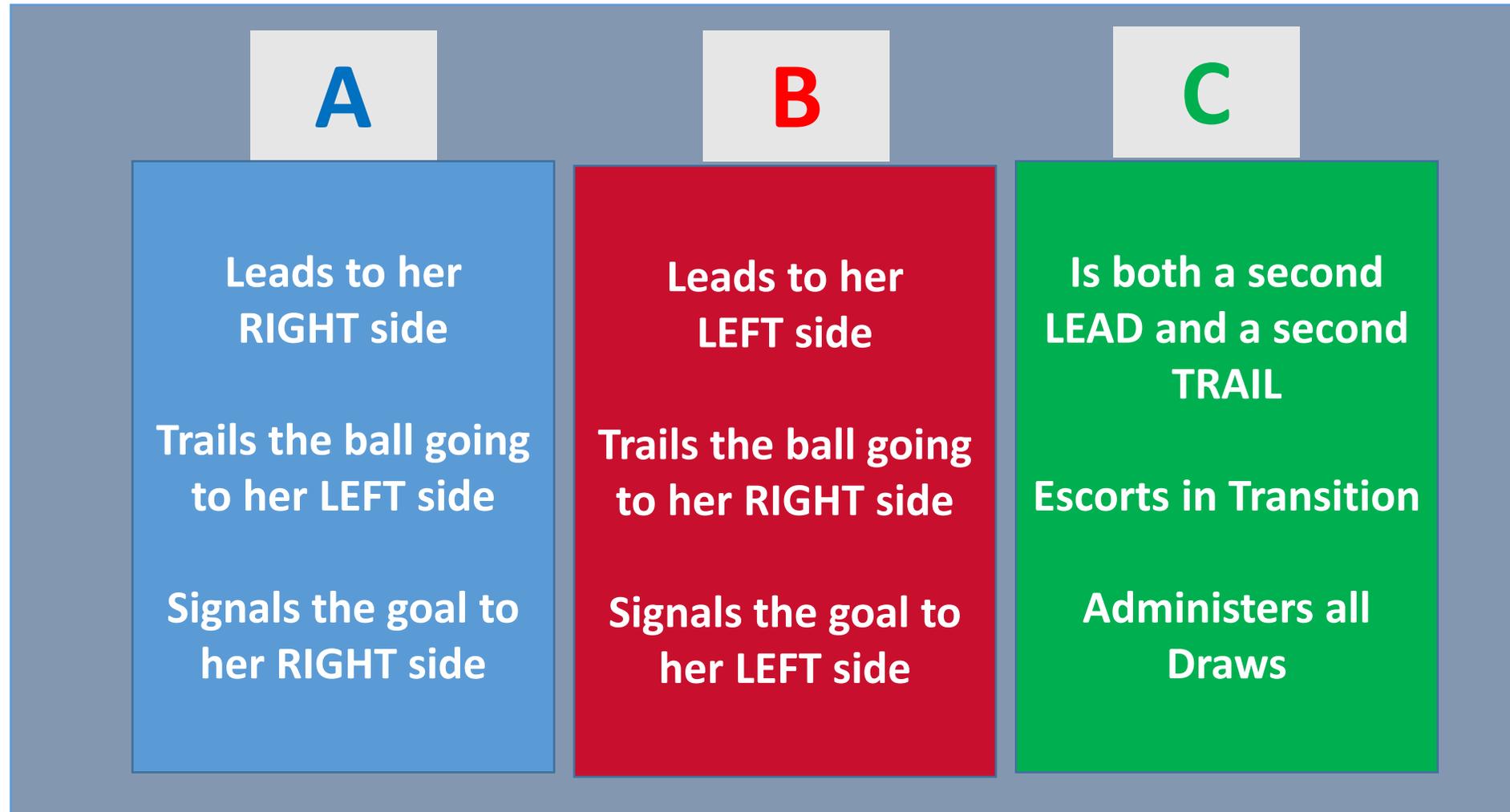
3-Person Positioning

(content provided by USA Lacrosse)

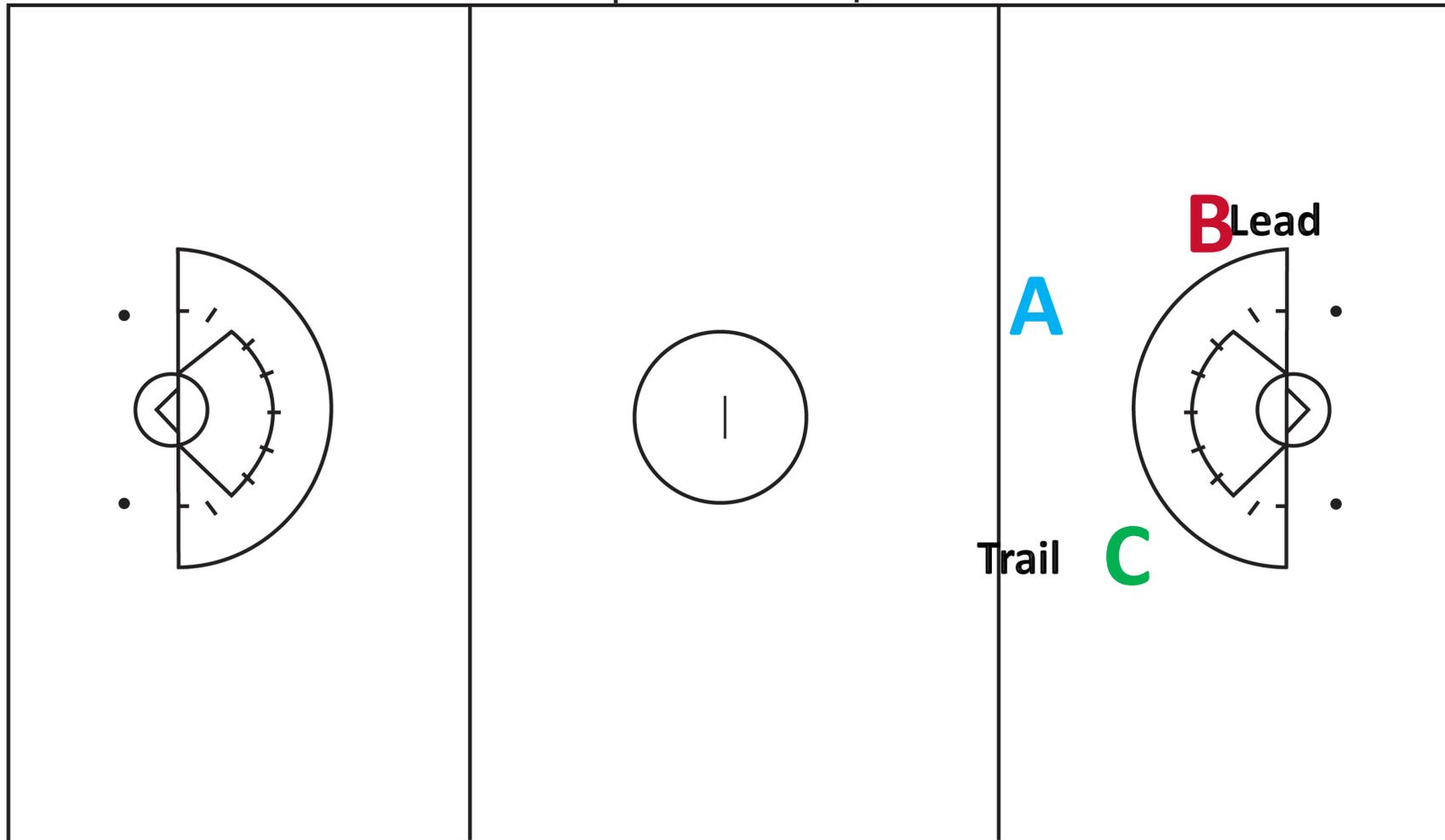
3-Person Positioning



3-Person Positioning



3-Person Positioning



Good Three-Person Positioning leads to:

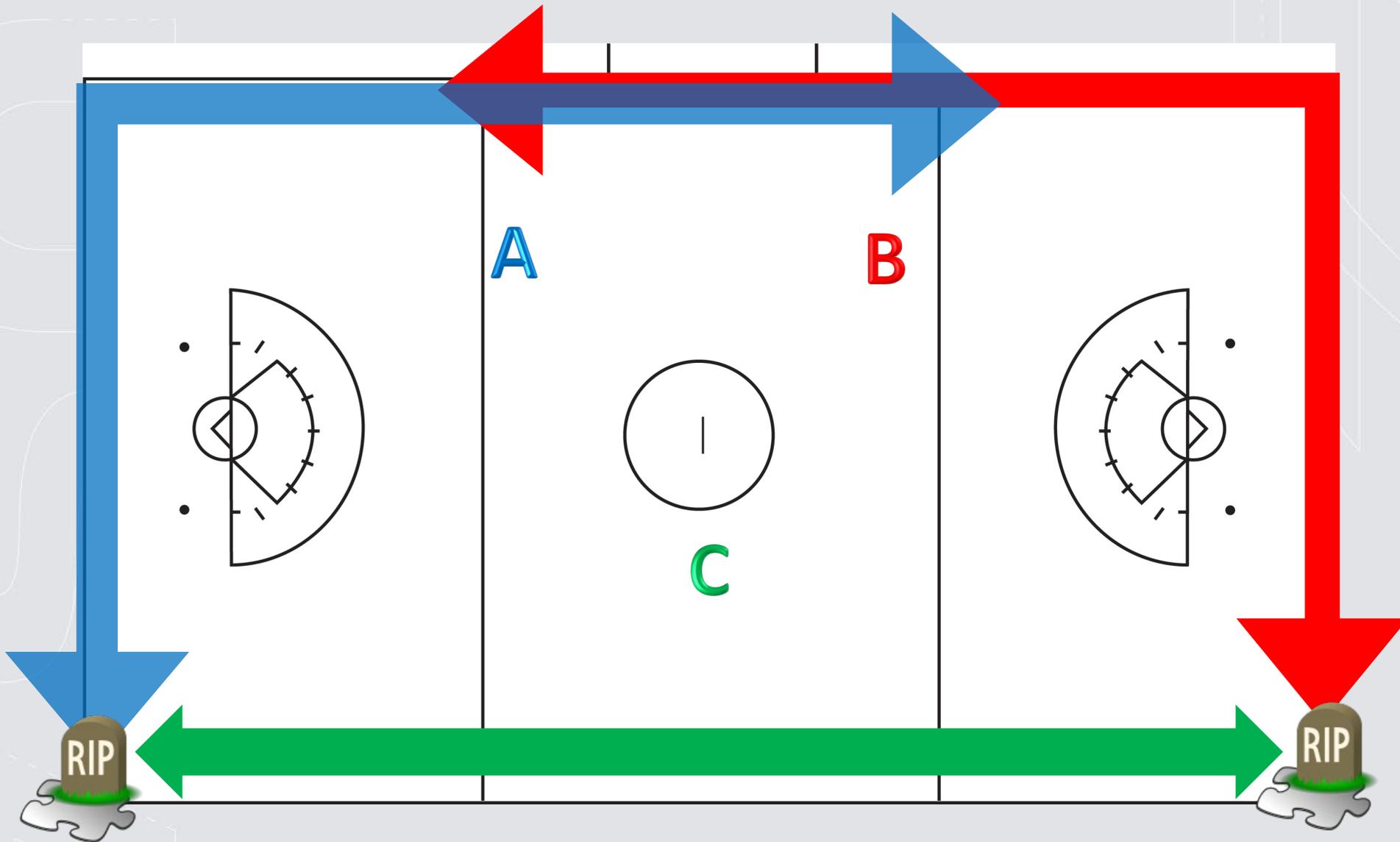
More
thorough foul
recognition

Seeing the big
picture vs. the
small picture

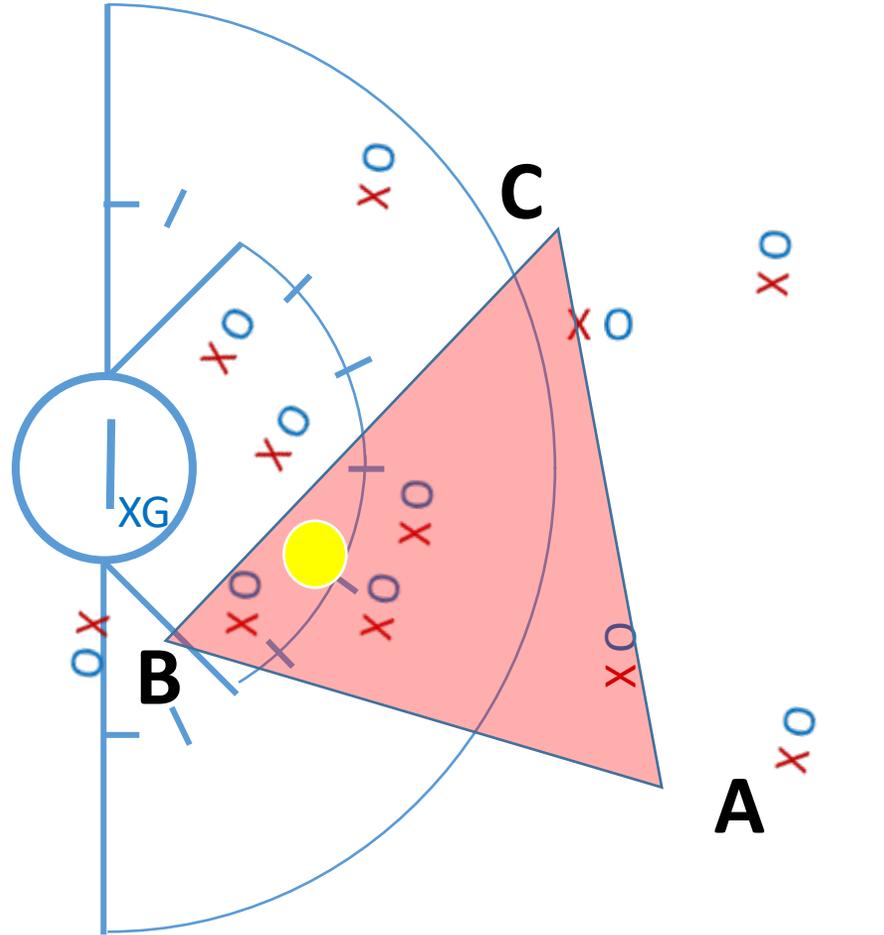
Better game
management



Boundaries



Umpire Triangle

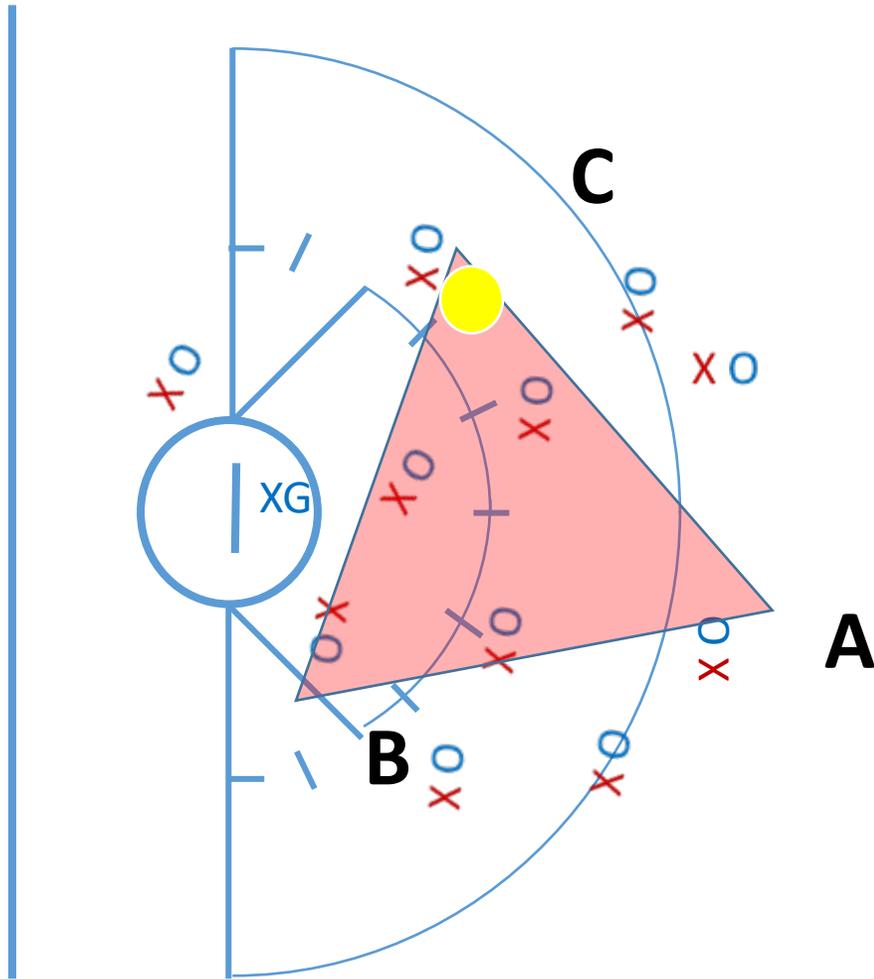


Ball stays in
“triangle”
between
officials.

As ball moves,
officials move!



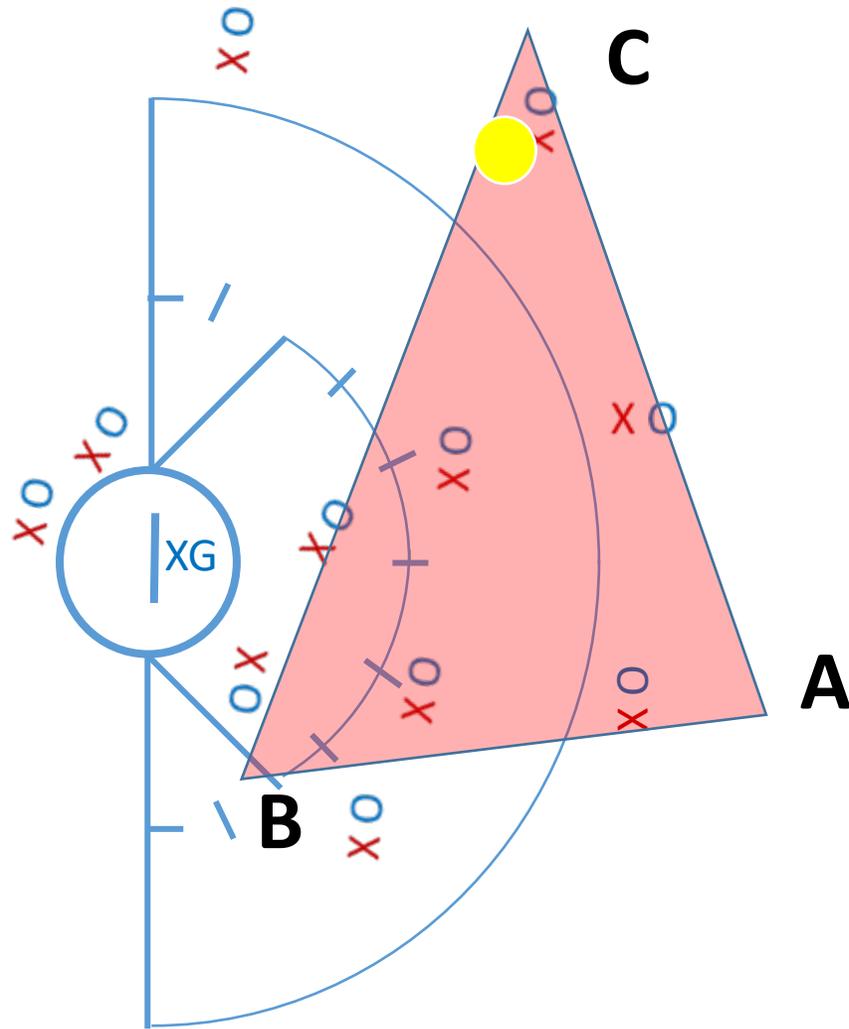
Umpire Triangle



The size of the triangle changes as play progresses.

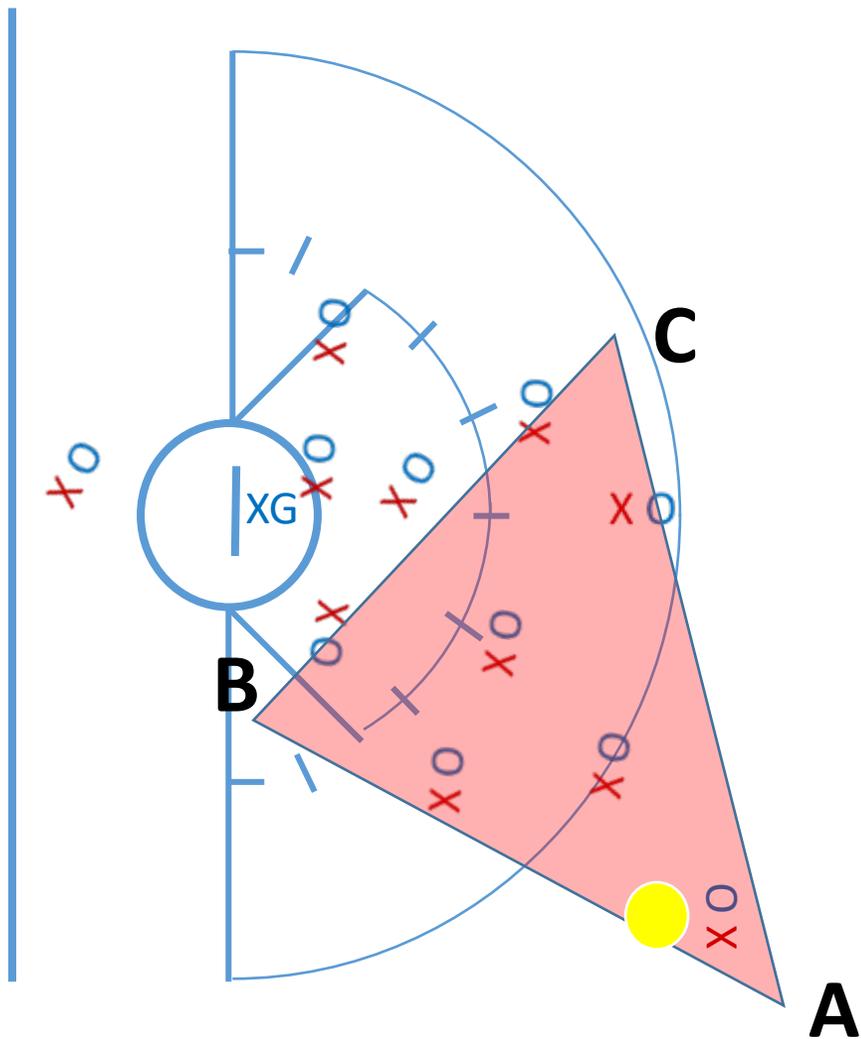


Umpire Triangle



Wider play (ball out towards sidelines or out of CSA) creates a bigger triangle.

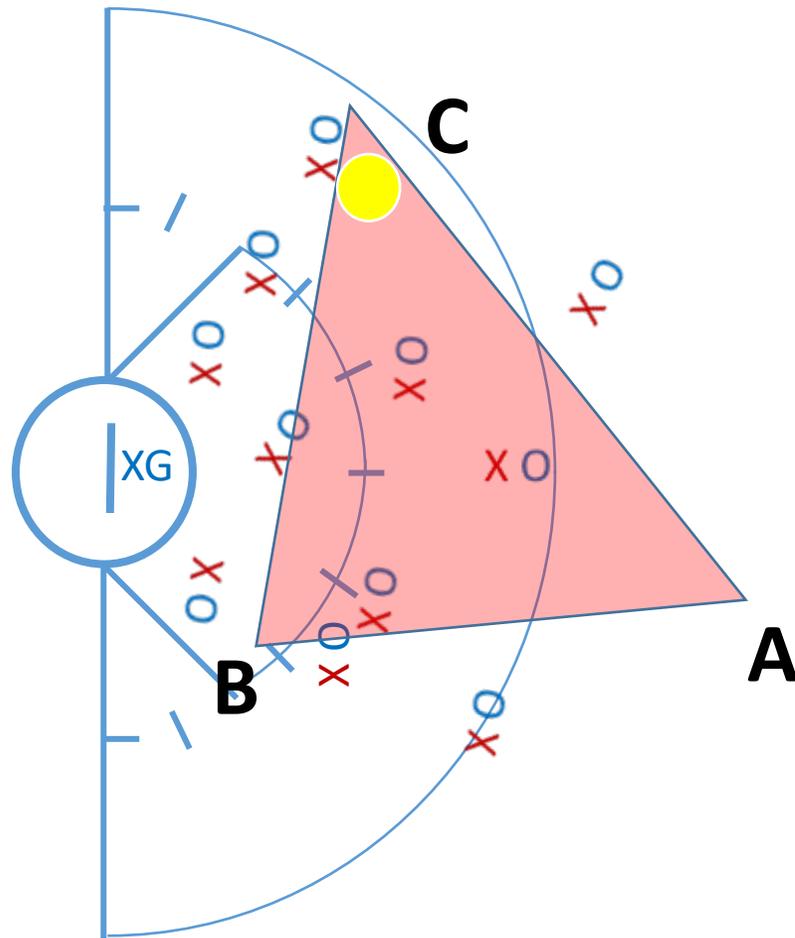
Umpire Triangle



Play dictates how the triangle moves.

Officials should work to keep the ball in the triangle.

Umpire Triangle

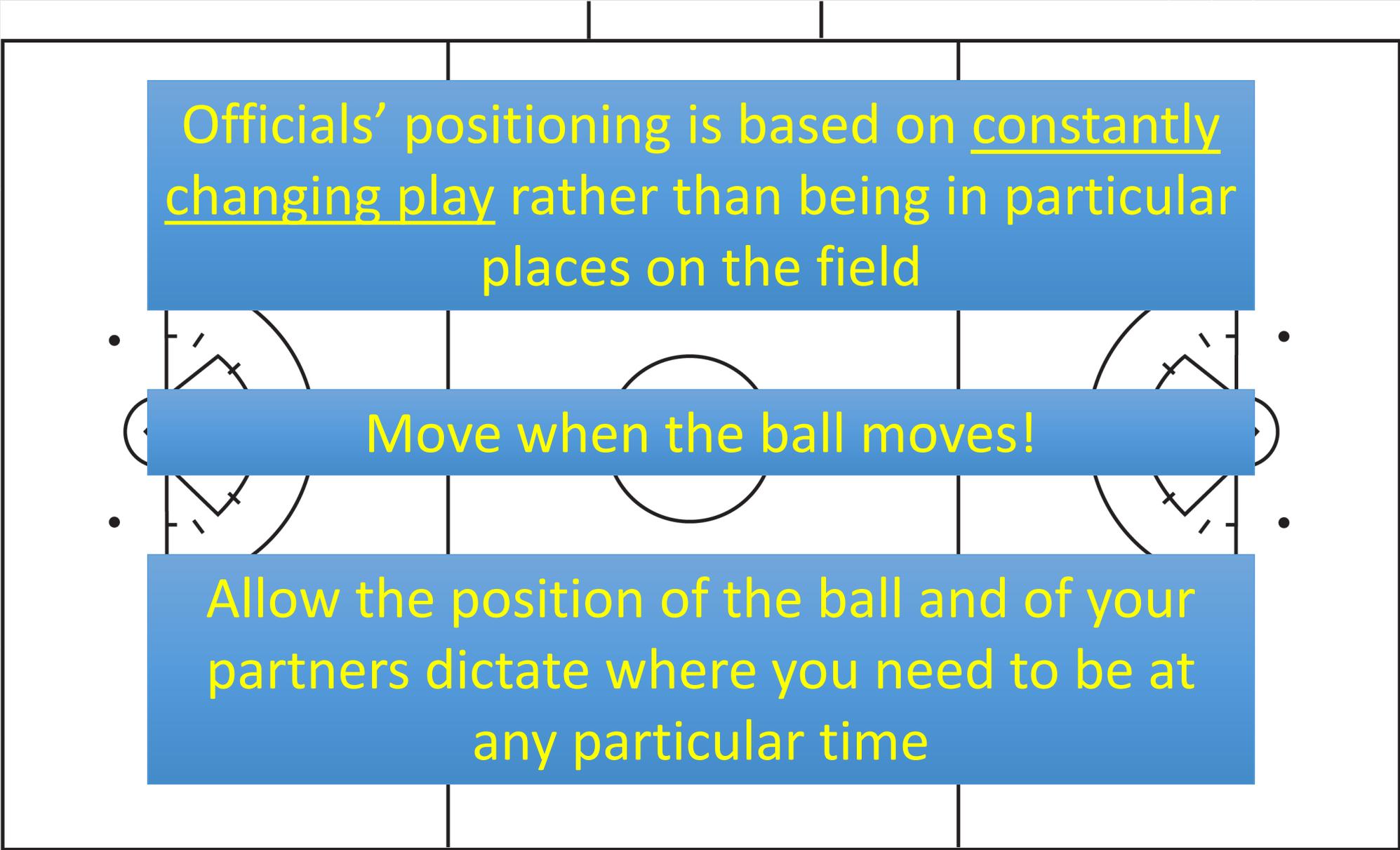


Lead Official (B) adjusts to ball.

C and Deep Trail (A) adjust relative to the ball and each other.



Officials' positioning is based on constantly changing play rather than being in particular places on the field



Move when the ball moves!

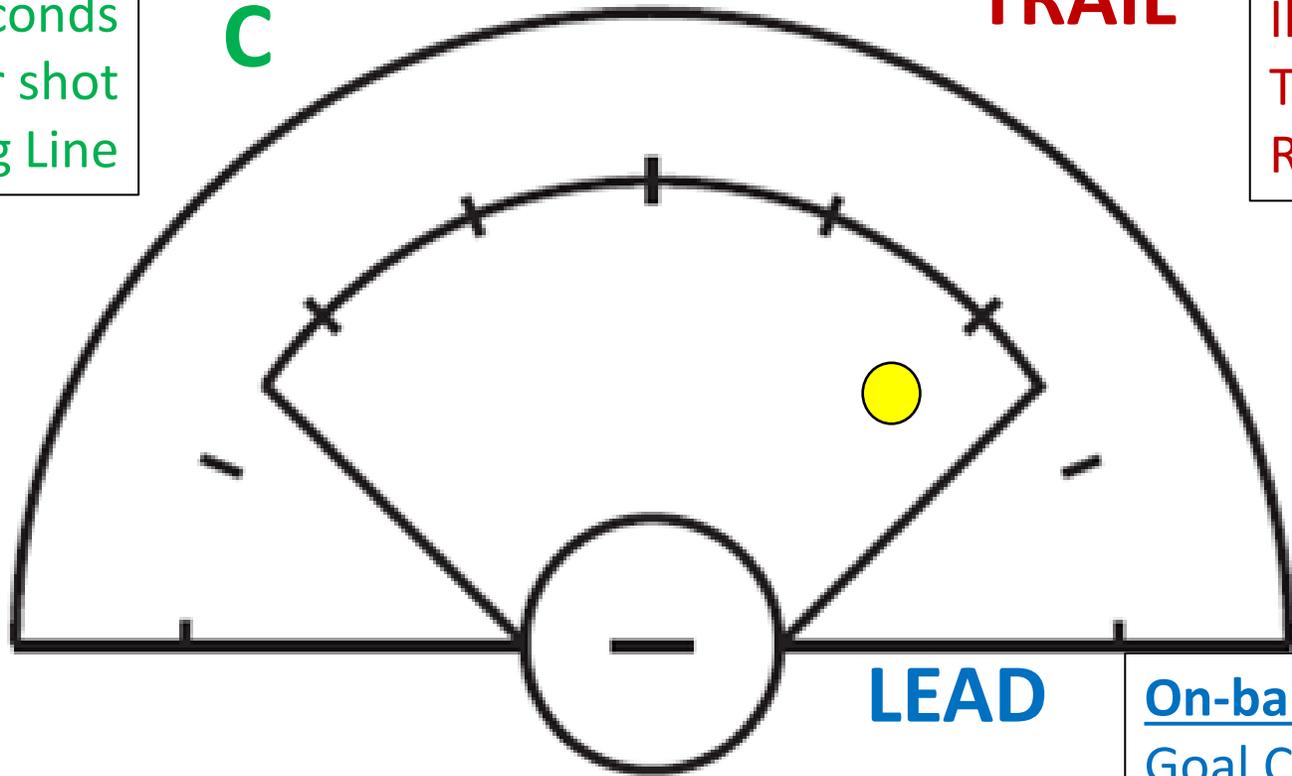
Allow the position of the ball and of your partners dictate where you need to be at any particular time



Responsibilities

Hold/Detain
 Illegal Picks
 Three seconds
 DFT/DP/fouls after shot
 Restraining Line

C



DEEP TRAIL

Shooting Space
 DFT/DP/Fouls after shot
 Hold/Detain
 Illegal Picks
 Three Seconds
 Restraining Line

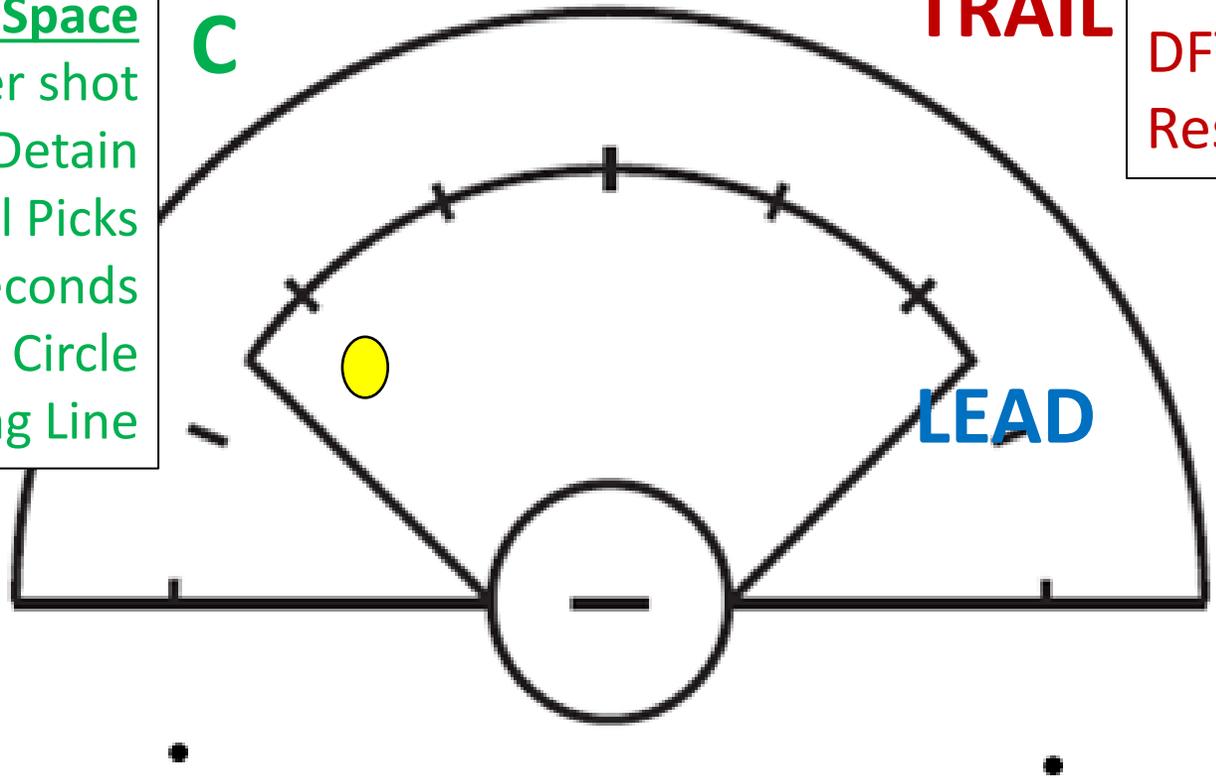
LEAD

On-ball fouls
 Goal Circle
 Fouls After the shot



Responsibilities Shift

On-ball fouls
Shooting Space
DFT/DP/Fouls after shot
Hold/Detain
Illegal Picks
3 Seconds
Goal Circle
Restraining Line

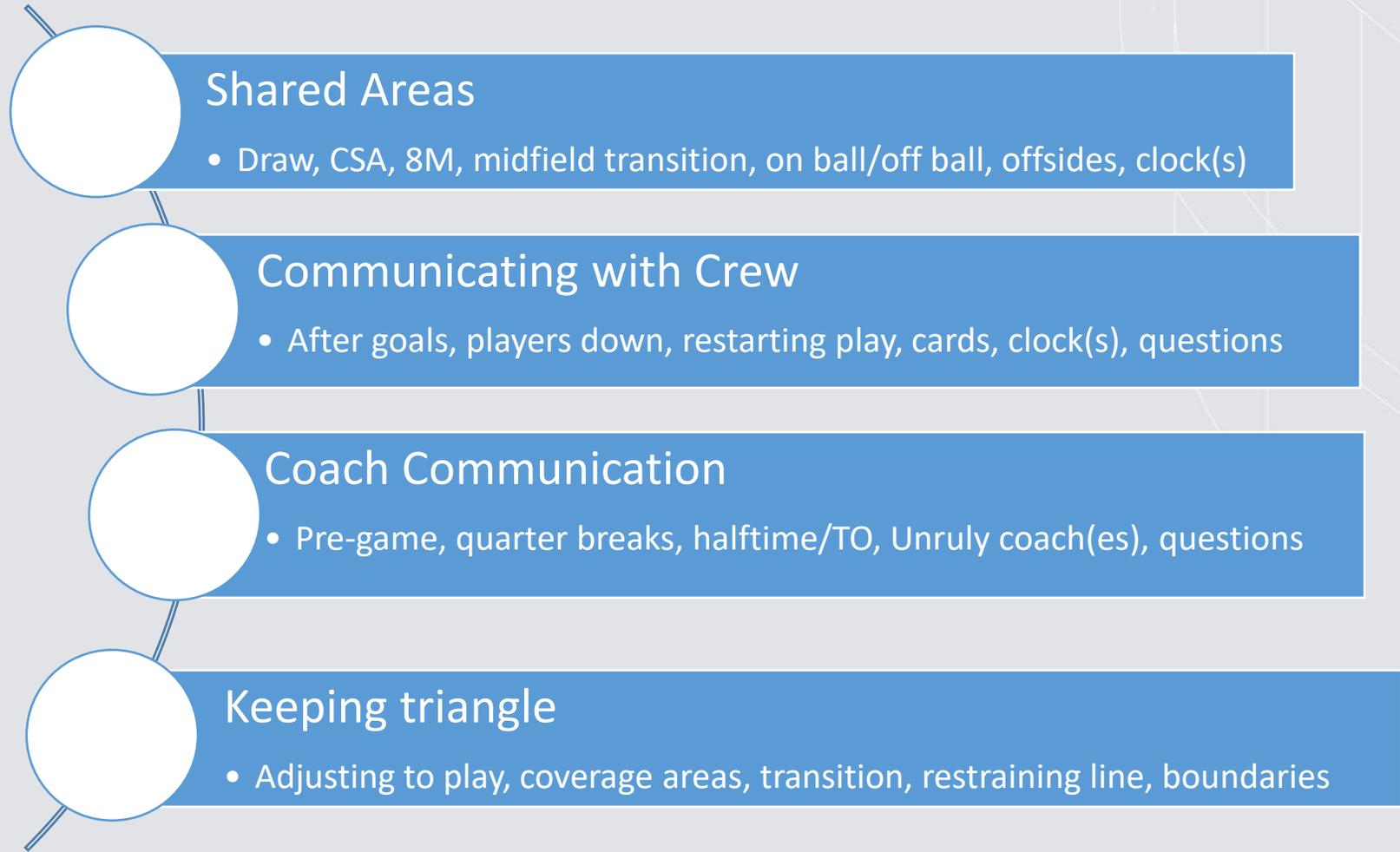


Hold/Detain
Illegal Picks
3 seconds
DFT/DP/Fouls after shot
Restraining Line

Hold/Detain
3 Seconds
Illegal Picks
Goal/Goal Circle
On-ball fouls



Three-Person Pregame Discussion



Wrap Up



- On time is late. **BE 30+ MINUTES EARLY**
 - Dress the part, look professional!
 - Treat everyone with respect
 - Communicate with partner
-
- Attendance