



2026 Northland LOA Level 4.0 Field Lacrosse Training Guide

This document gives instructions on how to become recertified or recertified to work post-secondary field lacrosse games using modified NCAA rules (e.g., Great Lakes Lacrosse League, Homegrown Men's Summer League). It is intended for officials who have completed Level 3 Training and worked high school varsity games in a prior year. Officials who have been selected to work games at this level have been notified; if you were not selected, you can complete the training but will likely not receive game assignments.

Please have all training completed at least one week before your first game.

☐ Complete Level 3.0 requirements

Level 4.0 officials must generally complete all requirements in the [Level 3.0 \(MSHSL\) training guide](#).

☐ Equipment and uniforms

We generally use the standard high school uniforms for these games: black shorts or pants, short- or long-sleeved striped shirts (with 1-inch stripes), black jackets. Hats are optional for summer games and, if worn, can be the standard black hats or plain white hats.

☐ Complete training modules on Modified NCAA Rules

Please watch the Unit N videos and complete the quizzes from the [Northland Training Library](#) page. If you watch the videos and have read the rules documents, you should be able to get 100% or close to that on each quiz. **If you get less than 80% on any quiz, you may be dropped from the pool of officials**, so please watch the videos before taking the quizzes. Hint: when you watch the training videos, you can take the quizzes at the same time. The question order is the same as the order things come in the video.

☐ Review the NCAA rule book (optional for NILOA officials)

At least skim through the [2025–2026 NCAA Rule Book PDF](#). You can ignore all material about:

- player uniforms
- shot clock
- goal mouth
- video review

After watching the above videos, you should have a pretty good idea which sections to read more carefully.

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- **Review the men's summer league rules** (required for all officials working these summer games)

Please read the [2026 Homegrown Men's Summer League](#) rules document and re-read it before every set of games.

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- **Review the GLLL rules** (required for all officials working these spring games)

The rules for the Great Lakes Lacrosse League are substantially similar to the Homegrown Men's Summer League rules, but there are a few differences. That rule set will be linked here prior to the 2025 spring GLLL season.

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- **Set up your Arbiter account**

If you do not already have an Arbiter account, contact lacrosse@yourassignment.net immediately. Make sure you have blocks set for any time you could not or would not accept a game if one were assigned (e.g., when you will be sleeping, at work, at school, on vacation, in Northland training classes). Update your "leave" ZIP code under travel limits if you have moved. See the [Northland LOA Arbiter FAQ](#) for full instructions on setting up your account.

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- **Final steps**

When you have completed **all** the above steps, email lacrosse@yourassignment.net with the subject line "Level 4 Lacrosse Training Completed." Make sure your blocks are updated in ArbiterSports.com.