



WCOA April 2010 Football Newsletter

Fellow official, here is the third football newsletter. The intent remains the same; to increase communication within the association and improve our officiating skills, during the off season.

March 15 - April 28: HS Flag Football season

31 March - 6 May: Middle School Flag Season

25 April: FHSAA Hall of Fame Induction Ceremony [Clem Brooks] (Gainesville)

8 May: WCOA Spring Clinic (Mandatory to work Jamborees 20-21 May)

20-21 May: Spring Jamborees

11-12 June: FHSAA Officials Leadership Conference (Gainesville)

31 July: WCOA Mandatory Summer Clinic

I. Information from the Board

1. The date of the Spring Football Clinic was changed to 8 May.
2. Fingerprints. The WCOA sent a letter to the Hillsborough County School District's Deputy Superintendent requesting an exception be granted to exempt WCOA officials from Level II Screening. If we do not receive the exemption, everyone that was fingerprinted in 2005 will need to be fingerprinted again (\$81.25 & \$4.75), prior to officiating in August. Additional information will be provided, to the membership, once a decision is received.
3. The NFHS Football Rules Committee approved the wearing of the foul weather, full length lined black pants with a single 1 and a quarter inch stripe down each leg. If adopted by the FHSAA, each WCOA varsity crew will decide whether they want to buy them; the entire crew must wear them.
4. The following are locations and dates for FHSAA sponsored football clinics in May:
 - a. Sunshine Football Officials Association, Clearwater H. S., May 14-15
 - b. NFL Referees Association, Jacksonville Marriott/Jaguars' Facility, May 14-15
 - c. Broward County Athletic Association, South Plantation H. S., May 21-22

See the FHSAA website for registration and additional info.

III. Review / Re-Learn / Learn. The intent of this section is to increase everyone's knowledge of the game; thus making us better officials and a stronger association. Hopefully, you'll review the items listed below and spend at least 15-30 minutes each month reviewing these topics in your rule book.

Positional review. All officials, despite your position, would benefit from reviewing the items below. But at a minimum, review what is listed for your primary position.

1. Referees. Loss of Down Fouls (Rule 7-3 & 7-5, Pg 57-61 Pg 60 2009 Rule Book) Remember, there are five of them.
2. Umpires. Starting, Stopping, and Winding the clock. (Pg 17, 2009 Officials Manual). You can be a big help to the Referee and keep the crew out of trouble.
3. Wingmen. Scrimmage kick mechanics (Pg 70-71, 2009 Officials Manual). You have the illegal blocks and the short kicks.
4. Back Judges. Kickoff Mechanics (Pg 52 2009 Officials Manual) You have to know whether the ball came off the tee and immediately hit the ground or if it went directly into the air.

Quizzes. Courtesy of Steven Clouse, answers provided this month!

1. K7's kick off caroms off R30's chest at his two yard line. The ball is nearly at rest on Team R's three yard line when R22 hastily tries to grab it, instead muffing and forcing the ball into and out of Team R's end zone.

Ruling: Touchback. Force is never a factor on a kick going into Team R's end zone.

2. On a kickoff return. R25 receives the ball at his 10 yard line and hands off to R15 on a reverse play. As R15 is running toward his goal line, he is hit and fumbles at his 5 yard line. The ball goes out of bounds over the end line.

Ruling: Safety. The force is the fumble.

3. Punter K10 punts the ball from his end zone. The ball crosses the neutral zone and hits R45 or K85 in flight and rebounds back into K's end zone. K10 recovers and is downed in the end zone.

Ruling: Safety in either case. It doesn't matter which player touched the ball. The initial force is from the punt and a new force cannot be applied while the ball is in flight. Possible KCI.

4. 4th and 10 on Team K's 20 yard line. K29 muffs the snap. R38 dives for the ball at the seven yard line and bats it into and out of the end zone.

Ruling: The result of the play is a touchback. The initial force of the snap ends when R38 bats the grounded loose ball, and it is this new force that caused the ball to go into the end zone. R38's batting is a foul--he batted a loose ball. If the penalty is accepted, it will be enforced 15 yards from the previous spot, the 20 yard line and would give team A a new series at their 35 yard line.

In Simple Terms. These are summary statements that make the NFHS rules easier to understand.

- In a punt formation, it is legal for R players to shoot the gap between the guards and the center.
- The period involved in roughing the kicker begins with his foot contacting the ball and continues until he regains his balance. The kicker is protected by rule and the responsibility in case of contact is on his opponent.
- Successive time-outs are allowed – thus, each team may be granted more than one charged time-out during a given dead ball period, provided it has time-outs remaining.

Fundamentals

- A pass interference foul can only occur beyond the neutral zone.
- No live ball foul causes the official to sound his whistle immediately.
- A scrimmage kick recovered in or behind the neutral zone may be advanced by K or R.

Reminders

- Prior to the start of the game, the head coach shall be responsible for verifying to the referee and umpire that all of his players are legally equipped and in compliance with the rule. Any questions regarding legality of a player's equipment shall be resolved by the umpire.
- Pants must cover the knees and the knee pads.
- Each team is permitted one time out during each overtime period. Any unused time-out from regulation, do not carry over into overtime. The maximum number of timeouts a team can ever have in an overtime series is one.
- Contact your referee, via a phone call or e-mail, at least 48 hours before your game begins.

Uncommon Fouls' Signals and Penalty Yardage

- Illegal Block: Same as Blocking Below Waist signal / 10 or 15 yards (See page 94 2009 Rule Book)
- Interlocked Blocking: Same as Helping Runner / 10 yards

When in Doubt

- The passer threw the ball, rather than fumbled it.
- Defensive signals are legal.
- Call time-out for an injured player.
- Players in motion are legal, rather than illegal.
- Behind the line: the pass is forward, rather than backward.

IV. Physical Fitness. The athletes playing high school football continue to get bigger, faster, and quicker each year. Hopefully you have already started your conditioning program, if not, do so today! August will be here before you know it!!

ANAEROBIC EXERCISE. The term "anaerobic" means "without air" or "without oxygen." Anaerobic exercise uses muscles at high intensity and a high rate of work for a short period of time. Anaerobic exercise helps us increase our muscle strength and stay ready for quick bursts of speed. Think of short and fast when you think of anaerobic exercise.

Examples of anaerobic exercise include heavy weight lifting, sprinting, or any rapid burst of hard exercise. These anaerobic exercises cannot last long because oxygen is not used for energy and a by-product, called lactic acid, is produced.

Lactic Acid contributes to muscle fatigue and must be burned up by the body during a recovery period before another anaerobic bout of exercise can be attempted. The recovery period also allows the muscles to use oxygen to replenish the energy used during the high intensity exercise.

"You can introduce anaerobic activities into your workout simply by increasing your intensity during training," says Darren Harris, ACSM, HFI, health and fitness coordinator at Fitness Plus. "If you can hold a conversation during or immediately after the activity, you may need to put in a little more effort."

Anaerobic exercise does not cause weight loss; in fact, those who exercise anaerobically on a regular basis may find themselves actually gaining some weight due to the increase in muscle mass (even though their bodies are becoming leaner and trimmer, since muscle is denser than fat). However, anaerobic exercise is an important part in overall fitness precisely because of that increase in muscle. Your muscles, after all, are what do the work that burn calories, and the more muscle you have, the more calories you burn.

How to Add Anaerobic Training to Your Program

Anaerobic interval training is primarily reserved for those who are very fit and desire to increase speed and overall aerobic power. Such training usually results in greater lactic acid concentrations in exercising muscles and is accompanied by greater muscular discomfort. This can be a very intense type of training and should not be attempted by a beginning exerciser. Before you train anaerobically, always do a considerable aerobic warm up first, and stretch before and after vigorous activity.

Interval training is a great way to incorporate anaerobic exercise. It can be done with many types of exercise (for example, running, biking, or swimming). An interval is done by increasing your pace for a short period of time (for example, between 10 to 60 seconds) then having a slow recovery period that is at least 3 times as long as the interval.

- If you are new to exercise, do not immediately start with high intensity activity like anaerobic exercise. Beginners should start with lower-intensity aerobic exercise for several weeks to build a base level of fitness.
- Always check with your doctor before adding anaerobic exercise to your fitness program.
- Always warm up before starting any anaerobic exercise, and cool down for 5-10 minutes after your workout session.

Weight Lifting: Weight lifting is a body strengthening exercise that not only helps in building muscles but also aids in losing weight. Bench press, one arm dumbbell row, lateral raise, bicep curls and squats are the some basic weightlifting exercises. These exercises focus on the chest, shoulders, biceps, triceps and the back.

Sprinting: Sprinting or running is another anaerobic exercise that helps in weight loss and increases the body's metabolic rate. As a beginner, one can sprint for 25-50 m, on a 400 m track and then walk at a brisk pace for rest of the distance.

Jumping: Jumping rope is another fun anaerobic exercise that benefits body. Besides this, a long or high jump, which is a combination of speed, strength, and agility to leap as far as possible, helps in toning body muscles by exerting high pressure on them.

Push Ups: Push ups are another muscle strengthening exercises. Whether it is a knee, knuckle, bench or wall push up, it works by improving your strength, fitness and overall health.

Pull Ups: Pull ups and chin ups are anaerobic exercises where you have to lift your body weight. These are difficult to do strength training exercises that are mainly done for upper body strength and muscle mass.

Below are lists of websites that will help you with an anaerobic program.

http://www.trainwithmeonline.com/glossary/anaerobic_exercise.asp

<http://www.buzzle.com/articles/anaerobic-exercises/>

http://www.wordiq.com/definition/Physical_exercise

V. Health/Medical Issue: Expert information from Doctor Greg Kaiser.

Health Benefits of Anaerobic Exercise

While aerobic exercise is key to weight loss, anaerobic exercise is what is helpful at keeping that weight off through building muscle mass. Muscle burns more calories per unit volume than any other tissue in the body. Thus, building muscle allows you to utilize more calories just sitting around or even sleeping!

Recommended amounts of anaerobic exercise can be as little as 30 minutes 2 to 3 times a week to realize tremendous benefits.

Anaerobic exercise is defined into 3 main classes:

1. Isotonic - challenges muscles in their full range of motion against resistance (i.e. weight lifting)
2. Isometric - works the muscles and causes their contraction, but there is no movement in the joints served by the muscle group. Isometric exercises are typically conducted against an immovable object like a wall.
3. Calisthenics - a variety of isotonic exercise, but rather than using barbells it utilizes the body's own weight as the resistance force (i.e. push ups and sit ups)

The benefits of anaerobic exercise are apparent:

1. Speed up metabolism – Once we hit 40, the average individual loses up to 6 pounds of muscle every 10 years. Since muscle burns calories, this loss of muscle mass is significant and one of the contributory factors to your metabolism slowing as you get older. Thus, your six pack begins to look more like a keg! If you build muscle mass back through anaerobic exercise, you can in a sense turn back the clock and increase the calories you burn at rest.
2. Strengthen bones – The bones respond to resistance applied to them by increasing their density and strength. Therefore, the effects of osteoporosis are slowed with age in those individuals who participate in anaerobic exercise.
3. Improve joints – As a general rule, muscle protects joints. By building muscle mass, the joints are better supported and protected against potential injury.
4. Increase energy and performance – Muscles store glycogen (sugar reserves) that can be called into use when you are performing challenging physical activities. Therefore, as you increase your muscle mass, you also increase your energy reserves which allow you to build better stamina and endurance over time.
5. Improve blood sugar levels – Muscle mass in an active individual either burns ingested sugars immediately or provides a place for excess sugars we eat to go in order to be stored as glycogen. If you are a couch potato with diminished muscle mass, however, the excess sugar you consume is not burned and has no place to go except to form more fat cells. This begins the snowballing process of a bigger waist line and bigger love handles over time.

Furthermore, insulin (the hormone that regulates blood sugar) often doesn't work well in individuals with excess fat due to inactivity of the insulin receptor. Over time, this helps lead to type 2 diabetes.
6. Improve body image – Building muscle helps give one the appearance of being fit and can even make you look younger. Not only does it help boost your own self-confidence, but also you may find that you turn a few heads on the beach as well!

VI. Miscellaneous

Did you know? There is only one female High School Football Varsity Head Coach (boys tackle) in America. Ms. Natalie Randolph was recently hired at Calvin Coolidge High School in Washington, DC.

Quotations

- "One man practicing sportsmanship is far better than fifty preaching it." (Knut Rockne)
- "You cannot assault a referee. He stands between the game and chaos." (Tony Banks)
- "Some people think football is a matter of life and death. I don't like that attitude. I can assure them it is much more serious than that." (Bill Shankly)
- "Officials are of equal importance to the players on the field. They make the game run smoothly. They are the law of the land." (Mary Struckoff, NFHS Assistant Director)

A Little humor

On a tour of Florida, the Pope took a couple of days off to visit the beach for some sightseeing. He was cruising along the beach in the Popemobile when there was a frantic commotion just off shore.

A helpless man, wearing a Coaches outfit, was struggling frantically to free himself from the jaws of a 25-foot shark.

As the Pope watched, horrified, a speedboat came racing up with three men wearing Officials jerseys aboard. One quickly fired a harpoon into the shark's side. The other two reached out and pulled the bleeding, semi-conscious coach from the water.

Then using baseball bats, the three heroes in the striped shirts beat the shark to death and hauled it into the boat.

Immediately the Pope shouted and summoned them to the beach. "I give you my blessing for your brave actions," he told them. "I heard that there was some bitter hatred between officials and coaches, but now I have seen with my own eyes that this is not the truth."

As the Pope drove off, the harpooner asked his buddies "Who was that?" "It was the Pope," one replied. "He is in direct contact with God and has access to all of God's wisdom."

"Well," the harpooner said, "he may have access to God's wisdom, but he doesn't know s--t about shark fishing.... how's the bait holding up?"

Hopefully this newsletter got you back into your books and thinking football.

Thanks,
Claude Burg
VP Football