



WCOA February 2010 Football Newsletter

Fellow official, this is the first off season football newsletter. In 2010, they will be written from February through June and in 2011 they will be from January through June. The intent of the newsletter is to increase communication within the association and improve our officiating skills, during the off season. The newsletter will include key upcoming dates/events, information from the board, a review/re-learn/learn section, an article relating to physical fitness, an article relating to health/medical issues, and other football related topics. The newsletter is fairly long, but it has a lot of good information and you have a month to read it. Hopefully, you will find these worth reading and that they aid you in becoming a better official and the WCOA a better association.

I. Upcoming Dates/ Events

February 9 - 18: Flag Football Rules Video

February 10: 1st Flag Membership Meeting / WCOA Registration due

February 19 – 2 March: Flag Closed Book Exam (00)

March 4 - 9: Flag Open Book Exam (01)

March 1: Flag Written Exam

March 6: WCOA Mandatory Half Day Flag Training Clinic

March 15 - April 28: Flag Football season

30 March: Final Flag Membership Meeting

31 March – 6 May: Middle School Flag Season

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

31 July: Mandatory Summer Clinic

II. Information from the Board

1. Ben Heugal and Claude Burg attended the Tampa Chapter of the National Football Foundation luncheon at the DoubleTree Hotel on 10 December. The luncheon is in honor of the County's High School Football coaches. Each school is represented by their senior players and the Head Coaches all sit together at the front of the room, with their team's helmets in front of them. Awards are presented to the Head Coach of the Year and the Assistant Coach of the Year. Mike DePue from Robinson H.S. was awarded the Head Coach of the Year and Roland Acosta from Hillsborough H.S. was present the Assistant Coach of the Year Award. The WCOA presented two awards, the Hospitality Award and the Sportsmanship Award. The WCOA Football committee/board members selected the winning schools by reviewing/tabulating the game reports submitted by the referees after each ballgame. The Hospitality Award was presented to Armwood H.S. and the Sportsmanship Award was presented to Robinson H.S.
2. FHSAA Playoff Information. There were 184 playoff games officiated by 22 Official's Associations this year in Florida. The WCOA had 14 of these games (7.6%), which tied us for third most amongst all the associations. One association officiated 18 games and another was awarded 16 games. Three associations had more games than us in the first round, but only one had more games than us in the second or third rounds.
3. Two Youth Football Associations (that we have not officiated) have inquired about possibly using our association to officiate their games. Hank Weil is in discussion / fact finding mode with them right now. More to follow in future newsletters.
4. Disciplinary action.
 - a. Two members, who said they were available, refused to work playoff games as the ECO. They were fined \$40.
 - b. One member didn't work a youth playoff game and got another official to work it, without ever notifying the booking commissioner. He was fined \$40.
5. We have a signed contract to officiate Land of Lakes H.S. games starting next season.
6. A video camera was purchased, which will be used to film games starting next season.

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. Starting and stopping the clock (Rule 3-4, Pg 40-41 2009 Rule Book) Remember, you can remove time from the clock, as well as add time back to the clock.
2. Umpires. Review legal actions in the Free Blocking Zone (Rule 2-17, Pg 29-30 2009 Rule Book). Remember, blocking below the waist, clipping, and blocking in the back are legal, but the individuals that can block, as well as the individuals that are being blocked, are different for each one.
3. Wingmen. Out of Bounds and In Bounds Spot (Rule 4-3, Pg 47 2009 Rule Book). Article 6 of this rule is one that a good percentage of our membership may need to learn or re-learn.

4. Back Judges. Touchbacks (Rule 8-5 Art 3. Pg 65-66 2009 Rule Book) Important during interceptions and punt plays.

Quizzes. Steve Clouse's quizzes; they have helped in the past and will continue to enhance everyone's knowledge. If you aren't 100% sure of the answer, look it up. If you are 100% sure, look it up anyway and double check yourself!

1. For those of you that just work tackle, these are for you:
 - a. Fourth and 10 on B's 20. Team A lines up to attempt a field goal. A8 fakes a kick. Holder A4 immediately rises, runs and is downed on B's 24. Immediately after the snap, B96 charges into the center. [Rule 9-4-6]
 - b. Fourth and 10 on B's 40. A49 runs to B's 36 where B98 pulls A49 toward the ground with a horse collar tackle. A49 stumbles to B's 32 where he fumbles. A77 recovers on B's 28 while grounded. [Rule 9-4-3]
 - c. Fourth and 5 on A's 25. A8's punt is illegally touched on B's 39 by A87, muffed on B's 37 by B56 and then recovered on B's 36 by A88. B76 blocks A84 in the back on B's 33 before the kick ends. [Rule 9-3-5; Rule 10]
 - d. Extra period. First possession series. First and 10 on B's 25. A19's legal forward pass is complete to A87 who runs for a touchdown. Just prior to crossing B's goal line, A87 taunts B44 by pointing the ball at him. [Rule 8-2-4]
 - e. Extra period. Second possession series. Team A scores a touchdown and kicks the extra point to tie the game sending it to another extra period. On the try by placement, B77 commits a live ball personal foul against right guard A65. Team A elects to keep the one point. Team A goes on offense first for the next extra period. [Rule 8-2-4]
2. For those of you that work both tackle and flag here are some more:
 - a. There shall be (2) inbounds lines (hash marks) that run parallel from the sideline and are located 20 yard from each side line. True or False? [Answer is in 1-2-3]
 - b. How many team time outs are given to each team per half? [Rule 3-4-3]
 - c. The center may place the ball over a towel on the ground before the snap. To prevent the ball from getting wet or muddy. True or False? [Rule 7-1-2]
 - d. If there is a foul by the defensive team on a scoring play. Where can the penalty be enforced? [Rule 10-3-6]
 - e. If the offensive team is in "hurry up offense" the officials will alter or increase their tempo. True or False? [Officials manual section 1-17]

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

- Following a Safety is the only time that a punt may be used as a free kick.

- A kick does not end because of merely being touched, muffed, or batted. It ends only if a player has gained possession; that is he has momentarily held the ball in his hands or if declared dead by rule.
- While a loose ball is still in flight, no touching, batting, or muffing is considered a new force. Instead, the kick, pass, or fumble is still considered the force if the ball goes from the field of play across a goal line.

Fundamentals

- Any kick, which is not a scoring attempt, becomes dead when it breaks the plane of R's goal line.
- A scrimmage kick, recovered in or behind the neutral zone, may be advanced by either K or R.
- No live ball foul causes the ball to become dead.

Reminders

- Any/all players can go over to their sideline, at anytime during a dead ball period. They do not need to stay inside the hash marks or numbers. They need to remain on the field and the coaches need to remain off the field. This applies to dead ball periods between plays. (includes during injuries, measurements, between plays)
- It is not illegal for a player to remove his helmet while he is on the field.
- We will use **blue** bean bags for every game we officiate next season.
- If you think it's a foul it's not, you must know it is a foul.

Uncommon Fouls' Signals and Penalty Yardage

- Hurdling : Same as Personal Foul signal / 15 yards
- Kick Catching Interference: Same as Pass Interference signal / 15 yards from the previous spot (replay the down) or awarded fair catch at the spot of the foul.

When in Doubt

- It is a touchback, rather than a safety.
- The pass is incomplete, rather than a catch and a fumble.
- The run has ended, rather than a fumble.
- It is legal use of hands, rather than holding/illegal use of hands.
- The ball is accidentally kicked, rather than intentionally.

IV. Physical Fitness. The athletes playing high school football continue to get bigger, faster, and quicker each year. As an official, we can no longer begin to get in shape a few weeks before the season begins, we need to work on our conditioning practically year round.

A key element to your fitness program should be a *stretching program*. If you are not stretching regularly, you need to start. If already stretch, continue and expand your program.

As you age, your muscles tighten and range of motion in the joints can be minimized. One of the greatest benefits of stretching is that you're able to increase your range of motion, which means your limbs and joints can move further before an injury occurs. Post-exercise stretching can also aid in workout recovery, decrease muscle soreness, and ensure that your muscles and tendons are in good

working order. The more conditioned your muscles and tendons are, the better they can handle the rigors of sport and exercise (like officiating), and the less likely that they'll become injured.

It does not have to involve a huge time commitment, but stretching can end up giving you huge results! Below are just a few of the benefits you can expect from a regular stretching program:

- Reduced muscle tension
- Increased flexibility
- Increased range of movement in the joints
- Enhanced muscular coordination
- Increased circulation of the blood to various parts of the body
- Increased energy levels (resulting from increased circulation)
- Relaxation and stress relief

As you work on your conditioning program, at a minimum, you need to stretch your back muscles, calf muscles, hamstrings, and quads to ensure you can exercise continuously with a decreased risk of injury. Below are lists of websites that will help you begin a good stretching program.

http://www.sparkpeople.com/resource/stretching_benefits.asp

<http://www.mayoclinic.com/health/stretching/HQ01447/NSECTIONGROUP=2>

<http://heartofhealing.net/relaxation-wellness/stretching/benefits-of-stretching/>

<http://stretchingadvice4u.com/category/benefits-of-stretching/>

If you begin a stretching program now and continue it throughout the year, it should result in greater flexibility, less injuries, and an individual better suited to run the field and be in position to make the proper call.

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

Consequences Of Being Overweight

Over the past 50 years, the statistics on overweight adult Americans have increased by staggering amounts. According to the Centers for Disease Control in Atlanta, 63% of Americans are currently "overweight", while 31% are "obese". The definitions of "overweight" vs. "obese" are derived from one's body mass index (BMI). An individual's BMI = (weight in kilograms) / (height in centimeters)² x 10,000. If your BMI is > 25, you are considered "overweight". If your BMI is > 30, you are defined as being "obese".

A cruder estimate of whether you are overweight is to take your height in inches and divide it by 2. If your waist size is more than half your height, you are considered both overweight and at increased risk for cardiac disease.

Complications of being overweight account for over 300,000 deaths each year and contribute to the skyrocketing costs of healthcare in our nation.

Below are listed some of the major consequences that can arise from being chronically overweight or obese.

- 1) Hypertension – One of the most common complications of being overweight is high blood pressure. Approximately 30% of individuals who are at least 30 pounds overweight have some

form of hypertension. In order to affect blood pressure, it is not necessary to achieve “ideal” body weight. Instead, merely a 10% reduction in body weight combined with a low salt diet can often make a dramatic improvement.

- 2) Diabetes – Obesity is the leading cause of diabetes. The risk of diabetes is increased over 50 times that of the general population by being obese. Unlike juvenile diabetes or type 1 diabetes that occurs in childhood from a lack of insulin production, the diabetes caused from being overweight is type 2 diabetes which features elevated insulin levels due to a resistance of the insulin receptor to recognize circulating insulin. In the vast majority of patients, a significant reduction in weight can reduce or even eliminate the need for oral medications or injections.
- 3) Elevated Blood Lipids (Cholesterol and Triglycerides) – Cholesterol levels have both a genetic and dietary origin. About 2/3 of your cholesterol level is determined by your genetics and the other 1/3 is dietary. On average, every 10 pounds of excess body fat produces 10 mg of additional cholesterol each day. Aside from those patients with inherited cholesterol issues, most people can affect their cholesterol levels by 10 – 20% by dietary changes alone.
- 4) Heart Disease and Strokes – Independent from the above associated complications of being overweight, just carrying around too much weight increases one’s risk of heart attacks and strokes. This arises from substances produced by the fat cells that have the ability to promote clot formation which is the trigger for many heart attacks and strokes. As a general rule, for every pound over your ideal body weight you are, you can subtract one month from your life expectancy. Sadly, the sharp rise in childhood obesity has caused the projected life expectancy for Americans born today to be less than that of their elders. This is the first time that life expectancy in the United States has dropped since the Civil War!
- 5) Fatty Liver (Non-Alcoholic Steato-Hepatitis or NASH) – As fat cells infiltrate through the liver, there is a proportion of patients who will mount a silent inflammatory reaction against this invasion. This can be picked up on simple labs. In the United States, this is actually the most common cause of elevated liver enzymes with approximately 25% of overweight and obese people having this condition. It is estimated that 10 to 20% of individuals that go untreated will go on to develop fibrosis, cirrhosis and potential liver failure in their lifetime. The “cure” is to lose weight, for as weight goes down so too do the liver enzyme values.
- 6) Degenerative Arthritis – Osteoarthritis is the “wear and tear” form of arthritis that advances throughout life. If you are overweight, this merely accelerates the process by placing additional stress and pressure on your joints. The areas most affected are typically the lower back, hips, knees and ankles. While this type of arthritis is not reversible, losing weight and maintaining an appropriate weight for height will slow the progression of disease and will often diminish the pain.
- 7) Cancer – The high fat diet we eat as Americans and being overweight help contribute to the risk of colon and prostate cancer in men.
- 8) Gallstones – Approximately 25% of obese individuals have gallstones resulting usually from increased levels of cholesterol and/or triglycerides.
- 9) Sleep Disturbances – Many who are overweight complain of fatigue and sleepiness during the day. This arises from sleep apnea and airway obstruction that occurs during the night. The consequences of sleep apnea can cause fatigue, morning headaches and even cardiac arrhythmias.

VI. Miscellaneous

Did you know? The down marker is called “the box” because early markers consisted of a pole crowned with four rectangular wooden boards, nailed together to form a box. Each board had a number painted on it, one to four. The down was indicated by whichever numbered board faced the field.

Quotations

- "Don't ever think that you're so good that you can't be better. Improve your knowledge every day. Control the things that are under your control – your fitness level, your understanding of the rules, your ability to show up on time, your ability to be in the proper attire. Simple stuff. Never think you are as good as you can be. Be a little better." (*Ron Johnson, NBA VP of Officials*)
- When asked after a loss what he thought of the referees. "I'm not allowed to comment on lousy officiating." (*Jim Finks, GM New Orleans Saints*)
- "Football is not a contact sport. It's a collision sport. Dancing is a good example of a contact sport." (*Duffy Daugherty, Head Coach Michigan State University*)
- When asked about his team's execution – He said "I'm all for it." (*John McKay, Tampa Bay Buccaneer Head Coach*)

A Little humor

A football coach and a football official's vehicles collide in a huge accident on the way to Orlando. Both cars are damaged, but both men are unhurt.

"This must be a sign that we are meant to be friends." says the official. "I agree," replies the coach. The official then returns to his car and finds a bottle of whiskey he recently bought at the store.

"Look," he says to the coach, "this must be another sign; we should drink this whiskey to celebrate our friendship and survival."

He hands the bottle over to the coach who takes a large gulp from the bottle before passing it back to the official, who then puts the top back on and returns the bottle to his car.

"Aren't you having any?" asks the coach. "No," replies the official, "I think I'll wait until the State Trooper gets here!"

Well, that's the first monthly newsletter. Hopefully it got everyone thinking football and informed you of things going on within the association.

White hats, please talk to your crews and find out their thoughts on the newsletter and let me know. The goal is to make this newsletter beneficial/educational to the membership. Please make any recommendations to improve the format and/or any topics you would like to see in future newsletters. If you have a really good idea, I may ask you to write it and submit it!

Thanks,
Claude Burg
VP of Football