



WCOA June 2010 Football Newsletter

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

I. Upcoming Dates/ Events

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

31 July: WCOA Mandatory Summer Clinic (Tampa Catholic)

II. Information from the Board

1. **Draft 2010 schedule.** There are a lot of games in the upcoming 12 week season (counting the Classics). We have the following; a 20 game week, a 19 game week, an 18 game week, two 17 game weeks, three 16 game weeks, two 15 game weeks, and two 14 game weeks.
2. **Exam.** With the quantity of games we have listed above, we cannot afford to have even one official fail the test. Review, study, and learn.
3. The **Fingerprint** information provided at the May Clinic is no longer valid. Please use the procedures listed below.

"Fingerprinting Process...UPDATED"

Any official wishing to work for the WCOA, must be fingerprinted! The process is outlined below and by following these steps, the process will be easy and efficient.

Those officials, who currently have a yellow contractor card that expires this year, please renew prior to the card expiration date to avoid a \$2.00 processing fee.

First:

- Log onto www.flprints.com or call 1.877.357.7456 to pay the \$81.25 fingerprinting fee; Get confirmation # (the page can be printed) to take with you to the fingerprint office as proof of payment. We are Contractors (not employees) of the county and choose that option when paying your fingerprint fee!!

Next:

- Log onto www.sdhc.k12.fl.us/procurement/jessicalunsfordact_docs.asp

For Renewals:

- Complete the Renewal/Vendor Contractor Information form and send to Phil Crangi via email or fax. This is the only form needed at this time.

For NEW officials:

- Complete the New/Vendor Contractor Information form and send to Phil Crangi via email or fax.
- Complete the Criminal History form and send to Phil Crangi via email or fax.

Renewals & New - Once the fingerprint office notifies Phil that you have been approved for fingerprinting, Phil will mail you your approval letter and two purple forms that you will need to take with you to be fingerprinted. A money-order (no other form of payment will be accepted) for \$4.75 payable to HCPS (Hills. County Public Schools) must be paid when you arrive to be fingerprinted.

Other required identification and the hours of operation will be included in the mailing you receive from Phil. The fingerprint office is entering their busiest time of the year, so please do not wait to begin this process. If you wait until your current card expires, you will be charged an additional \$2.00 late fee. Games will not be assigned to officials that have not completed this process...including youth assignments.

You will not receive your new card at the fingerprint office. The card will be mailed to the WCOA.

III. Review / Re-Learn / Learn. The intent of this section is to increase everyone's knowledge of the game. 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. Running play mechanics. (Pg 61-62, 2009 Officials Manual). Remember, you're responsible for the runner until he crosses the neutral zone.
2. Umpires. Running play mechanics. (Pg 62-63, 2009 Officials Manual). Read point of attack paying particular attention to free blocking zone restrictions. Therefore, re-review legal actions in the Free Blocking Zone (Rule 2-17, Pg 29-30 2009 Rule Book); yep it is a repeat, because it is that important.
3. Wingmen. Running play mechanics. (Pg 63-64, 2009 Officials Manual). Remember to give them the forward progress they earned.
4. Back Judges. Running play mechanics. (Pg 64-65, 2009 Officials Manual) You must run to the sideline when a runner goes into either bench area to help with player control. The situation can easily get out of hand.

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

- There is no penalty for requesting a time-out when a team has none remaining. The request is simply denied. [An exception is for a coach-referee conference; If there is no change in the ruling, the team is assessed a delay of game penalty.]
- A defensive player cannot charge directly into the snapper when the offensive team is in a scrimmage kick formation. The defense is allowed to charge through the guard-snapper gap.
- No player or nonpayer shall charge into or throw an opponent to the ground after he is obviously out of the play or after the ball is clearly dead either in or out of bounds.

Fundamentals

- A backwards pass is a pass thrown with its initial direction parallel with or toward the runner's end line.
- All officials are to officiate the rules within the letter and spirit of the game. It is not the place of the official, or within his /her area of judgment, to base rulings on whether or not you like or agree with the rule.
- A scrimmage kick recovered in or behind the neutral zone may be advanced by K or R.

Reminders

- An offensive player cannot push, pull, or lift the runner to assist his forward progress.
- Initiation of contact with the helmet as the primary point of contact is illegal. "Leading with the head" is a bygone technique that cannot be tolerated, and must be penalized.
- An ineligible A player has illegally touched a forward pass if he intentionally bats, muffs or catches a legal forward pass that hasn't been touched by B. (This is not offensive pass interference.)
- The kicker or place-kick holder of a free kick may not be blocked before he has advanced 5 yards beyond the free kick line or the kick has touched the ground or any player.
- On a kick-off, if a K player crosses the free kick line before the ball is kicked, it is a dead ball foul. The foul is encroachment - signal 18, not signal 19.

When in Doubt

- Kicking team players did not interfere with the kick receiver.
- As to touching the ball, a player has not touched it.
- As to caught or trapped, rule it incomplete.
- Don't throw the flag.
- Don't blow the whistle.

IV. Physical Fitness. In less than 90 days the season begins. Hopefully you have all started your work out programs by now. The previous newsletters have addressed stretching, aerobic exercises, anaerobic exercises, and core training; these topics basically cover the entire physical fitness spectrum. Since the players are running faster and covering more distance, this implies the officials need to be fitter and faster.

If you haven't started a program yet, recommend you go back and read the previous articles, because it is never too late to begin. If you don't work out to improve your officiating skills, at least do it to improve your health!

V. Health/Medical Issue: Expert information from Doctor Greg Kaiser Heat And Hydration Issues

During exercise, the body generates large amounts of heat energy which have to be dissipated in order to maintain a normal body temperature. This heat is gotten rid of by two possible routes: 1) increased blood flow to the skin for radiation and convection of the heat into the environment or 2) increased sweat production to enhance evaporation and subsequent cooling. In the humid heat of Florida, the body relies more on radiation and convection to cool you down since sweat evaporation is hampered in a high humidity setting. Unfortunately, this means that cardiac output is diverted to the skin's blood vessels and blood that normally would travel to other areas like the muscles, lungs, etc. decreases. This places an increased strain on the cardiovascular system, decreases oxygen delivery to important areas and makes you tired faster. Thus the need for cardiovascular training and exercise programs to build up your cardiac output to help you compensate and develop increased stamina.

Fluid intake is important before and during exercise, for if an individual is dehydrated, his or her blood volume will shrink which means less blood is pumped to the skin. The heat then cannot disperse as quickly and the snowballing effects of heat exhaustion take hold. Fluid intake is also obviously important for sweat production too. Therefore, this means that both mechanisms your body uses to rid itself of excess heat are fluid dependent.

There are several consequences to increasing body heat and poor hydration that are outlined below:

- 1) Heat Cramps – As fluids and electrolytes are lost via sweat and not replaced appropriately, the muscles begin to twitch and then progressively contract in localized groups, most commonly the legs, arms and abdomen. This problem is most typically seen during repetitive, high intensity exercise. The treatment involves rest and drinking a rehydration drink.
- 2) Heat Exhaustion – Once fluid and electrolyte losses build to a significant extent; an individual reaches an inability to continue exercise. This is the definition of heat exhaustion. When dehydration of greater than 3% of body weight is compounded by the heat stress of exercise, the cardiovascular system is unable to pump sufficient blood to meet all of the body's needs. The consequences can be a variety of symptoms such as excessive sweating, the sensation of burning heat on the head / shoulders / chest area, weakness, "rubbery" legs, chills, slight confusion, dizziness, nausea / vomiting, disturbed vision and a dull headache. Treatment consists of resting in a cool environment, elevating the legs, drinking rehydration fluids and a cool mist of water on the skin.
- 3) Heat Stroke – In the last 50 years, there have been over 100 fatalities from heat stroke at the high school and college level. Heat stroke is a complete collapse of the body's ability to disperse heat and constitutes a medical emergency. An individual's body temperature begins to soar and typically exceeds 104°F. Symptoms can include an absence of sweat, hot and dry skin, feverish feeling, rapid pulse, extreme confusion, faintness, nausea / vomiting, a severe throbbing headache and possibly seizures. Treatment involves calling 911, rest, getting the person to a cool environment, immersing with cool water and caution with consuming excessive drinks.

There are several factors that put you at increased risk for developing problems with heat-related illness. These include:

- 1) Improper Preparation – You must drink prior to your game!
- 2) High Temperature and Humidity – Welcome to Tampa.
- 3) Excessive Age – Those > 65 years of age have a tougher time.
- 4) Obesity – Extra insulation inhibits the radiation of heat.

- 5) Fever – If your body temperature is already elevated from an illness, you are starting behind the 8 ball and are at a very high risk.
- 6) Sunburn – When the skin is damaged by sunburn this increases the skin's temperature and inhibits heat transfer to the environment. Use SPF 15 or higher sunscreen to prevent getting burned. Preferably choose a sunscreen that is water resistant and reapply as needed.
- 7) Alcohol Use – Alcohol is a diuretic and helps to accelerate dehydration.
- 8) Certain Prescription Medications – Antihistamines (cold medications), anticholinergics, phenothiazines, tricyclic antidepressants, diuretics and beta blockers are among some of the more common drugs that represent an increased risk.
- 9) Heavy Meals – Eating large meals and especially hot foods prior to a game increases core body temperature and diverts blood flow towards the intestinal tract. This greatly hampers the body's ability to conduct radiational cooling by the skin.

Thirst is typically a poor indicator of fluid needs during exercise. In very hot and humid conditions, vigorous exercise can lead to the start of dehydration in as little as 15 minutes. When out on the field, it would serve you well to drink something even if you're not thirsty. The water breaks are there for officials too!

Effective drinks for rehydration have both sugar and salt. However, the proportion of sugar to salt must be at an appropriate ratio. This proportion arises based on a transporter in the intestinal tract that actively moves glucose and sodium (Na^+) together from the bowel into the blood stream. Wherever Na^+ goes, water follows. Drinks with excessive sugar can actually aid in dehydrating further and drinks with no Na^+ tend not to hydrate as quickly. Gatorade is the most palatable and appropriate rehydration drink available commercially. Powerade, soft drinks and fruit juices are overloaded with sugar. Water has a more gradual ability to rehydrate since it lacks Na^+ .

Heat and hydration issues represent one of the 2010 points of emphasis from the NFHS. It is important for us to not only look out for the health and safety of the athletes, but also not to forget to protect ourselves.

VI. Miscellaneous

Did you know?

- The most rushing yards per season by an individual in high school is 4,484 yds.
- The most rushing yards by an individual during his high school career is 11,232 yds.
- The most passing yards per season by an individual in high school is 5,526 yds.
- The most passing yards by an individual during his high school career is 14,457 yds.

Quotations

- "I wouldn't ever set out to hurt anyone deliberately unless it was, you know, important —like a league game or something." Dick Butkus, former Chicago Bears linebacker
- "You don't notice the referee during the game unless he makes a bad call." Drew Curtis
- "We can't run. We can't pass. We can't stop the run. We can't stop the pass. We can't kick. Other than that, we're just not a very good football team right now."
Bruce Coslet, on the Bengals' 1997 season
- "Fans think that we pop out of the ground on Saturday afternoon, officiate our game and then go back underground with all the other varmints, they have no idea how much work goes into what we do." Ted Jackson, a retired ACC official.

A Little humor

The official gets a distressed phone call from a coach that lives down the street.

"I've got a problem," says the coach.

"What's the matter?" asks the Official.

"Well, I bought this jigsaw puzzle, but it's too hard. None of the pieces fit together and I can't find any of the outside pieces."

"What's the picture of?" asks the Official.

"It's of a big rooster," replies the coach.

"All right," says the Official. "I'll come over and have a look."

So he goes over to the coach's house. "The coach leads the Official into his kitchen and shows him the jigsaw puzzle on the kitchen table.

The official looks at the puzzle, shakes his head, and then turns to the coach and says,

"For heaven's sake, coach, its Kellogg's Cornflakes not a jigsaw puzzle. Put them back in the box!!"

This is the last newsletter this season and possibly the last one ever. I thought a newsletter would be a good way to communicate with the membership and get everyone thinking football during the off season. After talking with dozens of members, I don't believe my goal was achieved. The response I usually got was "I don't read the newsletters."

I would like to thank Greg Kaiser and Steve Clouse for their contributions to the newsletters and Jim Eckler for posting them to the WCOA web page.

Good luck to everyone, hope to see you 31 July.

Claude Burg
VP Football