

# CONTRA COSTA FOOTBALL OFFICIALS ASSOCIATION

## NEW OFFICIALS ON-FIELD TRAINING

### TOPICS COVERED

JULY 10, 2021

1. Introductions
2. Orientation to the Field
3. Coin Toss
4. Positions of the positions
  - a. Restricted Area
  - b. Scrimmage play
  - c. Punts
  - d. PAT/Field Goals
5. Chains
  - a. First downs
  - b. Change quarters
  - c. Measurements
6. Marking Progress
  - a. Right Angles
  - b. Feet
  - c. Accordion
  - d. Getting to the goal line
7. Signals
  - a. Keeping track of downs
  - b. Stop Clock
  - c. Wind the Clock
  - d. Incomplete pass
  - e. Touchdown
  - f. Safety
  - g. Touchback
  - h. On / Off the Line
  - i. Backward Pass
8. Equipment
  - a. Whistle Use (normal / penalty)
  - b. Flag Use (spot vs non spot foul)
  - c. Bean Bag Use
9. Free Blocking Zone