

Contra Costa Football Officials Association

New Officials Training
Session No. 1
Orientation

Today's Agenda Topics

- * New Official Training Purpose & Schedule – Mike
- * CCFOA and Other Organizations - Bert
- * How much is all this going to cost me? - Mike
- * How do I get Games? - Bert
- * Intro to Rules, Mechanics and Keys – Mike
- * Pregame Duties - Bert
- * Player Equipment – Mike
- * Professionalism, Ethics and Expectations - Mike

New Officials Training Program

***Purpose**

- ◆ Prepare you Mentally
- ◆ Prepare you Physically
- ◆ Get you to Look the Part
- ◆ Develop your Confidence

Other Training Opportunities

Summer Study Sessions (All 6:30-8:00)

Dublin

July 12- New Rules

July 25 – Rules in General

Aug 8 – Mechanics

Alhambra High School

July 11- New Rules

July 26 – Rules in General

Aug 7 – Mechanics

What is CCFOA?

- * Contra Costa Football Officials Association
- * History
- * Schools and Programs Covered
- * Member Achievements
- * Websites
 - ◆ ccfoa.com
 - ◆ Arbitersports.com

Other Officiating Organizations

- * National Federation of High Schools (NFHS)**
 - ◆ Writes the Rule Books; Interprets Rules
- * California Interscholastic Federation (CIF)**
 - ◆ State Governing Body
 - ◆ Adopts CA-only rules
 - ◆ Supplements NFHS Rule Interpretations
- * North Coast Section**
 - ◆ Local Governing Body
- * National Association of Sports Officials (NASO)**
 - ◆ Referee Magazine
 - ◆ Publishes many books
 - ◆ Source of Insurance (paid for by CCFOA via Dues)

Being a Member in Good Standing

* Pay Dues and Acquire Insurance

◆ Rookies:

- \$30 Dues only if have insurance from another sport
- \$79 Liability Insurance from NASO (waived if you have from another sport)

◆ Others: $\$105 + \$79 = \$184$

◆ PAYABLE to get rule books

* Attend CCFOA Clinic and In Season Meetings

* Pass Certification Exam (Waived for Rookie Officials)

* Maintain Acceptable Ratings

How Much do I get Paid and How?

***2016 (may vary slightly for 2017):**

- ◆ Scouts / Jr PW / PW \$ 56
- ◆ Jr Mid / Midget \$ 58
- ◆ Frosh \$ 60 (Really \$55 + \$5)
- ◆ JV \$ 61
- ◆ Varsity \$ 76

***High School, LJFL, PJFL**

- ◆ Contra Costa Assignors via RefPay
- ◆ You will be paid mid season and at end

***“Diablo Valley” – On site by team**

The Economics of Officiating

- * Income (Reasonable expectation for a Rookie)
 - ◆ \$1,425 (Avg. 2.5 games/wk @ \$57/game; 10 weeks)
- * Expenses (First Year)
 - ◆ \$200 Uniform
 - ◆ \$110 CCFOA Dues & Insurance
 - ◆ \$200 Gas / Mileage
 - ◆ \$510 Total Expenses
- * NET = \$ 915 +/-

How do I get Games?

- * Games are assigned by Contra Costa Assignors
 - ◆ Dave Cutaia, Ken Leffle, Dale Newhouse
- * Arbitersports.com
 - ◆ Website for electronic assigning
- * Key to getting games
 - ◆ Be available, be available, be available...oh, and be available
- * Expectations
 - ◆ Vast Majority will be Youth & Frosh
 - ◆ Occasional JV Game
 - ◆ Rare Varsity Game

General Game Schedules

*Thursday

- ◆ Mid to late afternoon freshman games

*Friday

- ◆ JV / Varsity Double headers (4:30 / 7:00) +/-

*Saturday - Youth +/-

- ◆ Scouts 8:30
- ◆ Jr Pee Wee / Pee Wee 10:00 / 12:00
- ◆ Jr. Midget / Midget 2:00 / 4:00

*But always exceptions – check your assignments often and carefully

Rules, Mechanics, Keys

- * Rules = The Laws of the Game (as supplemented by interpretations in the Case Book)
- * Mechanics = Where you are on the field and what you do in various situations
- * Keys = What each position looks for and at

Intro to Rules and Mechanics

* Rule Book – 10 Sections

- ◆ Read Rule 2, Read Rule 2, Read Rule 2
- ◆ Definitions are the key to clear communication
 - “A” = Offense
 - “B” = Defense
 - “K” = Kickers
 - “R” = Receivers

* Case Book – Interprets Rule Book

* Mechanics Book – Where you are on the field, what are your keys, what is your coverage area

* Simplified and Illustrated – spend a LOT of time there

The Crew

*CCFOA Standards:

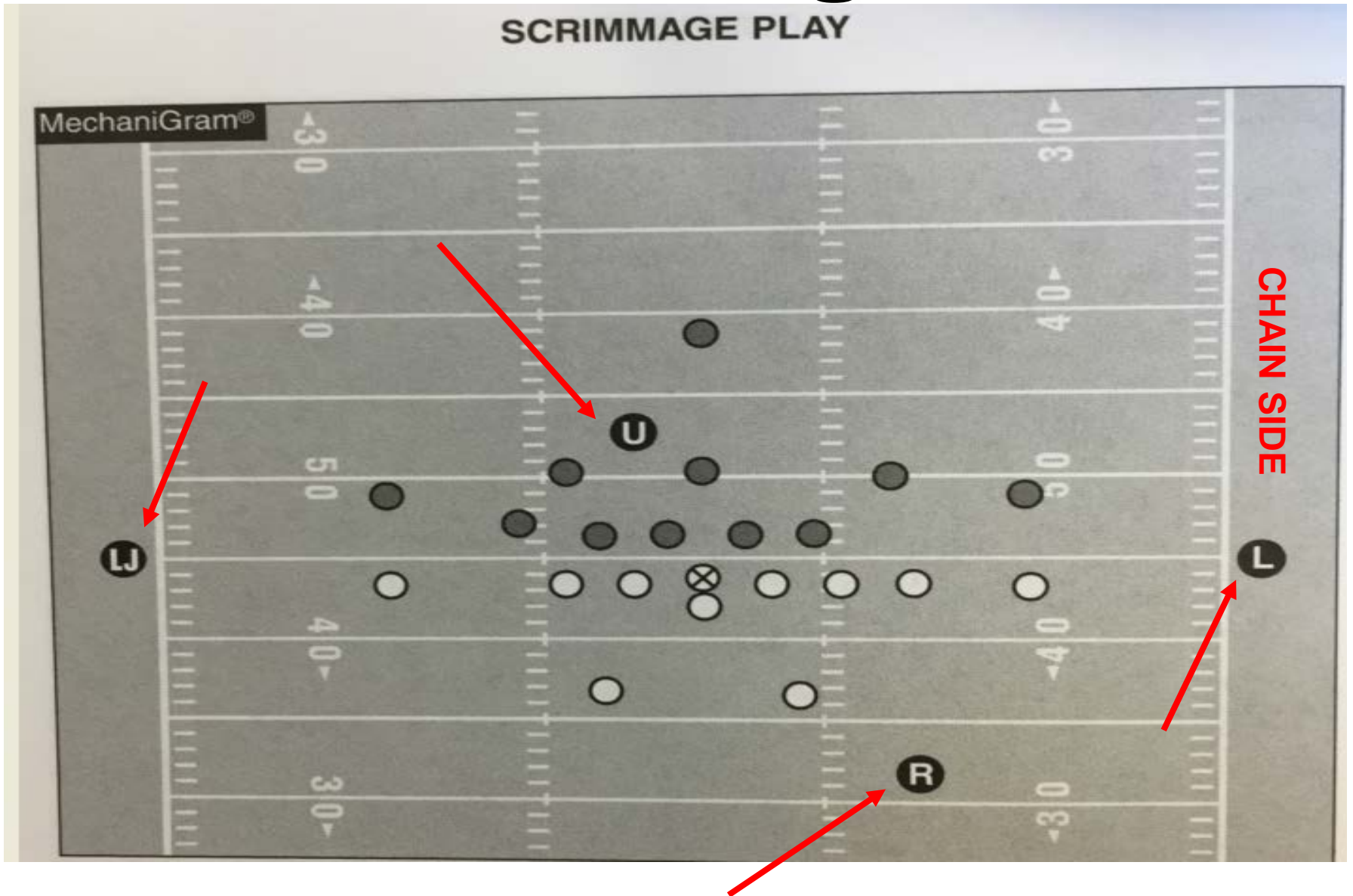
- ◆ Varsity = 5 person
- ◆ JV / Frosh / Older Youth = 4 person
- ◆ Younger Youth = 3 person
- ◆ Scouts = 2 person

*The Positions:

- ◆ Referee
- ◆ (Head) Linesman
- ◆ Umpire
- ◆ Line Judge (4 and 5 Only)
- ◆ Back Judge (5 only)

*You will be assigned a position – it is NOT first come first served or decided on the field

Field Positioning of Crew



Referee

- * Ultimate authority for game
- * Offensive backfield
- * Play in the backfield
- * Administers Penalties
- * Controls timing

Linesman

- * On line of scrimmage
- * On side with chains
 - ◆ High School = Visitors
 - ◆ Youth = Home
- * Responsible for line of scrimmage
- * Responsible for managing chains
- * Down field coverage on long plays and passes

Umpire

- * About 6 yards on B side of ball
- * Responsible for player equipment
- * Line play
- * Spotting the ball

Line Judge

- * Opposite Head Linesman
- * Responsible for line of scrimmage
- * Responsible for accuracy of timing
- * Down field coverage on long plays and passes
- * Back with receiver on punts

Pregame Duties

- * Check and accept your assignments daily
- * Arrival – AT LEAST:
 - ◆ Youth – 20 to 30 min. before scheduled kickoff
 - ◆ Frosh – 30 Minutes
 - ◆ JV – 45 to 60 minutes
 - ◆ Varsity – 60 minutes
- * Expect a pregame conference led by the Referee

Pregame Duties (4 Man)

*All:

- ◆ Check the field for safety issues

*Umpire

- ◆ Accompany Referee to conferences with coaches
- ◆ Rule on legality of player equipment

*Linesman

- ◆ Secure and Instruct Chain Crew

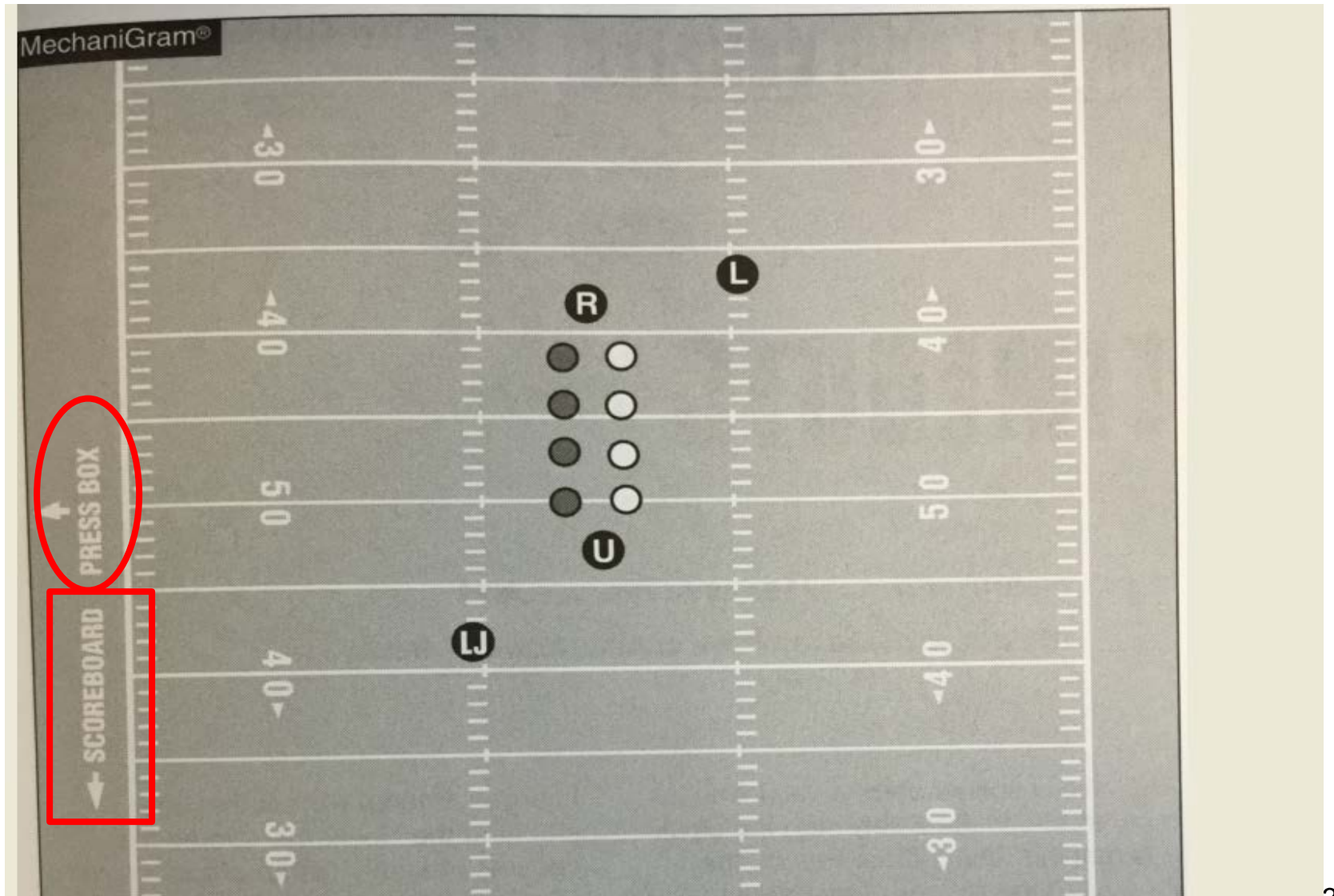
*Line Judge

- ◆ Instruct Clock Operator
- ◆ Secure Game Balls

Coin Toss (4 man)

- * 5 minutes call for captains; 3 minutes walk out
- * Referee and LJ in HS (L in youth) accompany home team
- * Umpire and L (or LJ) accompany visitors
- * Referee will face the clock
- * Have spokesman next to Referee
- * Only Umpire and Referee continue to mid-field
- * Flanks stay at the numbers to keep their team back
- * Come together after toss to record information
- * Move to kickoff positions

Coin Toss Positions

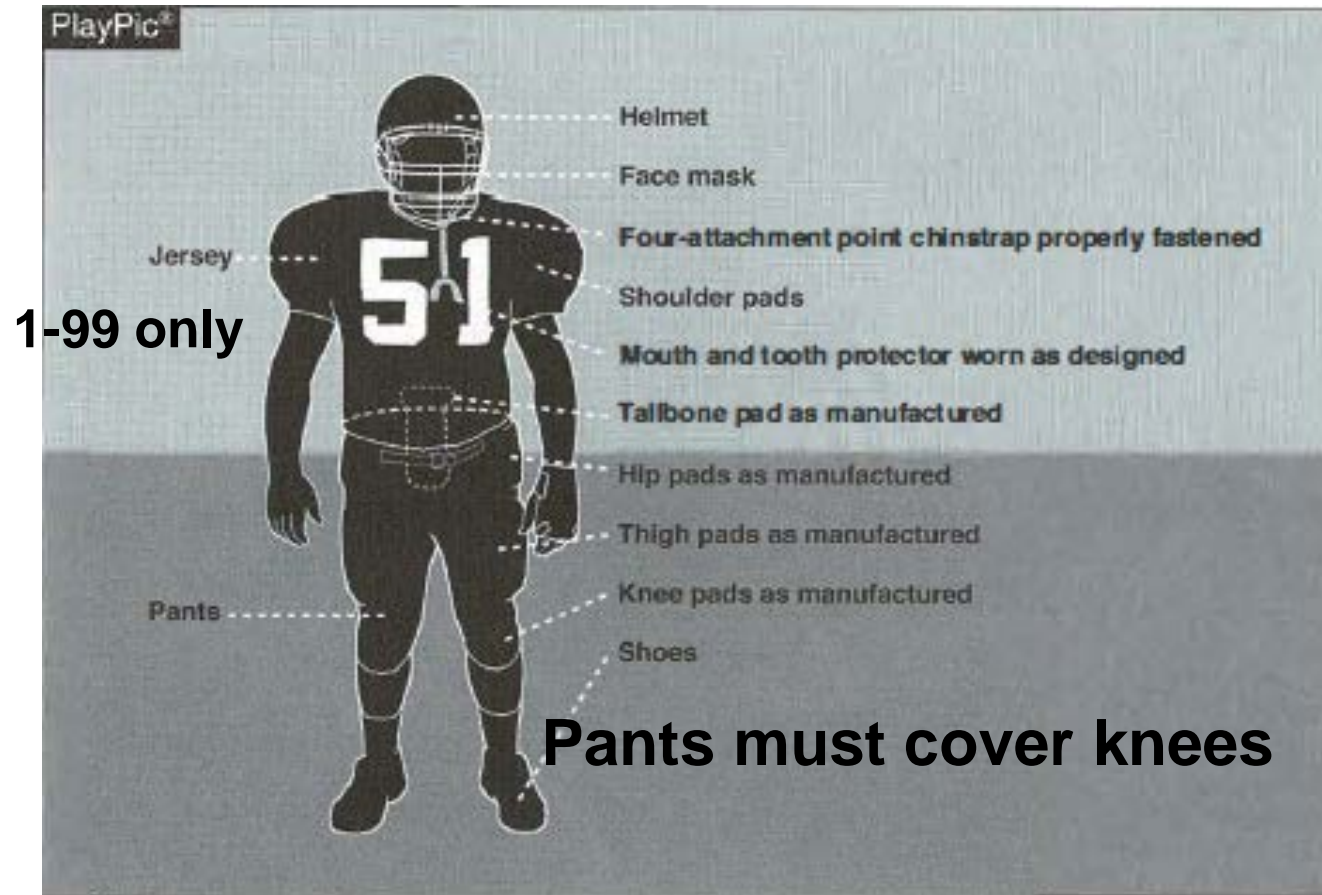


Orientation

Player Equipment

- *Mandatory Equipment
- *Allowable Equipment
- *Prohibited Equipment

Mandatory Equipment

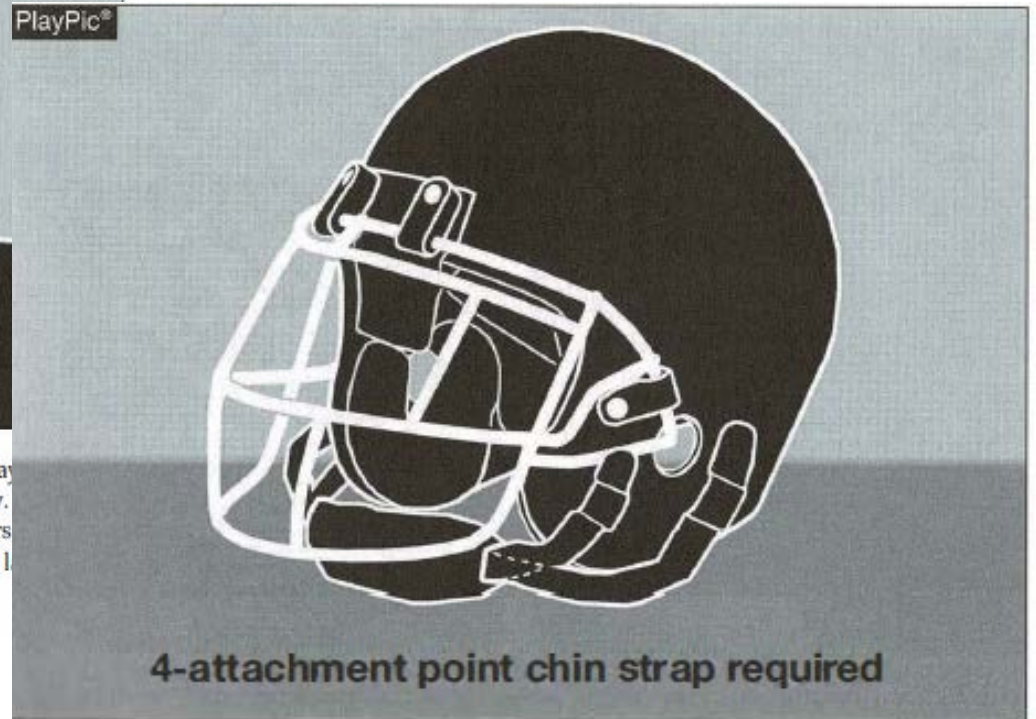


1-5-1 The items of equipment shown must be worn by all players. A player may not participate unless he or she is wearing all required equipment which is professionally manufactured and not altered to decrease protection.

Emphasis on Helmets



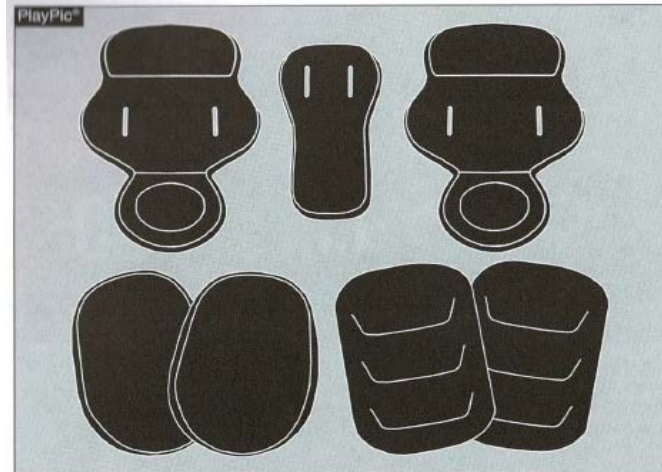
1-5-1a Note A visible, exterior warning label is required on each play helmet. The warning label is a statement concerning the risk of injury. coach's pregame verification to the referee and umpire that all players equipped in compliance with the rules includes the exterior warning l



4-attachment point chin strap required

1-5-1a2 At least a four-attachment point chin strap shall be required to secure the helmet.

Pads and Mouth Protector



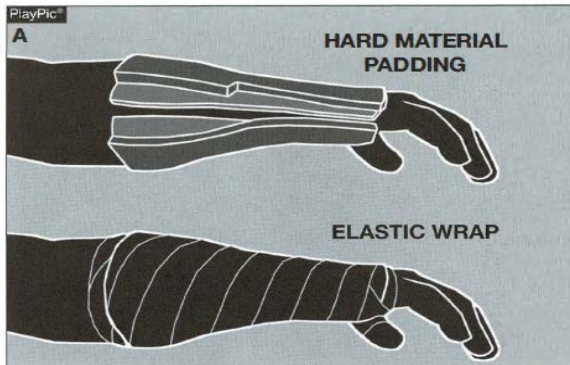
1-5-1d(1), 1-5-1d(2), 1-5-1d(4) Hip pads and tailbone protector, knee pads, and thigh guards must be unaltered from the manufacturer's original design/production.



1-5-1d(5) A tooth and mouth protector (intraoral) which shall include an occlusal (protecting and separating the biting surfaces) and a labial (protecting the teeth and supporting structures) portion and covers the posterior teeth with adequate thickness is required. It is recommended the protector be properly fitted and constructed from a model made from an impression of the individual's teeth and constructed and fitted to the individual by impressing the teeth into the tooth and mouth protector itself.

Allowable Equipment

*Gloves, Hard Material on Arms, Knee Braces



Half inch thick padding required



Knee brace (to hinge) if under pants

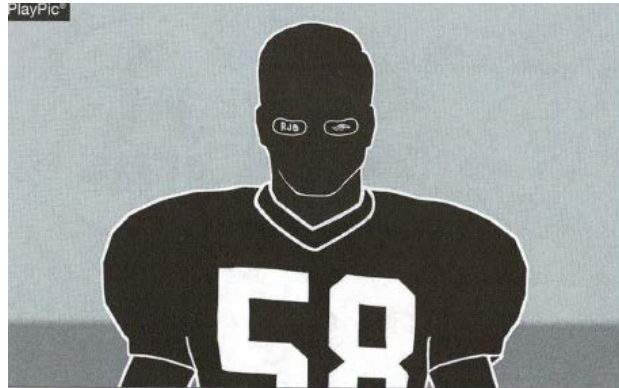
1-5-3b(1), 1-5-3b(3) Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow, or upper arm (A) must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch in thickness. Knee braces may not be worn on top of the pants (B).

Always Illegal Equipment

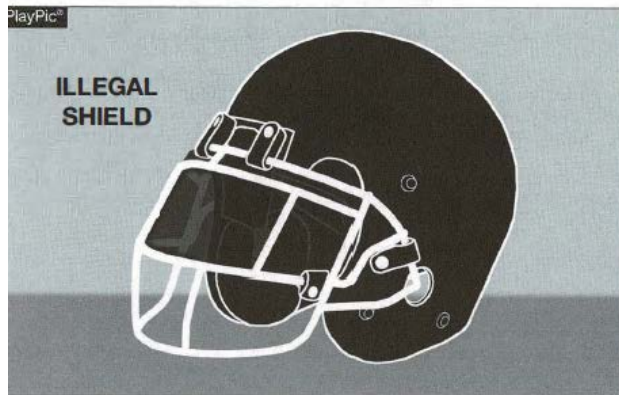
(Things you will see)

- * Knotted jerseys**
- * Rib/back pads unless fully covered by jersey**
- * Jewelry (religious and medical alert OK if taped down)**
- * Play cards on belt**
- * No sweat or other bands more than 3 inches from wrist**

Always Illegal Equipment (continued)



.5-3c(3) If worn, eye shade (grease or no-glare strips or stickers) that is not a solid stroke or includes words, numbers, logos or other symbols within the eye shade is illegal. If a player uses eye shade, it must be applied using a single solid stroke under each eye. The eye shade shall be located below and within the width of the eye socket and not extend below the cheek bone.



.5-3c(4) If an eyeshield is worn, it must be constructed of a molded, rigid material that is clear without the presence of any tint.

Orientation

Professionalism

- * What does this mean to you?
- * Look the part – You are judged from the moment you take the field
 - ◆ Clean uniform worn properly
 - ◆ Personal Appearance
 - ◆ Physical Conditioning
- * Act the part (Businesslike, Approachable, Not over friendly, Don't clown around)
- * Use of Alcohol (NEVER on game day; in light moderation night before game)
- * No gum, no tobacco
- * Snack Shacks – You are owed ZERO freebies
- * Someone is always watching (and probably recording) you

Expectations from your Fellow officials

- * Be punctual**
- * Be prepared**
 - ◆ Know “Rookie Rules”
 - ◆ Know “Rookie Mechanics”
- * Come fully equipped**
- * Leave the ego in the car**
- * Listen to advice – you will get a lot of it**
- * Don't be over sensitive**
- * Communicate**
- * Hustle, Hustle, Hustle**