

# Make the Right Call



Washington Officials Association

Volume 4 Issue 2

## Gain an Edge With Healthy Habits by Krissi Williford

As a sports official, it is imperative that you care for your body like an athlete - because you are one. If you do not care for yourself, you will not perform optimally. Optimal performance night after night will create an edge over the competition.

To get hired in leagues and continue to climb the ladder of officiating success, it helps a lot to have an athletic look, be fit and strong, run well and think clearly at all times. You may practice your mechanics, study the rules and train continuously, but there are other things that can and will contribute to your success, like the way you eat, sleep, train and move. Those four areas of fitness are important to any official's success and they are easy to control on a daily basis, on the road or at home. Each can be assessed and used to develop a specific and structured training program for a sports official.

**Diet.** Your food intake is your diet. If you go on a diet, you are simply changing the way you eat to reach a goal. Your diet is the foundation of your training program; it will prime your body to perform optimally. If you are trying to make changes in your physique, diet is 80-90 percent of the battle. If you eat badly, your results are bad.

The side effects of a balanced diet are freedom from hunger, improved mental focus and productivity, greater energy levels and physical performance. Your body will naturally lose excess body fat, lower insulin levels, stabilize blood sugar,

while creating a positive impact on heart disease, arthritis, depression, alcoholism, chronic fatigue, premenstrual syndrome, irritable bowel syndrome, autoimmune diseases and cancer.

The guidelines are easy: at every meal have protein, low glycemic carbohydrates, and do not be afraid of fat.

**Sleep.** Rest is critical for success. Humans function best on nine hours of sleep per night. Sleep assists in recovery, mental acuity, burning body fat, controlling sugar and carbohydrate cravings, as well as disease prevention and management. When you lose sleep, cortisol and insulin levels increase, which makes you crave sugar and carbohydrates. That catapults you into the "carbohydrate hell" cycle and makes you sick in a way that most do not realize. It makes you feel like you are in a constant state of panic or being rushed. When the sun goes down, so should you.

Go to bed. Take a nap. However you do it, get some rest so you can recover.

**Training.** Train for strength, agility, speed, endurance and metabolic conditioning: train like an athlete. All of those areas are important to an official's career. A machine is only as strong as the sum of it's parts, your body is the machine and your muscle structure, joints, ligaments, heart, lungs and brain are its parts. Challenge all of them in different ways. Change up your training at least every four weeks. If you always train the

same way your body will adapt and do the same amount of work using less energy (calories) and requiring less effort. That prevents you from advancing in your fitness level. More is not always better as over-training generates negative performance levels. Train smarter, not harder, and you will see greater results. If you do not know how to train yourself then get a coach or a personal trainer so you can learn about training and prevent injuries.

**Mobility/Flexibility.** The ability to move, free of pain and discomfort, is essential for all officials. Stiff, tight muscles and joints may lead to injury, low performance level, low quality of life and shorter lifespan in any sport. Pregame warmup prevents injury while postgame stretching and therapy generates longevity. Develop good habits and make them routine. Stretch every day, use massage tools to loosen your muscles and tendons, use ice (bags or baths) as a postgame therapy if you are sore or inflamed, take a fish oil supplement and learn to listen to your body.

Discipline and consistency of effort in the areas of diet, sleep, training and mobility will give you longevity as an official, an athlete and an individual.

Do the things that are easy to do. Make a plan and stick with it. Discipline your dedication. Commit to be fit.

(This article can be found in, *Referee* magazine, September 2012)

### Special Points of Interest:

- Your diet is the foundation of your training program; it will prime your body to perform optimally.
- Rest is critical for success.
- However you do it, get some rest so you can recover.
- Train smarter, not harder, and you will see greater results.
- The ability to move, free of pain and discomfort, is essential for all officials.
- Develop good habits and make them routine.
- Pregame warmup prevents injury while postgame stretching and therapy generates longevity.

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Corey Brantley, Spokane

Photo Courtesy of RefereePhoto.com

### Newsletter Photos

The WOA appreciates all the individuals who have taken the time to submit photos to the WOA for use in the monthly newsletters, as well as the slideshow presentation at the WOA Conference. As is the case every year, we are always looking for additional photos incorporating officials from throughout the state.

So, in order to help solve the problem, the WOA is looking for individuals who would be interested in attending a state tournament as the "Official" WOA Photographer. All WIAA Media Guidelines must be adhered to, but it would provide a great opportunity to be close to the action.

If you are interested, please send an email indicating the sport and site: [tstordahl@woa-officials.com](mailto:tstordahl@woa-officials.com).



Crew preparing for the East Valley/Cheney game at the 2012 Kickoff Classic.

Photo Courtesy of Mike Colbrese

## Guaranteed Spot at the State Tournament

It is not too early to make plans to attend a state tournament this year in support of the officials, as well as being a part of the great environment of high school athletics at the highest level.

State tournament passes are available through your assigner for the reasonable price of \$10.

This is a great benefit provided to officials because of the great relationship we share with the WIAA. Hopefully all of

you will take advantage of the ability to purchase a pass and experience the best that WOA and WIAA has to offer.

Please contact your assigner to order a 2012-13 WIAA State Tournament Pass.

## 2012 WIAA Kickoff Classic

The 2012 Kickoff Classic was held at Ross Field on the campus of Eastern Washington University on September 1.

The following officials were selected by their local association to work this year's Kickoff Classic:

### Tekoa-Oakesdale-Rosalia v Reardan

R: Dick Brautigam, Inland Empire  
U: Gary Boone, Southeastern WA  
LJ: Frank Slusser, Southeastern WA  
HL: Randy Searcy, Inland Empire  
BJ: Rob Owen, Inland Empire

### Colville v Freeman

R: Tom Reser, Inland Empire  
U: Paul Nelson, Inland Empire  
LJ: Rick Jones, Inland Empire  
HL: Mike Strobeck, Inland Empire  
BJ: Mark Schafer, Inland Empire

### East Valley (Yakima) v Cheney

R: Kevin Malone, Inland Empire  
U: Gene Hayward, Yakima Valley  
LJ: Brad Cramer, Yakima Valley  
HL: Tim Peterson, Inland Empire  
BJ: Tim Davis, Inland Empire

### Central Valley v Ferris

R: Bob DeVleming, Inland Empire  
U: Dan Meyer, Inland Empire  
LJ: Jim Warrick, Inland Empire  
HL: Joel Murphy, Inland Empire  
BJ: Steve Felker, Inland Empire

## Ejection Report Reminder

When filing an ejection report, it is important to remember a couple things:

1. Reports must be filed within 48 hours of the ejection. Not turning in a report does not make the ejection go away. Schools are required to sit the offender regardless of whether a report is received. By not filing the report within 48 hours you create more work for your assigner and it brings up the discussion of accountability. With the ability to report ejections online, there really is no good reason not to file the report within 24 hours of an ejection - so allowing officials 48 hours to

complete the task should create 100% compliance.

2. Only include the facts surrounding the ejection. Please do not include opinions or recommendations on what should happen to the offender. Anything in addition to the facts of the ejection causes confusion and creates issues that have nothing to do with the reason for the ejection.

A new twist for the 2012-13 school year is that all athletic administrators will be required to submit an ejection to the WIAA, in addition to the report filed by the ejecting official. This new process will help in

the attempt to make sure all ejections have been reported in a timely manner. The WOA staff (and assigners) are hoping that the WIAA does not receive a report that is missing a corresponding report submitted by the official.

We can never over emphasize the need for officials to complete the paperwork after they have made a decision to issue an ejection. A paper trail must be established and it begins with the information provided by the official.

Thank you in advance for making sure the WOA is 100% accurate in the reporting of ejections for the 2012-13 school year.

## Football: RTO Program, Blue Flags

### RTO Program:

On September 13, the WOA held a meeting to discuss the implementation of the observation phase of the RTO Program. Beginning with week 4, the observers will be going out to local contests to observe adherence to WOA approved mechanics and the overall performance of the crew. In most cases, the observer will conduct a postgame review with the crew. These postgame reviews are meant to provide constructive feedback to the crews. In addition to the postgame review, the observer will be submitting a report of the game to the WOA. The “in-

person” observations will be added to the video observations for each local association. The compiled information will then be used to develop the training component of the program.

It is important for officials to understand all their games have the potential of being observed, either in-person or video, and that every game they work is a reflection on the local association and the WOA. The goal of the program is to improve the quality of product on the field and to provide each official with an avenue to improve.

Any issues with the observers should be directed to your

assigner, who will then communicate those concerns to the WOA. We need for this program to be a positive experience for all involved, so feedback is always welcome.

### Blue Flag Tribute:

Thank you to all the officials who participated in the fifth annual Blue Flags for Prostate Cancer tribute. The name of the campaign has changed to “Blue Flags Against Cancer” and is now taking place in Hawaii, Oregon, Idaho and New Mexico.

Flags ‘n Bags out of Florida continues to be a great partner in supplying blue flags for this event at a reasonable price and great service.

## Volleyball: Substitutes, Libero

### Substitutes and Libero Entry:

Without careful attention by the second referee, the scorer and libero tracker, it is easy to have an error occur in the procedure or actual substitution or libero replacement. The second referee is responsible to recognize and grant a requested legal substitution, be certain the scorer has the sub recorded before sending the incoming player(s) onto the court, the substitution procedure is followed and the substitute assumes the proper position on the court. If there is

a libero replacement, the second referee must be aware of the replacement and the proper procedure followed. The libero tracker must record and be certain this is the correct player. The scorer must be alert if the libero is to serve and be certain the libero is serving in the proper position in the serving order. A lack of focus in any of these positions can let an error occur undetected which upon discovery will cause confusion and interrupt the flow of play. It is critical each of these individuals know these and

their other responsibilities for substitutions, replacements and keep their focus for substitutions and libero replacements entering the court.

If during a contest, there are issues with the scorekeeper or libero tracker performing their duties, please work with the head coaches to reach a resolution that allows for the contest to be continued. Upon completion of the contest, please call your assigner to provide the necessary information to remedy the situation for future contests.

## Soccer: Offsides, Going Forward, NFHS / FIFA

### Offside Player Intercepts

**Play:** A10 is clearly in an offside position after team A loses possession of the ball. B7, with the ball, knows the keeper B1 has a strong clearance kick, and sends the ball back toward B1, weakly. A10 has enough time to get to the ball before B1 and taps the ball into the open net. Goal or no-goal?

**Ruling:** It's misleading to say A10 was in an offside position when team B had possession. Offside position is only a factor

when A10 receives the ball from a teammate - so A10 is not offside and that play stands as a valid goal (11-1-3).

### Going Forward

**Play:** A player does not kick a goalkick forward. Is that OK? What restarts must go forward?

**Ruling:** There are two restarts that must go forward. It might be easiest to remember which two need to go forward by thinking that the two kicks taken from a “mark”(penalty

and center) are the only two that must go forward. The player's action is fine (8-1-3, 14-1-4).

### NFHS Rules vs FIFA Laws

Currently, the WIAA is discussing the option of switching to FIFA Laws beginning in the Fall of 2013. This proposal has received support from staff, coaches and officials. The final determination will be made in the spring by the WIAA Representative Assembly.



Ron Anderson, Western WA

Photo Courtesy of Dale Garvey

## Hudl Account Set Up to Assist With RTO Program:



WOA has established an account with Hudl to help with the acquiring of game footage to be used for the Observation phase of the RTO Program. WIAA members schools have been provided instructions on how to exchange video with the WOA. Every game submitted to the WOA will be placed in the observation pool and be eligible to be reviewed by a WOA Observer.

During the 2012-13 school year the following sports are included: Football, Volleyball, Basketball, Soccer



Dean Wright, East King County

Photo Courtesy of Dale Garvey



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Josh Wilkens, North Chapter

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## NOTE FROM THE COMMISSIONER:

A month into the 2012-13 school year and not too much to write about. The RTO Program is underway in football and we are still working through some issues in application when it comes to volleyball and soccer. The important thing for officials to remember is that all games are being "observed" by someone. Whether a state observer, local observer or just the fans in attendance, there is always someone watching. Yes, this new program increases the level of accountability, but it also is a great way to recognize that the officials working night after night, afternoon after afternoon are doing a great job. Yes, there will be miscues and errors, but hopefully we all learn from these and become better officials because those situations happened. Video is a great tool if used properly and I encourage all associations/boards to begin (or continue) conversations as to how you can use video to assist in training. We hope the fall season continues to be as smooth for the next two months as it has in the first month, but as I am writing this newsletter, we have just received our first volleyball ejection in over five years.....

Todd Stordahl  
WOA Commissioner

# [www.woa-officials.com](http://www.woa-officials.com)

## It's Not About You.....Except..... by Cindy C-Wilson

As officials we have heard the mantra "it's not about you." This is a great and applicable mantra once we are on the court/field/pitch of our respective sport, but what about before we step out there? This is where it becomes "All About You."

It's all about you because you are doing your best to prepare for the contest.

It's all about you because you make sure you know the rules. You read the rules book and any case plays that may be available. You practice your skills at a scrimmage or in front of the mirror prior to the season to make sure your mechanics are crisp and correct. You make sure you take the appropriate test, clinic and attend local meetings to catch up on the latest changes and applications.

It's all about you to make sure you look professional and

confident. Before the season you make sure you have the appropriate uniform. Make sure your uniform fits and is clean and in good repair. If you need to purchase new ones to replace the old or a different size, do it before the season begins. If it needs tailoring or altering, take care of that before the first contest.

It's all about you because you take care of yourself physically, which means eating right, getting good rest and exercising. Exercising can be as simple as walking and as complex as hiring a personal trainer.

It's all about you when you ensure your equipment is in good working order and you have all the right pieces - flags, watch, cards and any other tools of the trade for your sport.

It's all about you when you receive your assignment,

accept it, check in with your team and get to the contest on time or early. It's all about you taking responsibility and being accountable for your role in the contest.

It's all about you when it comes time to make sure you thank those around you for allowing you to be part of the game. Family, friends and co-workers, unless they also officiate, often do not understand your passion for the game and what you do. Communicate with them and let them be part of your support team.

Once the contest begins, it is no longer about you.....it now becomes "It's NOT About You!" and that's just fine because you know the time you spent preparing and having it be "All About You" makes you be your best out on the field/court/pitch or wherever you officiate.