

Make the Right Call



Washington Officials Association

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Your Appearance Carries a Lot of Weight

by Cornelio Galdones

My fellow officials, we have a problem. It concerns weight. To be specific, a surplus of it.

Some of us struggled with being overweight from the day we were born. Some can't help being in that predicament due to a physical or medical condition. Some fought a good fight but lost the battle of the bulge over time. Some simply love to eat.

Whatever the case may be, being spread wide is widespread. Not only is it an issue for those who have extra baggage, it also has become an issue for those who don't because coaches, players and fans figure extra pounds are the norm for the entire officiating corps. Thanks to stereotyping, we're lumped together. But maybe we're not in the best of shape as a group. It's a heavy matter.

We live in America, the land of the free and plentiful, a meal to be had at every street corner. A multitude of epicurean delights tempts us everywhere we go. We need to be careful of bellying up to the buffet bar, the neighborhood bar, the coffee bar and the candy bar, barring no bar from our watch list.

On the other hand, eating like a bird is for the birds. After quitting the folly of staving to death, dieters usually wind up gaining back every single pound they lost. What's the use?

Doctors caution us to watch what we eat for our heart's health. We do. We watch our food as we eat it. Why should we change our

eating culture when our physician doesn't follow his or her own advice? The same goes for exercise. Who in their right mind would want to work up a sweat and get worn out just to pull a muscle or turn an ankle? It's a waste of time, not when we can be parked in front of a PC or TV, or maybe having a cold one to go along with junk food. Besides, our never-ending list of things to do for job, family, home and leisure waits for us. Why do we need to project a healthy image anyway? We don't represent our energetic sport, the players do. Isn't that right?

Watch out, though, if you stand up straight and can't see your toes. That is a warning sign of a body having assets to spare. How officials dress, even if their physical features are more prominent, makes a big difference in how they present themselves.

Look in the mirror. Mirrors don't lie. Squeezing into a pair of pants or a shirt to suit your vanity but not your correct size is a sight to behold when every bulge in your body is revealed beneath threads stretched to the limit. Please, ease it up, for your sake and ours. It behooves you to cure that overwhelming display of excess with a strong dose of decency and good judgment. That applies to makeup, your hairdo and jewelry as well.

Mind your uniform. Since your shirt may not be long enough to stay put in covering all the territory it has to cover, make sure

it's kept tucked in. Fluffing it up, whether to hide your love handles or not, is counterproductive because it draws unneeded attention by looking sloppy.

And button those buttons and zip those zippers. Who cares if you're proud of you chest or what's growing on it? We can do without seeing any of it. Spare us from also seeing your pants pushed down to hang over a belt a belt Santa Claus would envy. It's known as Dunlap disease. Why? Your belly has *done* fallen into your lap.

Adults with any sense of style will wear their pants waistline horizontally straight across at waist level. Wearing the top of the pants below the waist is a fashion statement only a teenager can pull off. Oh, to be young again, to be carefree and slender! Those were the days, the wonderful days of our youth.

Alas, we've grown every which way but thin since then. Even with a very full figure, there's no reason why any of us can't dress in good taste with the options we have now. First of all, accept the truth. Wear a larger size. If none is readily available, find a sports clothing store that outfits beefy officials or else have a tailor alter your uniform in line with your current dimensions. While that is true, your best bet is to slim down if at all possible. Put every pound of yours into toning up and toning down your overall appearance. Dress the part, look the part.

(This article can be found in, Referee magazine, January 2014)

Special Points of Interest:

- Being in good condition and having a professional appearance provides credibility with players, coaches and fans.
- The first impression is often when you arrive at the site. Pay attention to how you are dressed when arriving at the scheduled contest.
- Officials are representatives of the sport they officiate.
- Officials represent each other. Whether we like it or not, coaches, players and fans stereotype officials based on their past experience with officials.
- Make sure your appearance matches the image you want portrayed.

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WOA Executive Board Meeting - January 6, 2014



Photo Courtesy of Linda Johnson



Aflac Has Landed at WOA

AFLAC has designed a web site for officials interested in looking into the benefits currently being offered to WOA members. Please take the time to visit the web site if you are interested in finding out more about these options. The web site is: www.aflac.com/woa.

Please contact Steve Pohlman if you would like to discuss these options or are looking for additional information. Steve can be reached at 206.310.9981 or steven_pohlman@us.aflac.com



Woody Woodruff and Scott Fetterly, Pacific Northwest

Photo Courtesy of Dale Garvey

The WOA Executive Board will meet on January 6 at the WIAA office beginning at 8:30am. Guests are welcome to attend.

Some of the agenda items for the upcoming meeting include:

- Region/Sport Reports
 - Conference Planning
 - Fall State Tournament Recap
 - RTO Program Update
 - 2012-13 WOA Budget
 - Executive Board Follow-Up
 - Membership Breakdown
 - Action Items as Submitted*
- *Request for Action items were not available to be included in the newsletter.

Ejection Reporting

Last year at this time, we asked the question "What can we improve on?" when dealing with ejections. Well, this year, we are repeating the same question. It is important that all officials work on improving in this area, as it is one that continues to cause concern among all the individuals who deal with the administrative portion of the ejection.

What can we improve on? The one thing that tends to continue to happen and causes a lot of work for the assigner, WOA staff and WIAA staff is the post-ejection actions by officials.

Commenting about the ejection to coaches, players or school administrators only leads to confusion and the beginning of a he said/she said battle over whether the ejection was valid. When attempting to have an ejection overturned, the school will provide the officials post-game comments to support overturning the ejection. Rarely does the statement match what the official actually said or what they intended to say. When this occurs, the ejection goes from being black and white, to being filled with a lot of gray. This leads to numerous

emails and phone calls to find out what actually occurred, but it usually moves away from the actions of the ejected participant and quickly is fixated on the actions and/or words of the official.

We know officials are not trying to complicate matters, but please understand that anytime comments are made that is exactly what happens. If someone wants information about the ejection after the game, please just tell them that a report will be submitted and they can direct any further comments to the WIAA staff.

Basketball Update: Wristbands, Headbands, Sleeves

Head, Wrists, Arms, Legs

Situation: Prior to the start of the game, an official notices that several team A members are wearing (a) white wristbands and white headbands, (b) black arm sleeves and white leg sleeves, or (c) black leg sleeves and white headbands.

Ruling: Legal in (a) and (c); illegal in (b). In (a), wristbands and headbands shall be white, black, beige or a single solid school color and shall be the same for each item for all participants. In (b), the arm and leg sleeves shall be white, black, beige or a single solid school color and the same

color for each team member. In (c) the rules do not require wristbands, headbands, arm and leg sleeves to all be the same color (3-5-3, 3-5-4a).

Wrestling Update: Stalling, Equipment, Slams

Locking Hands

Situation: When the offensive wrestler locks hands on a wrestler who is on the mat, the official should immediately blow the whistle and stop wrestling to assess the penalty unless a reversal or escape is imminent. In most cases if the official makes this call when observed, it would not proceed into multiple penalties. However this would result in multiple penalties if offensive wrestler continues to lock hands beyond reaction time when defensive wrestler returns to the mat.

Ruling: In this situation, locking hands in an escape or reversal situation is a delayed call. The call is delayed until the defensive wrestler has a chance to complete the move he/she is "in the process of". Once that move has been stopped, the official immediately stops the match, awards a technical violation point for locking hands and the match is resumed from the referee's position. As soon as the defensive wrestler is brought back to the mat, the escape or reversal move has ended and the match shall be

stopped. We do not let the defensive wrestler begin another move, nor do we let wrestling continue. As soon as they return to the mat, the match shall be stopped. We do not look to see if the hands are still locked. We stop the match immediately and award points. You may ask, "What if the defensive wrestler tries to execute a switch as they return to the mat"? That is a totally separate move and the match will be stopped (8.2.e.excpt).

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Garret Daggett, Spokane

Photo Courtesy of Jim Hausske



NOTE FROM THE EXECUTIVE DIRECTOR:

Thank you to all the officials who officiated a Fall State Tournament. Your efforts are truly appreciated. We hope all of you had a great time. Please let us know if there are any suggestions you would like us to make to the WIAA that would improve your experience as an official. The chance to work a state tournament is a great opportunity and we want to make sure all those working the tournaments have a great experience.

The WOA would also like to recognize the individuals who served as observers during the fall season. Your efforts will definitely improve the level of officiating throughout the state. We hope all of you choose to return next year as we continue to expand and improve the RTO Program.

Winter sports have begun. Hope all of you have a great season. The winter season brings about some challenges due to weather conditions. We hope all of you take the necessary precautions and travel safe.

On a final note, the WOA staff and Executive Board hope all of you have a great start to the new year.

Todd Stordahl
WOA Executive Director

www.woa-officials.com

News and Notes

Winter Clinicians

The following individuals serve as clinicians for the WIAA and WOA. Throughout the season, they are often asked to help in determining the proper way to enforce and/or interpret the rules. Thank you for being there to assist in this process.

Basketball:

Steve Brown, Western WA
Mike Lloyd, Seattle
Steve Simonson, Chelan Co

Wrestling:

John deWeber, Whatcom-Skagit
Brad Mackay, Tri Cities

Gymnastics:

Dean Ratliff, Seattle

Please remember all requests for an interpretation must come from the WOA contact. In order to assist in expediting the request, please include the WOA on all correspondences.

Softball Mechanics Manual

The WOA Softball Committee put the finishing touches on the new WOA Softball Mechanics Illustrated. The book will be ready for distribution by mid-January. This project will hopefully bring more consistency to the mechanics being taught throughout the state.

The committee members who assisted in this project include:

Gerald St Clair, Seattle Metro
Nick Nickerson, Snohomish Co
Graig Bolton, Western WA
Dave Andrew, Lower Columbia
Dennis Schodt, Evergreen
Dick Eglet, Yakima Valley
Jim Adrian, Tri Cities
Kathleen Burns, Spokane

Thank you for your time and effort to complete the project within the tight timeframe so it will be ready for 2014.

RTO Update

The preseason observers meeting was conducted and the observers are out watching games. Please encourage coaches to submit videos to the WOA. Videos may not tell the entire story of what happened on the court, but it is a great way to train first year, as well as veteran officials. We are hoping to see more participation from coaches, but that will only happen if we are actively reminding them to submit the video.