

FIRST AND TEN

June/July 2014 Volume 8 Issue 6



Reporting on the 2014 Conference



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Working for the development of officiating and football in Canada in cooperation with



First and Ten Mandate

The intention of First and Ten is to keep the CFOA membership informed of the activities of the CFOA and its member associations. It is hoped that the First and Ten will be published on a quarterly basis.

The CFOA is hoping to encourage communication between its member associations through this communication by presenting information in the following areas:

Recruitment and Retention

Training and Development

-Positioning and Mechanics

Rulebook

-Changes/requests for rule

changes

-Rule Study –You Make the Call

-Rule interpretations

Canadian Leagues

-Up dates and information on the: CFL, CIS, CJFL

L'objectif du "First and Ten" est garder les membres du ACAF (Association Canadienne des Arbitres de Football) et les associations d'arbitres, des différentes activités au sein de l'ACAF. Notre objectif est de publier le "First and Ten" à tous les trois mois.

L'ACAF, a pour objectif d'encourager les communications entre les membres des différentes associations d'arbitres en leurs présentant des mises à jour sur les sujets suivants.

Recrutement et Rétention d'arbitres de football

Développement et Formation

- Positionnement et Mécaniques

Règles

- Études des règles – "You Make the Call"

- Interprétation des règles

- Changements et demandes de changements

Ligues Canadiennes

-Mises à jour des informations de la LCF – CIS - LCFJ

Reconnaissance d'accomplissements par des arbitres de football

La version française du "First and Ten" va suivre chaque version anglaise. Ron Paluzzi, Vice président responsable de la traduction, sera responsable de s'assurer que chaque communiqué soit disponible en français dans les plus brefs délais. D'ici là, je demande à tous

Editor's comments

Revised and reissued due to technical publishing problems last month

First and Ten Editor **Ron Hallock**

Co- editor **Rob Christian**

CFOA Conference Report



Congratulations to the BCFOA for hosting a successful conference. The conference identified the need for consistency on a national level and suggestions on how to achieve it. See article in this issue.



CFOA EXECUIVE

Congratulations to new CFOA executive members Allan Kirkpatrick (OFOA) President and Nigel Busche (BCFOA) Recruitment and retention and returning executive members Ron Hallock (MFOA) Training and development, Ron Paluzzi (APAFQ) Finance and Barry DeBaie (NSFOA) communications/secretary. Congratulations to new president Allan and past President Mike Groleau recipient of Tom Cheney Award. Please see articles in this issue.

Facilitator Support

In continuing to support the facilitator program, First and Ten continues to provide articles supporting Presenting, mentoring and self-development and evaluation. In this issue :

Presenter/Facilitator:

-Training article **Are your presentations Rave?** Program Based on presentation by Australian Sports. Development

Self Development

-**SELF ASSESSMENT: A RIPA SCHEME** By: *Barry Such and Bill Tattersall - Football Federation Australia,*

- A Physical Fitness program for FIRA referees and fitness test. Where does your officiating fitness compare to a FIFA Referee?

-Nutrition :Myths about Sport Nutrition

Evaluation:

SELF ASSESSMENT: Football Federation Australia –Officiating Development Program

Rules Study using Video Targeting and Rondeau

Using Video analysis to understand targeting and defenseless players by Walter Anderson Big Twelve Conference Coordinator of officials

CANADIAN FOOTBALL OFFICIALS' ASSOCIATION NEW PRESIDENT

By Rob Christian



I can't start this article without first thanking the outgoing President Mike Groleau. Mike's term in office was more than mere commitment and dedication. He treated this volunteer position as if it was a vocation.

Mike's approachable persona has allowed people to feel comfortable in sharing ideas. Those concepts are given careful deliberation. Mike along with the Executive is responsible for many of the endeavors that have streamlined the process of certification and evaluations. There are also numerous undertakings that the new Executive will have to confront.

CFOA's new President, Alan Kirkpatrick, is particularly qualified for the role. His background, training, and experience encompass local to professional football.

Synopses of his 30 years of officiating include:

- Officiated minor football, high school, OVFL, OFC, NFC, OUA, and CFL;
- A game day supervisor of OUA (CIS);
- Was a level IV clinician and now a Master Facilitator;
- Presenter at numerous Honig's football clinics;
- Worked Yates Cup, Mitchell Bowl, Vanier Cup and CJFL Championship Bowl;
- Is a member of the Lakeshore Football Officials Association Wall of Fame.

On a professional level, Al has worked management positions in various Ontario Municipalities and has held Executive positions with professional organizations.

So let's thank Mike Groleau for his superb service and welcome Al Kirkpatrick.

The CFOA conference recently held in Vancouver on the May long weekend was a success in bringing the need for consistency through communication to the forefront.

Every presentation brought out the need to have successful communication between FOAs and their membership and the CFO with its members.

2014 CFOA Conference



Congratulations to the host committee lead by Dennis Abbott and Nigel Busche, Rick Carter and all their committee who served as per hosts throughout.



The conference kicked off **Friday night** with a presentation by newly appointed **CFL Director of Officiating Glen Johnson**. Glen outlined the direction the CFL is taking for identifying up and coming officials, support training for them. The CFL will continue to support the expense of the seventh official in Junior and CIS football and funding for the CFOA conference

Saturday featured the following presentations. **Larry Rohan** shared the evaluation system used in BC, while **Ron Hallock** reviewed the recently introduced CFOA Master Facilitator program and the role of facilitators.

Bruce Hawshaw inconsistency in panel with **Jeff** new officials.



led a discussion on identifying mechanics followed by Newbies **Huot** that examined concerns of



Dennis Abbott presented newly designed pins in recognition of long service Pins to CFOA members. Local FOA may apply for pins for members having over 15 years of service. Pins awarded in multiples of 5 years.

The evening featured a trip to Grouse Mountain and a dinner with a outstanding view of Vancouver or

a Rock and Roll Sausage Evening" at "Falconetti's", recently featured on TV's "Diners, Drive in's and Dives" , It lived up to its billing



Sunday featured a Keynote presentation by **NFHS Bob Colgate** on how the maintain consistency in the USA. **Bob Colgate** joined the National Federation of State High School Associations (NFHS) staff as an Assistant Director on August 1, 2006, after serving six years on the Nebraska School Activities Association (NSAA) staff as an Assistant Director. Bob's responsibilities with the NFHS include serving as the editor and national rules interpreter for the sports of



football and wrestling, staff liaison for the NFHS Sports Medicine Advisory Committee and registration and equipment organization for the NFHS Annual Summer Meeting and the National Athletic Directors Conference.

Following panel lead by facilitator Dennis Abbot speaking on How We Do It Now, "The Consistency Panel"..

After lunch Rick Carter lead a session with three coaches providing the **Coaches' View** followed by the last session lead by Dennis Abbot and Bruce Hawkshaw on How Do We Do Better? Achieving National Consistency.

Tom Cheney Award Banquet



Recently retired BC Lion and Greg Cup Champion Angus Reid addressed conference attendees and offered his thoughts on his views concerning our Conference theme of "Consistency Coast to Coast"

Angus Reid is a testament to the age-old adage of "hard work pays off." After excelling on the field at Vancouver College having joined football late, Angus went on to become an All-American at Simon Fraser University (despite missing 3 of 5 seasons battling Crohn's Disease) before being drafted 4th overall in the 2001 CFL Draft. Angus starting centre for the BC Lions, has been an ironman throughout his career with an amazing streak of appearing in 142 consecutive games. He played every CFL game from the 2002 to 2008 CFL seasons including the 92nd and 94th Grey Cups.[1][2] In 2004, Reid was selected to the West Division All-Star Team for the first time in his career. He was also named CFL lineman of the week for week #7. In 2005, Reid started all 18 games including the West Division Final against the Edmonton Eskimos. Angus has appeared in 2 Grey Cups, coming home with a ring in the 2006 tilt versus the Montreal Alouettes.

Currently he is a radio personality at 1040AM (sports Talk Radio).

2014 Tom Cheney Award

Three worthy individuals were given the recognition for their contributions to the development of officiating at the local, provincial and national levels. This year's nominees were Ken Picot by the Regina FOA, Dennis Abbott by the BCFOA and Mike Groleau OFOA. Details on the runner ups will be published in the next edition of First and Ten.





Mike Groleau
2014 Tom Cheney Award Recipient

For years of contributions at the Local,
 Provincial and National Levels

Submitted by Ron MacVinnie President
 Lakeshore FOA

has been a contributor, to football officiating for going on 43 years. We at his local association have always appreciated and been thankful for his giving back and dedication. He also has been integral part of his Provincial Association and beyond that his tireless work on behalf of us all at the National Level.

A rundown of Mike's accomplishments is as follows:

On Field

Began on field at age of 15 doing flag with the Hamilton Catholic Youth Organization
 Joined Lakeshore Football Officials Assoc. at the age of 17

Twenty eight years of field work and continues locally doing timing, mentoring, and advising his current Executive group

Three CIS Bowl games, Six Yates Cups, numerous CJFL playoff and championship games, provincial championships in the NFC, High School and numerous minor games

Off Field

Served two terms as President of the CFOA

Eight years as President Ontario Officials' Association and is currently in his fourth year as an advisor to the OFOA.

President CIS'sOUA panel for two years

President Lakeshore F"OA for eight years

Executive member of Lakeshore FOA for seventeen years

Program and Conference Chairperson for 1994 National Conference held at McMaster in Hamilton

Master Facilitator

Member of Football Canada's Officials' Development Committee

Supervisor and evaluator for Ontario Varsity Football league

Level 4 CFOA Course conductor

Two time Conference delegate for the CFL initiatives held in Winnipeg

Five time appointed delegate to the CFOA National Conference

Other Contributions:

Important contributor to re writing of many CFOA policies and documents

Influential in having Tom Cheney Award placed in Football hall of Fame

Twice recipient of Lakeshore FOA's Prediednt's award 1984 and 2000

Dedicated Officials Award 1998

Recipient of OFOA's Ken Green Award 200

Presenter/Facilitator Training:

Are your presentations Rave?

Program Based on presentation by Australian Sports

Presenters/facilitators should demonstrate MOAR Q's

M = message

O = organization

A = approach

R = review

Q = questions

Did you get your message across and achieve the session outcomes?

Planning, organizing and managing the group (people, time, resources).

Adapt to deal with the difficult & unexpected. Be positive, confident and in control

Reflect on how the session went and review what to change for next time

Did you use questions? Can you use 'Moar' questions

How to structure learning :Structure learning that is RAVE

R = responsible

A = active

V = variety

E = engaging

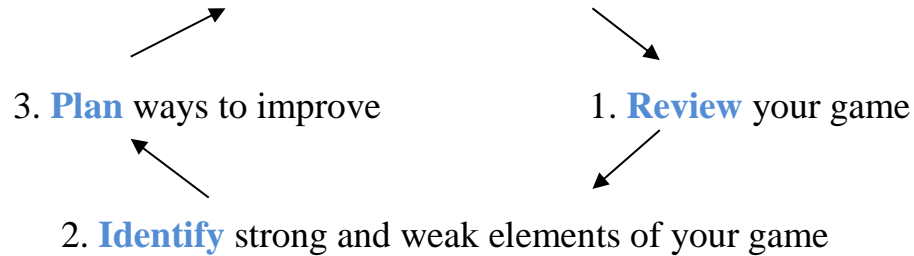
Did the session allow learners to take responsibility for their learning?

How active and involved was the group?

Did the session involve a variety of learning methods?

Did the session capture and hold attention?

SELF ASSESSMENT: A RIPA SCHEME



Some pre-formatted pages have been provided at the end of this resource for your self-assessment. When you have used them all run off extra copies for yourself. Alternatively feel free to develop your own self-assessment system.

What might be some of the key interrelated areas of officiating to consider when undertaking self assessment? Consider these three:

- Control - you need basic skills to be able to control a game to ensure the spirit of the contest is observed;
- Decision making - you have to apply the rules consistently and accurately for the benefit of all parties; and to sustain the spirit of the game;
- Communication skills - fundamental to your officiating. It involves the use of people skills that create a positive and interactive climate; and again foster the spirit of the game.

Now try to link self-assessment to control. You could ask yourself questions such as:

- Did I enjoy the game?
- Did the participants enjoy the game?
- How do I know they did, or didn't?
- How did I control the game? Am I loud and bossy [= aggressive] or low key and firm [= assertive]?
- Did I have the respect of the participants?
- Was I distracted easily? [and so on]

Here are some hints for officials on ways to positively influence your control. These include:

- being on time for the game;
- dressing appropriately;
- knowing the rules;
- being enthusiastic and confident;

- emphasizing the spirit of the game;
- thanking the players, the coaches and other participants.

Add some control oriented questions of your own and use them when reviewing your games:

Now identify some self-assessment questions that might deal with your decision-making. These could include such aspects as:

- Are my decisions accurate?
- What percentage of them is accurate?
- Is my positioning the best I can achieve to make accurate decisions?
- Do I concentrate at all times?
- Is my mental preparation and fitness appropriate for the decisions required in the game?
- Is my physical preparation and fitness appropriate for the decisions required in the game?

Can you add some more decision-making questions and use them when reviewing your games:

When thinking about your communication skills you could consider:

- Do I understand how my body-language affects my ability to communicate?
- Am I flexible in the way I communicate?
- Is humor a part of my officiating style?
- Do I use my voice to warn before I use my whistle?
- Do I talk to the participants in a firm but friendly manner?
- Do I interact with the participants?
- Do I communicate decisions clearly and decisively?
- Am I prepared to admit to errors?

Finally, add some of your own communication based questions and use them when reviewing your games:

1. REVIEW

I did these things well:

I think these things can be improved:

2. IDENTIFY

I have decided to choose these items [max. 2] to work on:

3. PLAN

This is how I will try to improve these items next match:

4. ACTION

Apply your plans and review how well they went on the next self assessment sheet.

Summary of RIPA Scheme:

- The RIPA Steps are: 1. **Review** 2. **Identify items to improve**
3. **Plan improvement** 4. **Action your plan**
- Your match analysis could concentrate on anything you choose. See other resource articles in this manual for ideas.
- Only choose one or two items to work on in your next match.
- Be realistic; a series of small steps beats one big trip!

Development –Physical Fitness

http://www.footballnsw.com.au/fileadmin/user_upload/Referees/Course_Material/L_OTG_Level_3_Adult_Resource_Manual.pdf



AUSTRALIAN OFFICIATING DEVELOPMENT PROGRAMS

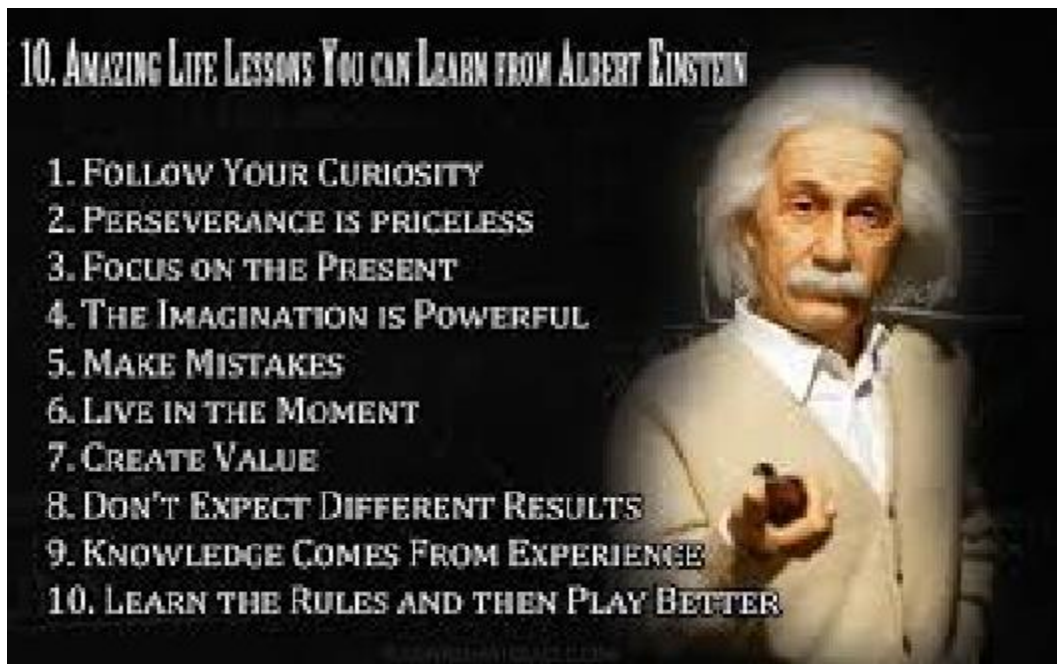
REFEREE TRAINING PROGRAMS

Level 3 Adult Referee Resource Manual

Read about:

- 1) Physical Fitness program for FIRA referees and fitness test.
- 2) Self assessment
- 3) Communication through body language and actions

Where does your officiating fitness compare to a FIFA Referee



Development - Physical conditioning

Official training program for Futsal

Futsal (Portuguese pronunciation: [\[futsal\]](#)) is a variant of [football](#) that is played on a smaller field and mainly played indoors. Its name comes from the [Portuguese *futebol de salão*](#), which can be translated as "hall football". During the sport's second world championships held in [Madrid](#) in 1985, the Spanish name *fútbol sala* was used. Since then, all other names have been officially and internationally changed to *futsal*. It was developed in [Brazil](#) and Uruguay in the 1930s and 1940s. In Brazil futsal is played by more people than football but does not attract as many spectators as the outdoor sport. Several futsal players have moved on to careers as successful professional football players.^[1]

- Futsal is a game played between two teams of five players each, one of whom is the [goalkeeper](#). Unlimited substitutions are permitted. Unlike some other forms of [indoor football](#), the game is played on a hard court surface delimited by lines; walls or boards are not used. Futsal is also played with a smaller ball with less bounce than a regular football due to the surface of the pitch.^[2] The surface, ball and rules create an emphasis on improvisation, creativity and technique as well as ball control and passing in small spaces.^[3]

FIFA Fitness Test for Futsal Referees

Sequence of fitness test

1. 1,000-metre run
2. 15-minute break
3. Speed Test
4. 5-minute break
5. Agility Test
6. 5-minute break
7. Speed Test
8. 5-minute break
9. Agility Test

TEST 1 – 1,000 m.

Objective

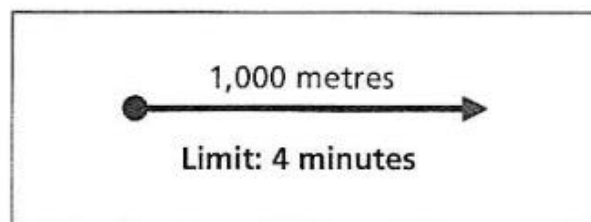
To assess referees' endurance for an extended match of two 20-minute halves (real time).

Material

- a. Standard 400-metre athletics track.
- b. Manual stopwatch.

Procedure

On the start signal, the referee must cover the required distance of 1,000 metres in no more than four minutes.



TEST 2 – Speed Test

Objective

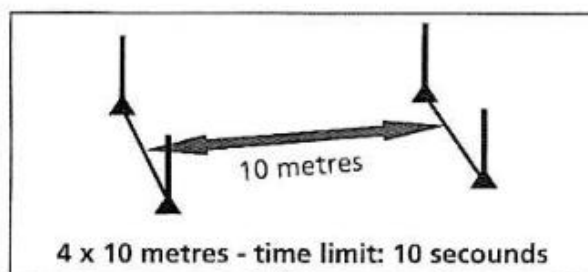
To assess referees' speed and ability to accelerate and decelerate within short distances.

Material

- a. Four marking cones.
- b. Stopwatch.

Procedure

Start with front foot behind starting line. Referee sprints forward to 10-metre line. He must put at least a foot on the line. He then turns around and sprints back to the starting line. He then makes the same run for a second time. The watch must be stopped when the referee crosses the finishing line (same as starting line).



Development: Nutrition



Sports Nutrition Myths

By CHRISTINE ROSENBLOOM, Ph.D., R.D.

Department chair in the department of nutrition at Georgia State University and nutrition consultant for the Georgia Tech Athletic Association (Atlanta, GA)

Athletes are always looking for a secret edge against the competition and what an athlete chooses for fuel can help. Because sports nutrition is an evolving area of sports science, it is prone to myths and misconceptions. You've probably heard all of these myths, but do you know the real facts?

Myth #1: Sugar should be avoided before training and competition

Sugar eaten before competition increases blood levels of glucose and insulin, which is not a bad thing. Sugar is a type of carbohydrate. Carbohydrate, whether in food or drink, taken before exercise can improve performance. An athlete who is not fueled is a tired athlete who can't perform at his or her best.

Myth #2: Sports drinks are only needed for exercise lasting more than an hour

Sports drinks can be beneficial in activities that last less than one hour, especially if the exercise is intense or occurs in hot, humid conditions. Professional athletes aren't the only ones who benefit from sports drinks. Competitive athletes who play stop-and-go sports such as, football, soccer, tennis, field hockey or basketball can benefit from the carbohydrate and electrolytes in sports drinks. Drinking sports drinks encourages athletes to drink more, which is important since dehydration can occur in exercise lasting less than one hour. Using sports drinks is an easy way to improve performance and fight dehydration.

Myth #3: Body image distortion is only a women's issue

Men are increasingly exposed to super male images — from the bodies of professional wrestlers to the covers of men's magazines. Men are increasingly dissatisfied with their body's appearance. Body dysmorphic disorder, the preoccupation with an imagined or slight defect in one's appearance, is recognized as a psychological disorder. Many coaches and athletes may be unaware that it occurs in both males and females.

Myth #4: Vitamins and minerals give athletes extra energy

Vitamins and minerals act as co-factors to unlock the chemical energy stored in food, but by themselves they do not give an athlete extra energy. A meal plan rich in grains, vegetables, fruits,

meat and dairy give athletes energy. This food is also a vehicle of entry for the vitamins and minerals the body needs to unlock food energy. A multi-vitamin mineral supplement might be necessary for some athletes, but by itself, it will not provide extra energy.

Myth #5: The ideal ratio of nutrients is 40% carbohydrate, 30% protein and 30% fat

Some diet plans recommend that 40% of daily energy come from carbohydrate, 30% protein, and 30% fat. Diets with these ratios can be detrimental to performance because they are low in calories and carbohydrates. Research shows a better diet plan for athletes is one that provides roughly 55% to 58% energy from carbohydrate, 12% to 15% protein and 25% to 30% fat.

Fight sports nutrition myths

- ✓ Be wary of information provided on commercial web sites if the company's goal is to sell product and the product is not backed by published research.
- ✓ Look for information provided by respected organizations, such as the American College of Sports Medicine (ACSM) and the American Dietetic Association (ADA).
- ✓ Bring in a sports nutritionist for a workshop with your team on translating the science of nutrition into food plans.
- ✓ Check the Gatorade Sports Science Institute web site at www.gssiweb.com for information.

DEVELOPMENT : SELF ASSESSMENT

FOOTBALL FEDERATION AUSTRALIA: OFFICIATING DEVELOPMENT PROGRAM

http://www.footballnsw.com.au/fileadmin/user_upload/Referees/Course_Material/LOTG_Level_3_Adult_Resource_Manual.pdf

THE MENTORING PROCESS

Whatever the purpose of a mentoring relationship effective relationships involve:

1. IDENTIFYING NEEDS

Identify the needs of the ... official and the mentor at the beginning of the relationship; clarify what both hope to get from it; and tailor the experience to meet their needs.

2. GOAL SETTING

After needs have been identified set some specific goals for the relationship -for both the ... official [being mentored] and the mentor. An example of a goal for the mentor might be: to improve the quality of feedback provided to individuals at training; whereas the person being mentored may want specific feedback about a refereeing technique.

3. ESTABLISHING AN AGREEMENT

The agreement doesn't need to be a formal written one, though this might be appropriate. Participants should at least discuss and agree upon some ground rules for example: how often they will meet and where; whether it's OK to phone one another at home; the time period covering the relationship; and when reviews are conducted.

4.OBSERVATION

Observation of the ... official in action should focus on the needs and goals already identified. It may be helpful to develop a simple observation checklist to ensure that attention is focused on areas of need.

5. ANALYSIS AND FEEDBACK

This should be a shared process, with the ... officials being given the opportunity to analyze their own performances, as well as the mentors providing their analysis. This will encourage the development of reflective ... officials, who have the ability to analyze their own performance and improvements. Questioning can be an

extremely valuable tool for mentors at this step of the process. By asking supportive, but challenging, questions of the official, mentors empower them to make their own analyses and improve performance.

6.ACTION PLANNING

Once the mentor has observed and analyzed the performance of the ... official, together they can explore ways of improving their performance. Ideally write down the strategies to be used for improvement and re-visit them after further practice to ensure that the strategies have been effective.

7.REVIEW

The mentoring relationship is likely to change and grow over time. Relationships are not always smooth sailing; however, plan to review the effectiveness of the relationship at regular intervals. If the relationship is no longer meeting the needs of the ... official or the mentor then it may be time to end the relationship or find a new mentor.

[Based on Rebecca Layton, 2002, page 11]

Evaluation: Rules Study using Video Targeting



Does the player use the crown of the helmet? This is the question one must ask.

KEYS:

1. Launch-leaving feet & upward thrust
2. Crouch-followed by upward thrust
3. Leading with helmet, forearm, fist, hand, elbow
4. Lowering head before attacking—initiating with crown

Development and Evaluation: Using Video analysis

Video 2013 Targeting & Initiating College Football Rule



[Andy Rondeau](#)

<https://www.youtube.com/watch?v=8QYsL3J1yus>



player just caught ball and is defenseless player but he is not hit above shoulders look at the call is for using the crown of the helmet and leading with crown

<https://www.youtube.com/watch?v=8QYsL3J1yus>

7:00



<https://www.youtube.com/watch?v=8QYsL3J1yus> 12:14 player left foot launches and uses upper thrust to make contact .What other condition is needed for foul?



hit using shoulder above the shoulder foul

Development: Rule Study using Video



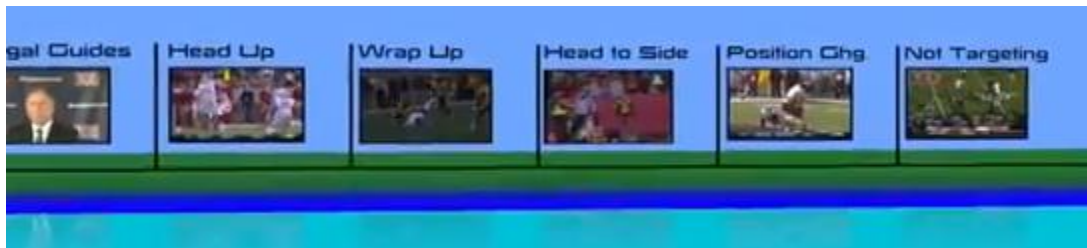
Walt Anderson - Big 12 Conference Coordinator of Officials - Targeting 2013

<https://www.youtube.com/watch?v=GE65gSMJQsU>

This video looks at 4 high risk plays that lead to targeting fouls



4 low risk areas that reduce targeting fouls



NFL looks at Eighth Official

<http://www.nfl.com/news/story/0ap2000000344747/article/nfl-executive-troy-vincent-wants-developmental-league>

Vincent said the league will once again experiment with an eighth official in the preseason, then the competition committee will assess the value of making a change. The game has become faster and far more pass-oriented since the NFL went from six officials to seven way back in 1978.

"As the game evolves, we owe it to the officials themselves, to the players, the coaches and to the fans, to keep a fresh approach," Vincent said.

By using the eighth official, essentially a second back judge, this summer, the NFL also increases the pool of officials it could hire who have some sort of game experience.

"They are the 'third team' and they are critical in the way the game is managed and played and perceived," Vincent said.

CFOA NEWS



OFOA Remembers Officiating
veteran

Officials Association

We are saddened
to advise of the
sudden passing of
Bill Freestone, June
1, 2014.



Bill was a longtime member of the
Quinte Football Officials
Association...

Nigel Busche Elected to CFOA Executive

Congratulations to Nigel Busche upon his election to the CFOA executive. Nigel will assume the post of Vp Recruitment and Training

FOA representatives to the 2014 CFOA Conference

Ontario 's representation at the 2014 CFOA Biennial Conference. Congratulations to Al Kirkpatrick (2nd from right) for being elected as the new CFOA President. In the picture Left to right Henry Chiu, Ron McVinnie and Murray Drinkwalter



Manitoba's representatives included left to right David Kendall, Kyle Mikulik, James Bernard and Jon Reyes

Pictures not available at the moment for other representatives



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