

FIRST AND TEN

December 2014 Volume 8 Issue 12



As the snow settles on football fields in Canada and most games stop for the holidays and winter it allows us officials to reflect on the past season set goals for the approaching new season but most of all to share the holiday season with family and friends



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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

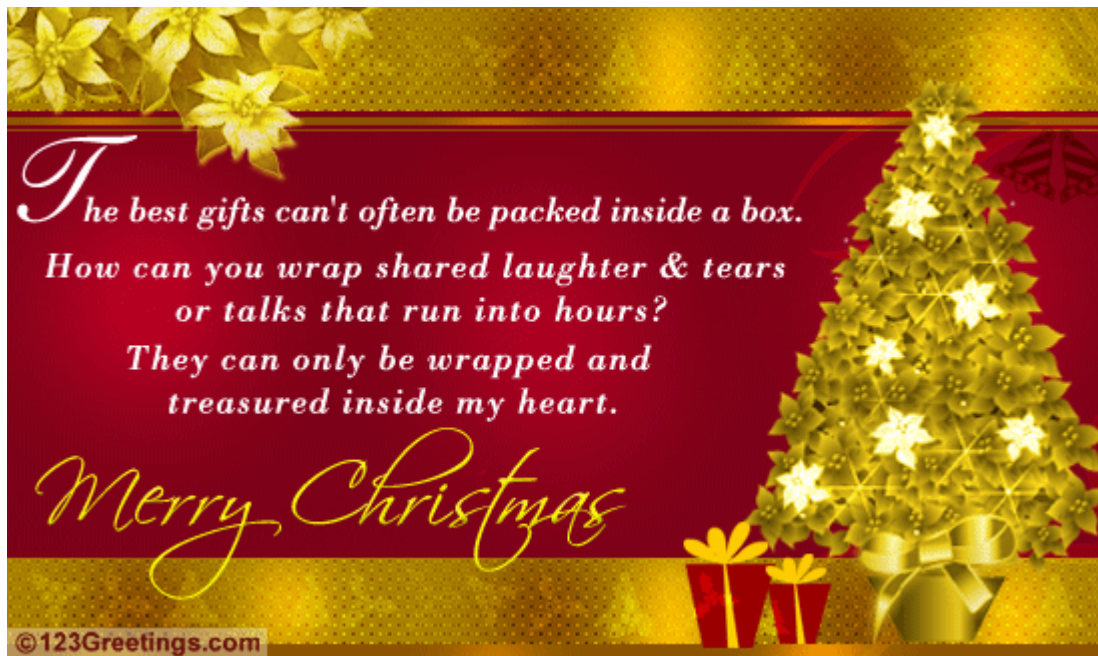
- Changements et demandes de changements

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



On Behalf of the CFOA executive Allan Kirkpatrick, Ron Paluzzi Ron Hallock Nigel Bushe and Barry DeBaie

May you have
the spirit of Christmas
which is Peace,
the gladness of Christmas
which is Hope,
and the Heart of Christmas
which is Love.





and Ten Editor **Ron Hallock**

Editor's comments

First



Co- editor Rob Christian



For the CFOA membership

By **Ron Hallock** VP Training and Development

Best looking jersey:



given for uniform if the Santa Bowl was played

Others suggested that the appropriate black and white uniform with a holiday theme should be used and alternative uniform for the season as the Pros have a third jersey for special occasions

Having discussion with many officials over the merit of type of jersey best complements and provides best appearance for an officials a number of suggestions were made .Due to the festive season during December a number of suggestion were given Suggestions were



But most agree the jersey should be changed to CFL style . Many CIS and CJFC have and are converting in the next year to this jersey. Motion will be presented at the CFOA conference 2016 in Saskatoon to make it official

2014 — 2015

**The Canadian Amateur Rule Book
for Tackle Football**

Founded by Canadian Interuniversity Sport



Approved for use by:

Canadian Interuniversity Sport Canadian Football Officials Association Canadian Junior Football League Canadian Colleges Athletics Association

Electronic version of Rulebook

Through the combined efforts of the CFOA and Football Canada, the Rulebook entered the 21st century as an electronic version in addition to the still available hard copy. Each FOA received a password number to allow its members to download a copy. Fee for the book was included in the annual CFOA fee (\$2.50).

Next step is to provide updated versions with changes highlighted

FCCOP Theory on Line Training

I was informed by Santa's elf (Actually Jean-François Lefebvre FC program Development Coordinator) and I quote "We will start recording the French script next week (Nov 27) and hopefully, Level 1 will be online by the Holidays".

So if all works out the standardization across the nation of basic theory for level one will be a reality. This will change the manner of presentation of level clinics. Clinics will deal more with video study game observation and onfield training.

Video Resource Repository – Youtube

One of the greatest demands and concerns for training has been the availability of video clips for training. The need for basic theory related explanations e.g. what is holding, a defenseless player and head to head hits to name a few have been recognized with reference to videos for download. The problem was there was no repository that one could access for immediate use. I have over the past few months created a **youtube channel titled MrRef204**.

I have created a number of play lists related to various topics and add videos weekly. A list of the playlists and video entered to date follows this article.

Please feel free to comment or send in suggestions

2016 CFOA Conference and AGM Saskatoon May 20 to 23

Organizing Chair **Todd Joyes** has indicated to me that plans are well on their way. He stated in recent email **“2016 is underway! It will be a great experience!”**. Knowing Todd and the great organization Saskatoon displayed at the 2014 FC Canada Cup I am sure it will be a memorable experience. **Plan ahead to attend the conference.**

By ongoing dream is that one day this conference will have one member from each FOA participating and truly demonstrate the unity of the CFOA. The central location means easier cheaper transportation costs and great opportunity for officials to get tougher share in their development and network with each other.


FCOCP Training Manuals

My goal is to see that the theory section is kept up to date. The stewardship of this should be supported by the provincial representatives and Master facilitators.

A suggested addition is a physical training package of pregame warm up exercises and training programs. For the Level 4 official and any aspiring official a physical training testing program similar to the CFL should be instituted. The desire to be an elite official doing elite level games requires that the official be in condition to operate at that level effectively.

MrRef204 Youtube Playlists

Go to the youtube channel MrRef204 click on playlists select playlist you want

<div>  </div> <div> What To Watch My Channel My Subscriptions History Watch Later </div> <div> PLAYLISTS <ul style="list-style-type: none"> holding head to head and targeting FCOCP level related ice breakers Preparation Illegal blocks positioning officials hit humor in officiating game management Concussions Back Umpire side official clips Favorites seven officia CIS trainin... Referee Umpire </div>	Topic	# Videos		
	ice breakers	2		
			Human stick figure at ball game	band shows kickoff of ball
			Shadow puppet	Wonderful world shadow puppets
	FCOCP related levels	1		
			CFL behind the stripes	routine of CFL crew prior to during and post game
	Preparation	1		
			AAHSO training video 5 2012	Preparation is an every day thing
				work on All elements of your game
				Be in shape work out (round is not a shape)
				Study the rules /take tests
				think about mechanics
				watch videos,traaining tape,other games
				clips of unnecessay roughness fouls etc
	illegal blocks	1	UR	
	Positioning officials	4	Referee run over	
			Funny Refree fails	
			Ted Godlberg near death experience	Umpire
			White company play	umpire and side officials

Humor in officiating	5	Budweiser Referee	Rules Knowledge
		Subway spot	Ref announcements
		Referee raining	maintain cool in heat of the game
		NFL streaker	What a mentor should not do
		Fan dressed as Ref	problems that can happen
Game management	2	Gery Markbriet 2008 CFOA conference	reviews managing a game
		Lazaruk Game management	MFOA clinic on consistency
head to head and targeting	9	Walt Anderson Big 10 targeting	
		141103bjmmgc142	
		2013Big ten targeting Rules Education	
		targeting &Crown of Helmet Fouls	
		Football what is a Defenseless Player	
		2010 NFL rule changes Hitting a Defenseless Player	
		2014 Aloha Clinic Helmet plays	
		heads up video	nat. trainers association look at effect of spearing

Holding	1	NFL defines and categorize types	
Referee	1	positioning 2 plays from end zone	
Umpire	11	Goal line play#1	
		Umpire 5 man pass	
		Umpire from end zone 3 plays	
		Umpire mechanics on punt	
		Umpire Not getting to sideline	
		Umpire on goalline	
		Umpire on Punt weak positioning	
		Umpire on short yardage	
		Umpire Punt 5 man EZ	
		Umpire running play side view	
		Umpire running play	
Back Umpire			To be added

side official	28	side guy throwing flag and standing still	
		Forward progress	
		Goal line mechanics for sides	
		Linesman moving in too much EZ	
		on or off wide receiver side mechanics	
		Proper spotting 3 plays	
		side coverage on goal line	
		side good hold and arm up screen pass	
		side bad coverage behind LOS	
		coverage run play not great	
		side guy hand up	
		holding hand up for pass behind LOS	
		bad coverage behind LOS	
		coverage not great on run play	
		side guy hand up	
		side guy hand up pass behind LOS	

side official		holding the line good job	
		leaving the LOS needlessly	
		side guy not holding LOS 2 plays	
		pass coverage going to far	
		punt coverage not 5 yards	
		side guy slow given last play of half	
		sideline coverage Out of Bounds EZ	
		sideline mistake	
		sides difficulty holding on long pass	
		sides good continuing to look OB	
		sides 5 man pass	
		sides watching OB	
		wide side pass coverage	
		side guy covering run not bad	

Seven official CIS training video			prepared by CFL Dave Hutton
	7	Positioning	
		FG convert	
		Holding	
		scrimmage coverage	
		updates	
		Positioning punts	
		season End Kick coverage	

Our Thoughts During The Holiday Season

By Stephen Deas

http://www.selfgrowth.com/articles/Our_Thoughts_During_The_Holiday_Season.html

Well, here we go again-another holiday season. Let the stress begin. There are so many things to do before the end of December. How can we possibly accomplish everything? There are parties to attend, presents to buy, [families](#) to see, and feasts to prepare. At some point, we will try to relax and enjoy it all.

Does this hit home with you? I know it does and every year you probably vow to do things differently. But, alas, you find yourself in the same soup come late November.

Instead of accepting the oncoming angst, let's stop, sip our coffee, and take an objective look at what swims in our heads. How many thoughts, on average, do you think we have each day? Interestingly, the internet has an [abundance](#) of information on the subject. Most literature says a person has, on average, 12,000 thoughts per day which breaks down to 8.3 thoughts per minute. Thoughts govern our feelings so if the majority of the 12,000 are negative, we are having "bad days" which include stress and other unhealthy emotions.

Are you are a positive or negative thinker? Take this test to find out or to at least get an idea. For one minute write the positive thoughts you experienced this week then for another minute, the negative thoughts you experienced in the same period. Think about your week at work and away from work.

My positive thoughts were pride, comfort, accomplishment, energetic, enthusiasm, euphoria, eagerness, [inspiration](#), and joy. My negative thoughts were envy, cynicism, anger, despair, fatigue, hopelessness, boredom, lack of direction, pain, and apathy. Of the nineteen total thoughts (roughly 8 per minute), 53% were negative and 47% were positive.

Now take the estimate and apply it to the 12,000 daily thoughts. For argument, let's assume that most of us are, at best, 50% positive thinkers. This means that on a daily basis, we have approximately 6000 positive thoughts and 6000 negative

thoughts. If you are skewed closer to 25%, you have up to approximately 9000 negative thoughts each day.

What is the point of all this? The 6000 to 9000 negative thoughts are ball and chain to our attitudes dragging us into a bitter and hard to escape quagmire. They close our minds and hearts to life's wonderful opportunities. In this holiday season, there are so many reasons to be thankful and those reasons should dominate our thoughts. But this is easier said than done.

There is ample [self help](#) stuff to alter your way of thinking. I'll offer mine-The process for generating thoughts is fairly simple. We receive inputs from various suppliers and convert the inputs into outputs (our thoughts). Negative inputs yield negative output (negative thoughts/bad days) while positive inputs get converted into healthy output (good thoughts/blessed days). We control the inputs (that drive our thought process) by choosing the suppliers of the inputs. If you socialize in a circle that spreads rumors, get out of this negative ring. If you are repulsed at the negativity in news stories, stop watching or reading the news.

Let this article serve as impetus for you to sit and enumerate the things you are thankful and grateful for in this holiday season.

Time to reflect on your officiating season recognize your success and your areas for development and set goals for next season **Remember SMART**

CFOA Achievers

Congratulations to all officials who achieved their goals this season and to all those who gained playoff and championship assignments. At the elite level CIS bowl and Vanier cup games we salute these officials

2014 Uteck Bowl Officials



from left to
right: Danny
Roy, Brent
Young, Kyle
Mikulik,
Walter Berry,
Iain Cropper,
Chris Shortt,
Lawrence
Olivier.

2014 Mitchell Bowl Officials



(L-R) Colin
Bawn - LJ,
Marc Cobb -
HL, James
Fowler - LU,
Murray
Drinkwalter -
R, Herman
Murphy - FJ,
Andrew
Bubar - BJ,
Barclay
Easton - SJ

Kneeling (L-
R) Stick
Crew: Taylor
Mickleboro
(Hamilton)
Rob Graham
(Lakeshore),
Paul Duncan
(Lakeshore)

2014 Vanier Cup Officials



Cody LaRocque LJ Ross Foxcroft SJ Stephane Roy FJ Bj Brian Creig René Daigneault. Ref Marvin Mullaney. Ump Vince Williams HL Walter Berry. standby

CFL game officials photo not available at press time

Rule situations

Play 1 The Crazy Oklahoma State interception.

Earlier this video of a pass interception was presented in First and Ten.

The Video can be found on youtube MrRef204 under link

<http://youtu.be/FWb33zfUeGA>

MrRef204 is a source for training and development created by the First and Ten Editor



Play 2 Unique Pass play. Whose Ball and Where?

The CFOA website has a forum section for officials to discuss rules and share play situations

Recently, a question was asked about a pass play with a unique situation. **We thank Darren Petriew of the Central Alberta FOA for this submission.**

Team A first and 10 on their own 35 yard line. QB throws the pass down field.

Player on Team B goes for interception at Team B 40 yard line but ball goes through his hands.

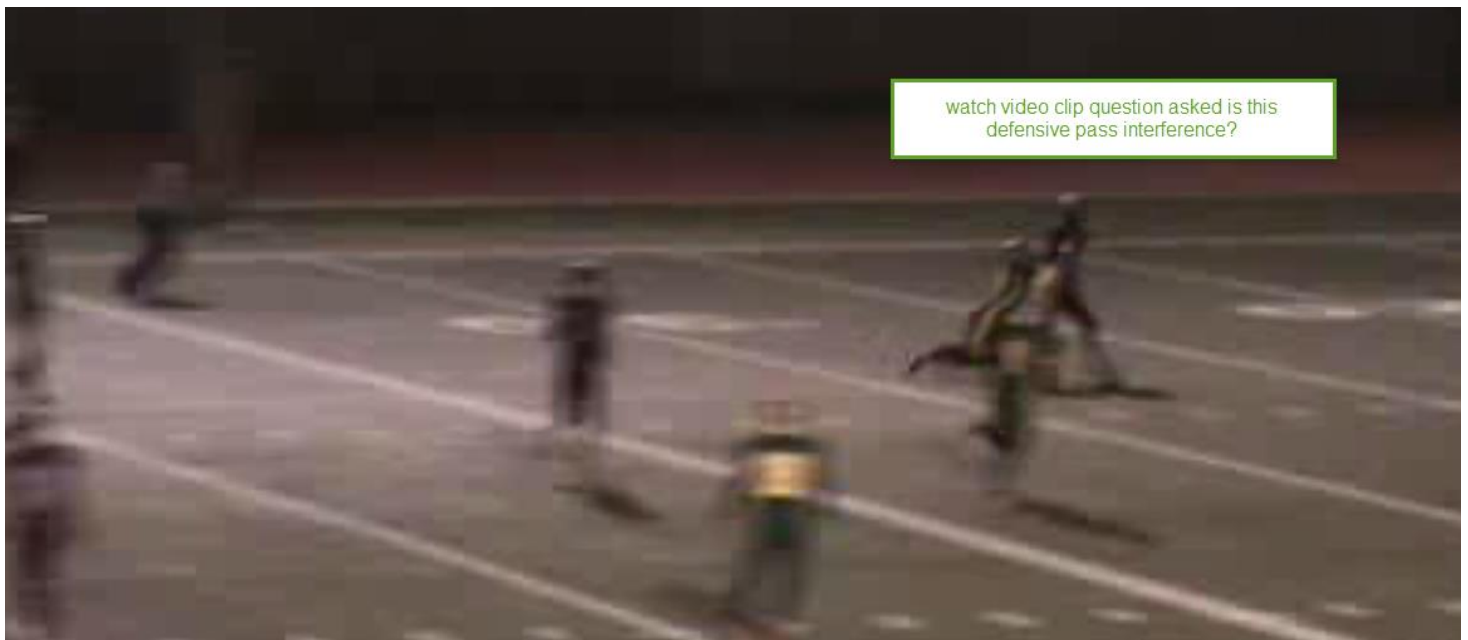
As the ball is falling to the ground he kicks at the ball to keep it off the ground it goes 5 yards towards the line of scrimmage where another

Team B player catches the Ball and is downed immediately.

What is the ruling? Is it an offside pass a dribbled ball of an intercepted pass? See Rules editor final say on page

Play 3 Is this defensive pass interference?(Check out the video clip (Can be downloaded from YouTube MrRef204) submitted by Dave Zabloski of the Thunder Bay FOA

<http://youtu.be/TSBZsvLrIn0>



Umpire Mechanics



The question is why was the umpire put in this position? What could have been done to prevent this?

Football Fee in the USA

VP Communication Barry DeBaie will be surveying FOA re game fees in 2015. For your information here are fees for Midflorida High School and flag football.

Football



Football Fees

Varsity \$65.00

Junior Varsity/Freshmen \$51.00

Clock Operator \$34.00

MCYFL \$40.00

Flag Football Fees

Varsity \$38.00

Junior Varsity/Freshmen \$33.00

Ruling for Play 2 unique pass play from FC rule book Walter Berry Editor and Rules Interpreter

Per rules this play would have to be ruled as an interception by Team B

the item 3 in this ruling would apply

Article 4 – Legal Situations offside pass

An offside pass does NOT occur in the following situations:

- 1) on a scrimmage play, before the ball has crossed the line of scrimmage, a Team A player throws an offside pass – rule as a forward pass.
- 2) in attempting to complete a forward pass, Team A eligible receiver tips, deflects, knocks, or bats the ball in an offside direction, where it is caught by another Team A eligible receiver.
- 3) in attempting to intercept a forward pass, a Team B player tips, deflects, knocks or bats the ball in an offside direction where it is caught by another Team B player.

OBSERVATION REPORT SAMPLE

In developing the Master Facilitator program, part three reviewed different forms of evaluations including the FCOCF form for level certification. The form provided here allows for evaluating the crew as a whole as well as individuals

The Florida High School Athletic Association has a form that allows observation and rating of a crew and individuals. You can refer to their web site for the percentage used for scoring. The point here is to check out the categories and points considered under each. Note the last part of the form allows for specific comment about the crew for low or exceptional performance and for each crew member as well



Master Facilitator name tags for training sessions





FHSAA Football Observation Report

Date:	Site:	Association:
Home:	Visitor:	Observer(s):

Observation Ranking **5=Excellent** **4=Above Standard** **3=STANDARD** **2=Below Standard**
1=Unacceptable

STANDARD is the expectation for an FHSAA Playoff game. This observation is based on the CREW, but individual scores (high or low) indicate what stood out to the observers.

1. PRE-GAME/APPEARANCE 10%	Crew	R	U	HL	SJ	LJ	BJ	FJ
Uniform/ physical condition/personal appearance								
Walked field, meet/brief ball boys/chain crews, looked busy, no stretching, monitored teams, on field at correct times								
COIN TOSS								
2. MECHANICS 20%	Crew	R	U	HL	SJ	LJ	BJ	FJ
NFHS signals/Crisp movement/Whistle/Proper flag control & Bean bag usage.								
Start/stop clock-Out of bounds/1st down, Penalties, Time outs, Scoring plays.								
Ready for play, Time management, Ball relay								
Forward progress, Chains, Measurements								
Change of possession/End of period/Time out procedures								
3. COVERAGE 20%	Crew	R	U	HL	SJ	LJ	BJ	FJ
Kicks								

Runs								
Passes								
Field location awareness/Maintained wide/deep cushion								
Hustle/Cruise control								
4. COMMUNICATION 20%	Crew	R	U	HL	SJ	LJ	BJ	FJ
Did crew have too many/not enough conferences, did crew get the call right on questionable enforcements, fumbles or catches without extended delays..								
Microphone usage								
Preventative officiating								
5. GAME MANAGEMENT/DIFFICULTY 30%	Crew	R	U	HL	SJ	LJ	BJ	FJ
Was crew aware of game situations, extenuating circumstances,								
NFHS/FHSAA penalty enforcement								
Sideline enforcement								
Did crew display good judgment in critical situations and were they not flag happy.								
Coaches/players conduct were/were not controlled?								
Consistency, 1st-4th Quarter/special plays								
Player safety/Dead ball officiating								

Note any specific circumstances, weather concerns, unsportsmanlike conduct, ejections or unusual circumstances.

Individual/Crew Comments that happened during the game that demonstrated a command or lack of for the rules/mechanics.

<i>R</i>	
<i>U</i>	
<i>HL</i>	
<i>SJ</i>	
<i>LJ</i>	
<i>BJ</i>	
<i>F</i>	
<i>Stick Crew/timers</i>	
<i>Crew</i>	

Rule Change Proposals

Tentative deadline no later than January 15, 2015

The Football Canada Rules' Committee will only accept rule change proposals that have been approved and submitted to Football Canada by the President of the local association and / or Provincial officials' association or the CFOA.

Canadian Rule Book for Amateur Football

Rule change proposals may be submitted on this form, one rule change per form.

1. Show the Rule, Section and Article for which the change is proposed.
2. Prepare the rule statement as it is in the present rule.
3. Present the rule statement as it is proposed.
4. Give the rationale (reason) for making the change, in terms of problems to overcome, objectives to be achieved, or results expected from the change.

a) Rule: _____ Section: _____ Article: _____ Page #:

b) Proposed Statement:

c) Rationale (reason for change):

Signature:

Association:

Association President's Signature:



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