

# FIRST AND TEN

February 2015 Volume 9 Issue 2



**R**emembering and respecting those that have provided a path and guidance for the development of officiating and the game of football

**E**xpectations-keep the realistic/grounded/balance

Can you handle the stress of officiating?

**F**uture development of the game Do we need an Eighth Official?



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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



**First and Ten Editor Ron Hallock**

**Co- editor Rob Christian**

A month into the new year and a number of events have taken place that will influence our members as their officiating careers evolve.

At the national level the CFOA Master Facilitator program is well under way. The program was introduced to permit more involvement at the local level and provide proper training, mentoring and evaluating. The former FCOCP Clinician is no longer a certified trainer or evaluator. The CFOA is currently surveying master Clinicians to identify success and areas of concern and needs for the program in the future.

Hopefully the FCOCP level one on line theory will be launched this year. English and French versions are complete and just some detail for access have to be worked out with Football Canada. The goal is to provide a standardized theory portion of each of levels 1 to 3 to officials across Canada. The on field and video/game viewing sections of the FCOCP training will still be administered by Local FOA facilitators.

This past month MFOA lost a life member Al Dryburg and the Manitoba lost the recently appointed Football Manitoba executive director Sean Coates to the football FOA in the sky. In addition an individual who influenced the football at all levels across North America, Tony Verna, the inventor of instant replay, passed away. The LFOA has provided an article on how they raised funds for the "Marcus Cirillo Trust". Marcus is the son of Nathan (LFOA member) who was killed so savagely while on duty in Ottawa this fall. Please take time to read articles on these individuals and their contributions.

Our first featured section this issue provides a look at how the eighth official system has been instituted at the US college level and experimented with at the NFL level. Details of where the umpire works at the NFL level is included. The role and duties of the eighth official center judge (formerly referred to as the Alternate Judge) is described.

An effort to get you thinking about rules is presented along with video links to MrRef204 for types of offensive and defensive pass interference video and blocking below the waist video is provided.

Look at life after football with Dick Honig is provided for officials to see what one can do after their on field career ends.

Our second featured issue deals with stress caused by officiating. We first look at how a call during a game affected the life of Chris Cervantes - It's affecting his mood. It's affecting every-day functions. It's even affecting his personal relationships. We follow this up with some background on stress and anxiety and provide a sport completion anxiety level test for you

## Feature section



### B1G approves 8-member officiating crews

Jon Solomon is a national college football reporter with CBSSports.com. Solomon joined CBS in 2014 after covering college football at The Birmingham News/AL.com for eight years. He previously was a Clemson beat writer for The (Columbia, S.C.) State and The Anderson (S.C.) Independent-Mail.

Big Ten athletic directors this week approved the increase of football officiating crews from seven members to eight for all home games beginning with the 2014 season. A center judge, who will line up in the offensive backfield opposite the head referee, will serve as the eighth official.

The Big 12 first implemented eight-person officiating crews last season and will do again in 2014. The SEC will use similar crews this season, and the ACC also approved the increase this week.

The NCAA football rules committee has allowed each FBS conference to increase their crews if they want. The last increase, from six to seven members, took place in 1983.

"We're looking for improved officiating -- that's the No. 1 reason," Big Ten coordinator of football officials Bill Carollo told ESPN.com. "We feel the eighth man can help that. It helps with quality, more accuracy and there's probably a few

plays we're missing because of some blind spots, some gaps on the field with coverage."

The Big Ten has experimented with eight-man crews in spring practices and spring games the past two seasons. Carollo said the popularity of fast-paced spread offenses make it harder for officials to see everything on the field, especially with only one member behind the line of scrimmage.

"We're missing the backside run plays, the backside rollup blocks, chops, holding, et cetera," Carollo said. "There's no one there, so we go right to the point of attack or right in front of the point of attack. With one referee in the backfield, he's several yards off to the side of the quarterback, so he's trying to watch the quarterback and he's got line play. The only guy that can help him there is the umpire, so it gives us better coverage."

Carollo doesn't want or expect to see a spike in penalties from the extra official. Big Ten officials are under the national average in penalties called per game, and while Carollo admits non-calls might be the league's Achilles' heel, he wants to improve the overall accuracy.

The Big 12 had 52 penalties called by eighth officials in 2013, and 50 of them were later graded as the right decisions.

"We'll probably see an uptick slightly from 12 or 13 penalties to maybe one additional one," Carollo said. "But the more important question is, 'Of the additional flags, are they quality fouls, or are you just throwing it to have one flag for the game?' That isn't the case. The accuracy is very, very high."

The Big Ten also will adopt wireless headsets for officials so they can improve communication on items like player substitution and relay rulings to coaches in a timelier manner. The SEC adopted [headset communication in 2012](#).

There are a few previous contracts for seven-man officiating crews, which the Big Ten will honor, but most games will feature the eighth official. Carollo will work closely with league coaches to address their questions about the center judge and how the expanded crews will monitor kickoffs and other unique plays.

"We have a lot of pressure on us to keep improving officiating," Carollo said. "If you really want to get more accurate and not miss a few things, and have a little better control of the game, and if you really do care about player safety, having an



extra set of eyes to cover just the basic infractions on the field and to have a presence there, I think it can help."

## Big 12 adding eighth official to referee games



Adam Rittenberg

The Big 12 this season will use eight officials rather than the traditional seven used across college football. The eighth official will be an "alternate referee" in the offensive backfield, opposite the referee, [The Oklahoman reported](#).

The official's job isn't hard, but can be important in an age of hurry-up, no-huddle offenses and rapid-fire substitutions. He'll be responsible for getting the ball set for the next play as quickly as possible.

Baylor averaged more plays per game than any team in the Big 12. The Bears will benefit as much as anyone from the conference adding an eighth official to get the ball set quicker between plays. (AP photo)

That should suit Big 12 offenses just fine, especially Baylor which was ranked fifth in the nation with an average of 84 offensive plays per game in 2012.

"It's not an officials' roles to say, 'We're going to fast,'" Walt Anderson, the Big 12's director of officiating, told The Oklahoman. "I would tell this to coaches: 'It's your game. You play it how you want to play it. My job is figure out how to keep up with it.'"

Of course, this also means defenses will have even less time to get set. That is a major concern for some coaches. This week at SEC Media Days, Auburn coach Gus Malzahn, a longtime proponent of the hurry-up offense, said he thought "it



was a joke” when he first heard that some were concerned that the style endangered players.

“If you want to play hurry-up offense, play it. I’ll play you, I don’t care,” said Arkansas coach Bret Bielema. “But it doesn’t mean that I cannot try to protect my players offensively and defensively.”

Eight officials were used in a Big 12 spring game at Oklahoma State. According to the newspaper, there were times when the Cowboys averaged only seven seconds between end of the previous play and the next snap.

## NFL experiments

In four games in the 2010 preseason, the NFL experimented with an eighth official, a **Deep judge**, in the defensive backfield opposite the back judge(Field Judge in Canada ). Primary responsibility for this new position is the action of receivers, and it allowed the NFL to adjust coverage after the umpire was moved to the offensive backfield. The experiment was continued for 12 games in the 2011 preseason.<sup>[14]</sup> The league has yet to implement such a system for the regular season or the playoffs.

In 2013, college football's Big 12 Conference began using an eighth official, an **Alternate judge** (A). He stands in the offensive backfield opposite the head referee, in the same position as an NFL umpire, while keeping the Big 12 umpire in his traditional position behind the defensive line. The alternate judge will also help spot the ball.<sup>[15]</sup> In the 2014 season, any conference that wanted to use the eight official system can do so. The Atlantic Coast Conference, Big 10 Conference, American Athletic Conference, and Big 12 Conference announced plans to implement an eight official system for conference games, the eighth official's position name changed to the **Center Judge** (C) but his location on the field is the same as the alternate judge was in 2013.

## Umpire position incubator for future NFL crew chiefs?

by Mark Schultz • May 23, 2014

<http://www.footballzebras.com/2014/05/23/10908/>



We know the NFL officiating roster for 2014. The names have been announced, but one position assignment caught my attention. Brad

Allen, a collegiate referee and who worked the 2013 NFL preseason as a back judge in the [advanced training program](#), will work his rookie season as an umpire. [Could this be the new way the NFL prepares future referees?](#)

The NFL hasn't hired a referee straight out of college since the AFL-NFL merger. Since the 1970 merger, the NFL has broken in potential referees at the another position — any position other than umpire. During the next 40 years, the umpire, usually an official with the build of a lineman, worked one of the most technical and dangerous positions on the field. The umpire usually stayed in that position his whole career and never aspired to or was assigned the referee position. In fact, I can never remember a NFL umpire being appointed a referee. I can't even remember an umpire substituting for a referee during an emergency.

Starting in 2010, the umpire was moved to the backfield for all but seven minutes of the game. The umpire goes to his traditional position in the defensive backfield for the last two minutes of the first half and the last five minutes of the second half. For the rest of the game, his position is in the offensive backfield, across from the referee. From there he can still call fouls while watching the interior line, walk off penalties, mediate post-whistle disputes, and spot the ball. Could this still relatively new positioning of the umpire be a new pathway to becoming a NFL referee?



Scott Campbell works the referee position in the Arena Football League

There is already a potential test case in the works in the NCAA and Arena Football League of an umpire trying out to be a referee. Scott Campbell is a Big 12 umpire and an Arena Football League referee. Campbell worked as an umpire in the AFL and asked his supervisor to switch to referee for the 2014 season. “I wanted to switch to referee in the AFL to see if it was something I could handle and

I felt it was a perfect opportunity to see if I would like to be considered as a future NCAA referee,” Campbell said. “The easiest part of the transition to AFL referee is having a strong crew. The hardest part is the off-field administration paperwork

that goes with being a referee. In AFL, I have to book the hotel rooms, rent the cars, secure game tickets, file the foul reports, submit expense reports, send out weekly crew tests. In the NCAA, those ‘chores’ are divided up.”

Campbell credits his Big 12 referee and his former AFL referee — Greg Burks and Shawn Hochuli — for his development: watching them work games, asking questions, and attending Big 12 referee position clinic meetings to helping transition to referee.

“There are a lot of excellent referees in NCAA football — especially in the Big 12. We have the best training. Period. [Conference coordinator and NFL referee] Walt Anderson does an outstanding job with our staff and we have some of the best position trainers possible.”

[Several major college conferences are adding an eighth official this year](#), called the center judge. He will line up in the offensive backfield with the umpire remaining in his traditional position. The NFL will experiment with the center judge position in the preseason this year. Campbell thinks if the eighth official catches on, it will be where future referees will be slotted once hired to major college conferences or the NFL. “My guess is that the traditional umpire position is going away. And since the umpire is in the offensive backfield in the NFL, it makes sense to put potential referees there. They are essentially getting the same look as the referee but in a mirror image, which is really no big deal as your keys are pretty much the same, except the umpire has center and guards. Having the eighth official will help with coverages and substitutions and will free up the referee and umpire to actually be in position to officiate the snap. The center judge position is a spot where potential future referees, in the NCAA, are being trained,” Campbell explained.

If the NFL and NCAA are using the umpire or center judge to help train future referees, I think it is a very interesting idea. As Campbell said, the umpire/center judge has a very similar view as the referee, works closely with him, has to know the penalty enforcements as well as the referee, and gets a great tutorial in the position. In the NFL, the umpire will have to shift to the traditional defensive backfield for seven minutes during the most critical moments of the game. That will be a steep learning curve for an official who does not have experience seeing the game from that angle. But, I think Brad Allen and future umpire-to-referee hires will have a great candidate’s seat to learn how to wear the white hat.

*Images: eBay, Scott Campbell*

# Rules Study

**Don't clown around, are you preparing for the upcoming season with rules study?**

**Legal? Big-shoed clown prepares to kick field goal.**

Artist: [Fischer, Ed](#)

## LE CLOWN



**Create a rules study group get together and review the rules and game situation**

# Video Rule Review

Contributed by Rob Christian

What rule is applied here Rule book page Rule? section? article?

Watch the video in this link.

[https://www.youtube.com/watch?feature=player\\_embedded&v=NVeNmeVAS6s](https://www.youtube.com/watch?feature=player_embedded&v=NVeNmeVAS6s)

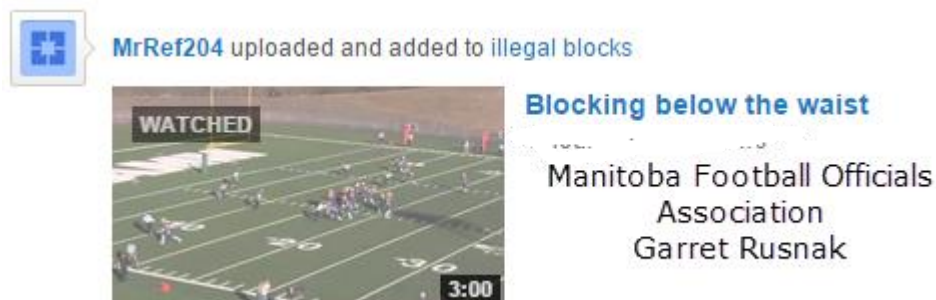


Check mechanics of the umpire on the pass

Check the play. What is the call? why?

Is the action of the officials after the play appropriate?

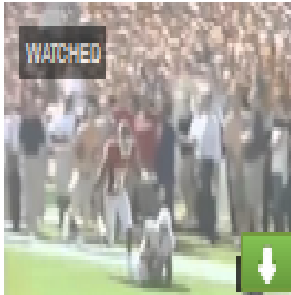
**MrRef204 You tube video repository New Additions** <https://www.youtube.com/watch?v=uVaXEr4MV5Y>



# Pass interference



MrRef204 uploaded and added to pass interference



2 CFO Training Video 4 Pass Interference

Identifies types of offensive and defensive pass interference call with video examples

Past season First and Ten received inquiries about pass interference the following video link reviews types of pass interference [https://www.youtube.com/watch?v=DgJCti\\_W44U](https://www.youtube.com/watch?v=DgJCti_W44U)

## 2016 CFOA Conference and AGM Saskatoon May 20 to 23

**Plan on being there. A goal is to have at least one representative from each CFOA FOA**



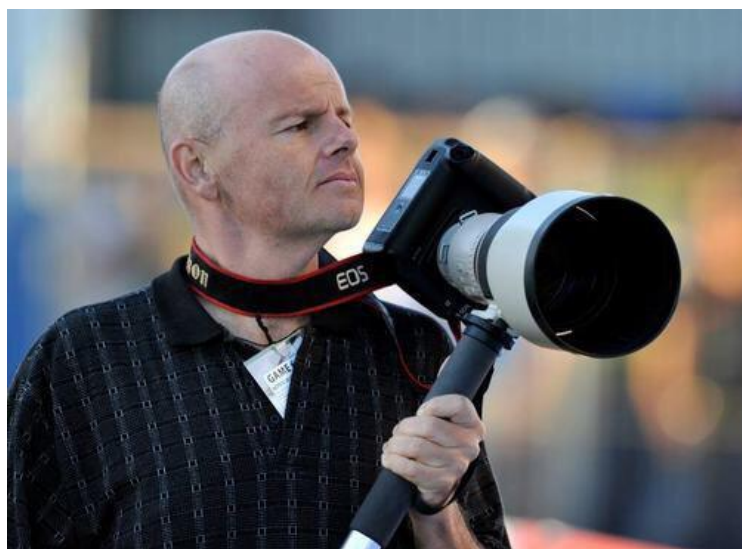
# Remembering

Remembering those who have recently left us for their influence upon those officiating our game

## Former Blue Bombers, CFL official Shawn Coates dies at 52

By Staff The Canadian Press

<http://metronews.ca/news/winnipeg/1257385/former-bombers-cfl-official-coates-dies-at-52/>



WINNIPEG – Shawn Coates, who worked as a media relations director for the Winnipeg Blue Bombers and later with the CFL's head office, died Friday night. He was 52.

The cause of death wasn't immediately known.

Coates worked for the Bombers from 2000 to '04 before becoming the CFL's director of football operations. He held that post until 2007.

During his time with the league, Coates established its instant replay program, developed a digital video exchange infrastructure and implemented a cardiovascular screening program for players and coaches. He also created the CFL's code of conduct, dress code and sideline policies.

"Shawn's passion for Canadian football ran as deep as you will find," CFL president/chief operating officer Michael Copeland said in a statement. "He brought energy, enthusiasm and a winning smile to those around him."

"The league has lost a great friend, and he will be missed."



Coates was well respected in football circles for his professionalism on the field and infectious sense of humour and pleasant demeanour off it.

A native of B.C., Coates worked initially as a sports journalist, which brought him to Manitoba in the 1980s. And although he went to Toronto to work at the CFL head office, Winnipeg remained home for Coates.

He returned there following his CFL tenure to become the director of marketing and communications at the University of Winnipeg.

Former rush end Daved Benefield, a 13-year CFL veteran who spent the '02-'03 seasons in Winnipeg, tweeted his condolences after learning of Coates' death. Benefield also posted a picture of the two posing together.

"My friend Shawn Coates has died suddenly," Benefield said on his Twitter account. "Football will miss a man, of his ilk. RIP big daddy, RIP. #CFL #Bombers."

In February 2014, Coates was named the executive director of Football Manitoba after serving as the chief operating officer for Novusoft Solutions, a company that made smartphone apps.

Coates was also an avid sports photographer, his work appearing in such publications as USA Today, the Winnipeg Sun, La Presse and the Toronto Sun.

## *Members donate to Marcus Cirillo Trust*

Submitted by Ron MacVinne LFOA



A prize draw was held at this year's Lakeshore F.O.A. AGM to raise funds for the "Marcus Cirillo Trust". Marcus is the son of Nathan who was killed so savagely while on duty in Ottawa this fall. The story of his murder is known to us all.

Member, Paul Duncan, was the driving force in putting this prize draw together. He worked hard finding prizes and putting together this venture. It was a truly worthwhile and successful task on his part. Members, both at the AGM and some by e-mail donated a total of \$ 1,280.00. In picture left to right holding the

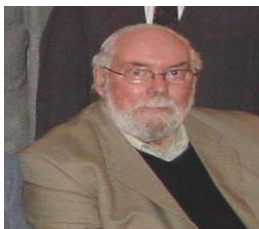


cheque are Ron MacVinnie, Rick Kennedy and Paul Duncan

On Dec 12<sup>th</sup>, Paul along with Ron MacVinnie delivered the cheque to, Rick D Kennedy , Lieutenant Colonel, with Argyll and Sutherland Highlanders of Canada. Nathan Cirillo was a Corporal with the Argyll and Sutherland Highlanders out of Hamilton.

We at Lakeshore have ties to the Argyll and Sutherland's . Ron Foxcroft is their Honorary Colonel. Ron, "Fox 40", is our own member Dave's dad and grandfather to J.D. Also way back in 1964/65, Jake Ireland was a student cadet with them before going on to McMaster. Well done Paul and thanks to the members for the support.

## **MFOA LOSES LIFE MEMBER: WILLIAM DRYBURGH**



**WILLIAM ALLAN DRYBURGH** William Allan Dryburgh died in Winnipeg on January 10, 2015 at the age of 85 years. From the years 1953 to 1969, Allan was a football referee, firstly with the high school league and the WIFU. From 1963 onward, Allan worked for the CFL, primarily as a downfield umpire. He worked in three Grey Cups: 1963, 1964, and in 1966 as Head Referee. In 1983 the Manitoba Football Officials Association made Allan a Life Member.

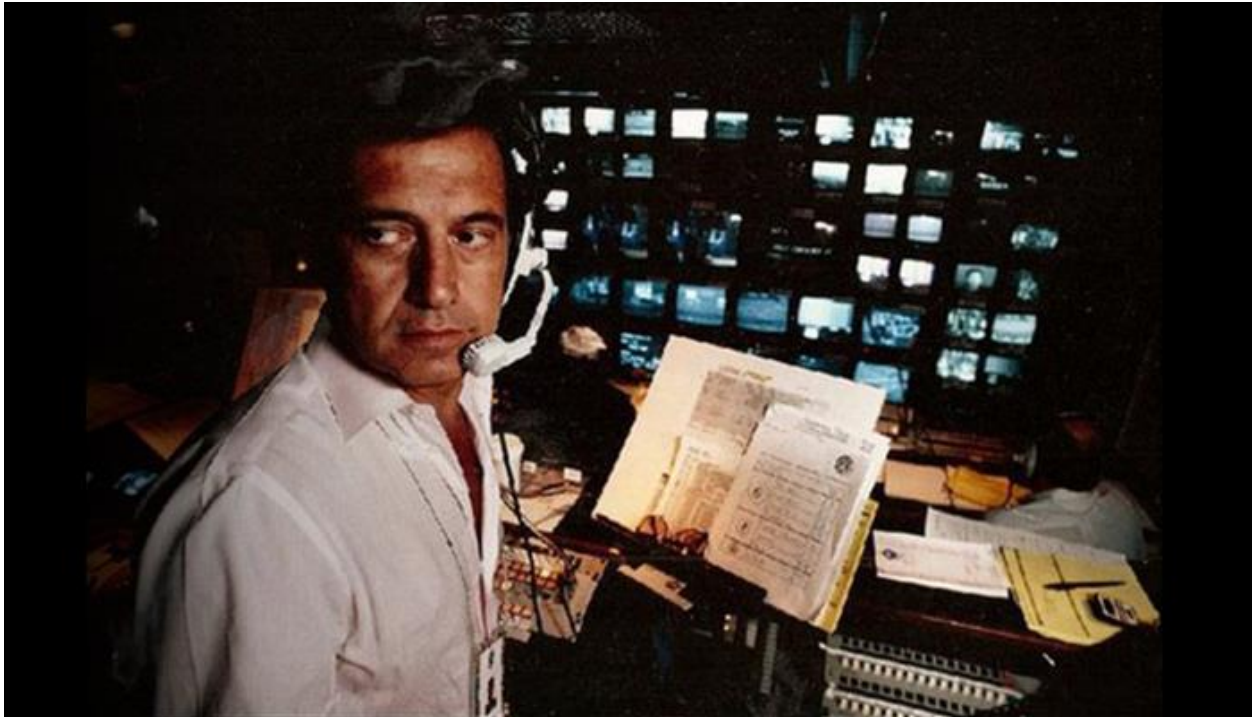
# The Inventor of Instant Replay Just Died: In Praise of the Power of Hacks

John C Abell

Senior Editor, LinkedIn • Ex Wired • Recovering Reuters Columnist • Founding editor, reuters.com

<https://www.linkedin.com/pulse/inventor-instant-replay-just-died-praise-power-hacks-john-c-abell>

Chances are you have never heard of Tony Verna. But you are intimately familiar with his work.



Verna, who died Sunday at 81, invented the instant replay. Yes, there was a time when you could not see the same play from a dozen angles in high-def frame-by-frame slo-mo. In fact, there was no particular reason to even deploy multiple broadcast cameras until instant replay — a genuine example of the media changing the message.

And because of the technical hurdles Verna had to iron out to professionalize instant replay technology, it took six months from the first instance for him to try it again.

But Verna's glorious hack gave birth to a staple of sports programming. It changed how games (especially football) are watched, played and choreographed — instant replay helps mitigate the dead air problem of players doing nothing on the field between plays. Instant replay even affects the outcome of games since they are used to reality check real-time calls in all major US sports, [and plenty of others](#). But everything was somebody's idea for the first time, and this one was owned by a "[brash](#)" 30-year-old CBS network technician who wanted to "do something different" during the 1963 Army/Navy college football game. It was a particularly good platform that year; the rivalry was the Super Bowl of the era ([Super Bowl I](#) would not be played for four years, and wouldn't even be called the Super Bowl right away). And the game was seen as a means of helping heal the nation's wounds after the JFK assassination only weeks before.

The first instant replay happened on December 7, 1963, and was an instant success. Verna's boss called him from the control truck during the game with [these prophetic words](#): "My boy, what you have done here will have such far-reaching implications we can't begin to imagine them today." Play-by-play announcer Lindsey Nelson — whom Verna advised only on the cab ride over to the stadium that "we may do something different today," had to tell an astonished TV audience that they [weren't seeing history repeat itself](#): "This is not live! Ladies and gentlemen, Army did not score again!"

The technical feat itself was quite an achievement, since none of the equipment used for broadcasting exactly leant itself to this purpose. Video recorders were [the size of refrigerators](#). Video tape was hard to come by — Verna borrowed some containing episodes of "I Love Lucy." When you actually found the part of the tape you wanted to run, it was preceded by several seconds of static.

Verna figured out how to work out many kinks on game day. But his biggest breakthrough had been to figure out how to associate a particular piece of tape with what was happening on the field. Remember: Playback and live action were still completely disconnected in every sense of the word.

So Verna came up with a workaround, [as recounted on his web site](#):

*Verna's epiphany came when he contemplated using the videotape's cue track as the means to interpret the undecipherable hash being played back on his monitor. If Verna could tell exactly what portion of the tape was struggling to lock-up, then he could be forewarned and could anticipate if the line of scrimmage of the*



*previous play would be locking up 'then and there' for airing 'then and there' without clipping the start of the upcoming live play. Sound beeps were Verna's answer. He had instructed his audio technician to put one audio tone on the tape when the offensive team huddled and two tones when they broke the huddle and went into action. On hearing two tones, Verna saw that the picture was steady just as the Army team came to the line of scrimmage. He punched-up what had just been recorded.*

Despite the enormous reaction to this feat of legerdemain, the next instant replay didn't come until June 5, 1964. Verna did several replays during that NFL Playoff Bowl game.

And then it just took off.. As [Steve Dent writes in Engadget](#), the introduction of instant replay "completely changed how people watched televised football." *US pigskin wasn't friendly to grainy black & white TVs of the day, and the power and grace of athletes was impossible to convey in the wide shots used. Instant replay soon ushered in multi-camera setups with closeups, all of which transformed football into popular evening entertainment in the US.*

Verna had a distinguished career in broadcasting, including as director of five Super Bowls, an Olympics and LiveAid — itself an unprecedented global production. But it was a simple idea and some dogged creativity that got who might have been just another respectable TV pro into the history books. Verna's story is a great reminder that you don't have to accept the tools, work or limitations that you've been given. Hacking around is easier and cheaper every day; having the curiosity and desire to actually do it is what changes lives.

## Beyond Football: The life of a Big 10 football official

By [Bob Horning | Special to The Ann Arbor News](#)  
on September 20, 2014 at 5:25 AM

Football officials are in a tough position. They can only please half the people half the time. Coaches, players, and fans direct their frustration at them and use them as an excuse for losing.



When they make a mistake, thousands of fans and millions of TV viewers know it right away.

They are the bad guys, guilty until proven innocent.

But that image could be changing as the increased use of instant replay shows them to be right more often than we would like to admit. So, it seems fair that officials should at least be given a chance to defend themselves.

With that in mind, this summer I talked with Dick Honig about the life of an official and how a football game looks from his perspective.

Honig talked about what it takes to be a college official, about a few of the favorite stadiums and games he has worked, and about being chased off the field by former Penn State coach Joe Paterno.

Honig has been a Big Ten official either on the field or in the replay booth for 30 years, worked three games at the Big House, 16 bowl games and two national championships. He lives in Ann Arbor and is currently a supervisor of replay officials.

From Detroit McKenzie High School, where he was all-city for two years in both baseball and basketball, Honig came to the University of Michigan in 1959 to play shortstop for Coach Don Lund. In 1961, Michigan won the Big Ten title, and the following year won the national championship. He would later joke with Bill Freehan and Mike Joyce, who had left U-M to play professional baseball after the '61 season, that once the team got rid of the "dead wood," they were able to win it all.

After graduation in 1963, he became an assistant baseball and basketball coach at Michigan, and also began officiating high school sports. In the 1980s, he opened Honig's Whistle Stop on Jackson Road in Ann Arbor, selling uniforms and supplies to sports officials. He has conducted officiating workshops around the country. He is married to Lee and has four daughters. In January, he was inducted into the Michigan softball Hall of Fame.

**Q.** How and why did you get into officiating?

**A.** I started out, like most, doing high school junior varsity games to get the feel and experience of officiating and to see if I would like it. I also needed more income. Eventually, if you are good, you move up to varsity games.

**Q.** How did you go from there to the Big Ten?

**A.** I was fortunate to have met Fred Jacoby, then commissioner of the Mid-American Conference, while I was Johnny Orr's assistant basketball coach at U-M. After I left coaching for the auto industry, I applied to the MAC and Jacoby hired me in 1974. The typical route is to progress from doing high school games to Division III, Division II, then Division I college. I was lucky to skip a couple steps. Nine years later, I joined the Big Ten.

**Q.** Can you relax a bit once you get to the top?

**A.** No, for two reasons. The first is an inner one. Most officials are former athletes, which means they are competitive and like a challenge. I wanted to be the best official I could be and the best one out there. The challenge is to make the right call 100 per cent of the time. That's impossible, naturally, but you keep working at it.

The second reason comes from outside. Every year we take a national test on the collegiate rules. Also, we are observed, evaluated, and graded each game, either by a supervisor who is present or who views a video of the game. Good ratings get you assigned to a bowl game and that is what we all work towards. Bad ratings can get you released at the end of the year.

We also critique one another on our crew to help each other improve individually and as a team. In the Big Ten, there are seven to a crew. Those who can't learn from criticism don't last long.

**Q.** Is there anything you have to do during the off-season?

**A.** We have monthly mini-exams and there is at least one full meeting each month. There are constant discussions concerning rules and mechanics changes that are being proposed. There is always something.

**Q.** Are officials nervous before a game like the players and coaches are?

**A.** We always anticipate the first play because we are somewhat edgy until kickoff. Being a bit edgy means you are eager and prepared. Once the game started, I was OK. Then it's controllable, in your hands and in the hands of the crew.

**Q.** Does working at the biggest stadium in the country add more pressure?



**A.** Not really. It's more the importance of the game than the size of the crowd that creates the pressure. Looking back, I shouldn't have been assigned those three games at Michigan Stadium since I played and coached here. I'm not sure why it happened. It's obviously not a good situation because it would be too easy for opponents to expect that I would favor Michigan. I requested the Big Ten to not assign me to any more Michigan games, either home or away. But I'm glad to have had the opportunity to work here just the same.

**Q.** Any favorite stadiums or games that you have worked?

**A.** The Rose Bowl, just because of all the tradition; Ohio Stadium and Penn State because of the noise and atmosphere; Stanford, Tennessee. I did a Tennessee-Notre Dame game in Knoxville. It's a big, loud stadium with a unique, wonderful atmosphere.

One of my favorite games was my first bowl game, the Gator Bowl in 1985 between Florida State with Deion Sanders and Oklahoma State with Barry Sanders. Also, the two national championships – 1989 Sugar Bowl where Alabama lost to Miami (pre-BCS) and as a result Miami won the National Championship; 2001 Orange Bowl where Oklahoma beat Florida State, 13-2 (3rd BCS Championship Game). I was the side judge in 1989 and the referee in 2001.

**Q.** How are officials selected to work bowl games?

**A.** Bowl assignments are based on how well you were graded by the supervisors. The officials that grade out the best that year usually get the Bowl games assigned to their conference. We can't work games in which teams from our conference are participating. The crew selected for the BCS Championship game is also a neutral crew, and their selection is based on a rotation between the major conferences – Big Ten, SEC, ACC, Big 12, and Pac 12 (eliminating officials from the conferences involved). The Big Ten just worked the Auburn - Florida State championship game in January.

**Q.** What do you do if you know you made a mistake?

**A.** You don't always know for sure that you have made a mistake until you view the video, but regardless, you **MUST** put it out of your mind and concentrate on the next play so that you call it right. If you make one mistake, don't compound it. This is the same thing a player has to do. Sometimes announcers will say that an official will make up for a bad call with a call against the other team. I disagree. I don't believe there are make-up calls. Then you would have two bad calls.

Keep in mind that we are judged for bowl games on the accuracy of our calls, so we want to get the call right. Replay has proven that the on-field officials do a darn good job. Replays correct an average of just over one-half play per game out of a typical game of 160 plays.

**Q.** Do you talk much with the players on the field?

**A.** Neither of us have much time for that, but we will often make suggestions to players and coaches to help them avoid making a mistake. It is called preventive officiating. Example: if a player is close to lining up offside, we suggest that he might want to back up a bit. Things like that.

**Q.** What are the easiest and hardest calls for an official?

**A.** If you are prepared and in the right position, most calls are fairly easy, and the chances of making the right call is high. As most people who watch games regularly know, holding is usually the easiest call, and pass interference is the toughest.

**Q.** Why is pass interference not a reviewed play?

**H.** It is a judgment call. Most of the plays that are reviewed involve judgment, but not to the extent that pass interference or roughing the passer or holding do.

**Q.** Do you think that officiating can determine the outcome of a game?

**A.** I'm sure it did occasionally before instant replay. At least the fans believed that to be true. In my more than 40 years of officiating, I cannot remember a specific call that determined a ball game, though there may have been a couple; now with instant replay it is rare.

**Q.** How many replay officials are in the booth?

**A.** Four. The top man, the one with final authority, is called the replay official. The "communicator" is the second set of eyes on what is being shown on the replay videos. The "assistant communicator" keeps all of the information from the previous play, like the down, yards to go, yard line, and time on the game clock. The fourth is the technician.

The other three give input after watching the replays, but the replay official makes the final decision. It's not a majority rules decision. I always wanted the others to

tell me what they thought of the play, not what I wanted to hear or to make me feel better about my decision.

The replay official has a direct line to the referee on the field. When he tells the referee his decision, he should paint a picture so the referee can inform those at the stadium and those watching on TV the reason for the decision. Most often the referee has not seen the play as he is in the backfield with the quarterback. He also needs to know where the ball will be placed and the time on the game clock.

**Q.** Do the people watching on TV see the same replays as the officials in the replay booth?

**A.** Yes, assuming that the TV producer makes all of the camera shots available to the viewers rather than going to a commercial break or showing the coaches' or players' reactions, for example.

**Q.** Still, there are times that the viewer disagrees with the decision even though he sees the same videos.

**A.** It is possible, I will admit, that the replay official can make a mistake. But usually the disagreement is due to the bias of the fan. When your team has the ball, it looks like a touchdown; when the other team has it, it looks like he is short of the goal line. We see what we want to see.

**Q.** Coaches get a maximum of two challenges per game. If they are right on the first challenge, they get another. Why not more if they are right both times?

**A.** There is a limit so that the game won't be slowed by too many challenges. That rule may be changed some day. However, it's rare that a coach challenges twice a game anyway.

If we as officials are doing our job, a coach rarely needs to challenge. Every play is reviewed in the FBS (Football Bowl Subdivision) of the NCAA. The replay booth has about 20 seconds to review before the next play, and if the replay official sees something that warrants it, he will stop play and review the call. So if a coach is patient, it can save him a timeout and his challenges.

**Q.** Any retirement plans?

**A.** I'm 72. Being a replay official allows me to stay in the game and I still enjoy doing it. So no, no immediate plans

# Feature Section

## Officials Copying with Stress

**High School football: Football official Chris Cervantes upset about bad call in Douglass-Locust Grove game -- It's affecting his mood. It's affecting every-day functions. It's even affecting his personal relationships.**

by Jacob Unruh Published: December 1, 2014 - *The Oklahoman's newsroom*

The following account is a good example of just how seriously we all take our responsibility while on the field. I am sure most of us can relate to this official if after the fact we think an error has occurred in the enforcement of an infraction. The story is also a good example when people forget that amateur football is in the end, just a game.

*These are my opinions and don't necessarily represent the opinions of **First and Ten**.*

*Rob Christian*

There hasn't been a good night of sleep for Chris Cervantes in days.

Cervantes is the high school football official who dropped the flag that changed it all for Douglass and Locust Grove in a Class 3A quarterfinal football matchup. The five-member officiating crew that he's part of incorrectly enforced a penalty on Douglass' sideline and took back a go-ahead touchdown with 1:04 remaining that resulted in Locust Grove winning, Douglass protesting and the 3A bracket now being in limbo.

It's affecting his mood. It's affecting every-day functions. It's even affecting his personal relationships.

"I'm ready to hang up my freakin' shoes because of this and throw years of officiating away," Cervantes said. "It wasn't because of the call. I will admit the problem of misinterpreting the penalty assessment. I will admit that as a person and a human being and there's nothing I can do about that, and that's what kills me the most."

Douglass lost the game 20-19, and Oklahoma City Public Schools is now asking to replay the game from the touchdown. A special Oklahoma Secondary School Activities Association board of directors meeting to hear the appeal has been granted and will go forward.

Cervantes, though, told ***The Oklahoman*** there's more to this situation, saying he came in contact with a Douglass assistant coach during the play, an official on the crew was punched by a Douglass fan following the game and that Douglass coach Willis Alexander was threatening the officials outside their locker room.

"Coach Alexander came all the way from his dressing room and he wants (us) to come outside," Cervantes said. "He's out there hollering my full name so everybody around there knows, calling me out and telling me I better have security escort me out for my safety."

Alexander denied that following Monday's news conference.

"I was with my team after the game and then doing an interview with (*The Oklahoman's*) Scott (Wright)," Alexander said. "That wasn't part of it. My part was to get my team together and console my kids."

## THE CREW

Chris Cervantes, 44, has been an official since 1994 at the high school and Division II level. He started calling various sports while serving in Guam as a construction mechanic in the Navy before officiating games in California and Florida. In 2004, he returned to Oklahoma where he graduated in the late 1980s from Tulsa Rogers.

Since then, he's served on two crews. He began on long-time official Major Williams' crew before leaving briefly to help form another crew. He returned to Williams' crew a few years ago and has since called multiple playoff games.

The crew has officiated three games this postseason. It opened with Oologah at Sallisaw and then followed with Kiefer at Rejoice Christian. From 2010-2013, the crew officiated just one playoff game each season. Cervantes was only on the crew in 2013.

In 2008, Cervantes was on a different crew officiating two playoff games, including the Class 5A semi-final between Carl Albert and Lawton MacArthur.

"They've called more than a few games, even when I was coaching at Westmoore," OSSAA director of officiating Mike Whaley said. "Highly respected crew; very experienced crew."

Williams has been officiating for more than 30 years and is one of four armed forces veterans on the crew. The other member of the crew is a pastor, Cervantes said.

## THE RULE

Even with all of the experience among the officiating crew, it was a relatively new rule that proved troublesome.

Rule 9-8-3 in the NFHS rulebook states, “A non-player shall not be outside the team box unless it’s to become (an active) player or return as a replaced player. A maximum of three coaches may be in the restricted area. No player, non-player or coach shall be in the restricted area when the ball is live.”

The rule was implemented a few years ago by the NFHS following a 2004 court case in which a Brackenridge (Texas) assistant coach filed a lawsuit against five officials and the Texas Association of Sports Officials, alleging their negligence led to a brain injury that ended his career. The Brackenridge assistant, Terry English, was in the restricted area when an official collided with him.

Douglass received a warning in the first quarter for this violation Friday, but then Cervantes said an assistant coach bumped him on the field during the go-ahead touchdown.

Video does not show conclusive proof he was touched, but does prove an assistant coach broke the rule that results in a 5-yard penalty. The crew enforced it from the original line of scrimmage, instead of on the ensuing extra-point attempt or kick-off like the rule states.

Willis Alexander then said he argued the enforcement, though Cervantes and his crewmate Chad Moyer both said that argument was never made.

“Not one of the Douglass coaches or the Douglass head coach argued or complained about the enforcement of the penalty,” Cervantes said. “They didn’t know how the penalty should have been enforced; they were all arguing the penalty itself. If they would have argued the enforcement, we as officials would have got back together to discuss it and probably came out with the right penalty assessment.”

## **THE AFTERMATH**

Following the game, multiple reports said punches were thrown by fans. Chad Moyer, who is a Tulsa police officer, told 1430-AM in Tulsa Monday that he was punched by a fan.

OKCPS district athletic director Keith Sinor said the district would address that situation at a later date.

“We’re going to deal with one issue at a time,” he said. “First and more pressing issue that we’re going to deal with is the situation that directly affects our student-athletes. The matter that you’re referring to is an adult issue and we will refer to that whenever that time comes.”

Meanwhile, Cervantes will continue to lose sleep. Though he’s retired from the Navy, he can’t let go of his mistake, so much so that it’s possible he’ll never officiate again.

“This whole thing really has me more tore up as a person and individual,” he said. “I didn’t go out there any way in trying to take something away from anyone. This is something I have to live with and this is something I’m living with every day.”

## Stress and Anxiety <http://www.teachpe.com/index.php>

- The aim of this article is to understand what stress and anxiety are and how they are measured .

### **Stress**

**'A stimulus resulting in arousal or a response to a specific situation'**

**Arousal** - 'A state of readiness to perform that helps motivate individuals'

**Eustress** - 'A positive reaction of a performer to stress, leading to optimal arousal'

**Stressors** - This is the situation that causes the stressful response. For example, competition; frustration; injury; conflict

**Stress response** - This is the way in which we cope with stress. Seyle developed a model called the **General Adaptation Syndrome** to explain this:

### **Alarm Reaction**

Fight or flight causing an adrenaline rush, rise in heart rate and increase in blood sugar level, ready for activity

### **Resistance**

The body adapts to manage the stressful situation until it is overcome or passes

### **Exhaustion**

The body can only cope with this state for a certain period (may be very short-term, or may be months or years, dependent on situation). If the stressful situation is not rectified the body begins to fail to cope



## **Stress Experience**

As well as the physiological symptoms the athlete will also experience psychological symptoms. These include:

- Indecisiveness
- Decreased concentration
- Worry
- Decreased attention span

This can then cause a vicious circle resulting in increased levels of stress, which is called the stress spiral.

## **Anxiety**

**'A negative reaction of a performer to stress, often leading to over arousal'**

**'An emotional state, similar to fear, associated with arousal and accompanied by feelings of nervousness and apprehension'**

## **State anxiety**

The athletes emotional state at any given time - variable from situation to situation

## **Trait anxiety**

An athletes disposition to interpreting a situation as threatening and responding with an increase in state anxiety

Athletes who have a high trait anxiety view more situations as more threatening than those with lower trait anxiety and so respond with a higher state anxiety. This is known as competitive trait anxiety. A questionnaire called the Sports Competition Anxiety Test (SCAT) is a reliable predictor of an athletes levels of anxiety.

## Measuring Stress

Measuring an athlete's levels of stress can be achieved in three ways:

**Self-report questionnaires:** Easy to complete although can be open to inaccurate responses. Examples are Martens Sports Competition Anxiety Test (SCAT) and Spielbergers State Trait Anxiety Inventory (STAI)

**Physiological Measurements:** Measuring physiological responses to a situation can indicate a stress response. Measurements such as heart rate, sweating, muscle tension and oxygen uptake can be used although this can involve expensive, bulky equipment

**Observation:** Viewing an athlete's behaviour before, during and after an event can provide much information about their stress response. Clues to watch out for include shaking, talking fast, regular toilet visits, biting the nails and an inability to stay still.

# Sport Competition Anxiety Test

<http://www.brianmac.co.uk/scat.htm>

By analysing an athlete's responses to a series of statements about how she/he feels in a competitive situation it is possible to determine their level of anxiety. A test that provides such functionality is the Sport Competition Anxiety Test (SCAT) (Martens et al. 1990)<sup>[1]</sup>

## Required Resources

To undertake this test you will require:

- Questionnaire (see below)
- Assistant

## How to conduct the test

- The assistant explains the test protocol to the athlete:
    - Read each statement below, decide if you "Rarely", "Sometimes" or "Often" feel this way when competing in your sport, and tick the appropriate box to indicate your response.
  - The athlete responds to the 15 questions on the questionnaire below - no time limit
  - The assistant determines and records the athlete's SCAT score
- 
- [www.hypnosisworks.org.uk/scat\\_test.pdf](http://www.hypnosisworks.org.uk/scat_test.pdf)
    - *form and scoring chart*

For those that want paper and pencil and scoring guide the following is provided

# Sport Competition Anxiety Test (SCAT)

## Assessing Your Anxiety

Read each statement below, decide if you "Rarely", "Sometimes" or "Often" feel this way when competing in your sport, tick the appropriate box to indicate your response.

	Rarely	Sometimes	Often
1. Competing against other People/Teams is socially enjoyable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Before I compete - I feel uneasy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Before I compete - I worry about not performing well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I am a good sportsman when I compete	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. When I compete - I worry about making mistakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Before I compete - I am calm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Setting a goal is important when competing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Before I compete - I get a queasy feeling in my stomach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Just before competing - I notice my heart beats faster than usual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I like to compete in games that demands a lot of physical energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Before I compete - I feel relaxed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Before I compete - I am nervous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Team sports are more exciting than individual sports	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I get nervous wanting to start the game	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Before I compete - I usually get uptight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Name \_\_\_\_\_

SCAT Score

Less than 17	You have a low level of anxiety
17 to 24	You have an average level of anxiety
More than 24	You have a high level of anxiety

## Sport Competition Anxiety Test (SCAT)

### Analysis

The score for the response to each question is detailed below. Enter the score for each question in the "Athlete's Score" column and then total the column up to provide a SCAT score.

Note that questions 1,4,7,10 and 13 score zero regardless of the response.

Question No	Rarely	Sometimes	Often	Athlete's Score
1	0	0	0	0
2	1	2	3	
3	1	2	3	
4	0	0	0	0
5	1	2	3	
6	3	2	1	
7	0	0	0	0
8	1	2	3	
9	1	2	3	
10	0	0	0	0
11	3	2	1	
12	1	2	3	
13	0	0	0	0
14	1	2	3	
15	1	2	3	
Total				

SCAT Score  
 Less than 17  
 17 to 24  
 More than 24

Analysis  
 You have a low level of anxiety  
 You have an average level of anxiety  
 You have a high level of anxiety



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