SDCFOA Update from Steve Coover 6-25-19

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"It is true that integrity alone won't make you a leader, but without integrity you will never be one." - Zig Ziglar, motivational speaker

This applies not only to what you do on the field, but how you live your life off the field. Avoid self-inflicted wounds. You can recover from a missed call on the field; however if something occurs that brings into question your integrity, your honor — you may not get a second chance on that. The scrutiny we are putting officials under will not be lessened. If anything, there will be more of that, with more depth and intensity to it. Integrity is central to being an official.

LCC and USD Passing Tournaments — Thank you to all who participated! The mechanics and judgment

demonstrated by our officials was impressive. The NCAA and NFL members present were excited at the level of fitness and combetence. Our association continues to put forth the extra effort necessary to stay #1 in the nation. The torch has been passed on to you, and what you're doing is exceptional!

Thank you, Bob Hood and Mike Sotelo, for getting us organized and communicating throughout this process. Without their efforts we could not provide this opportunity for our high school officials. We must also thank Brian Bortness and Jeff Phillips for coordinating with USD and getting them organized. We hope you found the experience helpful to your own officiating and preparation for the season. You were most impressive to say the least!

Changes for next year? We are in the process of making changes and need to hear from you. We are looking at ways to compress the days so you get a more focused experience or a rotation so our officials remain "fresh" and avoid fatigue. I anticipate more dramatic changes made to the USD experience than to the LCC tournament. What do you think? Please email me any suggestions for improvement (not complaints, please... specific ways it can be improved).

Recruit New Officials Now! — They don't have to pay in advance at this stage. The new recruits can just show up on July 10th at 6:00pm at Challenger Middle School and sign up! It is always our current officials who do the best recruiting and get our best officials for us. And it is right about now that we are most successful in our recruiting.

Fitness — Our officials at the passing tournament last weekend looked quite fit and ready for the season. I want to emphasize that fitness does not mean "skinny"! Sure you have an optimum weight, but fitness is more than that. Just because you can run long distances is also not the sole indicator of physical fitness. Consider the following (diet + stretching + aerobic + strength):

DIET — There is no one way! Each of our body systems is different. What works for me is to minimize sugar, processed carbs, and dairy. I eat protein and vegetables as much as I can. I do not worry about natural fats... pretty much a paleo diet. I also fast each night, ending my eating at 8:00 (more or less) and then not eating again until noon.

STRETCHING — Something that I find I must do following my aerobic workout. My knees, hamstrings, calves, and back are the focus of my work.

AEROBIC CONDITIONING — There are many excellent forms of this exercise. I prefer jogging combined with some sprinting (new to me and I like the results!)

STRENGTH — New for me this year. 5 movements that I do in the gym which take about 15-20 minutes. I do a three sets of: pushing (push ups), pulling (Lat Machine), squatting (squats with dumbbell held at chin), hinging (kettlebell swings), carry (carry dumbbells 15 steps). I also do some core but you should be working your core in many of the basic 5 movements. There are hundreds of variations on these basic movements and you may choose a different set, but I've found these 5 movements to be natural to the body and to movements in our regular days!

Rules Summer Study — Federation Exam Part I (21-40)

21. Defensive players are restricted from contacting the ball or the snapper's hand(s) or arm(s) until the snapper has released the ball.

A. True

B. False

22. A tinted eye shield is illegal.

1. True
2. False

23. A receiver attempting to catch a pass who has not had time to clearly become a runner, is not considered a defenseless player.

A. True

B. False

24. Illegal participation fouls by the receiving team occurring during the kick are enforced under post-scrimmage kick fouls.

1. True
2. False

25. When weather conditions are construed to be hazardous to life or limb of the participants, the crew of game officials is authorized to delay or suspend the game.

A. True

B. False

26. The head coach of each team is not responsible for his team being on the field for the mandatory three-minute warm-up period after halftime intermission.

A. True

B. False

27. If there is a double foul during the last timed down of a period, the period is automatically extended.

A. True

B. False

28. Any receiver may signal for a fair catch while any legal kick is in flight.

A. True

B. False

29. The succeeding spot is where the ball was last snapped or free kicked.

A. True

B. False

30. A signal given by RI in or behind the neutral zone during a scrimmage kick is an illegal fair-catch signal.

A. True

B. False

31. If RI signals for a fair catch, he may not block until the kick ends.

A. True

B. False

32. When a penalty is accepted with less than two minutes remaining in either half, the offended team will have the option to start the game clock on the snap.

A. True

B. False

33. It is a field goal even if part of the ball passes through the line of the upright extended.

1. True
2. False

34. No player or nonplayer shall execute a blindside block outside of the free-blocking zone with forceful contact unless initiated with open hands.

1. True
2. False

35. If KI's field-goal attempt deflects off K2's shoulder while he is in the expanded neutral zone, no goal is scored even if the ball passes between the uprights and above the crossbar.

A. True

B. False

36. A backward pass is a pass thrown with its initial direction parallel with or toward the runner's end line.

1. True
2. False

37. If the ball is beyond the neutral zone when it leaves the passer's hand on a forward pass, it is an illegal forward pass.

A. True

B. False

38. If an illegal forward 6ass strikes the ground, the ball remains live.

A. True

B. False

39. A backward pass out of bounds is an illegal pass.

A. True

B. False

40. A disqualified player shall be removed even if the penalty for the foul is declined.

1. True
2. False

**Answer:**

21. A True 7-1-6

22. A True 1-5-3c(4)

23. B False 2-32-16

24. A True 2-16-2h

25. A True 3-1-5

26. B False Table 3-1

27. A True 3-3-3b

28. A True 6-5-1

29. B False 2-41-10

30. B False 2-9-1, 2-9-4

31. A True 6-5-1

32. A True 3-4-7

33. B False 8-4-1c

34. A True 9-4-3n

35. B False 8-4-1b

36. A True 2-31-5

37. B False 7-5-1, 7-5-2b

38. B False 4-2-2c

39. B False 7-4-3, 7-5-2

40. A True 10-5-6