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Positively Focused

by Abby Bickel

In any life pursuit, there is some type of goal in mind. Officiating is no different. Whether it's working the grade school all-star game, the high school state tournament, the NCAA Final Four or the NBA Finals, most officials are working toward a bigger and better game.

Success in that quest requires a good attitude that stems from your mind-set. There are a lot of distractions in officiating that can lead you astray from your ultimate goal. You might feel better than the current level you are working, have burnout from a long season or get frustrated by gossipy fellow officials, etc. the list can go on and on.

Here are some guidelines to help keep a positive attitude even during the moments of disappointment, frustration and fatigue in officiating.

Be confident. There is a fine line between confidence and arrogance. You are an official for a reason. You possess qualities and rules knowledge that make you an ideal candidate to work the sport and the level you are currently in. Use strength in

your signals. Put some serious air into that whistle. You belong. Act like it.

Address any insecurities. If you are afraid of a situation that you don't know how to handle, there is an easy fix. Get in the rulebook. If you are uncomfortable with your weight and how you look in your uniform, get in the gym and work out. Control what you can control. Insecure officials make for easy targets.

Trust the system. It's important to trust the system of mechanics that has been set up by your governing body. There is methodology behind every signal and every position you are required to be in to properly officiate. Don't let your partners or anyone else tell you otherwise.

Stay focused. Don't lose sight of what you love about officiating. Whether it's the people or the passion for the game, you are officiating because something drives you to it. Heck, maybe it's just the money. Whatever it is, do the job to the best of your ability

every game. If you forget why you are officiating, negativity can quickly creep in.

Maintain integrity. Your decisions on the playing court, field or rink should always be made with the utmost integrity. While making a lane violation in the last seconds of a basketball game or calling offside in soccer are not the most popular calls, they are the correct calls. Take pride in doing the right thing.

Be active. Make sure to take a little extra time to just walk or run. It's good for your body and your mind to be active outside of officiating. A 20-minute walk several days a week can be the ticket to avoiding mid-season blues.

You can't control the assignments that you receive. You can't control your partner's work ethic on the job. You can't control how good the athletes are in a particular contest, but you can control your approach to the game. Smile every once in awhile and enjoy the ride!

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New WOA Executive Board Members

The WOA welcomes two new members to the WOA Executive Board:

Robyn Buck, Tacoma-Pierce County Volleyball, was elected to represent Region 3 Boards.

Steve Simonson, Chelan County Basketball, was elected to represent Region 5 Associations.

The WOA membership benefits from individuals like Robyn and

Steve who choose to allocate some of their "free time" to help the operations of the WOA.

THANK YOU!

Special Points of Interest:

- You are an official for a reason.
- You belong. Act like it.
- Get in the rulebook.
- Control what you can control.
- Trust the system.
- There is methodology behind every position you are required to be in to properly officiate.
- Don't lose sight of what you love about officiating.
- Take pride in doing the right thing.
- It's good for your body and your mind to be active outside of officiating.

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2012 WOA/ArbiterSports Summer Golf Classic Recap



(l to r) Dale Yamamoto and Jay Neff, Seattle

Photo Courtesy of Dale Garvey

Change in Venues

Due to a scheduling conflict at CenturyLink Field, the Emerald City Kickoff Classic and Volleyball Invitational have been moved to Eastern Washington.

The football games will be played September 1, at Eastern Washington University:
10am: T-O-R vs Reardan
1pm: Colville vs Freeman
4pm: East Valley (Yak) vs Cheney
7pm: Central Valley vs Ferris

The volleyball tournament will be played August 31 at Cheney High school starting at 2pm. Schools involved in the tournament include:

Lakeside (Nine Mile Falls)
Ferris
Moses Lake
Gonzaga Prep
Cheney
University
Newport



Will Gaethle, Yakima Valley

Photo Courtesy of Dale Garvey

This year's golf tournament hosted 112 players on the beautiful Apple Tree Resort in Yakima earlier this month. The field was made up of officials and friends with a diverse range of golfing abilities, all of whom enjoyed a great summer day of fun.

Prize possibilities for all players at this year's tournament included best team score, closest to the pin, long drive and straight drive. We also had a prize for the highest team score.

The winner of the Birdie Hole, played on Apple Tree's signature apple island 17th hole, was Bruce Richartz. Bruce made a natural birdie by sinking a putt from 5'11". That winning performance earned him a TaylorMade Ghost Putter, a dozen RocketBallz and a \$25 gift certificate to Gerry Davis Sports.

The other closest to the pin winners on the par 3 holes were Duane Taylor (#2) and Brad Cramer (#13). Each of them won a \$25 gift card to the Apple Tree Pro Shop and a \$25 gift certificate to Gerry Davis Sports. Michael Schoeler was closest to the pin on Hole #6

winning an Odyssey White Ice Putter.

The Highest Score went to the team of Bob Norvell, Penny Norvell, Sue Doty and Bill Sidor at 16 over par. Each player received a \$25 gift card to Olive Garden.

Long Drive and Straight Drive for the Women went to Leslie Fitzpatrick and she received two \$30 gift cards to Starbucks.

Long Drive for Men was captured by Greg Nixon and he received a \$30 gift card to Starbucks.

Straight Drive for Men was Terry Simmonds and he also received a \$30 gift card from Starbucks.

Low Team Score Fourth Place, with a score of 11 under par, was the team of Dave Krajcar, Doug Kretz, Tom Vaughn and Phil Barricklow. Each player received a \$35 gift certificate to Gerry Davis Sports.

Low Team Score Third Place, with a score of 12 under par, was the team of Mike Gregg, Jason Richard, Bill Fleenor and Luke Hamada. Each player received a \$25 Applebee's gift card and a \$30 gift certificate

to Gerry Davis Sports.

Low Team Second Place, with a score of 13 under par, was the team of Steve Somers, Greg Nixon, Mike Neubauer and Kelly Heutink. Each player received a \$30 Applebee's gift card and a \$45 gift card to the Apple Tree Pro Shop.

Finally, the winning team, with a score of 14 under par, was the team of Steve Brown, Mike Stephenson, John Matteo and Scott Heim. Each player received a \$35 Applebee's gift card and a \$60 gift card to the Apple Tree Pro Shop.

Congratulations to all the winners, thank you to all the golfers who participated and made the event so enjoyable. A special thank you to all the sponsors, along with the players who help give back to the children of officials by enabling the WOA Scholarship Fund to grow.

Mark your calendar now, begin making preparations to participate in the most prestigious golf tournament for WOA officials on **Friday, August 2, 2013 at Yakima's Apple Tree Golf Course Resort.**

2012 NASO Summit - Taking Care of Business

On July 29, representatives from the WOA attended the 2012 NASO Summit in Portland. The theme for this year's Summit was "Taking Care of Business: Reliability and Results in Officiating". As always, it is a great opportunity

to network and the close proximity to Washington made it possible for more WOA members to attend.

This year's Summit focused on the business side of officiating with a variety of speakers,

including WOA Board member, Cindy C-Wilson and WIAA Executive Director, Mike Colbrese.

The 2013 NASO Summit will be held in Grand Rapids, Michigan, July 28-30.

Online Clinics Production Process

As we enter another school year, it is important to recognize the contributions made by individuals behind the scenes who make the online clinics available.

The clinicians are responsible for working with the WIAA and WOA to make sure a consistent message is being delivered to coaches and officials.

Once this has been completed, the approved documents are submitted to Rick Wells, who uses the materials to develop and produce the sport-specific clinics, which includes the voice-over.

Once the final product has been tested, Rick notifies Tim Stevens, who is responsible for syncing the clinic with the WOA database.

The final step in the process is taken care of by WOA staff, by opening the action window allowing for officials to access the clinic and test.

The online clinics and tests for the fall season are currently available. Officials are required to complete the clinic and test prior to officiating a high school contest.

Football Update: 2012 NFHS Rules Changes

Helmet Comes Off (3-5-10d): A player whose helmet comes completely off during the down without being attributed to a foul will be treated as an officials' timeout and handled the same as an injured or bleeding player. The player must sit out one down unless the halftime or an overtime intermission occurs. If the player whose helmet comes off is in possession of the ball, the ball becomes dead immediately per rule 4-2-2k.

Catch Redefined (2-4-1): In order to be ruled a catch, a player is required to establish possession of the ball and contact the ground inbounds while maintaining possession.

Illegal Blocking (9-3-8): Members of the kicking team are prohibited from initiating contact against members of team R until the ball has broken the plane of team R's restraining line, or until team K is eligible to recover the free kick. Team K is eligible to touch a free kick after it touches a team R player or after it goes beyond the plane of team R's free-kick line and touches the ground (in either order).

Gloves (1-5-2b): The rule requiring that gloves meet the NOCSAE standard and carry the appropriate label or tag was delayed until 2013.

Illegal Horse Collar (9-4-3k): The words "backward or sideward" have been added to make it clear the foul occurs if the inside back or side collar of the shoulder pads or jersey of the runner is pulled and the runner is subsequently pulled by that opponent to the ground. Another addition to the rule is that the illegal horse-collar is to be called even if the runner loses possession in the course of being fouled.

Illegal Equipment (1-5-3c[8]): Players may only wear play cards on the wrist. Play cards attached to the belt or attached by string and stored in a player's uniform are illegal.

Volleyball Update: 2012-13 NFHS Changes and Emphasis

Referee Equipment (5-2-2): The referee's equipment shall include a watch along with a whistle, coin and yellow/red cards

Coin Toss (5-3-4d, 5-4-3b22): The coin toss for a deciding set shall be conducted by the second referee in front of the officials' table.

Illegal Alignment (10-3 PEN): Illegal alignment is now charged when an illegal substitute is identified in the set after the whistle/signal for serve.

Faults (9-7): Terminology is updated throughout rules to change "foul" to "fault".

Assistant Officials (5-1-1): Assistant officials include the scorer, libero tracker, timer and line judges. However these assistant officials are secured, it is imperative that they are properly trained prior to the match. While match referees will review the duties of each assistant official with the assigned individual, it is not the responsibility of the match referees to train these individuals. Improperly trained scorers, trackers and line judges can cause significant delays within the match and could impact the outcome of a rally or match. Their importance should not be underestimated.

Court Protocol (5-3-4a): The second referee checks the lineups for each team. In some circumstances, team huddles at the start of the set have delayed the ability of the second referee to check the lineups in a timely manner. Team huddles on the court shall not interfere with the ability of the second referee to check lineups in a timely manner or delay the start of the set. If a huddle, cheer, etc. causes such an interference or delay, the officials shall signal the players into position and administer the situation in such a way to prevent future delays.

Soccer Update: 2012-13 NFHS Rules Changes

Intentional Hand Ball - Rule 12-8-1f(13) and 12-8-2d(1): There is a change in the penalty for an intentional hand ball by a player - other than the goalkeeper in the penalty box - who attempts to prevent a goal from being scored. If the goal is prevented, the penalty remains a disqualification of the player; however, if the goal is scored, the penalty will now be a caution to the player who deliberately handled the ball.

Second Caution - Rule

12-8-2c: When a player receives a second caution in the same game, he/she will be disqualified with a red card and the team will now play the remainder of the game without replacing the disqualified player (play shorthanded). The yellow and red card that was previously a soft red, given for the second caution, has been eliminated.

Penalty Kick - Rule 14-1-7:

When, in the taking of a penalty kick, there is an unusual situation that causes a temporary suspension of play before the ball is played or touched by another player, or before the ball hits the goalpost or crossbar, the kick is retaken. Previously, this would have resulted in a drop ball.



Rick Wells, Pacific Northwest

Photo Courtesy of Dale Garvey

WOA Football Mechanics Illustrated:



The WOA Football Committee successfully completed the task of creating the WOA Football Mechanics Illustrated. This is a great resource for officials throughout the state. Thank you to the committee members for the time and effort put forth in making sure all deadlines were met. The bar has been set pretty high for the Baseball Committee. The process of developing the Baseball Mechanics Illustrated is underway.



(l to r) Mario Miola and Ron Hulen, East King County

Photo Courtesy of Dale Garvey

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NOTE FROM THE COMMISSIONER:

The WOA Executive Board and staff are currently working on putting together the parameters of the new Recruiting / Training / Observation (RTO) Program beginning with the 2012-13 fall sports season. The decision to implement the program came from several discussions with representatives of the WIAA and the need to create a better way to make sure local associations and boards are provided with the resources to be able to put a quality product on the playing field. For the most part, I believe the product exceeds the expectations. With that said, it is always important to look at different ways to improve on both the things we do well and the things that raise a few eyebrows.

The additional responsibility to establish training protocols for each sport will be taken on by the WOA Sport Committees. Each committee will establish training procedures and observation standards for their respective sport.

The goal of the RTO Program is to provide consistent training throughout the state and to develop a method to hold local associations/boards accountable for making sure officials have received the necessary training to help them be successful when they are calling a game.

I hope you all had an opportunity to enjoy your summer.

Todd Stordahl
WOA Commissioner



Abdul Mamedov, East King County

Photo Courtesy of Dale Garvey

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Game Management: Step Up or Aside

When you walk onto a court or field to work a game, are you the kind of official who views it as "your" game? Is it your goal to "control" the action? Or maybe you're the type of official who lets the players run wild. "The game will take care of itself," you think, and you're there to enforce the rules. None of those ways is conducive to producing a smooth, fluid contest.

Game management is a difficult tool to master. You need to be approachable without being overly friendly. You need to be confident without being arrogant. You need to know when to step-up and take charge and when to no-call and move on. Game control starts with controlling yourself. It means taking charge and it means letting the players play and it means having the wisdom to know when to do which.

Even in the smoothest of onfield or oncourt operations, time bombs can explode. But is that when an official needs to take charge? Or is control established much earlier in a game - or before a game even starts? What happens when officials lose control? How do they get it back?

Some say you have to have a feel for game management. It's something that may be as simple as a demonstrated knowledge of the sport at hand, or maybe it comes from the confidence of being in the right position to make every call. Good officials may seldom talk about control while some who talk about it often take the most abuse because they warn and threaten, which leads to them losing control of games.

Good officials are fair and don't act like they're above it all. They don't over-manage a

game, antagonize players by being a control freak, and know the difference between taking charge and being a showboat.

Self-control may be the most important aspect of establishing and maintaining control, but it takes work. It takes a game plan and prescribed measures before, during and after games.

Typically, however, preventative officiating goes a long way. For example, if you see a coach making an incorrect substitution, prevent him or her from doing it.

Try to travel in the same lane and be the same person all the time.

Do not initiate a conversation unless it helps you manage your game.

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