

## Professionalism

### On the Field

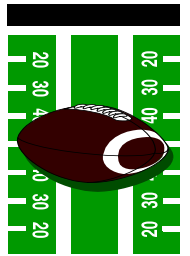
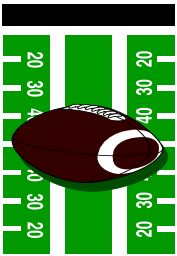
- Be prepared and accountable. Know the rules and mechanics; look and be sharp.
- Have a clean uniform and shined shoes.
- Be assertive without being overbearing. There is no need to sell the obvious.
- Be firm and confident without being confrontational or cocky.
- Be relaxed, with a pleasant demeanor and neutral facial expressions.
- Be courteous and personable without being chummy.
- Be approachable and a good listener, not militaristic.
- Earn respect, you can't demand it.
- Respect and answer coaches' questions.
- Never make excuses, or say "It's not my call."
- Be able to admit a mistake, and have the courage to fix something that is wrong.
- Never try to be a coach. Leave the coaching to the coaches.
- Remember you are not the reason for the game. Try to be unnoticed.

### Off the Field

- Be a student of the game.
- Arrive neatly dressed and leave the same way.
- Act responsibly. Remember people only remember us as "The refs."
- Officials will refrain from alcoholic beverages from the time they leave their homes up to and including the completion of their respective assignment.
- Refrain from gambling.
- Never discuss coaches, players, games or fans with other coaches, players or fans.
- Never politic for more games. Let your officiating ability handle it. Will Rogers once said, "Get someone else to blow your horn and the sound will carry twice as far."
- Never let your ego get in the way of your career. When advancing up the officiating ladder, it's better to be a year late than a year too early.
- Keep your personal life in order, and keep it off the field.
- Be able to accept constructive criticism.
- Never forget your responsibility to help other officials. Remember someone helped you!

### Rules

- Every official must have a perfect understanding of the rules and their interpretation.
- Each member of a crew shares an equal responsibility for rule interpretation.
- Keep the rules simple, and understand the spirit of the rules.



## PROFESSIONALISM

### Mechanics

- Own your position, responsibilities, and area. Take charge, when in charge.
- Have a good working knowledge of the duties of the other officials as well.
- Know your keys. They open it all up.
- Anticipate the play. Read your keys. Let the play declare itself.
- Use proper mechanics. Move with a purpose to be in the best possible position to make a call.
- Focus on your responsibilities first and then look to give help when needed.
- Use precise and effective communication.
- Do not hunt for trouble.
- Call only the fouls that “jump off the page” or are at “the point of attack.”
- Throw the flag with confidence and authority.
- Blow the whistle when the play is at your feet and you see the name on the football.
- Be great dead ball officials. When the ball become dead, come alive.
- Each officiating position is of equal importance.

### Physical Condition

- Physical alertness is as important as mental attitude. All officials are to be in first class condition throughout the season.
- Valuable aids to good condition are proper weight, rest and diet.
- If you are sick or injured and unable to work a game, notify the supervisor immediately so that a substitute can be named.
- If any official becomes ill or is hurt and is subsequently advised by the team doctor not to continue, the official must abide by those orders.
- Officials will refrain from alcoholic beverages from the time they leave their homes up to and including the completion of their respective assignment.
- There is no stigma to wearing glasses. Safety lenses for officials who require corrected vision reduce tension and relax the wearer. There is no embarrassment involved.
- Stretch before the game in the dressing room. Do not stretch on the field prior to the game, but do warm up.