

FINE-TUNING YOUR OFFICIATING HEALTH AND HYGIENE

MENTAL - PHYSICAL - VISUAL - PRACTICAL

HEALTH – PHYSICAL AND MENTAL WELL-BEING; SOUNDNESS

HYGIENE – THE SCIENCE OF MAINTAINING GOOD HEALTH

- I. IN ORDER TO MAINTAIN YOUR OFFICIATING HEALTH YOU MUST DEVELOP GOOD OFFICIATING HYGIENE HABITS DURING THE SEASON AND THE OFF-SEASON.

A. GOOD MENTAL HABITS:

1. READ THE RULE BOOK AND THE CASE BOOK. READ THE RULE AND THEN READ THE CORRESPONDING APPROVED RULINGS IN THE CASE BOOK. READ THE APPROVED RULINGS UNTIL YOU UNDERSTAND THEM. ASK YOURSELF, HOW DID THEY COME UP WITH THAT ANSWER?
2. SAVE RULES TESTS FROM PREVIOUS SEASONS TO REVIEW DURING THE OFF-SEASON. MAKE SURE YOU HAVE THE CORRECT ANSWERS FROM THE TEST KEY FACTOR IN RECENT RULE CHANGES.

B. GOOD PHYSICAL HABITS:

1. KEEP WORKING OUT.
2. MAINTAIN OR LOWER YOUR WEIGHT IF NEEDED. YOU MIGHT BE THE BEST FOOTBALL OFFICIAL IN THE COUNTRY BUT YOU WILL HAVE DIFFICULTY MOVING UP IF YOU ARE OVERWEIGHT.
3. FOCUS ON YOUR STRENGTH AND ENDURANCE. YOU NEED TO HAVE AS MUCH "JUICE" LEFT IN THE FOURTH QUARTER AS YOU HAD IN THE FIRST QUARTER.

C. GOOD VISUAL HABITS:

1. WATCH VIDEO OF YOURSELF IF YOU CAN GET IT.

WATCH THE VIDEOS WITH A CRITICAL EYE. BE HONEST WITH YOURSELF, DON'T SUGARCOAT YOUR PERFORMANCE OR YOUR APPEARANCE.

2. WATCH VIDEOS FROM OTHER GAMES. OBTAIN VIDEOS OF GAMES ABOVE YOUR LEVEL. FOCUS ON YOUR POSITION MECHANICS. HOWEVER, KEEP IN MIND THAT THERE IS NO ONE ABSOLUTELY CORRECT WAY TO OFFICIATE A FOOTBALL GAME. MECHANICS VARY FROM LEVEL TO LEVEL, CONFERENCE TO CONFERENCE AND LEAGUE TO LEAGUE.

D. GOOD PRACTICAL HABITS:

1. "NOTHING BEATS DOING IT". TAKE ADVANTAGE OF EVERY OPPORTUNITY TO WORK ON THE FIELD. WORK AS MANY SCRIMMAGES AS YOU CAN. "THE MORE SNAPS YOU SEE, THE BETTER YOU WILL BE."

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