

CENTRAL VIRGINIA FOOTBALL OFFICIALS ASSOCIATION STUDY MANUAL

PHYSICAL CONDITIONING

The game of football is by its very nature physically demanding of all who participate. Today's players are strong, fast, and agile and the game officials must be prepared to react to the players' actions if they are to control the game. As a result, every game official has an obligation to be physically prepared to meet the game conditions. This means the officials must have the strength and the stamina to complete the game without undue stress on them individually, while meeting the players' expectations that the last play of the game will be officiated with the same intensity as the first play of the game.

The Association expects each official who is assigned by the commissioner(s) to be prepared for the game conditions. Further, each official is expected to have the appropriate medical examinations to protect his health and those who will be participating in the game with him.

To assist the official in preparing for the football season, we have developed a guideline that is outlined below. The pace of the program and the parameters of the program are up to the individual, **AND OF COURSE, NO PROGRAM SHOULD BE STARTED WITHOUT THE APPROVAL OF YOUR PHYSICIAN.** However, the final goals outlined are what we believe are the minimum requirements to safely perform as an official, minimize the risk of injury, and provide the capability to meet the physical demands of the game. An official with all the knowledge and skills known to man will be useless to the crew and the game if he is unable to react to the situation so that he is IN THE RIGHT PLACE TO MAKE THE CALL with the concentration necessary to SEE the play. Don't let your crew or the game down- BE IN SHAPE!

WEIGHT AND CONDITIONING OUTLINE

1. **Have a standard physical exam** during the current football season year and prior to the first on-field activity which for most officials is the scrimmage in August. As a minimum, this should include screening of heart rate, blood pressure, and weight assessment.
2. Based on your lifestyle and the recommendations of your physician, we suggest you select the most appropriate program outlined below and stick to it:

If your LIFESTYLE during the off season includes VERY LITTLE or NO PHYSICAL ACTIVITY:

- ✍ Begin conditioning 6 weeks before the first on-field activity.
- ✍ Condition 3 days a week for approximately 75 minutes.

If your LIFESTYLE during the off season includes SOME PHYSICAL ACTIVITY:

- ✍ Begin conditioning 4 weeks before the first on-field activity.
- ✍ Condition 3 days a week for approximately 75 minutes.

WARNING- Do not condition during periods of high temperature and humidity unless you are acclimated to the weather conditions.

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3. Components of the Conditioning Program

Warm-up- 15 minutes- walk/jog 400 meters.

Flexibility- 15 minutes-

Neck-

- ☞ rotate left, right, back, front starting with small circles and increasing to large while rotating clockwise and then counterclockwise.

Arms, Chest, Shoulders-

- ☞ Arms stretched to side shoulder high- rotate arms starting with small circles and increasing to large while rotating clockwise and counterclockwise.
- ☞ Right arm across chest- grasp elbow with left hand and pull arm to left; repeat with left arm across chest.
- ☞ Right arm behind head- grasp elbow with left hand and pull arm to left; repeat with right arm.
- ☞ Arms behind back- clasp hands and with arms straight raise up from shoulder with elbows straight.

Lower Legs and Ankle-

- ☞ Place hands and forearms on wall and lean forward- left leg and bring toward wall, then with right foot flat and right leg straight, roll hips forward slowly and hold; repeat with right leg.

Groin-

- ☞ Sit with legs stretched outward- put soles of feet together with hands around feet and feet at a comfortable position from crotch, pull upper body forward while keeping lower back flat and binding at the hips, if possible keep elbows outside of legs, hold for 20 seconds.

Hamstrings-

- ☞ Sit with legs stretched- straighten right leg and keep left leg bent, foot facing inside of right leg, bend forward from the hips until you feel the hamstring stretch, hold for 30 sec; stretch from hips and NOT shoulders. Reverse legs.

Quads-

- ☞ Place left hand on wall for support, bend right leg behind you and grasp with right hand, pull right ankle up bending leg at the hip. Reverse legs.
- ☞ b- From kneeling position with knees on flat surface and arms at side for balance, gently lean back from the hips until you feel the stretch, hold for 30 sec, return to start position.

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Movement- 40 minutes- walk/jog/stride

- ✍ Walk/Jog 1 to 1 and 1/2 miles (4 to 6 laps)
- ✍ 40 yard Strides start in second week
- ✍ Backpedal and Lateral Slides- 5-10 yards
- ✍ 20 yard Sprints- start in third week

Cool Down- 10 minutes stretching.

4. **Fitness Level Achieved**

At the end of the conditioning program test yourself against the following guides and evaluate your progress and condition:

RUN TEST- 1 and 1/2 mile walk/jog/run (6 laps)

RATING	AGE GROUP			
	20-39	40-49	50-59	60+
	<i>if your time is not more than</i>			
Superior	10:48min	11:45min	12:52min	13:54min
Moderate	12:38	13:22	14:40	15:55
Minimal	14:24	15:26	16:23	17:32
Unfit	14:25	15:27	16:24	17:33

5. **Suggestions to succeed**

- ✍ Select sites where several officials can gather and work together;
- ✍ Appoint a site leader and keep attendance;
- ✍ Award each other based on attendance and progress;
- ✍ **Make it a challenge, make it fun, make it happen!**