**SAN DIEGO COUNTY FOOTBALL OFFICIALS ASSOCIATION - THE WEEKLY BULL - July 23, 2025**

**We All Meet This Wednesday at Mira Mesa** – All classes meet this week at Mira Mesa.  The Crew Chief Meeting will start at 6:00 pm in room 714.  All other meetings will begin in your regular classrooms at 7:00 pm.  Let’s strive for great attendance again this season.  See you in class!

**Agenda** – Attendance, The Bull, New Rules, Food for Thought, Instructional Video, Calibration Video, SDCFOA Rules Summer Study (1-20)

**Instructional Video and Calibration Video** – These videos usually come out on Monday.  Take the time to view each of them at a deliberate pace.  You will see things that may be important and not noticed by others including Coover (myself).  Only by previewing the video will you get the full benefit of its contents.  You may find the Calibration plays quite challenging.  They are meant to be!  When you view them remember the three steps to determining if there is a foul.  1) See an indicator of a possible foul (catches our attention). 2) See the indicator elevate into a clear restriction or advantage gained. 3) Check to see if the restriction or advantage gained has a material effect on the outcome of the play. Each time, Dave Garza will post the results on the website.  [www.sdcfoa.org](https://track.pstmrk.it/3/www.sdcfoa.org//5f_U/w9O_AQ/AQ/f2aca36e-e995-4e59-b411-84d615886aca/1/QIVmvRBySg)

**New Mechanics Manual** – Thank you, Scott Carroll, for your hard work in getting our manual printed and shipped to us!  Also, kudos go out to the Mechanics Committee of: Mike Andrews (Chair), Carroll, Coover, John Isham, Sammy Totah, Leonard Blevins, and Brian Bortness.  Well done!

**Correction to the Diagrams** – Please note that the diagrams on pages 199, 206 and 207 were difficult to design and they don’t show the correct location of the umpire who should be shading to the LJ side of the kicker’s formation, 10-15-yards downfield.  Please refer to the text which properly describes the umpire’s positioning on pages 110-115 and page 104.

**Joe Greene Hired Into The PAC12** – Congratulations to Joe Greene who has just been hired into the PAC 12.  Joe was previously in the United Athletic Conference (old ASUN and WAC).  So now we will get to watch Joe in the PAC12 on the western side of the country.  Joe will also be presenting at our Back Judge Clinic on August 13th.

**Next Week’s Position Clinic** – On July 30th, there will be to events going on simultaneously.  The NIAA Nevada clinic featuring a keynote by Shawn Hochuli from the NFL will begin Wednesday night at 6:30 p.m. and then Scott Reilly from the BIG 12 will host our 2nd position clinic for line of scrimmage officials (all are invited) at 7:00 p.m.  One suggestion would be to watch the Nevada clinic live, then watch Scott Reilly’s clinic when we place the video of the clinic on our website (look under Video Library).  Last week’s referee and umpire clinic hosted by Coover is there if you’re interested.

**Classroom Credit for Clinics** – If you attend a clinic, or watch the video of a clinic, made sure you mark your attendance sheet so you get credit for it.  Place your X in the clinic column over to the right side of the attendance sheet.

**Equipment Card** – In San Diego we use an Equipment Card for pre-game inspection of player equipment.  The Equipment Card can be found on the website [www.sdcfoa.org](https://track.pstmrk.it/3/www.sdcfoa.org//5f_U/w9O_AQ/AQ/f2aca36e-e995-4e59-b411-84d615886aca/1/QIVmvRBySg) under Instructional tab.  Look for Game Cards.  Each flank notes any player equipment that is illegal or currently being worn illegally during the warmup period.  When the flank completes their card for their team, the completed card is presented to the umpire who gathers both cards for the referee.  The Referee and Umpire will then present the card to the head coach.  This serves as the warning.  Finally, the first series for each team, including kick off, make sure to send out any player not properly equipped.  After that, any equipment issue will jump out at you, as the bulk of your work in this area has been completed.  If we discover a coach and team which is completely defiant and uncooperative, we must report that situation to the CIF Section Office.  So far, that number is a very small number in each of our sections and our Section Offices will be of assistance if we are being consistent and from the very start of the season.

**Q Collar and Guardian Caps** – These two safety items have been ruled legal by the NFHS and may be worn in games.  The Q Collar is worn around the neck and is meant to lessen the risk of concussions.  The Guardian Cap has the same purpose but is a cap worn over the shell of the helmet.  Both are legal to be worn in a game.

**Fitness** - Scrimmages are four weeks away!  You want to look good out there so update your uniform, tailor those pants, and keep up your fitness routine. Don’t forget to hydrate in this heat starting the day before the scrimmage and provide time for your stretching routine to prevent injury.

**Scott Reilly and Jack Garner to be Inducted into the San Diego County Sports Officials Hall of Fame** –On Tuesday September 23rd, Eight new inductees will be honored at this year’s awards ceremony including: **Rich Cota**(Track), **Kia Depanah**(Soccer), **Steve Espinoza**(Basketball), **Jack Garner**(Football), **Bruce Helsing**(Softball), **John Pederson**(Volleyball), **Scott Reilly**(Football), and **Bob Weishan**(Baseball).  Tickets for the event are available at [https://www.sandiegosportsofficialshof.com/hall-of-fame-dinner](https://track.pstmrk.it/3s/www.sandiegosportsofficialshof.com/hall-of-fame-dinner/5f_U/w9O_AQ/AQ/f2aca36e-e995-4e59-b411-84d615886aca/2/wzqinP67RV).  Let’s fill up multiple tables of football officials in honor of Scott and these outstanding officials.  Football always does a great job of representing our Association and supporting our many inductees into the Hall of Fame.  Congratulations, Scott!

**San Diego CIF 25-Yardline Overtime Procedures** – Overtime is mandatory for all varsity games in San Diego County CIF (varsity level only!).  There are no options.  Any varsity game for any sized division, must use the 25-yardline tiebreaker when the game ends in a tie score at the end of regulation. The result will be a win or a loss.  The procedure can be found on our website under RULES.   No changes to the procedure.

**Out-of-Town Teams**– When a team from out-of-town comes to San Diego to play, they are playing by the CIDSDS rules.  That includes mandatory overtime. Teams from out of CA may also be surprised that we have a Mercy Rule in CA, and that a player who exhibits signs or symptoms consistent with a concussion is disqualified for the remainder of the game.  Those are the 1- SD and 2 - CA possible differences.  They may be included in your pre-game meeting with the coach.

**Points of Emphasis** –
**Illegal and Improperly Worn Player Equipment**
Illegal equipment refers to items that are prohibited such as: jewelry, tinted visors, non-compliant eye shade, uniform adornments including towels that do not conform with the rules, bands worn around the upper arm neck or legs, and sweatbands and back pads that do not conform to the rules. These items can pose safety risks or give unfair advantages.
Improperly worn equipment pertains to all gear that is otherwise legal but not worn as intended. Examples include pants not covering the knees as required, tooth and mouth protectors not being worn as play starts, and shoulder pads not properly covered by the jersey.
In spite of the lack of enforcement at the college level, we are proud of the work our high school players, coaches, and game officials have done to properly enforce all rules that reduce the risk of injury.
When multiple players from the same team persistently disregard the equipment guidelines, a delay of game penalty could be a logical consequence as the pace of play is being impacted.
Finally, a coach who voices his lack of interest in supporting these important rules of our sport could easily be judged to be acting in an unsportsmanlike manner and a UNS administered.  If this were to take place, it must be reported to Steve Coover who will inform CIF Commissioners.

**Sportsmanship** Unsportsmanlike conduct is incompatible with the values of education-based athletics. As unsporting acts increase at the college and professional levels, all stakeholders must work together to ensure high school football remains different and embodies the highest principles of sportsmanship and fundamental ethics of competition. Please continue to hold our athletes to our higher standard of sportsmanship and don’t be incorrectly influenced by the NCAA and NFL antics which are not helpful.  Just maintain our current standard!  We are doing really well.

**Defenseless Player / Targeting -**A defenseless player is a player who, because of his physical position and focus of concentration, is especially vulnerable to injury. The player remains defenseless until the player’s physical position and focus of concentration allows the player to have a chance to protect themselves or brace, at least partially, for contact.  Thus, the forceful contact against a defenseless receiver portion of rule two (definitions) has been relocated to rule nine (conduct of players/penalty). By moving the wrap-up tackle portion of the defenseless player guidelines to rule nine, it clearly limits the contact to a defenseless offensive or defensive receiver, to incidental contact that is a result of making a play on the ball, contact initiated with open hands, or an attempt to tackle by wrapping arm(s) around the receiver.

**Tips for Communicating with Head Coaches**:
-Never, never, never ignore a coach’s request.  You may have to inform the coach that you will have to wait a play or two to get the information to-or-from the other officials, but never ignore!
-Make eye contact. A coach wants to be assured that he has your attention.
-Avoid “squaring off with the coach” rather, turn your body slightly at an angle.
-Refer to the coach as “Coach” or “Coach Jones”.
-Keep your communication brief and formal.
-Avoid joking and sarcasm.
-Adopt a neutral tone and avoid any personal remarks.
-Stick to the issue at hand in a straightforward way.
-Ask them to help with a problem player. Identify the problem in explicit terms, without making the player to be an evil person. Sometimes it’s hard to do, but it can be accomplished with a careful choice of language.
-Remember: get used to the coach having the last say.  This will most likely end the conversation.
-Remain calm under all circumstances. Let coaches have their say. When a coach approaches to protest or argue, adopt an instant “listening mode” and let the aggrieved individual finish his remarks. Don’t interrupt.
-Use non-confrontational body language. To be aware of body posture, facial expression, head tilt and arm position, one must say, “I am going to appear receptive and contemplative. I can think best and measure my words that way. I am determined to not escalate the problem.”
-If you make a mistake, admit it. A simple apology is sufficient; do not elaborate or rationalize (i.e. make excuses)
-When a coach raises their voice, lower yours. A soft voice has a way of triggering a reciprocal soft reply.
-Support fellow officials. Never betray partners by showing that you doubt their judgment. Instead, indicate faith in someone else’s decision by saying the partner had a better view of a more favorable angle than the responding official or partner.
-Give praises to promote sportsmanship. When a coach makes a gesture of consideration for the opponents or towards the official, be sure to acknowledge it. Sometimes a smile and nod of the head are enough.
-Keep your ego under control. Often a mere glance will carry a significant message, whether it’s negative or positive, whether it is meant to curtail dialogue or to encourage it. A quizzical expression can signal a desire for additional input, whereas a frown may denote closure.
-Don’t use your hands when talking to a coach. Your gestures will reveal more than you’ll want to convey.

**Food for Thought** – This year we will be increasing our rules study.  Here are 10 quick quiz questions for the classroom.  Be prepared to provide the correct answer (True or False) and discuss related rules or “what ifs”.
1. The basic spot is the previous spot unless Rule 8-5-2c applies for a foul by A or B when the related run ends behind the line of scrimmage when there is no change of possession.

2. The jerseys of the home team shall all be the same dark color(s) that clearly contrasts with white.

3, The ball can have commercial advertising added to the surface of one of the panels.

4. A player or nonplayer can trip an opponent.

5. A player is no longer defenseless once the player's physical position and focus of concentration no longer makes the player especially vulnerable to injury.

6. A Team B player may use locked hands to ward off an opponent who is blocking him or attempting to block him.

7. A punt may be used as a free kick following a fair catch.

8. A foul is a rule infraction for which a penalty is prescribed.

9. Items that are attached to the tooth and mouth protector that do not serve a purpose and function in protecting the teeth or mouth will not be allowed.

10. A down ends when the ball next becomes dead.