



SPORT(S) OFFICIATING IN PHYSICAL EDUCATION

A Guide for Best Practices



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PURPOSE

The purpose of this document is to provide physical education teachers and administrators resources, delivery options and requirements for sport(s) officiating certification within the Physical Education (PE) classroom. Material in this document is directly related to providing the knowledge, skills and certification necessary for students who wish to become a registered official with the Nebraska School Activities Association (NSAA).

ACKNOWLEDGEMENTS

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OPTIONS FOR INTEGRATING SPORT(S) OFFICIATING IN A PHYSICAL EDUCATION PROGRAM

Physical Education is an integral part in developing an active lifestyle, providing a variety of opportunities to guide young people in the process of becoming physically active for a lifetime. Sports officiating provides an opportunity to view the games in a whole new light and apply the sports skills and knowledge with an avocational focus.

Sport(s) Officiating Certifications can be integrated into a high school physical education program to best fit the unique needs of the students and school. A course fee may need to be considered for those individuals looking to become certified through the NSAA. The following modes for providing a sport(s) officiating certification within physical education are available.

1. AS A STAND-ALONE PHYSICAL EDUCATION COURSE.

This semester-long course may require the creation of another course to schedule into their physical education programming. The [NDE course code](#) for “Sport Officiating” in the Personal Health and Physical Fitness subject area and [Nebraska Physical Education course-based standards](#) can be used. It is encouraged that students have an introduction to various sports skills, rules, strategies, and procedures prior to engaging in a sport(s) officiating course. Example Nebraska Physical Education courses include Foundations for Physical Education and Fitness, Lifetime Activities, Team Games, or a similar course. Schools may name these courses differently, but the content of the courses must be aligned to the course codes provided.

2. AS A UNIT WITHIN A CURRENT PHYSICAL EDUCATION COURSE.

This could be a certain number of weeks or a quarter dedicated to sport(s) officiating within a physical education course that includes sports skills and knowledge (for example: Foundations for Physical Education and Fitness, Lifetime Activities, and Team Games). The amount of time designated to this unit will determine the number of sports covered for an official's certification.

3. AS AN INDEPENDENT STUDY.

An independent study can be offered for an individual who would like to become a sport(s) official. This is dependent on the school's programming, and the physical education teacher's and student's overall schedule and availability. This would require the student to still be integrated into a sports skill-focused physical education course so practice in game-like settings can occur.

EXAMPLE PACING GUIDE

This pacing guide serves as a reference for planning and is not mandated by the NDE or the NSAA.

The following pages are general unit or course pacing guides that are recommended for instruction sequenced for the sport season currently in-season. The sports and units provided can be utilized to fit the needs based on the school's mode for delivering a sport(s) officiating experience within PE. Teachers are encouraged to enhance the content to meet the needs of their students by exposing them to officiating opportunities in recreation leagues, intramural sports, and/or non-varsity athletics, and by using NSAA, NHSOA, National Federation of State High School Associations (NFHS), etc. Speakers from the NSAA and NHSOA are available upon request. For more information, contact Nate Neuhaus, NSAA Supervisor of Officials at nneuhaus@nsaahome.org.

For shadowing and hands on experience, instructors can select from the following in-season sports for each semester's specific course or unit offering. A teacher or school does not need to offer all the sports listed, just the ones that fit their program, student, and community needs best.

Fall Semester Sports

Volleyball

Football

Softball

Wrestling

Basketball

Swimming and Diving

Spring Semester Sports

Basketball

Wrestling

Swimming and Diving

Baseball

Soccer

Track & Field and Cross Country

For each sport offered, the following units of instruction are encouraged to be covered. Officiating training materials and example presentations are available on the [NFHS Learning Center Website](#) or [NDE OER Hub](#).

UNITS OF INSTRUCTION

Unit 1 – Getting Started in Officiating & Officiating as an Avocation

Unit 2 – Match/Game Protocol (before, during and after)

Unit 3 – Personal and Professional Skills (time management, conflict management, communication skills)

Unit 4 – Style(s) of Officiating

Unit 5 – Sport Specific Rules, Mechanics and Management

Unit 6 – Legal Rights and Responsibilities (business aspect)

Teachers are encouraged to contact [Nate Neuhaus](#) for certification and teaching resources and/or speakers that are knowledgeable in the above-mentioned topics.

Other topics below that will need to be covered during the class are located in the [NSAA Officials Manual](#):

[Registration Process/Fees/Deadlines](#)

NSAA Code of Conduct

NFHS Code of Ethics

Official Uniforms

Officials Classification (approved and certified)

SAMPLE SPORTS OUTLINES

The following pacing guides are provided for each sport. Based on the semester and mode for offering sport(s) officiating within Physical Education, the following outlines can be pulled and tailored to fit each program's needs. The outlines are broken down into approximately 10 days for each sport.

VOLLEYBALL

Day #1: Definitions

- Serve
- Playing violations
 - o NFHS Rule #8/9

Day #2: Game and Court

- NFHS Rule Book #1/#2/#3

Day #3: Officials and Duties

- NFHS Rule #5
- Signals

Day #4: Players Equipment

- NFHS Rule Book #4
 - o Legal uniforms, Illegal equipment

Day #5: Team Composition and Positions

- Lineups
 - o NFHS Rule #6/7

Day #6: Player Substitution

- Legal uniforms, Illegal equipment
 - o NFHS Rule #4

Day #7: Timeouts, Intermissions and Delays

- NFHS Rule #11 and #9

Day #8: Libero

- NFHS Rule #10

Day #9: Conduct

- NFHS Rule #12

Day #10: Scoring

FOOTBALL

Day #1: Definitions

- NFHS Rule Book Rule #2
- Blocking, Catch, Formations, Helmet Contact, Out of Bounds, Fumble

Day #2: Scoring

- NFHS Rule Book Rule #8
- Touchdown, Field Goal, Touchback, Safety

Day #3: Timing

- NFHS Rule Book Rule #3
- Length of periods, ending a period, starting/stopping clock, and play clock.

Day #4: 5 Yard Fouls

- Encroachment, False Start, Delay of Game, Illegal formation, illegal shift, illegal motion, kick out of bounds, ineligible lineman down field.
- Rule Book and video

Day #5: 10 Yard Fouls

- Holding, Block in the back
- Rule book and video

Day #6: 15 Yard Fouls

- Pass Interference, Roughing, Face Mask, Unsportsmanlike Conduct, Unnecessary Roughness, Targeting, Blindside block
- Rule book and video

Day #7: Umpire Mechanics

- Pres-snap responsibilities
- Live ball responsibilities
- Review main fouls umpire will call.
- Dead Ball officiating
- Post snap responsibilities
- Officials Manual and HUDL Video

Day #8: Line of Scrimmage Mechanics

- Pres-snap responsibilities
- Live ball responsibilities
- Review main fouls line of scrimmage will call.
- Dead Ball officiating
- Post snap responsibilities
- Officials Manual and HUDL Video

Day #9: Back Judge Mechanics

- Pres-snap responsibilities
- Live ball responsibilities
- Review main fouls Back Judge will call.
- Dead Ball officiating
- Post snap responsibilities
- Officials Manual and HUDL Video

Day #10: Referee Mechanics

- Pres-snap responsibilities
- Live ball responsibilities
- Review main fouls Referee's will call.
- Dead Ball officiating
- Post snap responsibilities
- Officials Manual and HUDL Video

SOFTBALL

Day #1: Definitions

- Play, Time, Ball, Strike, Fair, Foul, Safe, and Out.
- NFHS Rule book rule #2

Day #2: The field and equipment

- Players uniform, players gloves, players bats, protective equipment, softballs.
- NFHS Rule Book Rule #1

Day #3: Substitutions, Conferences, Starting and Ending the game.

- NFHS rule book Rule #3 and #4.
- Weather, DH Rule, Re-entry Rule, suspending game, delaying a game, forfeit, mercy rule.

Day #4 Pitching Rules

- Pitching positions, illegal pitches, pitching infractions, look back rule
- NFHSA Rule book Rule #6 and video.

Day #5 Batter Rules

- Batting position, batter infractions and batter is out when.
- NFHS Rule book rule #7 and video.

Day #6 and Day #7 Batter-Runner and Runner Rules

- Awarding bases, runner is out when, obstruction, interference.
- NFHS Rule book rule #8 and video.

Day #8/#9 Plate Umpire

- Pregame meeting, Plate meeting, Lineup cards
- Calling balls and strikes, play and time
- Plays at third base
- No runners on base versus runners on base movement and positioning
- Fly Ball coverage
- Tag plays and appeal plays.
- Umpires' manual and video

Day #10 Base Umpire

- Working A, B, and C position
- Movement after ball is hit
- Fly Ball coverage
- Tag plays and appeal plays
- Officials Manual and video.

WRESTLING

Day #1: Competition and Equipment

- NFHS Rule Book
 - o Rule #1 - Match, Dual Meet, Tournament
 - o Rule #2 – Mat, Mat Area, Scales

Day #2: Referee and their Duties

- NFHS Rule Book Rule #3
- Referee and Assistant Referee
- Jurisdiction, Skin checks, weigh-ins

Day #3: Conduct of Matches

- NFHS Rule Book Rule #6
- Length of periods, ending a period, starting/stopping clock, and correction of errors.
- Starting positions

Day #4: Supporting points and Boundary lines

- Neutral Position, Advantage Position, and Defensive Position
- Inbounds, out of bounds and supporting points
- Video of scenarios

Day #5: Takedowns, Escapes and Reversals

- Scoring situations
- Rule book and video

Day #6: Fall, Near fall and Stalling

- Pinning area, 45 degrees
- Recognizing Stalling
- Rule book and video

Day #7: Potential Dangerous and Illegal Holds

- Potential Dangerous
- Technical Violation
- Unnecessary Roughness
- Unsportsmanlike Conduct

Day #8: Referee Mechanics and Official Signals

- Pre-meet responsibilities
- Positioning
- Assistant official

Day #9: Case Book use and Official's manual

- Case Book, Officials Manual and Video

Day #10: Finding work and being an independent contractor

- NSAA Official visitor to class.
- School and Arbiter
- Income and taxes

BASKETBALL

Day #1 Definitions

- NFHS Rule Book Rule #4:
- Legal Guarding Position, Incidental Contact, Foul, Legal Use of hands and arms, Jump Ball, Shooting

Day #2: Scoring, Timing, Player's equipment, Substitutions

- NFHS Rule Book Rule #3 and #5
- Player uniform, Substitutions, two-point goal, three point goal, length of period, extra period, timeouts.

Day #3: Violations

- Traveling, illegal dribble, closely guarded, back court violation, three seconds, goaltending, basket interference
- Rule book and video

Day #4: Free Throws

- Free Throw Violations offense, Free Throw violation defense, Free throw administration.
- Rule book and HUDL video

Day #5: Out of Bounds

- Out of bounds rule, out of bounds mechanics, out of bounds resumption of play.
- Rule book and HUDL video.

Day #6: Seven Common Fouls

- Illegal Use of hands, Blocking, Charging, Push, Elbow, Hand Check, Holding
- Rule book and HUDL video.

Day #7 Technical, Intentional, and Flagrant Fouls

- Player technical, coach technical, administrative technical, intentional foul, flagrant foul.
- Administration of fouls
- Rule book and Video.

Day #8 Pregame Duties

- Pregame as crew, pregame with table workers, pregame meeting with coaches, pregame responsibilities with players and captains.
- Mechanics manual and video.

Day #9: Lead Official

- Positioning in the half court
- Positioning with full court press

- Areas of responsibilities
- Switching
- Reporting Fouls
- Mechanics manual and video.

Day #10: Trail Official

- Positioning in the half court
- Positioning with full court press
- Areas of responsibilities
- Switching
- Reporting Fouls
- Mechanics manual and video.

SWIMMING AND DIVING

Day #1: Definitions

- NFHS Rule Book Rule #1
- Parts of the pool, personnel, and conduct

Day #2: Pool, lane, equipment, and team personnel

- NFHS Rule book rules #2 and #3
- Inspecting pool and water conditions, inspecting equipment, event entries

Day #3: Meet management

- NFHS rule book rules #5

Day #4: Timing, judging and scoring

- NFHS rule book rules #6 and #7
- Scoresheets, lap count sheets, diving

Day #5: Swimming Events

- NFHS rule book #8

Day #6: Diving competitions & Infractions

- NFHS Rule Book rule #9
- Dive numbers, position, degree of difficulty
- Starting position, approach, hurdle, back press, takeoff, flight, and entry

Day #7: Swimming Infractions

- Relay Takeoff, false starts, turns, stroke, timers, disqualifications

Day #8 & Day #9: Swimming Official Responsibilities

- Types of Officials (Referee, Starter, judges)
- Pre-meet and pre-event responsibilities
- Pre-meet coaches, scorekeepers, lap counters, timers responsibilities
- During the event positioning, movement
- Signals
- Officials' manual and video

Day #10 Diving judge responsibilities

- Types of Officials (referee, judges)
- Pre-competition responsibilities
- Officials' manual and videos

SOCCKER

Day #1: Definitions

- NFHS Rule Book Rule #18
- Advantage, drop ball, handling, misconduct, offside, penalty kick, reckless play, sliding tackle, throw in

Day #2: Field, equipment, players

- NFHS Rule book rules #1, #2, #3, #4
- Inspecting field and goals, inspecting playing equipment, substitution procedures

Day #3: Starting a game, timing of game, scoring

- NFHS rule book rules 7 and #8

Day #4: Out of play, throw in and offside

- NFHS rule book #9 and #11
- Offside vs not offside, ball in play vs out of play, throw-in rules.

Day #5: Goalkeeper rules

- NFHS Rule #12 and video
- Goalkeeper restrictions

Day #6: Fouls

- NFHS Rule book rule #12 and video
- Charging, pushing, holding, handling, obstruction, dangerous play
- Direct kick vs indirect kick after a foul.

Day #7: Misconduct

- NFHS Rule Book rule #12
- Yellow cards, Red Cards, resumption of play after misconduct
- Video

Day #8 Kicks

- Free kick, penalty kick, goal kick, corner kick
- NFHS Rule book #14, #16, #17
- Videos

Day #9 Referee Responsibilities

- Pregame crew responsibilities
- Pregame coaches, captains, scorekeeper responsibilities
- During the match positioning, movement, areas of responsibility.
- Signals
- Officials' manual and video.

Day #10 Linesman responsibilities

- Pregame responsibilities
- Positioning and movement during the game
- Communication with Referee
- Officials' manual and video

TRACK & FIELD AND CROSS COUNTRY

Day #1 & Day #2: Meet Officials and Their Duties

- NFHS Rule Book - Rule #3

Day #3: Competitors and Competition

- NFHS Rule Book - Rule #4
- Competitors, Participation & Entry Limitations, Competitor's Uniform, Qualification, Disqualification & Conduct

Day #4: Running Events

- NFHS Rule Book - Rule #5
- Track Construction, Course Measurements, Track Markings, Track Equipment

Day #5: Running Events

- NFHS Rule Book - Rule #5
- Qualifying Procedures, Forming Heats, The Start, The Finish

Day #6: Running Events

- NFHS Rule Book - Rule #5
- Infractions For All Races

Day #7: Field Events

- NFHS Rule Book – Rule #6
- Shot Put, Discus & Javelin

Day #8: Field Events

- NFHS Rule Book – Rule #6
- Long Jump & Triple Jump (Horizontal Jumps)

Day #9: Field Events

- NFHS Rule Book – Rule #6
- High Jump & Pole Vault (Vertical Jumps)

Day #10: Cross Country

- NFHS Rule Book – Rule 8

BASEBALL

Day #1: Definitions

- Play, Time, Ball, Strike, Fair, Foul, Safe, and Out.
- NFHS Rule book rule #2

Day #2: The field and equipment

- Players uniform, players gloves, players bats, protective equipment, baseballs.
- NFHS Rule Book Rule #1

Day #3: Substitutions, Conferences, Starting and Ending the game.

- NFHS rule book Rule #3 and #4.
- Weather, DH Rule, Re-entry Rule, suspending game, delaying a game, forfeit, mercy rule.

Day #4 Pitching Rules

- Pitching positions, illegal pitches, pitching infractions, Balks
- NFHSA Rule book Rule #6 and video.

Day #5 Batter Rules

- Batting position, batter infractions and batter is out when.
- NFHS Rule book rule #7 and video.

Day #6 and Day #7 Baserunning Rules

- Awarding bases, runner is out when, obstruction, interference.
- NFHS Rule book rule #8 and video.

Day #8/#9 Plate Umpire

- Pregame meeting, Plate meeting, Lineup cards
- Calling balls and strikes, play and time
- Rotation to third base
- No runners on base versus runners on base movement and positioning
- Fly Ball coverage
- Tag plays and appeal plays.
- Umpires' manual and video

Day #10 Base Umpire

- Working A, B, and C position
- Rotations
- Fly Ball coverage
- Tag plays and appeal plays
- Officials Manual and video.