

IAABO

Inside the Lines

IAABO Spring Meeting on Ocean City, MD



The IAABO Spring Meeting will take place in beautiful Ocean City, Maryland. Reservations are now open for the Holiday Inn in Ocean City, MD April 19-22, 2018, by calling 410-524-1600 (ask for the IAABO rate ---Rates are \$99 for Wed, and Thursday, \$149 Friday and Saturday). Meeting highlights include the Life Membership Luncheon, committee meetings, elections, an awards program and the annual golf outing. Click here to register for the upcoming spring meeting

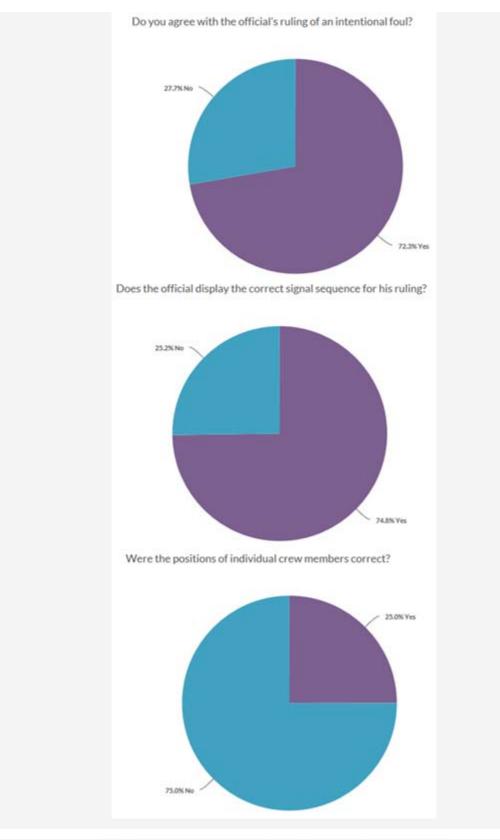


Click <u>here</u> to view the IAABO Play of the Week No. 15. At the end of the video, you will need to click on the link shown below to access the survey question. In addition, all IAABO Plays of the Week are archived at www.iaabo.org.

Click <u>here</u> to answer a survey to ensure that you have an accurate ruling. Once you submit your answer, you will receive a response with IAABO's point of view on this play



The results from IAABO Play of the Week No.14 are shown below.



Congratulations

The winner of this week's prize is Chris Saunders, Bd. 105 VT. Chris will receive a prize in the mail from IAABO, Inc. A special thanks to everyone who participated

Happy 80th Birthday



Congratulations to Peter Webb, he recently celebrated his 80th birthday. He was surprised by his family and friends with a party and a good country band playing in the background

Hi Everyone! My name is Michelle Futrell, and I am excited to be a regular contributor to Inside the Lines. I wanted to take this opportunity to introduce myself and tell you a little bit about the information I hope to share with you in upcoming issues.

I am a certified athletic trainer by training, and I currently teach in the Department of Health and Human Performance at the College of Charleston in Charleston, SC. I am also a Gallup certified Strengths Coach and Strengths-Based Education Facilitator. I have a passion for helping people pursue their highest level of personal excellence and well-being. I do this by providing education on health, wellness and injury prevention and by helping them understand their talents and developing those talents into strengths. I have been working with IAABO as a health and wellness consultant since 2010 and with NCAA supervisors to provide injury prevention and wellness education to college referees for over 10 years. I have had the pleasure of speaking at several IAABO fall

meetings and regularly contributing to Sportorials as well as teaching at many summer development clinics and pre-season meetings.

In this column, we'll explore the various areas of wellness that are most critical to the work you do as a referee, but are also important for overall health and well-being. In the coming weeks you can expect to see rotating features which will include:

- Injury Insights: In this feature I'll share information about common injuries that referees often encounter, how to recognize the injury, and basic treatment you can try to get back on the court as quickly as possible.
- Muscle Minute: This feature will focus on various muscle groups to help you better understand the function of the muscle as well as specific strengthening and flexibility exercises.
- Nutrition 101: Nutrition information is all around you, but it's often difficult to figure out how to put it all into practice. In these articles, we'll focus on basic nutrition information that you can apply to improve your daily nutrition habits as well as to enhance performance.
- Be A Better You: In this feature we'll explore other areas to help you pursue personal excellence. We'll investigate other well-being related items like stress management, mindfulness, purpose, and strengths.
- Ask the Athletic Trainer: This feature will focus on answering the questions you may have about health, wellness, or injury prevention. If you have a question you would like to see answered in this column or if you have a suggestion for a topic to be included in one of the other areas, please email me at michellefutrellatc@gmail.com.

Over the past 10 years, I have learned so much about officials. I have a true appreciation for your crazy schedules, your unique fraternity, and the demands that you place on your bodies both in-season and during your out-of-season preparations. I know that as a sports medicine community we are not doing enough to support you. And finally, as a true fan of the game, I am truly appreciative to each of you and the work that you do night in and night out to protect the integrity of the game and the safety of the players. I look forward to a long and continued relationship with your organization. Here's to healthy choices!

Bonus Rules Questions

Question: In a recent game, the cheerleaders were on the end line making it difficult for the officiating team to move. After making contact with a cheerleader, I asked game management to help with space and for them to move when we were coming their way. I was told they have a right to be there. In the third quarter, I moved them to the bleachers for safety concerns. It was a physical game with crashes and off ball contact.

<u>Answer:</u> Thank you for your question regarding the location of cheerleaders during live ball situations. In Table 1-1 that precedes Rule 1 (the page is not marked but would be page 7 in the Rules Book), #5 tells us "it is recommended that there be a 2-inch wide broken line consisting of 12-inch segments, 12 inches apart, of a color different from that of the boundary, at a minimum of 6 feet outside the court extending from sideline to sideline and parallel to the end line.

Rule 1, Section 2 (page8) tells us there should be "at least 3 feet (and preferably 10 feet) of unobstructed space outside boundaries."

In the Officials Code of Ethics on page 83 (Appendix G) of the Rules Book, "Officials shall, while enforcing the rules of play, remain aware of the inherent risk of injury that competition poses to student athletes. Where appropriate, they shall inform event management of conditions or situations that appear unreasonably hazardous."

Due to the size of the building and/or location of the court, some courts do not have the recommended distances outside the boundaries. If space permits, there should be no obstructions allowed within 6 - 10 feet of the end lines - including spectators, cheerleaders, chairs, photographers, media personnel, ...

If the cheerleaders are able to position themselves and remain at least 6 feet behind the end lines, outside the lane lines extended, and are not disconcerting players during free throw attempts, we would recommend they be allowed. If space limitations don't allow for a minimum of 6 feet of unobstructed space, for the safety of all involved, we would recommend they not be allowed to be there.

IAABO Foundation Raffle Underway (Cash Option Available)



Help support the IAABO Charitable & Education Foundation by purchasing a raffle ticket to win this beautiful 2018 Nissan Rogue. Tickets are \$100.00 and can be purchased at the upcoming Fall Seminar in Delaware. Tickets can also be purchased by contacting IAABO Past President and Foundation Trustee Peter Carroll, who is the Raffle Chairperson, directly at: commishbd@aol.com

You can also purchase a ticket by contacting any other IAABO Foundation trustee or IAABO Inc. Executive Committee member. Note: A maximum of 1,000 tickets can be sold. The drawing date for the car will be April 28, 2018. The winner may elect the cash option.



Thanks to everyone who participated in the annual Officials vs. Cancer campaign that was held during the past week. Donations are still being accepted. To make a donation, please send your check or money order to your board Point of Contact or mail it directly to: Officials vs. Cancer, P.O. Box 355, Carlisle, PA 17013.

To make a donation online, click on the following

URL: <u>www.main.acsevents.org/officialsvscancer</u>

Officials vs. Cancer apparel items are available at: https://iaabo-gear.com/collections/officials-vs-cancer



WWW.IAABO-GEAR.COM



Game Tracker Journal

You have likely heard the saying, "a goal without a plan is just a wish," and this age-old adage rings so true for all people pursuing all types of endeavors.



And for basketball officials embarking on the 2017-2018 season absent a basic strategy on how to achieve a stated desire -- a better schedule; advancement to the next level -- you are in a rudderless boat on an open sea hoping the winds of fate blow you to your destination.

Seeking officiating success described in this manner seems laughable, but yet many officials take this approach with their beloved avocation.

But Ref, don't panic now...Help is on the way in the form of the new, and first of its kind, **GameTracker Journal.**

This latest publication from long time IAABO members Billy Martin, Tim Malloy and Al Battista, the creators of Ref60.com, is an innovative tool that provides a template for every basketball official, at every level, to create your own realistic roadmap helping to guide you to your desired destination - one game at a time.

For more information on this GameTracker Journal tool visit www.Ref60.com/gametracker.

Special Deals for IAABO Basketball Officials Briggs and Riley Luggage

Briggs and Riley Luggage - Officials will receive a 60% discount on any product. Officials must use the form which can be obtained by clicking here - There is a lifetime guaranteed on the luggage.

ASICS

Asics - IAABO Officials (U.S. ONLY) will receive a 40% discount on all Asics products - **EXCLUDING CLEARANCE**. Log into www.asics.com and place an order. (It is recommended that you create an account if you plan to order more than once. Upon checkout, they should enter the following promotion code- DayofgamE



ISlides – Customize your own IAABO ISlides. Click <u>here</u> to get started.

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