

### Peter Palermino Doesn't Sit Back

Peter Palermino doesn't sit back. He's a doer, volunteering, pushing things along. Those qualities have been evident throughout his IAABO career on the court and more recently as he has serve dthe game of basketball on the IAABO Executive Committee the past 10 years and as a member of Board #6 Central Connecticut.

While Peter doesn't officiate anymore, he continues to serve Board #6 and the CT State Board as Secretary-Treasurer. He retired from on-the-floor officiating five years ago, saying, "You don't want coaches and your peers to ask 'when.' You want them to ask 'why.' I had just done a state high school final, and it was the right time to get out."

Peter has retained his desire and passion to help

younger officials grow and develop. Before becoming the Board #6 Secretary/Treasure, he was the Interpreter for 15 years. He helped Charlene Shepard step into the Interpreter role for Board #6. Shepard has become a regular presenter at IAABO's Fall Seminar. He's hopeful



about staying involved and serving one day as IAABO President, a one-year term.

#### The Love of Basketball

Palermino played basketball throughout his life growing up. It was his favorite sport. After high school, he moved on to play at Springfield College (Massachusetts) under Ed Bilik. Bilik and Athletic Director Ed Steitz, it turned out, would become instrumental in Palermino's becoming an official, as both men served as the NCAA National College Rules Editor. Peter started officiating after college, and got to know others "with an incredible knowledge of the game. I wasn't good enough to continue playing, but I loved basketball." He ended up on the court with the whistle for 35 years.

Bilik would attend the IAABO Fall Seminars to

discuss the NCAA rules changes and joke about watching Peter do rules presentations about what he'd learned. That connection (and others) in Springfield, along with mentorship and training from John McDonnell, fueled his ascent. "I followed in John's *(continued on page 3)* 

### The 2024 IAABO Fall Seminar: A Confluence of Education, Networking, and Celebration

(n)

Through the tireless efforts of the New York State Boards, IAABO is set to host its highly anticipated 2024 Fall Seminar from September 12-15 at the Crowne Plaza Albany, The Desmond Hotel. Located just minutes from the vibrant heart of Albany, this venue provides the perfect setting for a weekend dedicated to education, networking, and celebration within the IAABO community. Our new seminar format this year combines the rules interpretation seminar with the business meeting, traditionally held in the spring, creating a comprehensive and cohesive program.

For those looking to mix business with pleasure, the golf outing at Schenectady Municipal Golf Course offers the perfect opportunity. Scheduled for Thursday at 8:30 a.m. with a shotgun start, this event costs \$100 per golfer. It's a fantastic way for participants to kick off the seminar, enjoying the beautiful outdoors and fostering camaraderie in a relaxed setting. Golf enthusiasts can look forward to a competitive yet friendly game, adding an extra layer of enjoyment to the seminar. You can be sure there will be some prizes as well!

While the IAABO Fall Seminar is fundamentally a "train the trainers" conference, its benefits extend far beyond the Interpreters. It is designed to uplift the entire officiating community by enhancing the knowledge

and skills of those who will, in turn, educate others. The sessions are carefully planned to cover a range of pertinent topics, with engaging and informative titles such as *How to Become a Control "Freak," Big Moments, Little Details,* and *Fair Game, Firestorms and Point Guards,* ensuring that every participant, regardless of their role, leaves with valuable insights and practical tools.

One of the most cherished aspects of the IAABO Fall Seminar is the opportunity it provides for networking and bonding. Members from all over the country come together, fostering a sense of camaraderie and mutual respect. The shared experiences and challenges of officiating create strong connections, and the seminar, particularly through the Roger

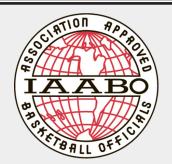
Sheridan Hospitality Room, offers numerous opportunities to strengthen these bonds.

The IAABO Women's Coordinating Committee will hold a ladiesonly luncheon on Friday – the first of its kind and hopefully not the last. It will be a platform for women in officiating to share their experiences, discuss challenges, and inspire one another. This luncheon not only acknowledges their unique perspectives but also promotes gender diversity and inclusion within the officiating community. This luncheon will be free of cost for all IAABO women in *(continued on page 4)* 

## The Tip Off

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#### Statement

The International Association of Approved Basketball Officials, Inc. is a nonprofit organization dedicated to the advancement of basketball officiating, through the proper training of applicants by visual and written aids; constant supervision by board proctors and dissemination of rule changes and interpretations.

### **Director's Court**

#### Turn, Turn, Turn

Summer season holds a special place in our hearts. Summer is synonymous with festivals, outdoor events, and concerts. What brings joy to your summer?

After a long, extended winter and spring filled with basketball officiating, many members are looking forward to the warm and vibrant temperatures that encourage outdoor activities. Officiating basketball

games may be the furthest thing from some members' eyes. Let's visit a few summer songs and have some *Hot Fun in the Summertime*.

*Summertime*, and the livin' is easy. No coaches or spectators yelling all the things that they know little about.

*School's Out* for summer but IAABO is running two officials' schools and many local boards also run camps. For those who want to get more schooling, you have choices. The recommendation is to attend an educational and training school rather than a tryout camp. Despite school being out, there is always room for learning and improvement.

The proliferation of summer leagues and basketball team events provides a great option for members to hone their skills while seeking the assistance of mentors and veteran officials. It is also a time to be seen and experience the challenges that non scholastic games provide. For those individuals who officiate basketball year-round, you have found your cure for the *Summertime Blues*.

The advice for summer officiating is to treat all games with the same respect and diligence that is expected during the regular season. Summer league games often exhibit poor positioning and lackluster signaling. Do not let summertime officiating create bad habits because you will have to readjust when regular season games start up. As we all know, bad habits are difficult to break. IAABO will be providing educational material and videos throughout the summer. After all, we do not want you lost to the *Summer Wind*.

Finally, if you are familiar with the songs mentioned above, you have put in the time and have earned your rest. We will *See You in September*.

Stay Cool, Stay Diligent, Stay IAABO

Sincerely, Felix Addeo

### **President's Corner**

Hello everyone,

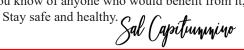
I hope this message finds you all in good health and looking forward to a great summer. It's hard to believe that over a year has passed since I became president of this wonderful organization. I am still deeply honored by this role, but it does come with some humor. I received an email from an IAABO member asking for contact information in an area he was moving to so he could officiate. I asked him a few



questions to get the necessary information, but apparently, I was too inquisitive because he responded with, "Who are you?" Now I know how Rodney Dangerfield felt about getting, "No respect." Felix and I had a good laugh about it.

Now, onto some business. We have great news: we are making excellent progress in recruiting new members across different regions of the country and expanding in states where we previously had smaller memberships. This success is thanks to the hard and diligent work of our Executive office. We can never thank Felix, Donnie, and TJ enough for their efforts with recruitment and producing the best training material in the country.

Our IAABO schools will be back in session this year, training young officials to prepare them for their journey into officiating. This training will be conducted by some of the best minds and officials in our organization. There are still spots available, so if you know of anyone who would benefit from it, encourage them to attend!





### Palermino (continued from page 1)



footsteps. I loved every step and still see his guidance today."

Though his focus has always been primarily IABBO and the high school game, his talent brought him to the collegiate arena, and he spent 25 years officiating DI, DII and DIII games. He was mentored by his peers. "They had confidence in me. I made sacrifices with my family, but relished the college and high school games."

Now he's enjoying a more administrative role and leadership initiatives. "I get to put things together, with perspective. I'm confident in that. It builds as you get older." He observes officials in Connecticut as

he currently serves at the table as shot clock operator for high school and college contests, occasionally providing officials with feedback. "I get my share of eye rolls from the coaches on certain calls," he laughed.

The administrative side of his current contributions is a mixture of Peter's skills. "It takes some of my attributes and blends them together. It's still me, my personality. I like to get things done, move them forward."

Starting locally in Connecticut with his Board, Peter has moved to the national level with IAABO and onto a bigger field. "I like playing a role in moving people and issues forward. I'm not bashful and always one to step forward. I'm enjoying my role as a senior member locally. If they want my advice, I will give it to them behind the scenes."

#### **Offering Experience to Others**

Peter enjoys sharing his expertise with others, particularly in handling challenging situations involving coaches and difficult individuals. His extensive experience equips him to provide valuable insights on addressing these issues effectively. Even while operating the shot clock, he continues to watch games and offer input to team members. "I don't want to go overboard. Some vets ask for my opinion and they appreciate the feedback."

The most challenging thing he's seen in his years officiating is "observing members not putting in the effort they should. I hope most officials are there because they want to become a better official. The difficulty arises when I see officials not going the extra mile."

He is also a strong advocate for sportsmanship, believing that officiating should always uphold that principle. Peter recognizes that this is not always the case. Some officials will pursue the money, taking multiple AAU or recreation games rather than pursuing high school contests.

His favorite part of officiating was when he and his partners were in the "middle of the gym making decisions on a Friday night working as fairly as we could for both teams. I had a passion for it. I loved officiating more than playing. You would walk out the of the gym feeling great because you knew you'd given it your best."

Palermino brings that extra passion to his Executive Committee work as well. "I do the best I can with the resources we have."

Over the course of his full-time career and through officiating, Peter found his problem-solving and leadership skills in demand. He served in state government for 35 years and used similar skills to those he utilized on the court. "I applied those skills to officiating. I love that part. I was born to be in that type of leadership role. The game flowed to me."

If he moves on to the IAABO presidency role, Palermino realizes he has to put in the work to be successful. "I thought I was born to be a player, but I was born to be an official. You see the game in a different light and keep the passion going. I was mentored well, and now I can pass that on."

His advice to newbies: "If you love the game, you'll love officiating. Focus on the 10 individuals on the court. It can be a lot of fun. If not, get

footsteps. I loved every step and still seek out quickly. Don't do it for the money. Work your hardest."

He and his wife Paula will celebrate their 40th wedding anniversary in September 2024. They have two daughters – Caitlin Palermino and



Lauren Mascolo, as well as a son-in-law, Neil Mascolo. Lauren and Neil have two children -- Andie (7) and Ella (5).

What was the thing hardest for Palermino during his officiating days? "At times, you and your partner wouldn't have the same understanding of the game. One of you might under-call

(I to r) Peter Palermino, John McDonnell, and Charlene Shepard Bd. 6 Interpreters (Past and Present)

and the other over-call. You might whistle too quickly or not quickly enough." He learned to work through those circumstances with open communication.

"I didn't mind the hard coaches. With the right partner, you'd be in-tune. One other challenge was shifting night to night from college to high school games. You have to make sure you brought the same intensity to every high school game if you were coming off a college contest. Any game without the right partner can be a long night."

While Palermino doesn't miss some of the poor sportsmanship seen on the court, he does miss working with great partners. "Those grinder games will make or break an official and you need great partners."



### What is Your Officiating Reputation?



As the off-season sets upon us, it is an excellent opportunity to reflect on the goals we set for the season, evaluations and feedback we received, and improvements we made. This reflection will assist in guiding us through the off-season as we prepare and set goals for next season. We should also reflect upon how we are viewed as an official. What is our reputation with our assignors, the referee

and crew members in our games, mentees, head coaches and players?

We develop a reputation in our personal, social, professional, and officiating lives based on our real actions and how we are perceived. The Cambridge Dictionary defines reputation as the "opinion that people have about someone or something based on their behavior or character in the past." How do we develop our officiating reputation and, more importantly, what is your reputation and does it align with what you want it to be? Let's think about a few examples that might assist you in reflecting on your reputation:

• When you officiate basketball during the off-season, do you

• Set an example by continuing to refine your signals and mechanics?

Continue your conditioning or wait until just before the season?
Study the rules periodically or wait until your assignments are posted?

• Regarding your availability to an assignor:

• Do you have your availability set up before the date requested by your assignor?

• Do you accept your assigned games in a timely manner and prior to the end date?

• Can your assignor rely on you to have your availability up to date during the season?

- · When assigned as the Referee on a game, do you
- · Contact and confirm game information with the other crew

attendance at the seminar; all they need to do is complete the registration ev form on page 9! Se

The highlight of the weekend is undoubtedly the Life Membership Banquet on Saturday evening. This prestigious event honors the outstanding contributions of select members, recognizing their dedication and impact on the officiating community. This year, Paul Behr, Bd. 403 SC, Bob Ferrarotti, Bd. 7 CT, Louis Levine, Bd. 44 MA, Alberto Perez-Villamonte, Bd. 213 WA, and Dan Shepardson, Bd. 105 VT, will be celebrated for their exceptional service and commitment. The banquet is a time for reflection, celebration, and inspiration, as attendees honor these distinguished members.

The seminar will culminate on Sunday morning with a session addressing the 2024-2025 rules/mechanics changes and points of emphasis at 8 a.m., followed by the annual business meeting 9 a.m., with elections and awards. This meeting is a critical component of the seminar, as it shapes the future direction of IAABO and honors those who have made significant contributions over the past year.

The 2024 IAABO Fall Seminar promises to be an enriching and memorable event for all attendees. From the specialized training sessions to the networking opportunities, from the Women's Luncheon to the Life Membership Banquet, every aspect of the seminar is designed to enhance the IAABO community. With the inclusion of a comprehensive seminar program and enjoyable activities, this seminar is set to be a landmark members at least two to three days in advance or communicate with them the night before?

• Have a pre-game outline, as supplied by IAABO, that engages the crew members or do you just tell your partners, "We've worked together before, I trust you"?

• Submit a post-game report to inform the assignor of any situations or let the assignor get surprised by a call?

• As a crew member, do you

• Respond in a timely manner to the Referee's game confirmation request or do you not respond at all?

• Arrive at the game site at the pre-determined time, and inform the Referee and assignor when you're going to be late due to an emergency?

• Participate and remain engaged in the pre-game conference?

• Act as a resource for the crew regarding rules, what player committed a foul when not your call, observe situations with coaches and players, efficiently facilitate administration procedures such as throw-ins or free throws?

• As a mentor, do you

• Stay engaged with your mentee throughout the season, officiate a game(s) with them and provide an evaluation at the beginning and end of the season?

· With head coaches and players, do you

 Prepare yourself before the the game to communicate effectively? Our dedication to officiating and an overall expression of us as officials become known through these and other reputation-building actions. Do your officiating characteristics include punctuality, rules knowledge, strong communication skills, court awareness, consistent hustling, proper mechanics and signals, and providing encouragement to fellow officials, or just the opposite? Be the former and strive to build a positive reputation in an earnest and modest manner, and your efforts shall not go unnoticed.



David Futey is a member of IAABO Colorado Board 4, Area 6 and IAABO Board 801, the Women's Collegiate Basketball Officials Organization (WCBOO) Education Team. He resides in Colorado Springs.

### Fall Seminar (continued from page 1)

event. Be sure to fill out the registration forms for the various Fall Seminar events on page 9.

As members gather at the Crowne Plaza Albany, The Desmond Hotel, they will not only gain invaluable knowledge and skills but also strengthen the bonds that make the IAABO community so special. This seminar is a testament to the commitment and passion of basketball officials across the country, dedicated to elevating the standards of the game they love.

### Welcome to IAABO



IAABO is please to welcome the Northeast Alabama Officials' Group. The Northeast Alabama Officials' Group will be recognized as IAABO Board No. 124. The board will be responsible for the entire state of Alabama.

### Welcome to IAABO



IAABO is pleased to welcome the Gulfcoast Basketball Officials Association (GCBOA) as its newest member. GCBOA will now be recognized as IAABO Board No. 2 and their territory includes the counties of Sarasota, Manatee, and Charlotte.

### IAABO Executive Committee Approves Life Membership Inductees for 2024

Five candidates were presented to the Executive Committee for Honorary Life Membership at the virtual spring meeting. They unanimously approved and will bestow Life Membership status on these individuals at the 2024 Fall Seminar to be held in Albany, NY. The IAABO Life Membership Class of 2024 is as follows:



### <u>Paul Behr</u>

Paul has been a member of IAABO since 1981 as a member of NJ Board 168. He is also a member of South Carolina Board 403, which he helped form, along with several other Boards in the Carolinas. He has served both as president and rules interpreter of his Board. Paul has worked tirelessly in training, assigning, mentoring, observing, examining, and providing training aids for officials.

#### **Robert Ferrarotti**

Robert has over 50 years of service to IAABO, joining CT Board 7 in 1973 where he has served as president, vice-president, commissioner, mentor and secretary/ treasurer during his 28 years of service as an officer. He has served CT State Board 5 as president and on numerous CT state committees. Robert is also an honorary life member of IAABO CT. He is a past recipient of the CT State Official of the Year Award and the CIAC Merit Award.

#### Lou Levine

Lou has been a member of IAABO Board 44 in MA since 1991, where he served as a member of the executive board, vicepresident and president. He has served on Mass State Board 15 since 2006 as State Parliamentarian. Internationally, he has served as IAABO's chief participant in the Officials vs. Cancer program, individually raising nearly \$1 million dollars in donations for this program, traveling throughout the northeast each year to solicit donations for

this charity. He has received the NASO Good Call Award, the American Cancer Society Award, and in 2019 was honored in Minneapolis at the NCAA Men's Final Four with the Coaches vs. Cancer Championship Award.

#### Al Perez

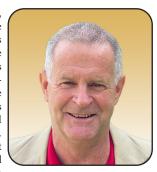
Al has been a member of IAABO since 1977. He is a member of WA Board 213, a board he helped resurrect, and one where he has served as president, vice-president, assignor, and executive committee member. As a career military man, Al has served his country and IAABO all over the world including Hawaii, Seoul South Korea, Virginia, Germany, Lakewood, St. Croix, California, Oregon, and Washington State. He has officiated championship games at



numerous levels, and in different rule sets world-wide. He has participated as a clinician at numerous instructional camps around the globe.

#### Dan Shepardson

Dan joined VT Board 105 in 1974, where he has served as an executive committee member, president, and has served at both board and Vermont State Interpreter since 2002. He has served as one of the four IAABO International Co-Coordinators of Officials and an Executive Committee member since 2016. He has served on numerous IAABO International Committees during his tenure as a member. Not only is Dan a regular clinician at IAABO seminars, but he has also served on the NFHS Rules Committee and as an



observer and clinician at Fox Clinics and various camps around the world. Dan is a member of CBOA, an active collegiate official, and a veteran of the U.S. Air Force.





Charlene Shepard, Bd. 6 Central Connecticut Chair, Nominating Committee Rules Interpreter, CT Board #6 20 Kulper Road New Britain, CT06051 charleneshepard@hotmail.com



Chris Magistrale, Bd. 105 Vermont Member, Nominating Committee IU Coordinator, VT Board #105 21 East Street Essex Junction, VT 05452 cmagistrale@wsdschools.org





Ron Martel, Bd. 208 Massachusetts Member, Nominating Committee Past President, IAABO, Inc. 30 High Street Bellingham, MA 02019 rlmartel@verizon.net



Calvin Pitts, Bd. 36 New York Member, Nominating Committee Secretary, NY Board #36 11 Awenasa Ct. Valatie, NY 12184 czpitts@gmail.com



Jason Stallworth, Bd. 194 New Jersey Member, Nominating Committee Rules Interpreter, NJ Board #194 17 Silverknoll Drive Rochester, NY 14624 rtrau@rochester.rc.com

Letters of Nomination for the IAABO Executive Committee should be submitted to the Committee Chair, Charlene Shepard, 20 Kulper Road, New Britain, CT. The information may also be emailed to: charleneshepard@hotmail.com. The nomination must be postmarked no later than Tuesday, December 31, 2024. This is also the last date that the nominations may be emailed. Attention and consideration will be given only to those nominations that meet these practices and procedures

### Notice of Proposed Amendments to the IAABO Constitution

The IAABO Constitution amendments proposed below have been approved by both the Constitution Committee and the Executive Committee. Pursuant to the notice provisions of Article XI of the Constitution, these amendments will be presented to the International Assembly for adoption at the Fall Meeting in Albany, New York, on September 15, 2024.

#### Art. III - Membership Secs. 4b and 4d – Admission to Membership Presently reads:

b. Practical Floor Test. Those applicants who pass the official IAABO Written Examination will be eligible to take the IAABO Practical Floor Test. The Board shall send the examination results to the Executive Director.

d. Registration. Every applicant who passes the IAABO Written Examination, the IAABO Floor Examination, any applicable oral examinations or other evaluation criteria, complies with meeting and attendance requirements and pays the appropriate dues, must be registered with the Association Office on or before the ensuing fifteenth day of May as an Active/Officiating (AO) member. Area boards shall collect the international registration fee and remit the international registration fee and register members with the Association office.

#### Proposed amendment:

b. Practical Floor Test. Those applicants who pass the IAABO Examination shall be eligible to take the IAABO Practical Floor Test. The Board shall send the examination results to the Executive Director.

d. Registration. Every applicant who passes the IAABO Examination, the IAABO Floor Examination, any applicable oral examinations or other evaluation criteria, complies with meeting and attendance requirements, and pays the appropriate dues, must be registered with the Association Office on or before the ensuing fifteenth day of May as an Active/Officiating (AO) member. Area boards shall collect the international registration fee, remit the international registration fee, and register members with the Association Office.

#### Rationale:

• b. Deletes the references in the first line to the: (1) 'official' IAABO Written Examination, as the term 'official' is unnecessary, and (2) 'Written', as the examination is no longer written. To clean up the existing grammar and make capitalizations consistent.

• d. Deletes the reference to 'Written' in the first line, as the examination is no longer written.

• Both of these items were inadvertently omitted from the amendments relating to membership and testing which were approved by the International Assembly at the April 2023 Spring Meeting in Lancaster, PA.

#### Art. X – Committees

### Sec. 1. Standing Committees

#### Presently reads:

The following shall be the standing committees of the Association:

- 1. Budget & Finance
  - 2. Board Relations & Policy
  - 3. Constitution
  - 4. Life Membership
  - 5. Membership Development
  - 6. Rules Examination
  - 7. Officials Education & Development
- 8. Women's Coordinating

#### **Proposed amendment:**

The following shall be the standing committees of the Association:

- 1. Constitution
- 2. Life Membership
- 3. Membership Development
- 4. Rules Examination
- 5. Officials Education & Development
- 6. Women's Coordinating

Rationale: By way of background, President Sal Capitummino appointed an Ad Hoc Committee to review the existing standing committees and determine if any of the standing committees could be realigned, restructured, consolidated, or dissolved. The Ad Hoc Committee unanimously recommended, the Executive Committee approved, and the Constitution Committee subsequently approved the dissolution of the Budget & Finance and Board Relations & Policy committees.

#### **Budget & Finance Committee**

As the governing body of the Association, the Executive Committee is responsible for the adoption of the annual budget as well as all financial matters of the Association. Historically, the annual budget has been developed by the Executive Committee under the direction of the Executive Director with limited input by the Budget & Finance Committee. The Association's complete financial information and details are published in the annual meeting program book which is distributed and accessible to all attendees at the Annual Meeting.

#### **Board Relations & Policy**

As the governing body of the Association, the Executive Committee is responsible for establishing and determining various policies for the organization. This responsibility includes the structure and purpose of the various standing committees, determining the criteria for awards, and all other matters relating to establishing policies of the Association. Many of the provisions in the current Board Relations & Policy Manual are unnecessary, and in some cases, obsolete. Items and information contained in the current Board Relations & Policy Manual relating to the purposes of the various standing committees, the structure and procedure to be followed by the Nominating Committee, and award criteria, etc., will be posted on the IAABO web site or otherwise disseminated to local board leadership.

	Isurer of Houston Board 205 (TX).
Sc	<b>Golf Registration</b> Thursday, September 12, 2024 8:30 AM Shotgun start Registration - 7:00 - 8:00 AM thenectady Municipal Golf Course - https://smgc.golf/ \$100/Golfer
th	pursomes who wish to play together should be specified on registration form. Make full payment for the foursome listed elow:
	Name:
	Total Enclosed:
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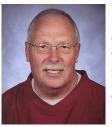
### **Did You Know?**



In 1981, the cost to attend an IAABO Officials' School was \$175.00. More than 40 years later, the price has increased a little over \$100.00. IAABO Officials' Schools remain a bargain for anyone who wants to become a better basketball official. The schools are all inclusive to include registration, instruction, all meals, lodging, a graduation certificate and an IAABO t-shirt.

Areas of Concern	2. Coaches, in particular, have brought to our attention the failure of	a. In moving down the court the official should never turn his/her
time-out is when he goes to the scorer	officials to know where the ball is to be	b. Officials should avoid running backward as much as possible
to request a conference with the offi-	put into play after a time-out.	b. Officials should avoid running
cial to correct an error under Rule 2-	a. The officials should always be	
Section 10.	alert to where ball should be put into play after a time-out.	c. When an official is retreating down court he/she should cover the
e. Any player of a team, not only	b. Proper technique and teamwork	court and the play by looking over
the captain, may request and be	requires that the official with the ball	his/her inside shoulder. Without this
granted a time-out if in compliance with Rule 5, Section 8, Art. 3,	holds his/her position, which is the	there is a lack of court balance and
f. It is legal to request and be	spot where the ball should be put in play after the time-out.	team work by the officials in covering
granted a time-out following a suc-	c. The other official should be sta-	the play and the players. d. There have been a number o
cessful field goal. Even though the	tioned on the side of the court nearest	d. There have been a number o accidents to officials who have been
clock is running the ball is dead as soon as it passes through the basket.	the Scorers' table, facing the Scorers'	running down the court in a back
	table and approximately half way between the side line and the center	ward position.
status of the ball is about to occur a	between the side line and the center	e. Further, in moving down the court, there are times when the offi-
request for a time-out should be granted (Rule 5-Section 8). Many		cial should sprint, rather than iog or
coaches are properly using this rule to	<ol> <li>There have been too many cases in which officials are "running blind"</li> </ol>	walk.
save precious seconds, and in some	when retreating.	continued on page
situations to stop a fast break by hav-		communed on page
ing one of their players request a time- out as soon as the basket is scored.		
	IAABO Refe	rees School
Problems of concern with the rules in	Anno More	COULTER TO A STORE FOR THE
dition to the above that have fre- cently been mentioned are: (a) correct-	The response to IAABO's second Refe	rees School continues to be external
le errors, (b) air borne player, (c)	gratifying. Registrations are being accept	ted for each session by postmark date.
cidental contact, (d) the Tower Philo-	The School will be held at Westminster Se	chool Simsbury Connecticut - only 10
phy concerning contact, (e) screening	minutes from Hartford and 8 miles from	n Bradley International Airport. Four
nd (f) putting time back on the game	three-day sessions are scheduled, providin and the veteran official. Dallas Shirley an-	g a training program for both the novice
ACRI .	the school. The outstanding lineup of le	cturers includes Dr. Ed Steitz Editor
roblems of Concern	NCAA Rules, Dick Schindler, Editor, Fed	leration Rules, Lou Bonder, Supervisor,
ith Mechanics and Techniques	E.C.A.C. and other well-respected official	
1. On every whistle the official should.	The cost per session is \$175.00 (\$165.00 fee includes registration, printed materi	for IAABO members). This all inclusive
ith the blowing of the whistle, give one	certificate, and an IAABO T-shirt.	iais, instruction, all meals, lodging, a
three signals to stop the clock: signal 5		
stop the clock for foul; signal 2 - stop ock or do not start clock; and signal 3 -	- 4 Sess	ions -
on clock for jump hall	1. June 26-29	2. June 29-July 2
a. The only time this is not done is	3. August 2-5	4. August 5-8
in the Collegiate Commissioners	or magant 2.0	4. Hugust 0-0
Association Basketball Officiating Manual when after any time-out or	T. 11100	
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to be done on all throw-ins, only those following a time-out of an unusual	my arrival at School.	is due on or before
delay,	Please send a brochure on the School.	
b. Many times it is difficult for the	I souther of the below.	
timer to hear the whistle, therefore the visible hand signal(s) must be		
given. Precious seconds are too often		
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e. The signals concerning the clock	City	State Zip
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the officials, with the coaches, with the players, with the timers and scor-	and all all a second and a man	
ers, with the communication media	Telephone: Home	Business
and with the spectators. Proper com-		
munication is an essential element of quality officiating.	Session 1 Session 2 Sessio	n 3 🛛 Session 4 🗆 👘

### IAABO Life Member Reflection



I am immensely proud to have achieved Life Member status with IAABO in 2010. The honor of wearing my Life Member ring, especially on special occasions, fills me with great pride. Although I closely follow IAABO's activities, I haven't been able to attend conferences recently due to travel difficulties as I get older. However, I remain hopeful that a future conference will be held in Georgia, making it easier for me to attend.

Reflecting on my active years, I fondly remember attending many meetings, particularly during my tenure as the secretary of our board. IAABO has always held a special place in my heart, and I take great pleasure in observing the positive changes over the past few years.

Bob Huber, IAABO Life Member, Class of 2010, and member, Board 60. New York

### **Harvey Bishop Passes**

Harvey Bishop, a longtime member of IAABO Board 103, London, Ontario, passed away on May 5, 2024. He was a 50-year member of IAABO, Inc. Harvey was an avid basketball player growing up and began officiating while attending Western University in London. His role as a sport referee for both able-bodied



and wheelchair basketball, volleyball, soccer and rugby at all levels lasted 62 years total. Harvey attended many tournaments around the world and received many awards. He created the London Wheelchair Basketball Association Fund in 2014 to support the needs of players, including funding for new wheelchairs.

### **Expanded Video Replay Review Approved for Men's Basketball**

Officials will have the ability to judge whether a player stepped out of bounds in the act of releasing a shot as time expires

Media Center 6/6/2024 3:30:00 PM **Greg** Johnson

In men's basketball next season, expanded video replay review will include whether a player's foot last touching the court was inbounds on a made shot before time expired.

Since these plays are automatically reviewed to see whether the shot was released before time expired,

the NCAA Playing Rules Oversight Panel on Thursday approved the recommendation from the Men's Basketball Rules Committee to give officials another tool to get the call right.

If the player's foot is determined to be out of bounds, officials will put the exact time of the violation on the game clock.

However, if the shot is made and time remains on the game clock, a video review would not occur.

Previously, officials could not review whether a player's foot was out of bounds prior to releasing a shot before time expires unless an out-ofbounds call was made by an official on the floor during live play.

#### Supporting officials

The panel approved a one-game suspension being added to the ejection of players, coaches or bench personnel who make physical contact or threaten referees.

The rules book already defines a violation as occurring when anyone "disrespectfully contacts an official or makes a threat of physical intimidation or harm, to include pushing, shoving, spitting or



attempting to make physical contact with an official." Men's Basketball Rules Committee members feel proposing a suspension can help deter such behavior toward officials.

In January, the Playing Rules Oversight Panel issued a directive to all NCAA rules committees to review their sportsmanship and ethical conduct rules. **Experimental rule** 

Last month, the Men's Basketball Rules Committee forwarded an experimental rule for the 2025 NIT that would allow a coach to appeal out-of-bounds calls for video replay review in the last two minutes of games, pending approval from the NIT Board.

The experimental rule would eliminate the official's voluntary ability to review out-of-bounds calls on the floor in the last two minutes of the game.

Instead, these calls for a video review would be tied to the timeouts a team has remaining. If a team appeals the call and it is overturned, the team making the appeal would retain the timeout.

If the review fails, the team making the appeal would lose a timeout.

If no timeouts remain, coaches could still appeal, but if the appeal fails, they would be assessed an excessive timeout administrative technical, meaning their opponents would shoot two free throws and maintain possession of the ball.

Committee members supported this experimental rule after receiving feedback from the men's basketball coaching community, which expressed interest in challenging calls using video replay review.



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**I200-607** 



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### 43rd Year of IAABO Officials' Schools



This summer, IAABO will host two officiating schools at Albright College in Reading, Pennsylvania, with the goal of fostering "professional improvement." Personal growth is essential for a successful career as a basketball official. Over the past ten decades, IAABO's diverse and continuous education materials and officials' schools have helped thousands of new and veteran officials develop and refine their skills.

IAABO Schools are designed to provide personalized attention to officials with varying levels of ability and experience. The focus areas include reviewing rules, mechanics, signals, and professionalism. Each official can expect high-quality instruction both in the classroom and on the court. Instant feedback, including video analysis, is provided to help officials immediately incorporate improvements into their officiating.

Donnie Eppley, Director of Membership & Technology and Division I Basketball Coordinator for the Horizon League, is the director of IAABO Officials' schools. He is assisted by IAABO Co-Coordinators.

IAABO Officials' Schools are dedicated to enhancing the officiating skills of all participants. The program benefits those embarking on an officiating career as well as those seeking to refine their skills. Classroom sessions cover all aspects of officiating through lectures, video, workshops, and testing. In the afternoon and evening sessions, officials have the opportunity to put what they've learned into practice by officiating games.

Attendees will be housed in college dormitories, with meals served in college dining halls. Each official will receive a certificate upon completing the IAABO Officials' School course of study. Only National Federation Rules and mechanics are taught and used.

	2024 Fall Seminar		0	
	Pre-Seminar Zoom Sessions - Reg Video Breakdown - Mike Millione (Bd. 214 MD) Game Journaling - Al Battista (Bd. 12 DC)		gister Online @www.iaabo.org Screening - Derek Ferguson (Bd. 54 MA)	
	Friday, September 13, 2024		Saturday, September 14, 2024	
8:30 AM	Committee Meetings	8:30 AM	Fair Game, Firestorms and Point Guards (Alan Goldberger, Bd. 33 NJ)	
10:00 AM 10:15 AM	Break Been There, Doing That! <b>(Felix Addeo, IAABO, Inc.)</b>	9:00 AM	How to Become a "Control" Freak! (Jeff Jewett, Bd.71 AZ )	
10:45 AM	(Feilx Addeo, IAABO, Inc.) What Would Women Do? (Charlene Shepard, Bd. 6 CT)	9:30 AM	Champions of Character: Building Integrity (Julie Goupille, Bd. 150 ME)	
11:15 AM	Lunch Break - WCC & WCBOO Luncheon (Kerry Donahue, Bd. 801 NY)	10:15 AM	Big Moments, Little Details (Kelly Callahan, Bd. 11 DE)	
1:00 PM	Post Play - Call the First Foul <b>(Dick Hecker, Bd. 33 NJ)</b>	1:00 PM	Communication with Players and Coaches (John Rafferty, Bd. 95 MA)	
1:30 PM	Officiating Drives to the Basket (Derek Easdon, Bd. 4 CO)	1:30 PM	Shades of Gray (David Smith, Bd. 4 CO)	
2:15 PM	Working the Trail (Co2/Co3) <b>(Dan Shepardson, Bd. 105 VT)</b>	2:15 PM	Rules Differences (Mike Preston, Bd. 255 VA)	
2:45 PM	Rebounding <b>(Eric Cota, Bd. 38 NY Charlene Shepard, Bd. 6 CT)</b>	2:45 PM	Crew of Three (Co3) <b>(TJ Halliday, IAABO, Inc.)</b>	
3:15 PM	Nitty Gritty (Layne Drexel, Bd. 11 DE) )	3:15 PM	Interpreters' Roundtable	
4:00 PM	IAABO Game Simulation (Billy Martin, Bd. 196 NJ)			
	Sunday, Septemb	er 15, 2024		
8:00 AM	Rules Changes, Editorial Revisions and Points of Emphasis	9:00 AM	General Assembly Meeting (Elections and Awards)	

### Flopping Addressed in 2024-25 High School Basketball Rules Changes



NFHS May 2, 2024

A new definition and subsequent warning for faking being fouled (flopping) has been added to the NFHS Basketball Rules Book for the 2024-25 season.

This revision to high school basketball rules was one of 12 changes approved by the NFHS Basketball Rules Committee at its April 9-11 meeting in Indianapolis. All recommended

changes were subsequently approved by the NFHS Board of Directors.

"The committee approved changes addressing a variety of different areas," said Lindsey Atkinson, NFHS Director of Sports. "Maintaining a focus on player safety, fairness, balance and rules that officials can effectively adjudicate continue to be the focus of the committee."

Faking being fouled is defined in Rule 4-49-1 as when a player simulates being fouled or makes theatrical or exaggerated movements when there is no illegal contact. Examples include, but are not limited to, embellishing the impact of incidental contact on block/charge plays or field goal attempts, using a "head bob" to simulate illegal contact and using any tactic to create an opinion of being fouled to gain an advantage.

The new language also establishes a procedure for officials to issue a team warning on the first instance of faking being fouled. The warning is recorded in the scorebook and reported to the head coach. Any additional instances will result in a team technical foul and not a player technical foul, which was previously the case.

"(The committee) is hoping to get those dishonest acts out of the game," said Billy Strickland, the executive director of the Alaska School Activities Association and chair of the Basketball Rules Committee.

A change to Rule 3-4-4a removes the restriction of only lettering being allowed on the front of the jersey. If a logo or mascot is displayed on the front, it must be centered directly above the number in place of identifying names. This change does not require schools to purchase new uniforms and may allow some schools to wear current uniforms that were previously not permitted.

A new note to Rule 9-10-1a and edit to Rule 4-10 allows states that utilize a 35-second shot clock to choose to eliminate the five-second closely guarded provision while a player dribbles the ball. The closely guarded rules remain in effect while a player holds the ball regardless of whether or not a state utilizes a shot clock.

Other rules changes approved by the committee include the following.

• Rule 1-19 clarifies that the use of electronic devices during the game must be limited to recording and tracking stats, reviewing plays or similar contest-related functions. The use of electronic devices for voice or video recording is prohibited.

• Rule 2-11-11 notes that if multiple scorers are at the scorer's bench, the scorer(s) that is not official is responsible for comparing records with the official scorer, who then would notify a referee immediately of a discrepancy. This allows the official scorer to remain focused on game play and places the responsibility of comparing scoring information on auxiliary scorers.

• Rule 3-3-6 states that if bench personnel are beckoned to attend to an injured player, whether they enter the court or not, the player is subject to removal from the game unless the coach requests a time-out.

• If a player is bleeding or has blood on the uniform, Rule 3-3-7 now allows the player to remain in the game if the issue can be resolved in 20 seconds.

• A new exception to Rule 4-6-1 involving basket interference allows for the net to be contacted and play continue if the official determines the contact to not affect the try for a goal.

• A collection of changes to rules 4-47-5, 10-2-1g and 10-4-5 allows officials to issue a team warning for delay of game when a ball is not immediately passed to an official when a whistle sounds. Any subsequent violations now result in a team technical instead of a player technical.

• Rule 7-1-1 establishes that a player cannot be assisted by a team member or bench personnel outside the boundary line to remain inbounds.

• Pregame violations were addressed in a series of changes in Rule 10. If both teams violate provisions listed in Rules 10-1-1, 10-1-2 and 10-2-7 in equal numbers, the penalties offset, and no free throws are awarded. Additionally, the head coach would not lose the privilege of the coaching box. Similarly, the penalty for dunking or attempting to dunk a dead ball in Rule 10-2-7 no longer requires the coach to lose coaching box privileges and no personal foul is assessed as it is now a team technical and not a bench technical.

A complete listing of the basketball rules changes will be available on the NFHS website at www.nfhs.org. Click on "Activities & Sports" at the top of the home page and select "Basketball."

According to the 2022-23 NFHS High School Athletics Participation Survey, basketball is the third-most popular sport for boys with 537,438 participants in 18,369 schools, and the fourth-most popular sport for girls with 373,366 participants in 17,881 schools.

### 2024-25 Women's Basketball Rules Changes

The following rules changes were approved by the NCAA Women's Basketball Rules Committee and the NCAA Playing Rules Oversight Panel. These changes are effective with the 2024-25 season.



RULE: Disqualifying Foul (Rules 10-14.1.a.6, 10-14.1.b.3, and 10-14 Penalty)

**Rules Change:** To amend the current article as follows: "Disrespectfully contacts an official or makes a threat of physical intimidation or harm to include pushing, shoving, spitting, or attempting to make physical contact with an official."

The penalty for physically abusing an official is ejection from the contest and a one-game suspension.

**Rationale**: The current playing rules do not address any consequences, other than ejection from that game, for any individual who physically abuses a game official. This proposed rule aligns women's basketball with other sports which prescribe additional suspensions for physical abuse of an official. This change also aligns with the Playing Rules Oversight Panel's directive to rules committees to review its rules and penalties surrounding sportsmanship and ethical conduct and reaffirm that those rules adequately address the unsporting behavior occurring during competition.

#### RULE: Replay (Rule 11-2.1.a.1)

**Rules Change:** To provide the officials the opportunity to review whether the player's last foot prior to leaving the floor was out of bounds prior to releasing a shot as time expired (game clock reading zeros) in any quarter or overtime.

**Rationale**: This change would provide the officials with another tool to assist in getting the call right on last-second shots. Under the current rules, officials are not able to review out of bounds unless it was called on the floor. In addition, last-second shots as time expires are required to be reviewed by rule. This does not add a review as the officials are already over at replay reviewing whether the ball was released prior to the expiration of time on the game clock, and this review aligns with rules in the WNBA and FIBA on this play.

#### **RULE: Replay (Rule 11-3.1.r Administration)**

**Rules Change:** To require that any replay review, whether initiated by a coach's appeal or by the officials of their own volition, occur immediately following the foul to determine whether a successful field goal or free throw should count or be canceled when an "off-ball" foul is committed by either team.

**Rationale**: Last year's rule change moved the replay review to the next electronic-media timeout when the "off-ball" foul was committed by the defensive team during a successful field goal. The committee determined that it is more beneficial for all reviews to be conducted in the same fashion and there was no significant benefit to delaying the review when the defensive team fouls.

# **Enhancing Officiating Skills in the Off-Season**

The off-season presents a golden opportunity for sports officials to refine their skills, expand their knowledge, and prepare for the upcoming season. While athletes focus on maintaining their physical fitness and improving their techniques, officials can engage in a variety of activities to enhance their officiating capabilities.

Here are several strategies that can help officials improve during the off-season:

#### 1. Physical Fitness and Conditioning

Maintaining physical fitness is crucial for officials, as the demands of officiating often require endurance, agility, and quick reflexes. Officials should develop a fitness regimen that includes cardiovascular training, strength training, and flexibility exercises. Activities such as running, cycling, and swimming can improve cardiovascular health, while weight training can enhance muscular strength. Incorporating yoga or stretching routines can also help with flexibility and injury prevention.

#### 2. Rulebook Study and Updates

The off-season is an ideal time to thoroughly review the rulebook and stay updated on any changes that have been approved for the upcoming season. Officials should take the time to understand the nuances of the rules, focusing on areas where they may have encountered difficulties in the past season. Engaging in discussions with fellow officials and attending rule interpretation meetings or webinars can also provide valuable insights and clarify any ambiguities. The NFHS has approved several rules changes, editorial revisions and interpretations for the upcoming 2024-25 season. It is never too early to start learning about these changes. They can be found on the NFHS website at www.nfhs.org.

#### 3. Mentorship and Networking

Building relationships with more experienced officials can be incredibly beneficial. Mentorship programs provide less experienced officials with guidance, advice, and feedback. Networking with peers through officiating associations, conferences, and social media groups can also create opportunities for sharing best practices, discussing challenging situations, and staying connected with the officiating community. If you have questions, you should start by contacting your local board Interpreter. They are the resource for understanding the rules, mechanics, procedures and signals. In addition, it is a good idea to develop a rapport with experienced officials in your area that have been successful. Veteran officials should also be willing to share their experiences with officials looking to improve their skills.

#### 4. Video Analysis

Watching game footage is an excellent way for officials to evaluate their performance and learn from their experiences. By analyzing videos of their own games and those of other officials, they can identify strengths and weaknesses, understand positioning and mechanics better, and observe how different situations are handled. This self-assessment can lead to more informed and confident decision-making during games.

In addition, there are numerous high school basketball games on YouTube. If you are looking to improve, it is a good idea to watch and learn from officials who are officiating post-season games in your area. Invest some time watching and learning what they do that helps them be successful.

In addition, IAABO features a year-round continuing education program through Refquest+ that officials can participate in to learn how to apply the rules, mechanics, procedures and signals. Those who sign up receive two to three play situations each week to learn from. If you are interested, contact Donnie Eppley at <u>deppley@iaabo.org</u>. He will ensure you get registered.

#### 5. Attending Summer Clinics and Workshops

Many sports organizations offer summer clinics specifically designed for officials. These programs often feature experienced instructors who provide training on mechanics, positioning, and game management. Attending these events can not only improve technical skills but also offer opportunities for hands-on practice and feedback.

In addition, IAABO features a library of presentations through IAABO

Academy. This program is free for all members who register for access to the members' section of the <u>IAABO website</u>. This program gives you access to the very best of IAABO clinicians across the country.

#### 6. Psychological Preparation

Officiating can be mentally challenging, requiring focus, composure, and the ability to handle pressure. Your mindset is as important to your success as learning the rules and mechanics. Officials need to cultivate the ability to make challenging decisions under pressure with confidence. They need to understand the challenges they will face and some of criticism that comes from being a basketball official.

Officials can benefit from learning and practicing psychological skills such as visualization, stress management, and concentration techniques. Books, online courses, and working with sports psychologists can provide valuable resources for mental training.

#### 7. Reflective Practice

Finally, officials should engage in reflective practice, regularly assessing their experiences and identifying areas for improvement. Keeping a journal to document game experiences, decisions made, and lessons learned can be a valuable tool for continuous improvement. Reflecting on both successful and challenging situations helps officials develop a deeper understanding of their officiating style and areas that require further development. This can come from officiating summer league games or you can reflect on some of the challenging situations you faced last season. You will never master all aspects of officiating; it will be a constant learning process. Officials who learn to embrace their mistakes and work to learn from them will develop into high-performing officials.

#### Conclusion

The off-season can be a critical period for officials to focus on personal and professional growth. By dedicating time to physical fitness, rulebook study, mentorship, video analysis, attending educational events, psychological preparation, leveraging technology, and reflective practice, officials can enhance their skills and prepare themselves for a successful season ahead. Continuous improvement and a commitment to excellence are the hallmarks of a great official, and the off-season provides the perfect opportunity to achieve these goals.

T.J. Halliday is a 39 year member of IAABO. He currently is the Director, Education and Development for IAABO, Inc. and a Board Interpreter for Bd. 20 ME. He has presented at the IAABO Fall seminar every year since 2008 and has contributed to numerous IAABO educational videos and other educational materials.

### **Deaf Basketball Championship**



IAABO Board No. 800 CBOA Chris Miller recently participated in the European Deaf Basketball Championship held in Malaga, Spain. Chris (Center) is shown in this photo with fellow officials – Marta Javier and DeOliver.



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# "Off-Season Officiating" Rebooting Your Game in 2024

For many basketball officials, the close of the high school season does not mean the end of officiating assignments. Without a doubt, travel, recreation, and independent league make basketball a year-round sport. And so, of necessity, goes basketball officiating.

Still, officials who assume they can "relax" the rules that were designed for more organized levels of play, run the risk of a rude awakening. Officials who have been reluctant to enforce safety rules in lower-level competition have sometimes found out that independent basketball regardless of the age or skill-level of the players - is the *last* place in the world that officials should be hesitant to enforce rules relating to player safety.

While all the rules and mechanics applicable to the high school game may not be in force, officials working recreation or other non-scholastic basketball need to increase their officiating awareness to focus on the welfare of the athletes involved at all times. Here's why:

• See No Evil. You and your partner may be the only humans on the court who have any working knowledge of safety-related rules and hazard-free facilities. Without the staffing, control or organization that officials find at the high school level and above, all officials must step up and take charge - to a certain extent - of the game, the surroundings and other factors that influence what happens on the court.

• Volunteerism. "Rec" basketball is often staffed, coached, and administered by at least as many volunteers as paid staff. The quality and competence of coaching personnel made up of volunteers is problematic. Officials should not assume that persons associated with the administration and coaching of youth or recreation league basketball will have even a basic knowledge of the safety related aspect of playing rules - or of standards established by state laws, such as, for example, concussion laws which in some states restrict or eliminate same-day "return-to-play" after a substitution under Rules 2-8-5 or 3-3-8.

• Courting Trouble. Recreation basketball is often played on nonregulation courts, in non-conforming facilities where safety hazards unknown to many high school and college gymnasiums are often encountered.

• Who's in Charge? Site managers and other administrative staff, if they exist, are often nowhere to be seen or found before, during, or after the game. This places an additional burden on game officials to take control of situations that could precipitate injuries.

• **Privatization Pitfalls**. On the other end of the independent basketball spectrum, some competition is sponsored by proprietary businesses whose management is not necessarily above sacrificing safety and good sense in favor of encouraging trash talk, displays of glitzy jewelry, disallowing technical fouls, and other potentially hazardous modes of behavior and dress. These ill-advised "modifications" increase the risk to participants - regardless of age or skill level.

• What Insurance? Recreation basketball is often sponsored by organizations with limited resources and ill-defined structures. Some of these groups *may* have adequate insurance to cover claims for personal injuries suffered by participants. Others may not.

#### The End of Liability

Sometimes, the only factor that stands between injuries to the players is the officiating. For this reason, think twice before disregarding any rule because "...it's only a rec league game."



Alan Goldberger is a sports law attorney and recognized legal authority for game officials. He is a member of IAABO Board No. 33, New Jersey and is the IAABO Parliamentarian and the author of *Sports Officiating – A Legal Guide.* 

### **Board 114 Special Olympics**



The Mid-Hudson Chapter of Special Olympics approached IAABO Board 114 about ten years ago asking us to supply basketball officials for their tournament. Since then, Board 114 has supplied officials for all of the Special Olympic tournaments in the Mid-Hudson area. Along with the local tournaments, Board 114 has sent officials to Siena College in the Albany area and Vassar College in Poughkeepsie, NY for the New York State Special Olympics Finals. This past season, Board 114 volunteered to cover three Special Olympic tournaments in the Hudson Valley. Mike Spitz, from IAABO Board 114, has taken over the role as our main liaison with the Special Olympics, coordinating the recruitment and scheduling of officials. The picture is from the Unified Special Olympics Basketball Tournament at the State University of New York at New Paltz in April, 2024. The Mid-Hudson Special Olympics awarded IAABO Board #114 their Community Service Award at their dinner in December 2023. The plaque reads as follows:

#### **Community Service Award**

This year's recipient of the Community Service of the year award is: IAABO Board #114.

What is the meaning of community service? Community service is unpaid work performed by a person or group of people for the benefit and betterment of their community, without any form of compensation. That is what this group of men from the International Association of Approved Basketball Officials, Board 114 have done for us for many years. These awesome officials have jobs, families and lives but they give up their Saturday's and Sunday's to officiate for our basketball events. Every year Special Olympics Hudson Valley Region reaches out to them and the response is always "we will make it work and we would love to help out in any way we can."

Special Olympics employees, athletes and coaches are so thankful that they have IAABO basketball officials at their competitions and, may I add, they do a fantastic job and rock it every time. These folks come to our events without complaints and with great big hearts for our athletes. In fact, last year, a couple of these gentlemen drove well over two hours each way to donate their time officiating. Let us applaud, recognize and congratulate these wonderful officials with the award of Community Service of the Year.



### **Board 42 – Bronx-Manhattan Celebration**



(I to r) Bernard Bowen presents a special award to Cedric Dew

On April 25, 2024, the officers and members of Board 42 – Bronx-Manhattan hosted a celebration to honor their distinguished members. William Robinson received multiple awards in recognition of his over 50 years of dedicated service to IAABO, while Stanley Reese was honored with a plaque for his remarkable 60 years of commitment.

Together, William and Stanley represent an impressive 110 years of service. Also, seventeen new officials were presented with uniforms and certificates, having successfully completed their officiating training through Board 42, thanks to sponsorship from Elevance. Ms. Linda O'Neill was awarded The Pioneer Award for her invaluable commitment, participation, and wise guidance. The evening concluded with an exceptional meal and wonderful fellowship.



(I to r) Bernard Bowen presents an award to Randy Donaldson for his service to the board



(I to r) William Robinson and Stanley Reese received service awards



Linda O'Neil was honored with the Board 42 Pioneer Award



(I to r) Victor Bell, Anthem, shares a laugh with Felix Addeo, Executive Director, IAABO, Inc.



New graduates from the most recent Board 42 NY training class sponsored by Elevance

### **Double-Duty Drugs That Actually Work**

I have good news regarding two significant health problems that affect millions of Americans and most likely many of you: diabetes and excess weight, which often go hand in hand. There are now two classes of prescription drugs that have been proven safe and effective in combating both of these maladies by helping control or reduce blood sugar while at the same time leading to weight loss.

One class consists of what the medical profession calls GLP-1 (Glucagon-like Peptide 1) agonists. The best known of these is Ozempic. You've undoubtedly seen their TV commercials with the musical hook: "Oh, oh, oh, Ozempic." Those of you who are old enough will know that hook based on the chorus from a 1974 pop song "Magic" ("...oh, oh, oh, it's Magic...").

The other class of drugs are known as SGLT-2 (Sodium glucose transporter 2 inhibiters). The best known of these is Jardiance which also features a TV commercial with a song containing such insipid lyrics as "...Jardiance is really swell – the little pill with a big story to tell..." and "...it was easy to see, I'm lowering my A1C..."

I'm not a fan of prescription drug advertising in general and especially ads with jingles, but I am a fan of what these drugs can do to prevent or mitigate certain medical conditions and improve people's health. So, let me break them down for you.

#### Ozempic and other GLP-1 agonists

Ozempic was originally developed to help diabetics lower their blood sugar and A1C. Before Ozempic, one of the most widely used medications for diabetics was Metformin. However, one of the side effects for some people using Metformin is that it could cause neuropathy, which is the last thing diabetic people need to experience. Neuropathy can lead to serious ulcers, which I see in a number of my patients. We often try to reduce neuropathy by prescribing B-Complex. I emphasize "prescribing" because most people can't break down nonprescription over-the-counter B-complex to its active form.

People on Ozempic are losing weight. It's not entirely clear how Ozempic and other such drugs promote weight loss, but they appear to help curb hunger in part by slowing how food moves through the intestines, so people feel full longer and eat less. Other benefits of Ozempic and some of the other drugs in this class are that they can lower the risk of heart disease including heart failure, stroke and kidney disease, while leading to improvement of blood pressure and cholesterol levels. [Source: Mayoclinic.org, "GLP-1 agonists – Diabetes drugs and weight loss"].

Ozempic and other drugs in this class such as Trulicity and Victoza are generally administered by an injection – usually once a week. This is more convenient for people with Type-1 diabetes versus having to inject themselves with insulin multiple times a day.

#### Jardiance and other SGLT-2 inhibitors

These drugs also help reduce blood sugar and lead to weight loss. They, too, help reduce the risk of heart attack, stroke and heart failure as well as kidney disease, but they work a little differently from Ozempic and similar meds in that they lower blood sugar levels by preventing the kidneys from re-absorbing sugar created by your body. That extra sugar leaves through your urine. [Source: National Kidney Foundation, "About sodium-glucose cotransporter-2 (SGLT2) inhibitors"].

Unlike Ozempic, drugs in this class are taken orally. Not everyone can take SGLT-2 medications. Specifically, you can't take it if you are a Type-1 diabetic and you can't take it if you are on dialysis. Also, people who take one particular drug in this class – Invokana – are at two times higher risk of developing toe, foot or leg gangrene, which in turn could lead to amputation. This drug carries a black box warning to that effect.

#### A word about weight loss

If you take one of the drugs I've talked about, you could – as many people have done – lose upwards of 33 pounds. But that's only if, in addition to taking your med, you also watch your diet and get plenty of exercise. If you don't do those things, you could still lose nearly

six pounds. Again, remember that Ozempic was not originally intended to promote weight loss. It was intended to help diabetics control their blood sugar and was not originally approved for being prescribed for non-diabetics for weight loss or any other purpose. However, things are changing, and many doctors are in fact prescribing it for non-diabetics to achieve weight loss. The demand especially for Ozempic has become huge to the point that its manufacturer – Novo Nordisk – is struggling to keep up. [Source: Bloomberg, "The Weight Loss Drug Frenzy Is Outrunning the Company Behind it."] One other consideration: if you are taking Ozempic or similar drugs and eventually stop taking it, it's likely that you will put the weight back on because you will no longer have the appetite-curbing effects of Ozempic in your system.

#### **Final thoughts**

If you are a diabetic and you want to control your blood sugar, be aware of these new classes of drugs that I have described here. They offer a lot of benefits that can improve your health and your quality of life. Some of these drugs can address multiple health complications with better outcomes, and the more you can treat such complications with a single drug, the better off you will be. I call it a win-win-win. But keep the following in mind: chronic diseases such as diabetes don't go away. There is no silver bullet. No drug is a cure-all, no matter the purpose, and no prescription drug comes without some side effects. The best thing you can do is first talk with your doctor about your condition and the available medications to address it. Then hopefully together with your doctor, you will reach a decision that will be in your overall best interest.



Dr. Dan Davis has been a member of IAABO since 1991 and was president of IAABO Board 10 New Haven CT for the 2019-20 season.

### Junior IAABO From the Classroom to the Court



Jeff Hayes from IAABO Board 105 ran a Junior IAABO program at Burlington High School, where he trained 22 students in officiating. Many of these students will gain practical experience by officiating youth and recreation leagues this summer. Jeff hopes to mentor them further, encouraging them to pursue officiating at a higher level after they graduate.





Condolences to: *Rollie Buchanan, Bd. 119 NY*, on the passing of his father; *Bd. 103 ON*, on the passing of our member, *Harvey Bishop*; *Bd. 193 NJ*, on the passing of our member, *Mitchell R. Madoff*.

