

## **2021 NFHS Preseason Bulletin # 1 – A New Season!!**

### **Welcome to the 2021 Football Season**

Greetings!! It is just around the corner – one of the best times of the entire year – the start of the OHSAA FB Season!! As I drive around the state & visit with **Crews**, it is a similar message – “I wish the FB Season was starting tomorrow – I can’t wait!!” It never ceases to amaze me the level of dedication, enthusiasm, & hard work that our nearly 3,000 Ohio HS Football Officials do yearly. On behalf of the 75,000 Student Athletes who play Interscholastic FB in Ohio, THANK YOU for all you did in a Very challenging 2020 year & look forward to working with everyone for a very BIG 2021.

The new format for the OHSAA State Rules Interpretation (SRI) Meetings begun a few years ago was “put on hold last year due to COVID 19. Once again this year officials will have the opportunity to attend face-to-face meetings & receive credit for 2 meetings. Approximately half the meeting will be devoted to NFHS New Rules/OHSAA Gold Book Mechanics & the other half of the meeting will be video clips with OHSAA POE placed on player safety, mechanics, & rulings. As this Guide is being published we are contacting Local Associations to once again host these meetings. (Over 1,000 officials took advantage of these highly informative “mini clinics” in 2019). We would like to give a BIG thank you to those Local Associations who annually “step up to the plate” and will help us again with the SRI Meetings this year.

One of our “key” statements again this year will be **EVERYONE OWNS THE RULES**. When a **Crew** steps onto the field all officials must have the mindset that we will “step up to the plate” and help our **Crew** with our knowledge & application of the NFHS FB Playing Rules & the OHSAA Regulations. Remember, we have no excuse for not knowing either a Rule or a Regulation. If you have any doubt about one of these, jog in, stop the GC, & discuss it with your fellow **Crew** members in an open & honest manner to “get it right.” The players & coaches will appreciate the extra time you take to discuss it.

This Guide is part of our continuing effort to standardize our mechanics throughout the State of Ohio. We are asking and expecting all officials to support our efforts to see that the Gold Book Mechanics are followed by every **Crew**. We have made great strides over the past few years to standardize them.

Your wonderful ideas & suggestions for future improvements will be incorporated as we move forward as a TEAM to improve officiating in Ohio with one goal: OH FB Officiating will be the BEST in the Nation.

Congratulations to James Lanese, Lyndhurst, who was selected as the 2021 NFHS Ohio Active Football Official of the Year. He has officiated FB for 48 years, served as the Cleveland FB Officials Association Rules Interpreter for 22 years and the Class Instructor for 7 years. Jim has served as a State Certified Observer for the past 11 years. He has officiated 79 OHSAA State FB Playoff Games, including 5 State Championships. An avid writer Jim has authored & edited the CFOA Goal post Newsletter since 1993 as well as written numerous articles for Referee Magazine. He has served as a mentor to hundreds of officials, inviting many of them to his varsity games & working sub varsity games with them.

Hope you have a Great FB Season!!

Bruce Maurer, DOD

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## **A Letter from the Director of Officiating & Sport Management**

2020 was such a difficult year. I am so appreciative of all of you, our staff, our member schools and the Governor's Office for making the 2020 season a reality. We all look forward to the 2021 season and some "normality".

Playoffs were due to be expanded in 2020 before we totally restructured the schedule. They will be expanded this year which will mean more opportunities for officials. The format last year afforded many opportunities for officials to gain playoff experience. I hope that experience is shared with all officials in your local associations.

**The biggest area of emphasis again in 2021 will be Rules Knowledge!** I want to challenge each and every one of you to dedicate yourselves to improving your knowledge of the NFHS FB Rules. Take your **Crew's** and your roles seriously as to what Rules you are designated as the "expert" in the Gold Book Primary Responsibilities Section & expand your knowledge for all Rules.

Under the leadership of our Director of Development, Dr. Bruce Maurer, we have refined our football mechanics manual, The Gold Book. The GB helps us to become mechanically consistent across the state. We have refined these mechanics with your input & experience for this year. I appreciate the effort of all our football officials to continually improve in this area.

**We can't make great calls unless we are looking in the right places.** Challenge your **Crew** members and yourself to see the critical parts of each play. Ask each other, "Where are the important blocks on this play? Did we see them?" Talk in your pregame conferences and post-game conferences about plays, where you were looking, what you saw, and where you should be looking. I say this all the time, the more you understand the game, the better official you will become. We will be putting plays into video presentations that show the types of plays and fouls we are emphasizing. **We must do a better job of seeing illegal low blocks by both the DEFENSE and the OFFENSE!**

I very much enjoy travelling around this great state and watching high school football. I saw over 200 different officials last season. I continue to be grateful that you listen and want to continually improve. I look forward to seeing many of you at your games this season. Enjoy your season and please let me know how I can help you improve.

Beau Rugg, Director of Officiating and Sport Management

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### **2021 OHSAA Points of Emphasis**

1. Legality of Low Blocks by the defense and offense
  2. Player Conduct
  3. Illegible receivers downfield on run-pass option plays
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## **2021 New OHSAA GB FB Regulations**

**Game Footballs:** No change here other than to emphasize that the FB Season will be expanding by one week. So, we will refer to the regular season as Weeks 1 -10 & the State Playoffs as Weeks 11 – 16. As we know in previous seasons, other than last year due to COVID, we played 15 weeks as there were 5 weeks of State Playoffs. So the GREAT news is there is one more week of the FB Season & that additional week are more Playoff Games & many more teams get a chance to pursue their dreams.

**Officials Required State Rules Interpretation (SRI) Meetings:** There will be many face-to-face SRI meetings this year. This will be dependent on facility availability & how comfortable the Local Associations are hosting these meetings. All FB officials will need to meet this requirement either online or at a face-to-face meeting. For those officials who attend a face-to-face meeting they will receive BOTH a SRI Meeting Credit (1 needed) along with one Education Credit (of 4 needed).

**Officials Required Education Credits:** Beginning this year please remember & use the term “Education Credit”. This term has been developed as an official can attend a Local Meeting, attend a clinic, or view an online presentation (2 will be available this year) other than the SRI Presentation. As in previous years (other than 2020 due to COVID), Four Education Credits are needed yearly to renew your officiating license.

**Officials Required SRI Online Meeting:** Online dates to view the SRI are July 21 (9AM) thru August 25 (finished by 11:59AM). From August 26 thru September 28 call OHSAA, pay \$50, & secure access to the SRI Site. Beginning September 29 special permission must be requested to gain access to the SRI site.

**Play Clock (PC):** For Regional Finals & State SF’s all sites must have visible PCs. The PCO is required to meet with the **Crew** before the game. Note: There could be exceptions to this Regulation based upon facility availability.

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## **2021 New OHSAA GB State FB Requirement**

**Officials Uniform:** There is one change to the FB Officials Uniform this year -- Orange bean bags (BB) are optional for 2021 & mandatory for 2022. The Orange Bean Bag is mandatory for officials working the State Playoff Games this year, Weeks 11 – 16. The orange bean bag is your personal BB thrown above head level on a fumble to prevent an IW, thrown by the **BJ** to mark the PSK Spot, as well as other situations indicated in the GB. We will return to spotting the FB this year as we have done in previous years, other than 2020 due to COVID.

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## **2021 New OHSAA GB Mechanics & Clarifications**

**6 Person Mechanics:** The **Crews** that utilize 6 officials can now refer to the Gold Book Mechanics Section as they have been incorporated under the appropriate topic such as Goal Line, Pass, or Run. Similar to 4 Person Crews the 6 Person Crews will be found as NOTED.

**Ball Handling:** The **CJ** will help relay the FB on plays that lose 15 YDS or more. This is the same as the **R**.

**Bean Bag:** Orange or Blue Bean Bags may be used this year.

**Goal Line/Pass/Punt/Reverse/Run/Victory Formation:** On a 5 Person **Crew** the **U's** IP will be the standard 7 YDS off of the LOS. He/she's IP will NOT be where the **CJ** is positioned (6 Person Crew) as some U's did last year. That mechanic was used last year due to the pandemic.

**Pass/Run:** The **HL & LJ** must "Open the Door" when the runner moves outside the hash mark towards them. Let him/her proceed toward the GL & officiate as they trail him/her & other players from behind. It gives us a much better look at the play ahead. Goal Line Mechanics, Reverse Mechanics, & Third/Fourth Down Mechanics take priority over "Open the Door" where **Wings** need to move to a specific line ASAP.

Our # 1 Goal is the Safety of ourselves -- the Officials. While observing games or watching tape, too often we see **Wings** waiting too long to "open the door" & thus allow the play to get too close to them. A popular saying is "We are too close to the trees to see the forest". Such is the case with "Open the Door". Ask yourself after each run or pass where the runner moves outside the hash mark toward the SL, "did I allow enough space to see the whole play"? It is much easier to officiate the play when we are not threatened by the closeness of the players.

**Signaling:** As we know the **BJ** is responsible for the PC "countdown" on a **Crew** with 5 or 6 officials. We observed games last year where many of the **BJ's** were counting down loudly, 5-4-3-2-1, with a one hand/arm signal waving above their head in a counting fashion. This worked very well so we have added the verbalizing, waving, & counting down signal to the GB Mechanics. The **U** uses the same mechanic with a **Crew** of 4 officials.

**Signaling:** The **R** raises one arm overhead and pushes upward (2X) to reset the PC to 25 seconds. The **BJ** will also use this same signal.

**Signaling:** The **R** raises both arms overhead and pushes upward (2X) to reset the PC to 40 seconds. The **BJ** will also use this same signal.

**Your Rule Book & Case Book Are Your Friends – Please Use Them:** Now with our excellent Rules Index in the Gold Book it is much easier to find a Rule. While discussing a video clip recently two very good and experienced officials cited the ruling. The **R** questioned their ruling. They were adamant of their ruling. Did they look it up after the game to be sure – No, they did not. Upon arriving home the **R** checked both books. He was correct. Rather than being over confident, take a few minutes and review the books. It can be a "game changer" down the road in a tough and challenging game.

**OHSAA Sideline**

During a live ball all players, coaches, and non-players must be out of the restricted area (6' off the sideline). It is imperative that all officials enforce this Rule. When meeting with each Head Coach 35 minutes prior to the game secure the name of the "Get Back Coach." Request the Coach's cooperation with keeping the team personnel out of the restricted area. Issue/assess sideline warnings early in the game when it is necessary. We have learned from experience that early warnings usually prevent having to issue warnings or yardage penalties later in the game. Be mindful of this Quote: "Be Respected rather Than Liked by Coaches."

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### **2021 Expanded Playoffs & Officiating Opportunities**

Beginning this year there will be 448 teams that qualify for the OHSAA State FB Playoffs – double the number of teams from 2019. Approximately 88% of the DI teams will qualify while 63% of the DII – DVII teams will qualify. As a result 224 Regular Season FB Crews will be needed for Week 11 – the first week of the playoffs. Beginning Week 12 there will be 112 Crews that will be formed based upon the OHSAA Criteria for Playoff Officials Eligibility. These Crews formed by OHSAA will continue to officiate the remaining playoff games. Crews # 1 – 28 will again have 6 officials on each Crew.

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### **Walk Further – Payoff – A Longer Life**

From cars to escalators, we've eliminated physical activity from our lives. Adding back 150 weekly minutes of moderate activity – like, say, gardening or a brisk walk – can reduce our risk of dying prematurely by 30%, according to an analysis of more than 1,200 studies.

Try doing what only 2% of us do: Take the stairs – or perhaps carry your groceries or park in the farthest spot – and sneak small, effortful wins into your days. Researchers found that the most inactive people see the biggest benefits from doing just a little more.

AARP Bulletin April 2021

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### **What & Where Are You Looking**

When we became interested in sports and started watching sporting events, we conditioned ourselves to direct our attention to the most important or interesting action. That "programming" of how we watch sports most likely had us focused on the action or the person with the ball, regardless of which sport we are watching. Whether it is on TV or lives at the game, the majority of the time we are watching what happens relative to the ball because we know regardless of the sport, what happens with the ball impacts what happens in the game. That is logical thinking for a fan, but what if you are one of the officials.

The officials, if they are doing their jobs correctly, cannot watch the game like a fan. We cannot as officials just watch the action around the ball or worse, just the player with the ball. We, as officials, have to “focus” on certain action at certain times. Notice we use the word “focus” rather than “watch”.

So how does focus relate to officiating and what does it really mean for us, as officials? It means to concentrate on a particular area and action, or on a series of actions for a particular amount of time, by eliminating various distractions. This is a complicated way of saying, look at what you are supposed to be looking at when you are supposed to be looking at it.

So how do we, as officials, train ourselves on what action we should focus on and when? The Gold Book is written with that purpose in mind, to put us in the best possible position to observe the action, which should be our focus. While we can study and learn the Gold Book inside and out, until we train ourselves where our eyes should be looking and what should be our focus, we might as well be sitting in the stands watching the game as a fan.

Here are some examples of officials, by position, of being in the right position per the Gold Book, but not being focused on the correct action:

1. The offense lines up for a game winning field goal, the **R** takes his/her position, 10 yards wide and 5 yards deep of the holder. The ball is snapped and kicked. As the ball flies towards the goal posts, the **R** looks to see whether or not the kick is good. Then there are roars and boos by the crowd. As the **R** turns to look back at the holder and kicker, both are laying on the ground and a defensive linebacker is walking away. What happened? Was it roughing or running into, or was it an act deserving of an Oscar?
2. With seconds left in the game the QB rolls left and throws a pass 10 yards down field to the receiver. The **R**, who had perfect position, 10 yards from the passer, looks at the ball in flight and the catch, as the passer is pushed out of bounds clearly after releasing the ball. Can a flag be thrown now? Should a flag have been thrown? Did the passer just trip?
3. The runner takes the pitch from the QB. As the QB begins running towards the sideline, the **Wing** holds his/her position and watches as the runner passes just in front and out of bounds. The **Wing** immediately heads to the spot where the runner went out of bounds and kills the game clock. While all this was going on, there was a block in the back by A25 on B25 between the sideline and the bottom of the numbers. The illegal block goes uncalled. Did the **Wing** “open the door” early enough so he/she did not feel threatened and could then look at the action beyond the runner?
4. On a sweep to the right of the **U**, B35 blocks A75 below the waist to take out the lead blocker. As the runner is tackled, the **U** immediately moves to the spot of the downed ball carrier as he’s tackled. Where were the **U**’s eyes focused – at the POA?
5. The **BJ** is in perfect position 8 yards wide and 8 yards deep of R20 on a punt. As R20 catches the punt and starts up-field, the **BJ** bean bags the spot of the catch perfectly before the ball carrier runs up field. Just after R20 caught the kick, there was a block in the back by R85 that happened

almost in front of R20. No flag was thrown. He/she was concentrating too much on throwing the bean bag perfectly to the PSK Spot.

In each one of these examples, what happened? The officials were in perfect position. They knew the Gold Book inside and out. They had trained themselves to know and understand their IP's and positioning. However, what didn't they have trained? If you said their eyes, you're correct.

The 3 important aspects of officiating; 1) Know the Rules; 2) Know your mechanics to achieve correct positioning; and 3) Know what action to focus and concentrate on as an official and not as a fan.

If you want to watch the game, buy a ticket and some popcorn. However, if you want to be a football official, realize you're not there to watch the game. Develop the discipline to differentiate yourself from being a fan and learn when you are supposed to be watching the action of the player's vs just the action around the ball.

Written & submitted by: Greg Bartemes & Brad Huntley

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### **Getting It Mostly Correct is Still Noot Good Enough When It Comes to the RULES!!**

We have all done this. The **Crew** enforces a ruling on the field, and then you start to second-guess yourselves, "did we do that correctly?" You wait for a timeout, change of quarter, or half time to ask each other and discuss it. You start to question, "Did we access the yardage correctly; did we automatically decline something that we shouldn't have; did we offset penalties that should have been accessed in order of occurrence?" We then start our mental checklist of penalty enforcement. We're not talking about the judgement involved in making the call, but rather the understanding and assessment requirements of the Rule itself. To put it simply, "did we just kick that Rule?"

The game of football can, at times, be a very fast pace game. With each play there are 22 players moving around the field with only 4, 5 or 6 officials to observe the entire field. The odds would dictate 4, 5, or 6 sets of eyes will not observe every movement of all 22 players so there are times when things (fouls) might be missed. We do not try to miss anything but the law of averages will say it happens.

Regardless of the speed of the game or the movement of the players, once a foul is observed and flagged, the discussion and decision on any penalty enforcement is completed during a dead ball. Fans, coaches, and players are all waiting and watching for our explanation, options given, and process/logic used to complete that enforcement. So how it is penalties are accessed incorrectly? We certainly cannot claim that we were screened out, looking in another area, or even at other players. Those incidents happen to us when we miss a foul, but once the flag has been thrown, it's our job to enforce what was called. The truth is, there is no good excuse, or recommendation on how to sell an incorrect penalty assessment. The only explanation is the lack of understanding, knowledge, or memory of the Rule itself.

Reviewing the 2020 Bulletins, here are some of the Rule's mistakes made during varsity football games.

- During the down, B is flagged for a personal foul facemask, as A scores a touchdown. The **R** then announces, “personal foul, facemask, offense, number 45, penalty declined, result of the play is a touchdown.”
- At the snap for a punt, the **LJ** throws his/her flag for an Illegal Formation on the Kicking Team for having 5 players in the backfield. After the ball becomes dead in the RT’s possession, the **R** announces, “illegal formation, kicking team, penalty declined, 1st and 10 receiving team at the dead ball spot.”
- With 1:55 left in the game and B leading 14-7, A is flagged for Offensive Pass Interference on an incomplete pass. The **Crew** correctly assesses the 15 yard penalty from the previous spot. The **R** then asks the Defense if they want to start the game clock on the ready or snap, as the game clock is inside 2:00 minutes.
- Late in the game, and with A out of timeouts, an A lineman is injured on the play. The **Crew** does a great job of stopping the game clock immediately for the injury. However, because the injury caused the game clock to be stopped and with A out of timeouts, the Crew runs 10 seconds off the game clock.
- On the opening kickoff, K’s kicker kicks the ball out of bounds, untouched by R at the RT’s 25 yard line. The **LJ** runs up to the spot where the ball crossed the sideline and correctly drops his/her flag at the spot. The **R** then gives the receiving team 3 options: a) have K re-kick after a 5-yd penalty from the previous spot; b) take the ball at R’s 40 YL, after accessing a 5 yard penalty from R’s 35 YL; c) take the ball at R’s 35 YL.
- Late in the game, with B leading A 7-0, A22 runs 40 yards for what appears to be the tying score. Just as A gets to the 5 YL, he does a dance and gives the defense a hand gesture. The **BJ** correctly throws his flag for Unsportsmanlike Conduct. The **Crew** assesses the foul from the 5 yard line and gives A the first down, as after their assessment, A was still beyond the line to gain.

We all have a play or two that we can add to this list as a result of something we saw, heard about, or did ourselves. As you analyze each of these plays and penalty enforcements, there were steps in the penalty enforcement process done correctly, but the overall end result was incorrect penalty enforcement. You might try to rationalize the situation after as “well it didn’t affect the game.” But is that what you want in your game, or do the players, coaches, and fans deserve better than an “Oh Well”. There are things in life where 50% of the time is great. If you are a baseball player and get a hit half the time, you’re considered very good. However, if you are a pilot and have a 90% great landings record, no one will fly with you.

Make it a point of emphasis this year to know and understand the Rules. Don’t just pull out the books two weeks before the season starts. Start your Rule study before you get your new books, as we know what the new Rule changes are even before they arrive. We need to recognize a challenging ruling at the time of the decision so we can at least have a brief **Crew** discussion to ensure we get the call 100%

correct. A very well-known and experienced official once said that he/she writes the entire Rules Book every season, as it forces him/her to read everything he/she writes.

Have a great season!

Written & submitted by: Greg Bartemes and Brad Huntley

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### **Working the Center Judge (CJ) Position on a 6 Person Crew**

A CJ in HS FB has a number of responsibilities including seeing potentially unsafe low blocks, linemen action in the backfield, and assistance with QB's and special teams plays. But most importantly, a good CJ has the ability to act as a 'watchdog' from his/her position.

The mechanics that call for limited movement, allow the CJ to oversee nearly everything that happens within 15 to 20 yards of the LOS – which is where the great majority of action takes place. Yearly, the coaches voice their concern with the illegal low blocks committed by both the offense & defense that are missed. The CJ can help a lot with these important calls.

A good CJ will aid his/her Crew on every play by helping with game & play clock status to ensure proper timing, communicating with the entire **Crew**, helping the **U** with penalty enforcement and the **R** with their reporting of those penalties. And by staying at your IP, unless situations dictate, the CJ can provide vital help with dead ball officiating.

### **Initial Position (IP)**

You always line up on the left side of the formation (unless on a FG/Try with a right footed kicker). The CJ's position is 15 yards off the LOS and 8 yards wide of the QB. On a HS marked FB Field, if the ball is snapped at the left hash mark then the CJ's IP will be at the top of the field numbers on Run/Pass Plays. However, on punt plays where the ball will be snapped on the hash mark the CJ's IP will be at the bottom of the numbers.

### **Pre-snap**

Pre-snap is where a CJ can be the very valuable. You will give the game clock status to the **R**, as a backup, and then count the A/K players and ensure the **R** sees your signal.

Check your down and distance and always glance at the game and play clocks (if used) to ensure proper operation. Identify your A/K players that are off the line of scrimmage so that you can rule on illegal low blocks.

### **Keys**

The CJ is difficult because your area of focus changes based on the type of play. On a run play, the CJ is responsible for the line play on your side of the ball (left side) while on a pass play, the CJ has the action on the right side of the line.

Your positioning helps with getting to the keys quicker, since at 15 yards back, you can widen your field of vision to see some initial line play, while waiting for the play to develop. As with the **U** position, usually the guard will provide your quickest read of what type of play it is, allowing you to quickly shift to the proper key.

### **Run Plays**

Once you have determined that you have a run play, the CJ is responsible for the left side of the line. From your position you have the best look at the action of and on pulling linemen and can also be the only official to see low blocks committed by a running back. Always be aware of wings/slot backs lined up off the LOS and make sure that they do not go low. Added emphasis for 2021 is that any low blocks must take place immediately after the snap.

On a run to the left side, stay in your IP unless the play moves outside the numbers. Then, after the ball crosses your face, you can widen out and look up field, while maintaining at least a 10 yard cushion from the action. There is no need to get to the pile, so stay back and help officiate the dead ball action

On rare occasions you may be needed on the sidelines, but you are more effective staying deep and watching the action. On a play to the right side, you can flow slowly to that side, but do not cross the middle of the field, and be aware of any potential for a cutback run and the action that comes with it as those cutbacks have the greatest potential for blindside blocks.

### **Pass Plays**

On passing plays, the CJ will focus on the tackle on the right side of the formation, as well as other line play on that side. The CJ should assist where possible on forward/backward passes, giving a strong punch and loud "Back!" call on a backward pass.

The CJ does not assume any responsibility for the QB until he crosses your face and heads to your left. As that happens, assume the coverage of the R and be especially vigilant for a pass/fumble/empty hand play. Make sure to give a strong "Ball's Away!" call once the passer has thrown the ball. The CJ has no responsibility on intentional grounding (Illegal Forward Pass) or Roughing the Passer no matter where the QB is. The CJ can however, provide information to the R regarding the play if needed. Be sure and communicate with the R when the ball becomes dead as necessary on these challenging calls.

### **Kicking Plays**

On punt plays the CJ will stay on the left side and will be five yards deep and 10 yards wide of the punter unless goal line or reverse mechanics dictate. On FG/Try kicks, your IP is 5 yards deep and 10 yards wide of the holder on the non-plant leg side of the kicker (right side for a right footed kicker).

In both formations, your primary key is the snapper. Since you do not have primary coverage of the kicker or holder, the CJ should immediately widen your view and look for holds and low blocks in the backfield. This is more prevalent on punt plays but can take place on either. Be ready for a blocked kick, as you will assist the R with GL responsibility.

If the punter kicks the ball out of bounds on the opposite sideline from your IP, it is your responsibility to “chop” the Wing official regarding the out of bounds spot.

### **Summary**

The CJ may not have the most responsibilities on a Friday night in Ohio, but a good CJ that stays focused on every play will be one that is invaluable to his/her **Crew**. A good CJ will catch mistakes as soon as they happen and mitigate any potential problems, making for a smooth and enjoyable game. This happened several times in the OHSAA State Playoffs last year where the CJ was the **ONLY** official on the Crew who had the correct Rule Interpretation. They both made “Crew Saves”. Have fun & a Great season!

Written & Submitted by Eric Mauk

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### **Practicing Great Habits**

Did you know that 2% of people practice habits that can add more than a decade to their lives? Men who adopt the following five healthful habits at age 50 and continue with them from then on may live 12 years longer than men who adopt none of the habits. Women who adopt the habits may extend life by 14 years. The 5 habits are: A. Eating a healthful diet; B. Not Smoking; C. Getting regular physical activity; D. Consuming alcohol only in moderation; & E. Maintaining a normal weight.

Written by Frank B. Hu, MD, PHD

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### **2020 OHSAA State Championship Finals: Game Officials**

Congrats to the following 42 officials who worked the 7 State Championship Games in Massillon:

Greg Gompf; Brandon Strain; Jason Elder; Trey Green; Randy Roseberry, Dalon Myricks; Bill Tilker; Nathan Leigh; Brian Harrell; Ray Arnone; Kyle Brown; Mike Muzychenko; Charles Anderson; John Wellbrock; Matt Zaborniak; Ryan Schwieterman; Matt Ferdinand; John Whitson; Jim Johnson; Chris Burns; Jamie Harding; Chris Wilhite; Kory Frizzell; Billy Willis; Jeff Klaus; Jim Epperly; Ben Mauch; Brett Roberson; Damon Koverman; Derek Krueger; Justin Bradford; William Smith; Michael Filkins; John Clay; Kurt Schooley; Mark Riley; Phil Colflesh; John Hinton; Rick Barnes; Adam Barnes; Cary Allion; Eric Mauk.

These officials were observed in great detail throughout the earlier round playoff games and challenged to upgrade their OHSAA Mechanics. We were very proud of their outstanding hard work and improvement.