

CFOA Physical Standards Test 2018

Objective

A football official's physical appearance in uniform will continue to be a focus in 2018. Coaches, players, and fans begin evaluating your credibility as an official the moment they see you. If you are overweight the perception will be that you are not athletic enough to move to be in the right position. If you need to get your weight under control, make this year the year to change the way you eat and exercise.

Test

The Physical Standards test remains the same as done in 2014, 2015, 2016 and 2017. It requires the official to start on the goal line and run to ten yard line to pick up a beanbag and return the beanbag to goal line then run to the 50 yard line to pick up second beanbag and return it to the goal line within 40 seconds. Multiple attempts are allowed.

Failure

Failure to pass this test will result in the official being placed on probation.

Similar to the Rules Testing, failing the Physical Standards test a second year while on probation will require the turnback of varsity and sub varsity games. This must be completed in 40 seconds.

Policy

New members: All new members, to include transfers from other states and members who forfeit their membership under Article VI, Section 1 and reapply for membership, shall pass the test without exception.

Inactive members: Inactive members who desire to return to active status shall pass the test without exception.

Veteran Members: All other members who are unable to pass the test on the preseason date(s) scheduled by their Area shall be placed on probation for one year.

All such individuals will be treated on a case-by-case basis in accordance with the following general guidelines:

They shall not be eligible for playoff games.

They shall only be assigned varsity games on an "as-needed" basis.

Individuals who are able to pass the test by October 1st, shall have their fully eligible status restored (probation revoked).

Individuals who are unable to pass the preseason test in two consecutive years will have their case reviewed by the Executive Committee.