



Personal Appearance

Level 1 Officiating Seminar,
14 April, 2018, Paradise Avondale



It's not who you are, it's what you wear...

- ▶ **Create a Positive Impression**
- ▶ **Defines Your Roll as an Official,**
 - **Teacher, and Game Manager**
- ▶ **Build Credibility ... signals you take your job seriously**
- ▶ **Looking Like an Official Commands Respect**



Off-Ice Dress for Regular Games

- ▶ **What to wear:**
 - Neat, clean, tidy clothing
 - No team jackets
 - Don't show up in singlet and jandals!
- ▶ **Why?**
 - Good first impression
 - Shows that officials take pride in work

Personal Appearance

- ▶ **Face**

- Make sure you shave
- Facial hair should be neatly trimmed

- ▶ **Hair**

- Neat for your style

Necessary Equipment

- ▶ **Helmet (mandatory):**
 - Black in color
 - Good condition
 - Visor- Mandatory
- ▶ **Black & White Striped Sweater**
- ▶ **Trousers, black**

Necessary Equipment (cont.)

- ▶ **Girdle protection**
- ▶ **Skates**
 - Well maintained
 - Clean white laces
 - No goalie skates!
- ▶ **Box / Pelvic Protector**
- ▶ **Shin guards**
- ▶ **Elbow guards**

Official's Supplies

- ▶ **Whistles**
 - ACME Thunderer or Fox 40
 - Finger type
 - Minimum of 2
- ▶ **Rule book**
- ▶ **Equipment bag**
- ▶ **Tape**
- ▶ **Telephone numbers**
 - Scheduler (Karl Peni)
 - Referee-in-Chief (Paul Taillon)
- ▶ **Cut skate laces**

Proper On-Ice Attire

Black helmet

Sweater

Clean white laces

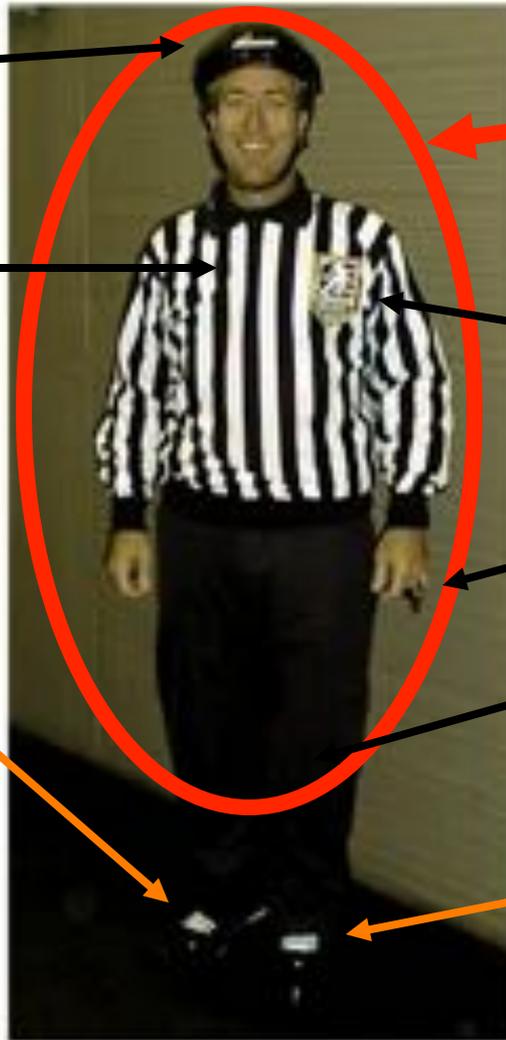
**Well groomed
neat appearance**

Crest

Finger whistle

Black trousers

Well maintained
skates



PERSONAL APPEARANCE

Importance of Looking Like an Official

We have all heard the old adage “Image is everything” or “you have to look good in order to be good.” Although these phrases certainly aren’t the only factors that determine whether an official is going to be successful, there is some merit to the message that they portray. Your personal appearance as an official does play a major role in how you are perceived by players, coaches and spectators.

There are several advantages to looking like an official. Just as with anything else in life, it is important to leave a positive first impression. Oftentimes, the first impression of you as an official will be the way you look. When you first walk into the rink, your appearance will be the first thing that everyone will notice about you. After all, you haven’t had any opportunity to perform your duties yet. This first impression will go a long way in building credibility, a must in order to be successful in managing the game.

By displaying good personal appearance, you can also define your role as an official. At the lower levels of hockey, the official is seen as a teacher while at higher levels the official becomes more of a game manager. Simply being the only person on the ice without a stick in your hand does not establish the roles mentioned above. Looking like an official will allow you to command instant respect which will make your job easier.

Finally, good looks will complement good skills. Your skills as an official will ultimately determine whether you are successful. Skating ability, positioning and knowledge of rules and procedures will affect your ability to advance your officiating career to higher levels. In addition, your judgment as a referee will dictate much of your success. All of these skills will need to come together equally well to guarantee overall improvement as an official. A positive personal appearance is also necessary to complement these skills and help establish much needed credibility. Looking like an official is not everything, but it is part of the total package of being a successful official.

Physical Characteristics

A good official needs to be in excellent physical condition. Whereas players may skate a one-minute shift and then rest for a couple of minutes, the official is called upon to skate the entire game. An official deemed to be overweight and not in shape will have a difficult time keeping up with the play and will oftentimes be out of position.

Another important area that effects your personal appearance includes



your face and hair. A clean-shaven individual with no facial hair will look neater and more professional. In addition, neatly kept hair that is short and appropriately groomed will also earn more respect and credibility with the teams. A well groomed official in good condition gives the impression he/she takes pride in his/her appearance and this will carry over to taking pride in his/her officiating. This perception will reflect on his/her overall ability to successfully officiate.

Officiating Equipment

The following is a list and brief description of the necessary equipment that should be worn by all officials. Please contact your Local Supervisor of Officials for information as to where officiating equipment and supplies may be purchased in your area.



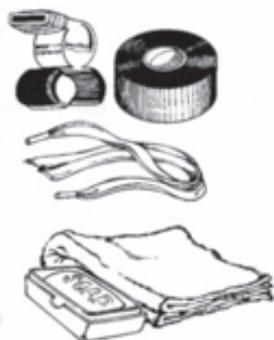
- **helmet** (mandatory) – A black hockey helmet with chin strap properly fastened.
- **sweater** – Black and white traditional sweater with clean white stripes and properly fitted. The current USA Hockey Official’s Crest should be properly sewn on the left chest. Sweater should be designed for hockey and only a black T-shirt should be worn underneath, if visible. Red or orange arm bands should be used when acting as a Referee in the three-official system.
- **trousers** – Black trousers neatly pressed and loose fitting. Suspenders should be used instead of a belt to properly position trousers and promote safety. Proper length to the top of the toes will help prevent the trousers from getting caught in the tendon guards of the skates.
- **girdle protection** – A protective girdle should be worn to protect the upper legs and mid-section of the body. A referee girdle is generally lighter than what is normally worn by hockey players.
- **skates** – Properly fitted skates with clean white laces. The skates should be polished and maintained on a regular basis. Tendon guards should be taped to help prevent the trousers from getting caught in them.
- **cup and supporter or pelvic protector** – Properly fitted to provide the necessary protection.
- **shin guards and knee pads** – Lightweight shin guards and knee pads that allow for maximum protection and mobility.
- **elbow pads** – Lightweight elbow pads that fit nicely under the sweater and offer full protection.
- **visor (mandatory)** – A half-shield visor that is properly fastened to the helmet and covers the eyes.

Officials' Supplies

These are some additional items that each official will need to perform to their best ability and be prepared for any situation that may take place.

- **Whistles (at least two)**

- Whistles should be finger type that provide a deep, loud blast. White tape should be placed on the mouthpiece and finger clasps to protect you from the sharp and hard edges. Always be prepared with the second whistle in case the first one falters.



- **Official Rulebook/**

- Casebook** – Will be provided by USA Hockey upon registration. The current year rulebook/ casebook should be reviewed prior to every game to ensure a complete knowledge and understanding of the rules.

- **Basic Level Officials Manual** – Provided by USA Hockey. Should be reviewed periodically to ensure a complete knowledge of officiating procedures.

- **Equipment Bag** – A black bag that has sufficient space to carry all of your officiating gear and supplies.

- **Tape (both white and black)** – For use on your whistles and to tape your tendon guards.

- **Telephone Numbers of Assignors, Supervisors and Officials** – Will come in handy in case of an emergency such as your partner failing to show up or a severe penalty is assessed.

- **Cut Skate Laces** – Old laces that are cut to various lengths. These laces should be carried in your back pocket and used to repair holes in the nets.
- **Soap and Towel** – To clean up and feel fresh after a well worked game.

Off-Ice Dress For Regular Season Games

As with your on-ice appearance, the way you look off the ice before and after the game will also leave a lasting impression on players, coaches, and spectators. A good first impression as you walk into the arena will supplement the perception of you while on the ice. Nice clothing that is clean, neat, and tidy is preferred and will portray a positive image. Avoid wearing team jackets, jeans and T-shirts, if at all possible. Team jackets may give the impression that you are partial to one of the participating teams while jeans and T-shirts may look sloppy and unprofessional. Looking professional and neat both before and after the game demonstrates that you take pride in your work and are attempting to be the best official that you can be.

Your personal appearance both on and off the ice is something that you can control as an official. By taking control of your own appearance, you can promote a positive image that will give you instant respect and credibility and will make your job as an official much easier. Remember another old adage, “you only have one chance to leave a good first impression,” and take pride in your officiating appearance.

Personal Appearance Review

The following questions highlight some of the key points you should have picked up from this chapter. Take a few minutes to review what you have learned about personal appearance. When finished, you can compare your answers to the correct answers that appear in the back of this manual.

1. How will a good personal appearance benefit you as an official?
2. What are the mandatory pieces of equipment that an on ice official must wear?
3. Where does the **current** USA Hockey official's crest go on your officiating sweater?
4. List three officials' supplies that an official will need to perform to their best ability and be prepared for any situation that may occur?
5. How does off-ice dress affect your role as an official?