

# **FERRIS STATE UNIVERSITY – INTRAMURAL SPORTS**

## **Body Language and Appearance**



**Even in the worst of times,  
appear calm and collected –  
show no indecision.**

### **Body Language**

- Look Interested
- Look Calm and Be Calm
- Use Approved Signals
- Don't Over Sell a Call
- Never Single Out a Player
- Be Approachable



**A properly dressed and  
confident official**

### **Body Language**

Besides knowing the rules, being in position and making the right calls is extremely important. A good official will give off an aura of authority and confidence. Games can get hectic and emotional; the official must appear to be a rock - steady and calm.

### **Appearing Non-confrontational**

In times of conflict, it is imperative that the official not appear timid or unsure. Further, it is important that even in emotionally charged conversations the official not use aggressive tones or body language. Never point your finger at a player - it is a challenging gesture that will only serve to escalate the problem. When talking with a captain, avoid crossing your arms or shaking your head. Work hard on listening first and appearing receptive to their point of view.

### **Appearing Uninterested**

Every game will not be as exciting as the championship game. However, despite the score, the level of competition, or the players, the officials must work hard every possession. Appearing bored, uninvolved or disinterested is unacceptable. The players are going to be trying their best and expect the same from the officials.

***“Officials should never overshadow the competition or the competitors.”***



## **Approved Mechanics and Signals**

The official should not be the center of attention, the players and the game should be. Officials should never overshadow the competition or the competitors - they should remain out of the way - only stopping the game when necessary. An official's mechanics and signals should never be "overly flashy" or used to show off. On every call, one team isn't going to be happy, so do not further charge that emotion by over exaggerating the signal.



## **Appearance**

Officials are going to be expected to move and run to referee the action. The proper dress should be athletic in appearance and fully functional. The stripes or uniform should fit properly and be tucked in. The official's pants or shorts should be in good shape (not torn, etc.). Black is best. Proper footwear, sneakers or cleats, should be clean and in good repair. Do not draw attention to yourself by your clothing choice.

## **Equipment**

Each sport requires a different set of rules, mechanics, and equipment. The referee should check to make sure all the flags, timers, count clickers, whistles, lanyards and other materials are working and in good repair.

## **First Impressions**

We only get one shot at making a good first impression - when we walk on the floor or field. Work hard to project a sense of authority and professionalism. Often times the aura that an official projects can be enough to prevent conflicts with the players. Proper appearance can go a long way towards this end. A good official, making the right calls, in ill-fitting and unprofessional attire may draw more criticism than a well-dressed novice official.

