

Ask hockey fans the primary job of a hockey official, and the answer will probably be, "Call penalties, offsides, and icings." However, the skills required to successfully officiate hockey go deeper and are more detailed than just making the call.

The skills of a hockey official are developed and pursued through study, feedback, practice, and rule review. A well-rounded toolbox of skills and development strategies are integral to building a reliable and resilient hockey official.

In *How to Referee Hockey: The Quiz Book*, author Mitchell Jeffrey walks the reader through the skills of a hockey official with 468 questions, ranging from multiple choice to fill in the blank to true and false. Ultimately, *The Quiz Book* will solidify the readers' learning of how to use positioning to stay out of the way and to see the play, procedures to work with other officials to manage stoppages, and game management to reduce the risk of incidents and respond when they do occur.

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Mitchell Jeffrey lives in Winnipeg, Manitoba, Canada. He earned a Bachelor's Degree with Honours in Psychology from the University of Winnipeg in 2008 and a Master's Degree in Occupational Therapy from the University of Manitoba in 2013.

Mitchell has officiated hockey since 1999 at the minor, AAA, high school, junior and senior levels. He has also served in various roles since 2013, including Vice President of Officials for Assiniboine Park Hockey Association, St. James-Assiniboia Minor Hockey Association, and the Manitoba Women's Junior Hockey League, as well as the Principal of Hockey Winnipeg Referee Development.

During this time, Mitchell has directly contributed to the development of more than 650 Winnipeg officials through mentorships and mentorship coordination. He has internationally contributed to the development of countless other officials through his websites, [wpgrefs.com](http://wpgrefs.com) and [thehockeyrefbook.com](http://thehockeyrefbook.com), as well as two books: *How to Referee Hockey: It's not just about the Rule Book* and *How to Referee Hockey: The Quiz Book*.