



The 'R' Factor

The Northern New South Wales State League Football Referees Association newsletter



January 2017

No 111

WELCOME TO 2017

You've heard about them!

You've read about them!

(or should have)

*Now come and find out the
details!*

*The Laws of the Game have been extensively revised and the changes will be
discussed in detail at the*

2017 ANNUAL SEMINAR

*To be held on Sunday 5th February, 2017
at Club Macquarie, Lake Road, Argenton
commencing at 9:00 a.m. (registrations from 8:30)*

*Attendance at the annual seminar is compulsory for all members
intending to officiate in 2017 and is a requirement for your FFA
accreditation*

Attendance at another association's seminar is not acceptable.

Thought for the month.

*A perfect summer day is when the sun is shining, the breeze is blowing,
the birds are singing, and the lawnmower is broken.*

DATES TO REMEMBER.

Fitness Tests:

Monday 27th February and Thursday 2nd March – 6:00 p.m. start.

Competitions start:

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|--------------------------------|---|
| FFA Cup (Zone Clubs) | 18 th & 19 th March |
| NPL, League 1, WPL & NPL Youth | 11 th & 12 th March |
| Zone Competitions | 1 st & 2 nd April |

OTHER IMPORTANT DATES

Referee Courses:

| | | |
|---------------------------------------|-----------------------------------|------------------------|
| Level 1 Referee Course: | Saturday 4 th February | 8:30 a.m. to 4:30 p.m. |
| Level 4 Assessor Course: | Sunday 19 th February | 8:30 a.m. to 4:30 p.m. |
| Level 3 Referee Course: | Sunday 5 th March | 8:30 a.m. to 4:30 p.m. |
| Level 4 Referee Course (Females only) | Saturday 11 March | 8:30 a.m. to 4:30 p.m. |
| Level 3 Assessor Course | Sunday 19 March | 8:30 a.m. to 4:30 p.m. |

All courses held at Lake Macquarie Regional Football Facility

Registrations for these courses are now open at My Football Club.

For further information, refer Mr Brad Carlin, Premier Competition Match Coordinator at Northern New South Wales Football Federation (email: bcarlin@nothernnswfootball.com.au)

Macquarie Football Referees Association:

| | | |
|-----------------------------|----------------------------------|-----------------------------------|
| Annual Seminar: | Sunday 26 th February | commencing at 8:30 a.m. |
| Assessors & Mentors meeting | Sunday 26 th February | commencing at 1:00 p.m. |
| | | Both at Warners Bay Public School |

Fitness Tests

| | | |
|--|------------------------------|-----------------------|
| 22 nd , 23 rd , 24 th May | 5:30 p.m. to 7:30 pm | Evans Park, Cardiff |
| 1 st June | Commencing 5:00 <u>sharp</u> | Auston Oval, Morisset |

Talented Referees Acceleration Course (TRAC) Thursday 13th July to Saturday 15th July
commencing 8:30 a.m. at Club Macquarie Inn

Meetings are held on the 2nd Wednesday of each month from February

commencing at 7:00 p.m. at Warners Bay Public School

Newcastle-Port Stephens Football Referees Association:

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|----------------------|------------------------------------|--------------------------------|
| Annual Seminars (2): | Sunday 19 th February | 9:00 a.m. to approx 3:00 p.m. |
| | Saturday 25 th February | 9:00 a.m. to approx 3:00 p.m. |
| | | Both at Waratah Primary School |

Meetings are held on the 2nd Wednesday of each month from February

commencing at 7:00 p.m. at Waratah Public School

MORE ON RULE CHANGES

One step to a rule change

One man is credited with destroying a new offside rule implemented by England's FA in 1925.

When the rules were changed that three players should be between the attacker and goal, it brought a new cavalier style to the game with a boost in goals.

Uncompromising Newcastle United full back Billy McCracken soon put a stop to that. He perfected the ruse of a well-timed one step forward in order to catch many opposing forwards offside at once.

His action and those of imitators led to a further change in the rules to two players between attacker and goal.

Entertainment boost

A 1925 change in the English league football offside laws saw the goals per game average soar from 2.58 to 3.68. Ironically, Huddersfield Town won the First Division both sides of the radical law change.

A NEW SEASON STARTS and **THE HEAT IS ON.**

With pre-season training having started and the new season about to commence the hot weather needs to be considered. Every year we have problems despite repeated warnings so once again we are publishing some facts that you need to think about.

Be aware of the severe dangers of strenuous exercise on very hot days, which can quickly result in dehydration, heat exhaustion and heat stroke. This combination can be **fatal**.

Sports Medicine Australia (sma.org.au) has developed a Hot Weather Policy and fact sheets which discuss the risks and sets out procedures to follow. It is recommended that members obtain these, study the content and use it as a guide. The timing of games is a crucial factor. For example, one federation has set clear guidelines for scheduling of games when the forecast temperature exceeds 32°C, recommending that games not be played between 11am and 5pm in such conditions. The same principles should be applied to training.

You are encouraged to allow players, and yourself, easy and frequent access to fluids using natural breaks in the game [such as a stoppage to assess an injury] for this purpose. Such stoppages should be short [maybe a minute] and should not occur when an attacking move is in progress. Don't forget to hydrate yourself for 24 hours before the game and to have fluids available for yourself and your Assistants before, during and after the game.

FIFA CIRCULAR 619 – DRINKING LIQUIDS DURING THE COURSE OF PLAY.

The question of how and when players and referees may drink fluids during the course of play seems to be the subject of some confusion. We should therefore like to remind you of the following principles:

Because the balance of water in the body is essential for the health, drinking liquids during a game is not only permitted by FIFA but actively encouraged. The following rules must, however, be observed so as to avoid disorderliness on the field and injury from missiles being thrown through the air.

- Liquids may only be drunk during stoppages in play.
- Drinks must be contained in plastic bottles and handed to the players on the sidelines.
- It is forbidden to throw bottles or other receptacles on to the field of play.
- The goalkeeper may keep a plastic bottle in the corner of his goal.
- Plastic bottles may be placed around the pitch approximately 1 metre away from the sidelines and goal-lines but only as long as they do not obstruct the assistant referees in the course of their duty.

NNSW FOOTBALL FEDERATION HOT WEATHER POLICY

With higher temperatures now occurring more frequently, consideration must be given to the effects of heat and humidity on elite and amateur athletes and particularly children involved in football activities.

Northern New South Wales has considered several factors in the development of this policy including year round High Performance Programs, the ongoing popularity of summer football and an increase in the temperatures leading into the winter season. The following is provided in accordance with information provided by Sports Medicine Australia.

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| RECOMMENDED TEMPERATURES FOR CANCELLATION OF GAMES & TRAINING and other events including trial games, selection trials, clinics or any physical activities |
| ADULTS Cancel or postpone events involving Adults at a temperature of 37° |
| CHILDREN Cancel or postpone events involving Children at a temperature of 32° |
| CAUTION: <i>These are the maximum cancellation temperatures. Cancellation of games, training or events at lower temperatures may be necessary depending on local conditions and player wellbeing and acclimatization. For the purpose of this policy a child is a person aged up to and including 16 years of age</i> |

FACTS FROM “SUNSMART”.

The sun's UV is both the major cause of skin cancer and an important source of vitamin D. Overexposure to UV can cause skin damage (including tanning and sunburn), eye damage and skin damage.

The good news is that skin cancer is largely preventable. Whenever UV levels reach three and above, sun (UV) protection is needed. September to April are the main months and particular care should be taken between 10am and 3pm. UV cannot be seen or felt and can be damaging to skin even on cool, cloudy days. As you cannot rely on temperature to know when to protect yourself from UV, you should get into the habit

of checking the SunSmart UV Alert. The alert appears when the UV levels reach three and above and can be found on the weather page of daily newspapers, at sunsmart.com.au, or bom.gov.au/weather/uv.

Some of the recommended protection measures (protective clothing with long sleeves, sunglasses, hats) may not be practical when refereeing but sunscreen and lip balm is. Use SPF30+ or above and make sure it is broad spectrum and water resistant. Put it on 20 minutes before you go outdoors and every two hours afterwards.

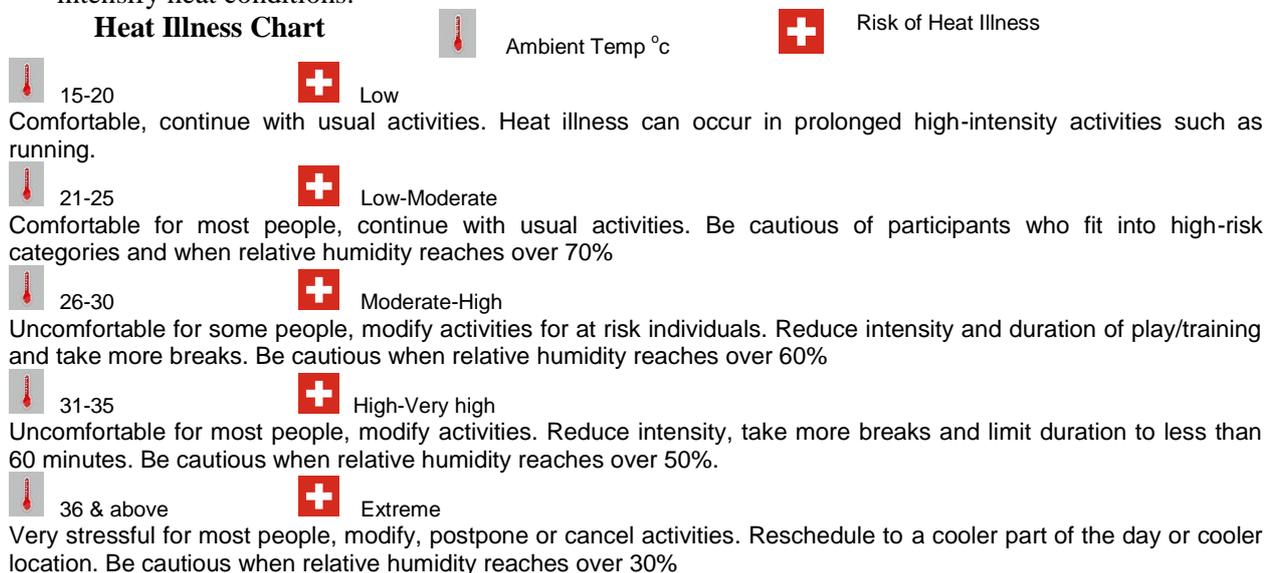
FACTS FROM “SMARTPLAY”.

Heat illness can occur when a participant exercises vigorously in hot conditions. It may also occur with prolonged exposure to hot weather, even if activity is low intensity. Heat illness can also happen even in cool weather when exercising at high intensity.

Heat illness in sport presents as **heat exhaustion** (more common) or **heat stroke** (rare but life threatening). Symptoms may include....light headiness, dizziness, nausea, obvious fatigue or loss of skill and coordination, unsteadiness, cessation of sweating, confusion, aggressive or irrational behaviour, collapse or ashen grey skin. (Visit smartplay.com.au for more information about heat illness and to download the **Beat The Heat brochure**.)

Responses to heat vary. It is not possible to provide overall recommendations about limiting conditions in hot weather. However heat illness can be prevented by knowing the risk factor and applying prevention strategies to minimise risk. Factors that increase the risk of heat illness include:

- High exercise intensity (e.g. exercising close to your personal capacity).
- Lack of fitness (e.g. exercising at an intensity or duration beyond your current capacity)
- Previous history of heat illness or heat intolerance.
- Age – junior and veteran participants are at a higher level of risk due to their age.
- Illness and medical conditions (e.g. current or recent infectious illness or chronic health disorders at any age).
- High air temperature and high humidity. (See Heat Illness Chart below.)
- Low air flow or movement (no wind).
- Prolonged exposure to hot conditions, heavy clothing and protective equipment (e.g. padding).
- Lack of acclimatization to being active in warm and humid conditions.
- Dehydration (inadequate water intake before exercise and during activity longer than 60 minutes).
- Radiant heat from surfaces such as black asphalt, concrete or black rubberized synthetic surfaces can intensify heat conditions.



The *Heat Illness Chart* is a **guide** to the relationship between ambient temperature and risk of heat illness. When observing this chart consider:

- There are not clear demarcations in risk between temperature and relative humidity.
- Stress increase with rising air temperature and relative humidity.
- At low ambient temperatures the body can cope with higher humidity than at higher ambient temperatures.
- Stress increases with relative humidity as it becomes more difficult to regulate body temperature due to a decrease in the evaporation of sweat (a mechanism used to keep the body cool in the heat and while exercising).
- Individual risk factors including acclimatization to local conditions.

WHY DO YOU REFEREE?

With the new season upon us, why not take a little time to reflect on your performances during last year and how you might have done things better or differently?

In doing so, you could perhaps consider what motivates you to referee. The following extract from Jeffrey Kaminski's book, *"The Referee's Survival Guide"*, is worth considering.

"For more than a century, football has captured the affection and imagination of the world. Simple to understand and inexpensive to play, it has grown from its roots in ancient times to a modern game with standardised rules and organised leagues.

While informal games need only a ball and players, formal competitions also require a neutral decision-maker, in order to settle the unavoidable disagreements that come during the course of an athletic competition. By officiating you advance the growth and understanding of this wonderful sport. The level of play in any part of the world is often determined by the skill of the officials, and without skilled and dedicated referees, players cannot hope to compete with the best the world has to offer.

Taking a referee class and passing an examination just gives you a badge and a whistle, and lets you get paid for running about the football field. The task of becoming a referee will last as long as you officiate, for **no matter how good you become, you will always be learning, constantly improving your understanding of the game and the people around you, and continually refining your skills. The moment you stop learning, you will stop growing as an official.** And the moment you stop growing, whatever skills you have developed will begin to fade.

One question each referee needs to ask is "why do I want to be a referee?" The answers can be many and varied:

- Some – particularly younger officials, for refereeing may be their first job – are mainly interested in earning some extra spending money.
- Some want to officiate because they love football, others because they want some exercise.
- Some referee other sports as well and want to add football to their schedule.
- Some want to help their local club, or be there to help their son or daughter to officiate.
- Others may like the thought of controlling events – or simply enjoy bossing other people about.

Whatever the reason, you can succeed as a referee with effort and dedication. But **honest self-assessment is something every official needs**, and your motivation for a career as a paid referee may give you clues about possible strengths you have as an official, as well as some weaknesses you may need to address.

For Love or Money?

Players and spectators will not care why we are officials – what motivates us, what drives us to become better, or what our particular circumstances might be. They want only a well-trained, competent, and impartial referee to keep the match safe, enjoyable, and fair. For our part, however, realising what motivates us can help us understand what drives us to succeed, and what will sustain us through the challenges that lie ahead.

Success as an individual will come from dedication and a sense of professional pride. Without both, the best intentions in the world will not help. Whatever our personal motive is for becoming a referee, any one of us can excel. One official's willingness to work hard to earn the extra money that comes from working top-level matches can drive him toward excellence every bit as much as another's simple affection for the game her father taught her when she was young. What matters is not what brings us on to the pitch, but what keeps us there. In most cases, successful referees simply enjoy the job, enjoy the pride of a job well-done, and enjoy being of service to others. If we start with this, then we only need to apply ourselves and start developing the skills necessary to succeed."

(With thanks to Jeffrey Kaminski)

TALES FROM THE GOAL-KEEPING WORLD.

Remote chance

Arsenal's custodian David Seaman missed the first half of the 1996–97 season after damaging his knee ligaments bending down for the TV remote control box.

Creamed

Former Wimbledon and Nottingham Forest keeper Dave Beasant had to pull out of a game after dropping a salad cream bottle on his foot while making a sandwich.

Burning ambition

Andy Dibble suffered burns from the chemicals in the white lines of the pitch as he kept goal for Barry Town against Carmarthen Town

Iron man

Liverpool reserve goalkeeper Michael Stensgaard's Anfield career was brought to an untimely end when he dislocated his shoulder while erecting an ironing board.

What an arse

Wales and Middlesbrough goalkeeper Mark Crossley ended up in bed for seven weeks after landing on his backside while taking a goal kick during a pre-season friendly in Finland in 1997

Bottled out

A dodgy bottle of lager proved fatal to England's World Cup quarter-final against West Germany in 1970. Goalkeeper Gordon Banks was taken ill after drinking the beer; Peter Bonetti replaced him and his errors led to a German comeback to win 3–2.

Hand handicap

Hungarian international keeper Karoly Zsak won 30 caps for his country until 1925 despite having had a finger amputated.

Tears for fear

Italian police managed to KO England goalkeeper Ray Clemence with tear gas during the opening game of the 1980 European Championships. They released the gas after trouble broke out on the terraces behind Clemence's goal, but the keeper was also overcome.

Caught up

Queen's Park goalkeeper Andrew Baird got his hand caught in the net during an 1894 Scottish Cup tie and could only watch as Rangers centre forward David Boyd scored.

Eggs-act shot

Grimsby goalkeeper Aidan Davison was felled by a hard-boiled egg during a Second Division play-off game against Fulham in 1998.

Rocky horror

Zimbabwe goalkeeper Bruce Grobbelaar needed a brain scan in 1993 after being hit on the head with a rock during a World Cup qualifying match against Egypt.

Self-harming keeper swings the match

Esperance goalkeeper Chokri El Ouaer thought he had the necessary game-turning ploy needed when his Tunisian side faced defeat in the 2000 African Champions League final with minutes to go. Behind on away goals, El Ouaer raced to the referee with blood streaming from his head and claiming a missile from the excited Ghanaian Hearts of Oak supporters had inflicted the damage. But it all backfired because a linesman had spotted the keeper cutting himself with a lump of brick. El Ouaer had done enough damage not to be able to carry on, the Tunisians had a man sent off and the Ghanaians won with a late three-goal burst.

(From "1001 Bizarre Football Stories" by Robert Lodge)

This newsletter has been compiled by Brian Tamsett for the Northern New South Wales State League Football Referees Association. The content is not sanctioned by or affiliated with any governing body of football. The opinions expressed here are sometimes those of the editor and the readers, or from other media sources. Reference to the male gender in this newsletter is for simplification only, and applies to both males and females. All rights of the current Laws mentioned in this newsletter are reserved by FIFA, and they are the official laws of the International Football Association Board. Any fitness and medical advice given is general in nature and readers must seek specific advice from their own medical practitioners and trainers.