



UPCOMING EVENTS

Seminar done, bring on the games

On the 3rd February 2019, NNSW Football hosted about 150 referees for their annual seminar, providing important information in regards to updates to the Laws of the Game, relevant coaching material, news about the NNSW Premier Competitions, and the updated development pathway and referee coaching structure in Northern NSW.

The development pathway has never been clearer for a young referee. The NNSW Football Department in conjunction with the referee coaches have identified the steps for a referee to make it to a National Youth Championships and onto the National Referee Development Pathway. The establishment of the State Talent Pool and NNSW Referee Academy will develop young referees who are more than capable officiating at a National Youth Championships.

Another highlight from the seminar included a presentation from Stephen Laurie on his recent trip to England on an exchange program with the Professional Game Match Officials Limited (PGMOL), officiating on a number of Premier League 2 Division 2 matches, attending Premier League and Champions League fixtures, and visiting the ACME Whistle Factory!

NNSW Football also announced that they will be adopting the trial of Yellow and Red Cards for Team Officials across ALL competitions in 2019. Further advice on how to issue cards to coaches is later in this issue.

Training is well under way, with the fitness proving useful in Heritage Cup and Trial matches that have been played over the last few weeks. Hope to see you there sweating it out each Monday and Wednesday.

CB

February 2019

- 11th – Junior and Youth Referee Coaching Night @ LMRFF
- 18th – Assessors Meeting @ LMRFF
- 20th – Training and BBQ at Dixon Park Beach
- 22nd – Preseason Challenge Match for Youth Referees @ LMRFF
- 23rd – Level 3 Assessor Course @ LMRFF
- 25th – Junior and Youth Referee Coaching Night @ LMRFF
- 27th – First Year Referee and Parent Information Night @ LMRFF

March 2019

- 3rd – FFA Cup Round 1
- 4th – NPL Coaching Night / Fitness Test
- 6th – Fitness Test
- 7th to 10th – NNSW NPL, Northern League One, WPL, SAP Round 1
- 11th – Youth Coaching night
- 18th – Zone Leagues Coaching night

Social Committee Activities



We are planning a BBQ for after training on the 20th February 2019.

Training that night will be at Dixon Park Beach, so the setting is perfect to enjoy a snag and socialise with your fellow referees after trudging up Strezlecki

Hope to see you there!

Check us out on the socials:



60 seconds with... Adin Uhrig

When did you start, and what got you into, refereeing?:

I'd always been interested in picking up the whistle. My father has been refereeing for about 15 years and I saw the enjoyment he got out of it and we would (and still do) talk about football from the refereeing point of view. But I'd always wrongly assumed I'd have to start refereeing junior football and work my way up which put me off signing up. Then in 2015 Neil Jones came to our pre season training at UniFC and told us about the 'fast tracked' refereeing course which was perfect so I signed straight up.

What do you consider the highlight of your refereeing career?:

I'm not sure I have a specific highlight. Having a run on McDonald Jones Stadium for the NPL 20s grand final last year was certainly a great experience and being appointed to referee my first grand final last year was an achievement.

Do you have a pregame ritual?

I've not got a specific pre-game ritual so to speak. However, I still carry my first Fox40 in my kit that was given to me at my first refereeing course and I get that out for the big games.

What is your least favourite exercise at training?

Is the Yo-Yo test an exercise? I hate that one.

What is the hardest part about refereeing?

For me it is definitely concentration. I'd like to think I know what a foul looks like or if something is careless, reckless or excessive force etc. When things go wrong for me it is generally because something happens in a moment where my concentration has slipped. I've consciously worked on ways to keep my concentration active for a full match.

What's your one piece of advice for anyone starting up this year?

Other than just being 'do it', I'd say talk refereeing to your fellow referees, they are the best resource for getting a grasp on the finer points of the laws of the game and how to apply them well. And go to training!!



Adin was the referee in the 2018 Northern League One U23s Grand Final.



Changes to the Laws of the Game 2019:

The International Football Association Board (IFAB) have again made a number of changes to the Laws of the Game applicable for competitions in 2019. Main changes to be aware of are:

Law 4 - The Players' Equipment

- Small, hand-held electronic or communication devices are permitted in the technical area if used for coaching/ tactics or player welfare

Law 4 - The Duration of the Match

- Drinks breaks should not exceed one minute
- Allowance must be made for time 'lost' for drinks breaks and VAR checks/ reviews

Law 12 - Fouls and Misconduct

- Biting is included as a direct free kick and sending-off offence
- Throwing an object at the ball or hitting the ball with a held object are separate direct free kick offences (not a form of handball)
- If the referee plays advantage for a DOGSO the offender is cautioned (YC) whether or not a goal is scored
- Where 2 separate cautionable (YC) offences are committed in close proximity, both cautions (YCs) must be issued; same principle if one is a sending off offence

A full list of all changes and modifications can be found [here](#).

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Registrations now open

Registrations for match officials who wish to officiate with Northern NSW Football Referees in 2019 are now open. To complete your registration:

Create a Football Account - <https://account.footballnetwork.com.au/register>

Register with Northern NSW Football Referees - <https://registration.playfootball.com.au/>

If you have any issues with registration, please contact Jake Southward at Northern NSW Football.



Heat Management

It is important, especially in pre season fixtures, to manage your own body to minimise risk of illness from heat stress. Heat illness can occur from prolonged exposure to hot weather, or from exercising at high intensity for more than 45 minutes.

The risk of heat illness is increased in hot and humid weather because:

- People may not be able to produce enough sweat for adequate cooling
- High humidity may prevent adequate evaporation of sweat

We need to adjust our match preparation and training to ensure that we minimise the risk of heat illness. This can be achieved in a number of ways:

1. Modifying warm-up

In hot conditions, the duration and intensity of a warm-up should be reduced to minimise the increase in body heat and temperature before training and competition.

2. Clothing

Clothing for strenuous exercise, and sport in warm conditions, should allow easy evaporation of sweat from the skin. It should be light coloured, light weight and loose fitting, and provide protection against the sun.

3. Modifying training and taking regular breaks

Exercise intensity in training should be appropriate to current fitness and weather conditions.

The benefits of rest breaks should be maximised by:

- Resting in shade provided by trees, buildings or portable structures
- Wetting the skin, applying ice packs to groin and arm pits
- Drinking cool water or sports drinks
- Withdrawing from the next activity if you feel unusually fatigued

4. Hydration

Substantial amounts of water are lost through sweating when exercising vigorously in the heat. During strenuous exercise sports people often replace only half their sweat losses, but they tolerate moderate levels of dehydration well. To minimise dehydration, drink about two cups of water in the 2 hours before exercising. During exercise lasting 60 minutes or longer, 2-3 cups (500-750 ml) of cool water or sports drink per hour are sufficient for most sports. Dehydration is rarely the sole cause of sports heat illness, but maintaining an adequate water intake assists temperature control. Carbohydrate and electrolytes in sports drinks help to maintain performance in endurance events.



NNSWF Referee Development Pathway

At the NNSW Football Annual referee Seminar, the development pathway for a referee in this Federation was re-defined. To align with the FFA Referee development pathway, the State Talent Pool has been re-established and steps are clear on how to get there and beyond.



The Boys and Girls State Championships, and the Champion of Champions Tournament, will provide an opportunity for young, talented match officials to get intensive and focused coaching as they work with some of our State's best referee coaches. These opportunities will be given to eligible referees from Community Football competitions, not just those referees officiating on Premier Competitions.

From these tournaments, referees will be selected in the Youth Football Referee Academy. The Academy match officials will receive special coaching to further advance their knowledge and skills, and get them to a point where they can be seriously considered to be chosen to go to the National Youth Championships. At this point, they would transition from the Youth Referee Academy to the Youth Referee Talent Pool.

The Youth Referee Talent Pool will comprise the very best of the talented young referees from across NNSW.

Match officials in the State Talent Pool will be developed by a different specialist coach. The coach will work to give them the best chance of being selected to go to the next National Youth Championships. Once the referees to go to Nationals are selected, the coach will then continue to work with them so that the referees perform at their peak at Nationals.



Yellow and Red Cards for Team Officials

Football Federation Australia (FFA) have been granted permission from the International Football Association Board (IFAB) to conduct a trial that allows referees to show the yellow or red cards to team officials. Whilst the trial was adopted in the Joint Zone League Competitions last year, Northern NSW Football as announced that in all competitions that referees will have the power to show yellow or red cards to team officials.

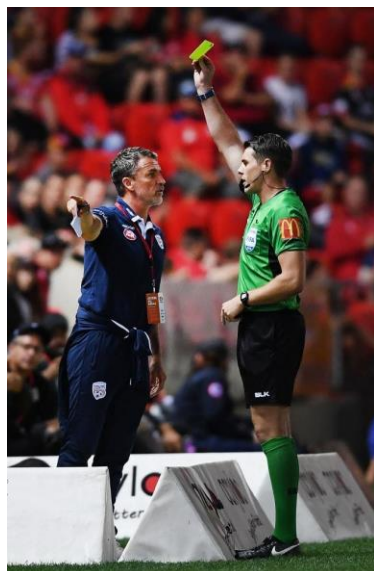
Guidelines to match officials for cautioning and dismissing team officials within the Technical Area

- Referees will use their judgement when deciding whether behaviour by a team official requires a warning (Ask), a caution (Tell) or dismissal (Remove).
- Yellow card and red card infringements by team officials are specified in the relevant Disciplinary Regulations.
- A team official who accumulates Yellow Cards during the course of the season and respective Finals Series will serve suspensions in line with the relevant competition regulations.
- The following examples are provided as guidelines for match officials.

Warning offences / “Ask” - unacceptable behavior

Include (but not limited to):

- Minor / low level disagreement (by word or action) with a decision
- Failing to cooperate with a match official e.g. ignoring a 4th Official’s instruction / request
- Persistent questioning of refereeing decisions
- Entering the field of play in a respectful / non-confrontational manner (including attempting to assist in a non-confrontational situation)
- Leaving the technical area in a non-confrontational manner (e.g. running down the touchline in excessive goal celebrations).



Caution (YC) offences / “Tell” - irresponsible behaviour

Include (but not limited to):

- Persistent / repeated unacceptable behaviour (including repeated warning offences)
- Dissent by word or action including:
 - Throwing / kicking drink bottles or other objects to show dissent (i.e. non-aggressive manner, not on the field, not at someone)
 - Gestures which show a clear lack of respect for the match official(s) e.g. sarcastic clapping
- Gesturing or acting in a provocative, derisory or inflammatory way, including gesturing for a RC or YC to be shown
- Clearly / persistently not respecting the confines of their team’s technical area
- Deliberately entering the technical area of the opposing team (non-confrontational)
- Delaying the restart of play *by their team*
- Showing a lack of respect for the game

Dismissal (RC) offences / “Remove” - serious irresponsible behaviour

Include (but not limited to):

- Violent conduct (including kicking or throwing a water bottle or other object in a dangerous or aggressive manner)
- Deliberately throwing / kicking an object on to the field of play
- Physical or aggressive behaviour
- Using offensive, insulting or abusive language and/or gestures
- Spitting at any person
- Entering the field of play to interfere with play or an opposing player
- Deliberately leaving the technical area to:
 - Act in a provocative or inflammatory manner
 - Enter the opposing technical area in an aggressive or confrontational manner
 - Delaying the restart of play by the opposing team e.g. holding on to the ball, kicking the ball away, obstructing the movement of a player
- Receiving a second YC in the same match



W-League Semi Final Appointment

Congratulations to Ellie Hayes on being appointed to the W-League Semi Final Match between Brisbane Roar and Sydney FC!

Ellie will be the Fourth Official for the match. Catch all the action on Fox Sports this Sunday 10th Feb 2019, with kick off at 7.15pm.

NNSW SLFR Association Membership

Our Association sees its role now as assisting NNSWF in monitoring the welfare of referees, advocating on behalf of members on issues affecting referees and refereeing, and providing social events for Members. Maintaining a collective voice for referees (through membership of the Association) has proven to be important.

Membership entitles you to:

- Voting rights within the Association
- Member representation with Northern NSW Football, and advocacy on issues affecting referees within Northern NSW NPL, WPL, Northern League 1, Zone League Competitions and SAP
- Eligibility to stand for Committee positions as per the Association's Constitution
- Access to welfare assistance provided by the Association
- Participation in all social events held by the Association
- Access to our newsletter - *The "R" Factor*

Membership fees for 2019 are \$20 for ordinary members, and \$5 for junior members (under 18).

If you are not currently a member and want to sign up, or have any other questions, please contact the Secretary Cameron Burns via email: secretary@northernnswstateleaguerefs.com.au

Existing Members:

You will not need to complete a new membership form or a renewal.

Invoices for this year's membership will be sent to existing members later in the month.

