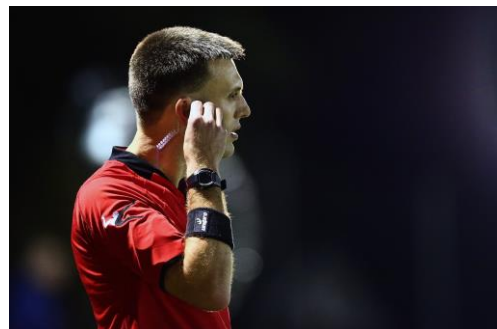




Welcome to this seventy sixth edition of **“The Referee”**, the newsletter for all NSW State League Football Referees. This newsletter will enable our branch to communicate directly with our members and will cover issues and areas of interest to all referees.

We wish to ensure that all information, educational resources and opportunities that our branch provides for referees finds its way to those who are likely to benefit most – and that’s you!



To do for NSWSLFR members in February 2020:

1. [Register for the branch for 2020](#)
2. [Review the 2019/20 LOTG changes](#)
3. [Make yourself available for trial matches on Horizon WebRef](#)
4. [Register for the seminar Sunday 2nd February 2020 - Referee](#)
5. [Register for a fitness test](#)

LOTG 2019-2020 - When the Ball Touches a Match Official

In the past when the ball was shot at goal and it was deflected off the referee into the goal it was a an easy decision to make. The referee has to allow the goal in this case, but what is the decision in 2019-2020? Take a look at the video link below:

Take a look at the video link: <https://youtu.be/MhWyCGQ9HDU>

Situations like this will not happen again following a law change. I will try to explain this new situation in this article. You will need to be aware and how to handle this situation from the 2020 season onwards. Check out the new LOTG changes for 2019/2020 with clarifications at the following link:

[Changes to the Laws and Clarifications 2019/2020](#)

Because of the recent law changes, you need to make a different decision as a referee compared to previous seasons. As you should know there are three reasons for when the ball is out of play. Two are the common ones that have always been in the Laws of the Game:

- when the ball has wholly passed over the goal line or touchline on the ground or in the air
- or when play has been stopped by the referee

But the third reason is new:

- when the ball touches a match official and remains on the field of play.

Refer to the IFAB 2019/2020 LOTG Law 9 (The Ball In and Out of Play) – Pages 91 and 161.

Not in all cases, but the referee has to stop play if:

- a team starts a promising attack or
- the ball goes directly into the goal or
- the team in possession of the ball changes

In all these cases, play is restarted with a dropped ball.

But in 2019-2020 the LOTG mention a new way of restarting for the situation mentioned above ...

As the ball is in the penalty area when touched by the referee, the restart is a little different now. Refer to the IFAB 2019/2020 LOTG Law 8 (The Start and Restart of Play) – Pages 88 and 160 which says for a dropped ball:

- The ball is dropped for the defending team goalkeeper in their penalty area if, when play was stopped (this would be the case in the video with the new law changes. This may not be the fairest outcome to the attacking team, but it is overall a fairer outcome than the goal that would previously have been awarded):
 - the ball was in the penalty area or
 - the last touch of the ball was in the penalty area
- In all other cases, the referee drops the ball for one player of the team that last touched the ball at the position where it last touched a player, an outside agent or, as outlined in Law 9.1, a match official.
- All other players (of both teams) must remain at least 4m from the ball until it is in play.

The ball is in play when it touches the ground.

I had one experience several years ago which was a bit odd. I was following play in a good external position on the left side of the field of play when a mid-fielder mishits his shot at chest height and it hits me; I had no chance to move away. If I wasn't there it would have gone over the side line for a throw-in. Due to the ball hitting me the opposing team gets possession of the ball. They pass the ball a few times, moving the ball up field, and shoot on goal. An easy one, you would think for making a decision. However, then the keeper lets the ball slip through his fingers and a goal is scored. Even though there was no chance for me to get out of the way of the ball due to the mishit, I felt sorry for the goal being scored. The new change in the LOTG would have allowed me to have dealt with this situation more fairly. What are your experiences with touching the ball?

Adapted and modified from an article by Jan ter Harmsel (@dutchreferee).

	<h2 style="margin: 0;">NSWSLFR FEBRUARY TRAINING</h2>
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- Training is at Lidcombe Oval at 7pm on Wednesday. Training status is updated via Facebook Group and email
- Members who cannot attend training should submit their own data via the Garmin Group or [link](#). All training sessions should include an appropriate warm-up and cool down with appropriate rest between drills.
- Fitness tests are at Barden Ridge – Register through the link. Pre-registration is compulsory.
- Practice FTs are at Barden Ridge however it is a shared track. Training and Fitness Tests will be conducted at both Lidcombe Oval and Barden Ridge during February.
- The TSC has decided to continue with the same fitness assessment eligibility criteria of attending three of the formal sessions prior to registering for the fitness tests. Members who are unable to make three sessions should contact John Parker, Fitness Co-ordinator at training@nswfootballreferees.com.au or 0412 060 499 to discuss alternatives

Wed Feb 5	Wed Feb 12	Sun Feb 16	Wed Feb 19	Sun Feb 23	Wed Feb 26
Fitness Test 1	Lidcombe 7pm	Fitness Test 2	Lidcombe 7pm	Fitness Test 3	Fitness Test 4
Barden Ridge 6pm & training at Lidcombe 7pm	A2 – 18 mins B1 – 1 set C1 – 1 set	Barden Ridge 8am	A1 – 18 mins B2 – 1 set C3 – 2 sets	Barden Ridge 8am	Barden Ridge 6pm & training at Lidcombe 7pm
A3 B4 – 2 sets A1 – 12 mins					A4 – 2x8mins B3 – 1 set C1 – 1 set

		DRILLS			
		1	2	3	4
A	75m run/25m rest Straight line At fitness test times Count Your Reps	75m run/25m rest Curved line At fitness test times Count Your Reps	8x20m Sprint up jog back 6x40m Sprint up jog back 4x60m Sprint up jog back 2x80m Sprint up jog back with 1:1 recovery in between each of the distance groups. Max of 2mins for each of the four distance groups.	150m run, 50m walk 150m run, 50m jog 2 runs = 1 lap Count Your Laps	
	Targets NPLM – 10 reps/5½' NPLW/SL – 9 reps/5½'	Targets NPLM – 10 reps/5½' NPLW/SL – 9 reps/5½'		Targets NPLM – 4 laps/ 8 mins NPLW/SL – 3 laps/8 mins	
B	6x20m falling start sprints Walk recovery <30secs	6x40m sprints Walk recovery <1min	4x 30m sprints 3 min rest 4x 40m sprints Walk recovery <1min	10m sprint, walk recovery 20m sprint, walk recovery 30m sprint, walk recovery 40m sprint, walk recovery 4 reps, 3 mins between sets	
C	10m sprint 30m jog 20m sprint 20m jog 30m sprint 10m jog 40m sprint Continuous in 1min, then 1min rest – 5 reps	20m shuttles in 1 min with 1 min rest. Repetitions of 10, 10, 11, 11 and 12	3x25m shuttles in 20secs 20secs rest 12 reps		

Sprint = Your Maximum Effort, Run = Your Fitness Test Pace, Jog = Your Recovery Pace. Walk = Your Walking Pace

2019-2020 Laws of the Game Quiz

A thorough understanding of the Laws of the Game is an essential quality of a good referee. All referees should regularly review their Laws of the Game book to ensure they are correctly interpreting and applying them.

This monthly LOTG Quiz is highly recommended for all active referees and assessors and counts towards meeting part of the criteria for honour games consideration and annual awards. To reinforce your knowledge, you are encouraged to utilise your Laws of the Game Book to assist in answering the quiz questions. All quiz questions are based on the new 2019/2020 IFAB LOTG.

[Click Here](#)

Click on the "Click Here" button to complete the highly recommended monthly LOTG Quiz to test yourself on how well you know the laws.

January LOTG Quiz Answers: 1 - B; 2 - A; 3 - D; 4 - B; 5 - A; 6 - C; 7 - D; 8 - B; 9 - A; 10 - C.

Important Dates

Sunday 2nd February 2020 – Annual Seminar at Bankstown Sports Club, 8 Greenfield Parade, Bankstown NSW 2200, starts at 8.30 am. Name confirmation from 8.00 am. The seminar finishes at 13.00. **Note:** Pre-registration through the Registration JotForm is essential. The seminar is compulsory and all referees are required to attend. Failure to attend will impact on appointments. Also, please note that there will be a re-accreditation examination, after the seminar, from 1.00 to 2.00 pm.

Wednesday 5th February 2020 - Fitness Tests at Barden Ridge Athletics Track, Recreation Drive, Barden Ridge NSW 2234. Conducted from 6.00 to 8.30 pm – be there at 5.30 pm for warm up and name confirmation. **Note:** Fitness Test Pre-registration must be completed before the designated date as places are limited.

Sunday 16th February 2020 - Fitness Tests at Barden Ridge Athletics Track, Recreation Drive, Barden Ridge NSW 2234. Conducted from 8.00 to 11.00 am – be there at 7.30 am for warm up and name confirmation. **Note:** Fitness Test Pre-registration must be completed before the designated date as places are limited.

Sunday 23rd February 2020 - Fitness Tests at Barden Ridge Athletics Track, Recreation Drive, Barden Ridge NSW 2234. Conducted from 8.00 to 11.00 am – be there at 7.30 am for warm up and name confirmation. **Note:** Fitness Test Pre-registration must be completed before the designated date as places are limited.

Wednesday 26th February 2020 - Fitness Tests at Barden Ridge Athletics Track, Recreation Drive, Barden Ridge NSW 2234. Conducted from 6.00 to 8.30 pm – be there at 5.30 pm for warm up and name confirmation. **Note:** Fitness Test Pre-registration must be completed before the designated date as places are limited.

Friday 6th March 2020 – General Meeting at Bankstown Sports Club, 8 Greenfield Parade, Bankstown NSW 2200, starts at 7.30 pm.

Friday 3rd April 2020 – General Meeting at Bankstown Sports Club, 8 Greenfield Parade, Bankstown NSW 2200, starts at 7.30 pm.



Richard Baker - NSWSLFR TSC Member and Newsletter Editor

