



Welcome to this eighty eighth 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 2021:

1. [Register for the branch for 2021](#)
2. [Review the 2020/21 LOTG changes](#)
3. [Make yourself available for trial matches on Horizon WebRef](#)
4. [Register for the Annual seminar: Sunday 7th February 2021 or Catch-Up Sunday 28th February 2021](#)
5. [Register for a fitness test](#)

Improving Performance - Finding Your Rhythm With Good Preparation

Why does it sometimes take you 20 minutes to find your rhythm in a game? Maybe you've experienced this feeling:

You arrive at the venue and something doesn't feel right. Mentally, you feel like you are not ready for the match. As you blow the first whistle, you feel uncomfortable. You play an advantage and then blow your whistle but you've ended up leaving yourself to deal with a far worse challenge. After that poor decision, all you want is to not make another. In the next 20-to-25-minute spell, you are left trying to get into the flow of the match. When you finally get into the groove, you are solely concerned with bringing back up the level of your match control from a difficult first 20 minutes of the game.

So, what does this mean? Why is Getting into a Rhythm Difficult for Some Referees? This is all to do with preparation, more specifically, when an official starts to mentally prepare for an appointment. Some referees take a random and inconsistent approach to their pre-match preparation. These officials have no standard preparation routine and hope they are ready to referee by the time they blow the first whistle.

A football match doesn't start with your first blow of the whistle. Pre-match preparation should be intentional, purposeful and routine. As for the timing, this should start long before the first blow of the whistle in a game. Pre-match preparation should be something you consciously attend to, something you perform habitually in the same manner, prior to every appointment. Pre-match preparation is about getting your mind and body ready to officiate at your peak from the first whistle. In fact, if you make your pre-match preparation a routine, it will send a message to your brain indicating, "I'm completely ready to officiate."

This message to your brain not only calms any nerves you may have; it also breeds confidence. Isn't that what all officials are looking for at the start their games, high confidence?

Guidance for Developing an Effective Pre-match Routine:

Write out a plan for what you should do from the moment you leave your house to prepare yourself mentally and physically. Consider what your pre-match meal may contain, preparing your equipment, stretching, warm-up, visualisation, checking on the condition of the field of play. Don't forget the importance of your mental preparation for the game. Think about decisions you may have to make during the game, in your mind, review your game plan, and use positive self-talk to build confidence.

Consistent performances start with consistent mental and physical preparation.

Modified and adapted from an article in The Third Team Blog by Nathan Sherratt

2020-2021 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 2020/2021 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 2021 LOTG Quiz Answers: 1 - C; 2 - B; 3 - A; 4 - D; 5 - C; 6 - A; 7 - D; 8 - B; 9 - C; 10 - A.

Important Dates

Sunday 7th February 2021 – Annual Referees 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. Places are limited due to the clubs COVID-19 restrictions.

Wednesday 3rd February 2021 - 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 14th February 2021 - 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 17th February 2021 - 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.

Note: You will need to attend three training sessions before you can attempt a fitness test.

Sunday 28th February 2021 – Catch Up Referees Seminar Annual Referees 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. Places are limited due to the clubs COVID-19 restrictions.

Note: The Referees Seminar is compulsory and all referees are required to attend. Should places be filled in the 1st Seminar please register for the 2nd Seminar. Failure to attend either Seminar will impact on appointments.

The Assistant Referee - Flag Tips

Whoever said that being an AR is easy, has either never done the job or has at least, never done it well! At some point we were all clueless on the touchline and quickly found that we had more to learn than we thought. Being an AR can be quite difficult and requires real concentration and application to do well.

So here are a few flag tips that may help you do a better job on the line:

1. When standing at the halfway line, and when play is in the other half of the field of play, Assistant Referees should always hold their flag in the hand that is nearest to the halfway line. This ensures that when play breaks back into their half, the Assistant Referee (when he turns to run down towards the corner flag) will already have the flag in the correct hand facing inwards towards the centre Referee.
2. Never roll the flag up. Always have it unfurled, with as much of the flag's surface area visible to the centre Referee. Keep the flag as motionless as possible whilst running.
3. When making the 'substitution' flag signal, do not hold it in front of your face. If you do, you may miss an incident. Hold it slightly to one side of the face to allow you visibility.
4. When signalling for a goal kick (or a corner kick), hold the flag in the hand that is nearest to the goal line. This will prevent you obscuring the centre Referee from your vision and will open up your body position so that you are correctly facing towards the field of play. This will also give a greater eye contact line with the centre Referee.
5. When signalling for a throw-in, use the correct hand. If the throw-in is to the right, use the right hand. If the throw-in is to the left, use the left hand. DO NOT use the right hand to indicate a throw-into the left, and do not use the left hand to indicate a throw-in to the right. In other words, do not cross your flag arm across your chest, or turn your body unnecessarily when making signals.
6. Always hold the flag in the hand that is nearest to the field of play. This will enable the centre Referee to view it easier. Whilst switching hands, keep your hands low.

7. When signalling, stop, face the field of play, stand erect and try to locate and make eye contact with the centre Referee.
8. If the centre Referee acknowledges the flag, drop it immediately and continue to move with the ensuing game.
9. Be sharp with the flag when you are raising it. When you bring it down, do it gracefully!
10. Assistant Referees must learn the correct flag signals, and use them properly.

Remember as an AR you should always be vigilance: Concentrate 100% of the time, and do not be distracted by comments from the crowd behind you. If the ball goes over the touchline near you, DO NOT chase the ball, leave it for the players to get, even if it's close by; your eyes should remain focused on the players at all times.

Modified and Adapted from the Corsham Referee by Julian Carosi

Pre-Game Instructions

The pre-match instructions should cover the duties, responsibilities, and means of communication for the referee team. Depending on the familiarity of team members, the level of competition, and the importance of the match, the pre-game instructions can take place 15 minutes to an hour prior to the game. A typical Pre-game would discuss:

1. Officials work together as a Team.
2. AR's duties are to assist the Referee by
 - Indicating out-of-bounds and restarts
 - Indicating offside
 - Indicating fouls and misconduct the Referee could not or did not see
 - Indicating substitutes • Recording game information (one writes, others watch)
 - Keeping backup time and indicating time remaining
3. Indicate goal/no goal.
4. Indicate offside, not offside position (delay okay).
5. Indicate fouls only if the Referee needs assistance (screened, out of view).
6. If waved off or overruled, put the flag down and stay calm.
7. Review positions on corner kicks, goal kicks, close-in kicks, penalty kicks.
8. Always make eye contact when signalling.
9. Make frequent eye contact throughout the game.
10. Talk to the players as needed.
11. Mirror each other's signals when necessary.
12. Do not permit dissent, delay, encroachment, interference with the keeper, discussion of judgment calls.
13. At the end of the half and match, move quickly to halfway circle (nearest to the ball collects it).
14. Enter and leave as a Team.

The keys to being a successful team are preparation and communication.



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and Newsletter Editor**

