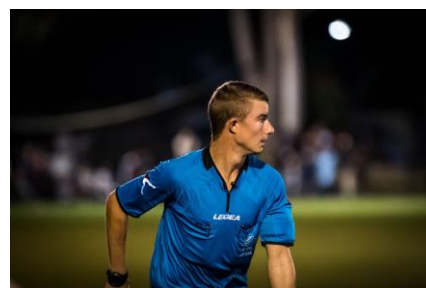
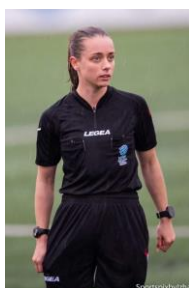
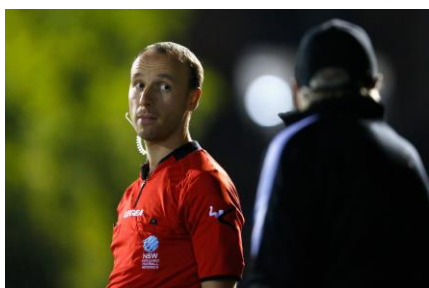




Welcome to this eighty ninth edition of **“The Referee”**, the newsletter for all NSW State League Football Referees. This newsletter will enable our branch to communicate directly with our members and will cover issues and areas of interest to all referees. We wish to ensure that all information, educational 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 March 2021:

1. [Register for the branch for 2021](#)
2. [Review the 2020/21 LOTG changes](#)
3. [Make yourself available for competition matches on Horizon WebRef](#)
4. [Attend training every week](#)
5. [Attend March General Meeting](#)

How Can You Boost Your Mental Toughness In The Face Of Adversity?

Is your mental toughness challenged when you have to perform out in the middle under difficult circumstances?

To maximise the best of your potential ability, you must learn how to anticipate and deal with challenges. 'Dealing with' means to have a way to respond to adversity so you can perform with sharpness and clarity. Football, and more specifically, refereeing, has its ups and downs and there is nothing you can do to prevent the fact that you may occasionally be blindsided, but you can control how you respond to those situations.

Does Adversity Make You Mentally Stronger?

If this was the case every single referee that was stood down, suffered an injury, lost form, was unable to contend with pressure or under-performed would grow from adversity. In actual fact, the opposite is often true, adversity, quite often, causes officials to hang up their whistles.

One aspect of mental toughness is how you react to adversity. You to continue to work hard, which leads to two benefits:

1. Better performances
2. Increased levels of mental toughness.

Mental toughness is the ability to focus on your goals, stay positive and find a way to overcome challenges. The best thing about increased mental toughness is that it is achievable to every referee, if you are willing to work for it.

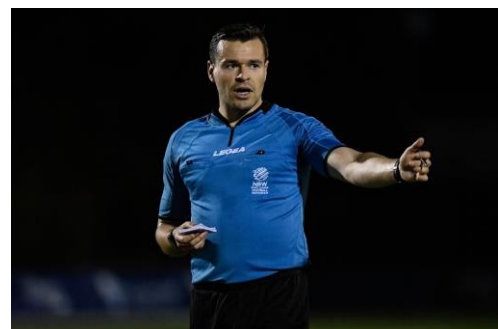
You must ask yourself: "Do I want to improve my mental strength and cope better with adversity when comes my way?"

Ways of Developing Mental Toughness

Firstly, you need to reframe your mindset so that your internal monologue is no longer saying "Oh no, not a reckless tackle!" and is now saying, "What do I need to deal with next?" When adversity has hit, it's not a problem. Negative thoughts about difficult periods will not allow you to rebound successfully. Instead of lamenting over an error you've made, think, "What can I do now to get my match control back on track and deliver the remainder of the game successfully?"

Additionally, look to anticipate challenges you might face during your game, from oppressive team tactics to foul challenges in key areas of the pitch. How will you respond to the players looking to you for action? When you prepare yourself mentally to deal with challenges, you have a number of options in the way that you choose to respond. For example, how would you respond to an act of simulation in the penalty area? Do you know how to stay composed, and arrive at the correct decision in the midst of one side branding the player a cheat, and their opponents looking for a penalty kick?

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.

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

Important Dates

Friday 5th March 2021 – General Meeting at Bankstown Sports Club, 8 Greenfield Parade, Bankstown NSW 2200, starts at 7.30 pm.

Friday 2nd April 2021 – TBC

Friday 7th May 2021 – TBC

Friday 4th June 2021 – TBC

Friday 2nd July 2021 – TBC

Note: Zoom meetings may replace in person meetings.

Dealing With Your Inner Critic When Out in The Middle

As a referee, your colleagues and your biggest adversary present two separate challenges. Your colleague may be a referee you have climbed the ladder with, someone who finished higher than you the previous year or a higher level official. Your biggest adversary is not another person, it's you!

An adversary is often referred to as an enemy who continuously and relentlessly opposes you. Think back to a time when you were your own worst enemy. Did you verbally berate yourself after a missed decision? Did you mentally give up before you'd even blown the first whistle? Did you allow yourself to be intimidated by other referees?

Warning Signs That You Are Detrimental to Your Own Performances

- You have difficulty giving yourself credit for your successes
- You undervalue your strengths.
- You create unrealistically high expectations of yourself and wonder why you always fail.
- You compare yourself and your accomplishments to other referees.
- You are overly critical of most things you do.
- You over-analyse your performance and beat yourself up over every past mistake or missed opportunity.
- You fear you will fall or make mistakes during games.

Why be so self-critical?

You are already facing strong competition and tough challenges in your games, there is no need to make it harder. Besides, your thoughts about yourself are usually distorted. You are too close to yourself to get a true perspective and just because you think something doesn't make it fact. You can just as easily grab a hold of thoughts that

support your skills, talents and accomplishments. You can choose to be your biggest supporter rather than your worst enemy, you have a choice!

Strategies for Overcoming Your Inner Critic

Firstly, you need to fact-check your thoughts. Ask other people for their feedback regarding your skills and performance. Ask yourself, "Is there a chance that I'm too hard on myself?" If so, make a conscious choice to replace the inner critic. Start with one **positive self-statement**, "I have trained hard, studied the statistics and I'm ready for **success**." Ask yourself: How often do I criticise myself when out in the middle? Being more self-aware is the first step to changing this behaviour.

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

Using the Eyes

The key to effective cooperation between referees and assistant referees is eye contact. Only by looking at the referee and being aware of the referee's position can an assistant referee decide if intervention is necessary. Assistant Referees should never interfere in the referee's running of a match. They should only draw the referee's attention to incidents that the referee could not see clearly. If a foul occurs, but the referee does not react (e.g., does not award a free kick, does not have a "word" with a player, etc.), check the referee's position. Do not signal if the referee has a clear view of the incident. If the referee's view was blocked, flag to advise that an offence has occurred.

Attempt to make eye contact with the referee before raising your flag. This technique can clarify whether or not the referee is seeking assistance. It also minimises the risk of conflicting signals being given. This principle is simple **confer then decide**.



Welcome to Season 2021

**Richard Baker - NSWSLFR TSC Member
and Newsletter Editor**

