



Welcome to this ninety seventh 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!



*Relationships between referees and their assistants should be based on trust and mutual respect. These conditions are essential if the officiating team is to operate at an optimum level. If the referee has seen an incident assistants should only intervene in extreme circumstances. A referee should not automatically accept an assistant’s signal, if in a better position and be prepared to decline that advice if considered appropriate to do so.*

## ***The Referee Coach/Assessor's Eye View of the Referee***

The moment the Referee steps out of the dressing room and enters the field of play, the officially appointed Referee Coach/Assessor for the match is observing a number of items:

**“Appearance”** Not only the appointed Referee Coach/Assessor will be checking this but so will twenty-two players from the teams on the field of play, plus perhaps to another eighteen people on the benches and many of the spectators present as well!

**“Signals”** Whistle (authorative and with variation in tone according to the severity of the offence as seen by the referee). Hand and Arm (in particular the signal for indirect free kicks) and Voice (firm and polite).

**“Stoppages”** How does the Referee manage substitutions, injured players, defensive walls, restart positions and allowances for stoppages in each half?

**“Advantage”** Was the signal visually correct and supported with vocal qualification? Was the original offence penalised if an immediate advantage did not result? Or following offside if appropriate?

**“Cooperation with Assistant Referees and Fourth Official (if appointed)”** Standard of teamwork, communication, acknowledgement of signals, handling of substitutions when appropriate.

**“Application of the Laws”** Penal – were offences penalised correctly and consistently? Technical – recognising dangerous play – force of challenges, judging offside offences and restarting play in accordance with Law. Misconduct – correct action in Law, caution and sending off procedure.

**“Positioning and Movement”** Reading of play and sense of anticipation in open play, angles of view, viewing positions at set plays, physical fitness, explosive speed when required. Keeping up with play and keeping the action in the best possible view, etc.

**“Control and Authority”** Positive decision making, people management, dealing with major issues, actions that inspire the respect of the players, etc.

**“General Remarks and Advice”** Generally provide up to three areas (coaching points) for consideration by the Referee for their development and improvement in the future. Provide a fair balance between praise and encouragement plus a comment, perhaps, on the degree of difficulty of the game.

*Modified and adapted from an article by John Rogers and Doug Rennie some years ago.*

## ***Paying Attention When Refereeing***

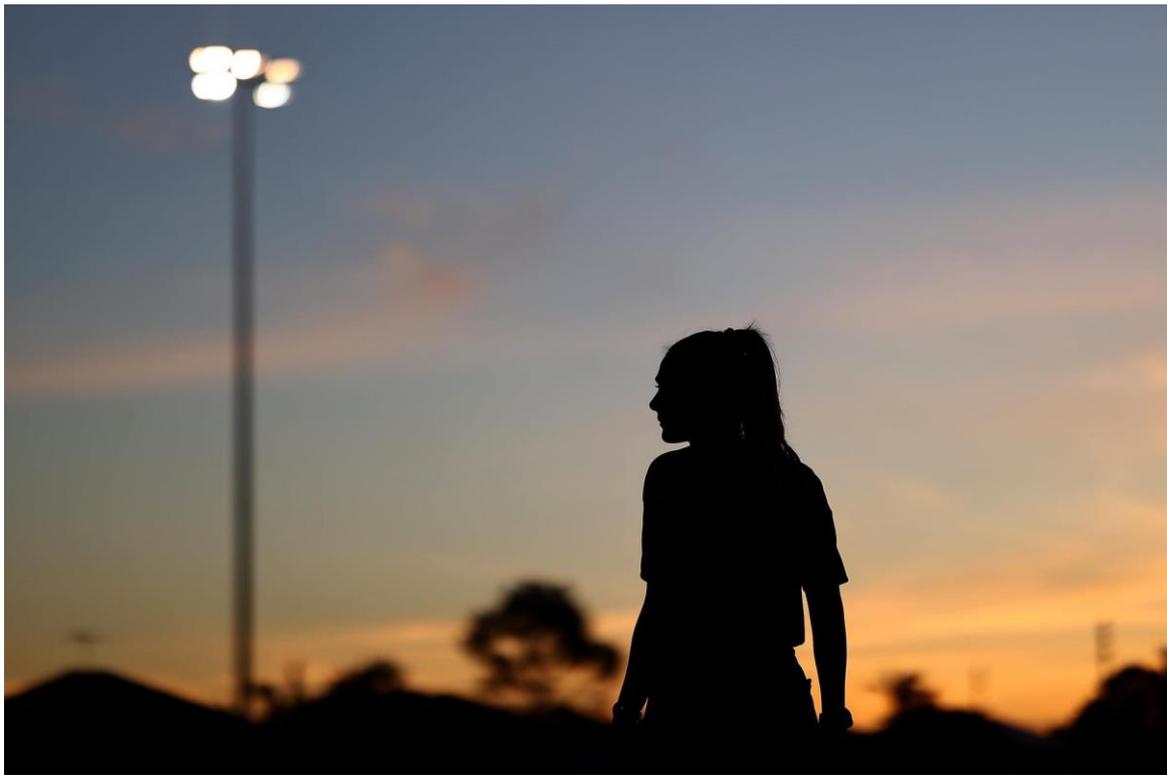
Referees do not lose physical ability overnight. The reason for a change in performance is more likely to be related to fluctuations in cognitive processes, one of which being attention.

Generally, the terms attention and concentration can get mixed up, however attention is the umbrella term for concentration, selectivity of perception and/or the ability to co-ordinate two or more actions at the same time.

Whether it be in the last ten minutes of play, the first 30 seconds of the game or a penalty shootout, a match official needs to focus their attention on the correct things.

Focusing on the wrong stimulus can lead to lapses in concentration. A referee's focus of attention can vary from internal to external which, can have an impact on learning and performance of new skills. Studies have shown that having an external focus of attention is more effective in this area compared to an internal focus of attention.

An official with an external focus of attention will direct their attention to the effects their movements have on the environment. A referee with an internal focus of attention will direct their attention inwards on their own movements.



However, external and internal factors can also lead to lapses in concentration and poor performance. For instance, distraction theories suggests that perceived pressure (from outside forces such as players, club officials or spectators) can cause an increase in anxiety crowding the working memory resources leading to inability to officiate at a high level.

Conversely self-focus theories propose that anxiety leads to an increase in a referee's levels of self-consciousness causing them to focus their attention inwards causing them to over think their own actions.

A beneficial way to combat concentration lapse is to create a stressful situation in training or practice which might normally lead to a sharp decline in performance. Having people watch you practice a specific aspect of your officiating, for example, can help increase confidence to the point where an official is not phased anymore having spectators watch them.

Michael Phelps' swimming coach admittedly broke his goggles during practice to enable the Olympic gold medallist to practice swimming without them should it ever happen during competition. Ironically it did during the last 100m of the butterfly in the 2008 Olympics and Phelps went on to win the race.

Having a pre performance routine (PPR) is also a huge benefit when intense situations arise during a fixture. Having an individual task, relevant set routine of thoughts and actions to stick to no matter what the circumstances can help an athlete to relax and prepare for whatever task they are performing.

Studies have also shown grassroots referees use of PPRs and found they used it to help in attentional processes such as "switching on and off" and staying in the present.

Therefore, attention would appear to be an extremely important aspect of mental preparation for appointments. Using the strategies above may help you to perform that little bit better and stay in the present.

***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.*

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

## Save These Dates

Sunday 6<sup>th</sup> February 2022 - Annual General Meeting and 2022 Annual Seminar at Bankstown Sports Club, 8 Greenfield Parade, Bankstown NSW 2200, starts at 10.00 am.

**Note:** *Subject to COVID-19 regulations Zoom meetings may replace in person meetings.*



## During Stoppages

When play is stopped by the referee for an injured player or for a substitution, an AR can assist the referee by standing in line to the position from where play should restart. This will help the referee recommence the match from the correct position.



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

