



Welcome to this ninety 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! !



**Merry Christmas to All  
NSWSLFR Members and  
Referees Worldwide**



*Recognise the implications of passive or active play in offside judgments. Whilst the referee is rarely in a position to judge whether a player is in an offside position, you will be able to determine whether a player is involved in active play or not, should the assistant raise their flag for offside. If the player flagged offside is not involved in active play, then play should be allowed to continue and the assistant acknowledged with a wave to drop their flag.*

## ***Still Relevant Today-The Tactic Conduct of the Referee on the Field.***

The referee will ensure the respect of the laws of the game and will decide on every controversy. The following activities determine the function of the referee on the field.

All statutes and regulations, however perfect they may be, are quite sterile and meaningless when applied without harmony or intelligence. It is useless for a referee to know the actual laws if he cannot apply them at the right moment. We are satisfied that practical application of the Laws puts an observer (assessor) in a position to judge a referee's ability. On the other hand, one can say that practice is the application of theory, thus explaining that a good referee must be very well experienced.

There is no real need to discuss the Laws of the game now or to explain their real importance, but we should take a look at them as a single entity or complex, in order to study the result of their practical application. Every means we use to apply the laws in the correct way, to achieve our final purpose, can be called a tactic measure. The way a referee carries out their task determines their tactic conduct on the field.

### **PLACING (positioning today)**

The way or the system with which a referee places themselves, has become important nowadays. Once considered as an auxiliary element of tactics, "**PLACING**" (positioning in today's terms) is now a most important principle of refereeing. The physical or technical skill of a referee is not sufficient, however, for a perfect direction of the game.

Referees must be able to run fast; that is true, and their decisions must be quick, but that's not all. They must be subtle, using psychology. They must be spiritually prepared to direct a match, in other words, to understand the players and treat them comprehensively so that they grow trustful towards the referee.

Referees must avoid sounding like a sergeant major or a conceited school teacher whilst in control of a game. Their resolute behaviour is sufficient for the players to understand which sort of men they have to deal with. The first fifteen minutes of a match are most important to the referee.

If a player can discover a referee's instability the match will become a problem for them and their game will lose fluidity. The players will easily become disturbed by their indefinite decisions and gang up on them whenever the opportunity occurs.

In the need for reprimanding of players it should be applied in an educational manner, done quickly without stress, as if the referees came upon the player unintentionally, clearly and briefly pointing out the fault of such actions and in some cases, the folly of indiscreet tactics that could lead to consequences. Referees should accept no suggestions and never regret their decisions at any time.

It is also a tactical measure to face unexpected situations, for which the said regulations make no special provisions. A good referee must be in a position to clear them up, according to the spirit of the laws. In doubtful cases they had better explain how the infringement was committed, but with few indispensable words. Discussions are to be avoided.

A big mistake is to treat any big shot members of the team with any sympathy and to be positively impartial towards the players who are known to be usually faulty. The referee must be fair and not double faced.

The password of modern football is "**SPEED**". All referees must take this factor into account. They have to do their utmost not to ignore it and keep up with the game and not to handicap the players in any way and be in a sound position to make decisions during forward play and not waste time, but to regain the flow of the game to keep the players alert and impress the coach/assessor.

A good referee should not mix tactics with diplomacy. A good tactical conduct of the game helps to achieve success, while a continual application of diplomacy often brings failure.

It is essential that a spirit of comradeship be struck up among referees and their assistant referees as nothing can help more than a reciprocal spontaneous support among referees and their fellow officials

Tactics are, therefore, a means to reach the object and the more referees hit their target the better for the whole referees' organisation it is.

*(This article was published in Soccer World on 21<sup>st</sup> September 1957)*

## **Refereeing - Why Too Much Information Can Be Counterproductive**

You're in the final moments before an important fixture to which you've been appointed. Up until now, you've felt good and confident about your abilities. But suddenly, something shifts. You feel a wave of self-doubt. You start questioning how well you have prepared. The urge to run out of the stadium to a place of comfort starts bubbling to the surface.

As hard as you try to overcome your inexplicable insecurity, something tells you that you've already made key errors. And indeed, things don't go well. You choke up, forget what you were meaning to say to players and club officials, you long to just walk off the field, or you make silly mistakes. None of this comes as a surprise, you knew beforehand that something had gone wrong in your mind. You just don't know why.

On the contrary, perhaps you've officiated a fixture where you knew you'd succeeded before you blew the first whistle. You felt confident and in control. Your mind could focus with ease, oblivious to self-doubt or distraction. Challenges to your authority melted away, and management skills you never knew you possessed came to the fore.

This phenomenon, succeeding or falling below your expected standard, is something in your mind before the game is played out in reality. This is what tennis player and coach W. Timothy Gallwey first called "the Inner Game" in his book *The Inner Game of Tennis*. Gallwey wrote the book in the 1970s when people viewed sport as a purely physical matter. Athletes focused on their muscles, not their mindsets. Today, we know that psychology is in fact of the utmost importance.

Gallwey recognised that physical ability was not the full picture for any participants of any sport. For referees, success is very psychological because there are really two games going on: the Inner Game and the Outer Game. If an official doesn't pay attention to how they're refereeing, then the Inner Game, against their insecurities, their wandering mind, their self-doubt and uncertainty, they will fail to realise their potential. The Inner Game is fought against your own self-defeating tendencies, not against the challenges to your authority.

A major factor in referees losing the Inner Game battle is trying too hard and interfering with their own natural learning capabilities. Let's take a look at how officials can win the Inner Game challenge in our own careers by seeing the importance of not forcing things.

### ***The Two Sides of You***

When we're learning something new, we often internally talk to ourselves. We give ourselves instructions. Psychologists have observed key insight: the idea of "**Self-1 and Self-2**".

**Self-1** is the conscious self. **Self-2** is the subconscious. The two are always in dialogue.

If both selves can communicate in harmony, the game will go well. More often, this isn't what happens. **Self-1** gets judgmental and critical, trying to instruct **Self-2** in what to do. The trick is to quiet **Self-1** and let **Self-2** follow the natural learning process we are all born competent at; this is the process that enables us to learn as small children. This capacity is within us, we just need to avoid impeding it.

**Self-1** tries to instruct **Self-2** using words. But **Self-2** responds best to images and internalising the physical experience of carrying out the desired action.

***“If we let ourselves lose touch with our ability to feel our actions, by relying too heavily on instructions, we can seriously compromise our access to our natural learning processes and our potential to perform.” – W. Timothy Gallwey, Tennis Player & Coach***



### **Don't Try So Hard**

What's the most common piece of advice you're likely to receive for getting better at something? Try harder. Work harder. Put more effort in. Pay more attention to what you're doing. Do more.

Yet what do we experience when we are performing at our best out in the middle? The exact opposite. Everything becomes effortless. We act without thinking or even giving ourselves time to think. We stop judging our actions as good or bad and observe them as they are. Colloquially, we call this being in The Zone. In psychology, it's known as "flow" or a "peak experience."

It has been observed that when referee coaches and managers take a step back and gave their officials less feedback, not more, they improved faster. Referees would correct obvious mistakes without any guidance. On some deeper level, they knew the correct way to officiate matches. They just needed to overcome the habits of the mind getting in the way. Whatever impeded them was not a lack of information.

There are numerous instances outside of refereeing when we can see how trying too hard can backfire. Consider a manager in the world of corporate business who feels the need to constantly micromanage their employees and direct every detail of their work, not allowing any autonomy or flexibility. As a result, the employees lose interest in ever taking initiative or directing their own work. Instead of getting the perfect work they want, the manager receives lacklustre efforts.

Or consider a parent who wants their child to do well at school, so they control their studying timetable, limit their non-academic activities, and offer enticing rewards for good grades. It may work in the short term, but in the long run, the child doesn't learn to motivate themselves or develop an intrinsic desire to study. Once their parent is no longer breathing down their neck, they don't know how to learn.

***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.*

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

## Save These Dates

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

Proposed Fitness Tests for 2022 are as follows: Sunday 30/01/22, Wednesday 2/02/22, Sunday 20/02/22 and Wednesday 23/02/22. The venue will be Barden Ridge as in previous years



## Record Keeping

Keep a complete record of all key match events (goals, substitutions, cautions, sending-offs, etc) plus the time that each event occurred. This may prevent arguments over whether the same player has been cautioned twice, the number of substitutions made, goal scorers, and so on. Match officials should compare and check their records at half time and full time.



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

