



Welcome to this one hundredth and fourth 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 June 2022:

1. [Review the 2021/22 LOTG changes](#)
2. [Make yourself available for competition matches](#)
3. Attend training every week in 2022 – Venue: Potts Park, Yagoona
4. Attend the June General Meeting via Zoom commencing at 7.30 pm

Managing Awareness and Injury Management

During the season I recommend revisiting IFAB Laws of the Game and FIFA Considerations on topics such as Foul Challenges, Handball, Tactical Fouls, Offside and Penalty Area Incidents are crucial, but these are only part of the coaching and education strategy.

Another important area is 'Managing Awareness' in the context of Game Management and Player Interactions. These are some of the 'softer' characteristics required to be successful at every level of officiating, and relate very closely to game control, as experienced match officials will attest to.

These characteristics also differentiate the 'by the book' referee and the referee that understands the game and what it means to every participant on the field. Rather than only looking at a series of individual situations and asking whether by the book they were right or wrong, referees are being encouraged to reflect on the overall management of the game.

Through the use of heightened awareness and being proactive, referees can often prevent problematic situations from occurring in the first place, while also enhancing their credibility. From a coaching perspective, assessor/coaches look for two very important characteristics in any official:

1. **Awareness** – Seeing, feeling and hearing in a way that understands every individual situation in the context of a game and how the official can enhance or jeopardise their control moving forward.
2. **Responsibility** – Officials correctly deserve credit when they perform well in individual situations and use all their skills and training to effectively manage the game. However, stronger officials also accept responsibility individually when a situation or game could have been better, and actively seek ways to improve their own feelings and understanding of how to do this.

Therefore, in an officiating context, having awareness is about being able to interpret and act on what you see, feel and understand the game to be at any particular moment. It is also knowing how your actions impact others associated with the game. Everything you do on the field as an official makes someone feel a certain way, so understanding how your actions impact people helps go a long way to successfully managing a game.

High quality preparation and work around awareness will inevitably equate to a higher understanding of the game you find yourself officiating. Conversely, not being prepared to work on awareness will potentially equate to referees finding many situations that could have been handled better.

In terms of ***Game and Player Management***, there are some basic rules and visual clues to help officials with their awareness of participants in the following areas:

- Injury Management
- Advantage
- Restart Management
- Teamwork
- Dissent
- Injury Management

The job of an official, and referees in particular, is to protect players and protect the game:

As a general rule, don't be too clever on injuries, if a player is on the ground motionless or holding a part of the body in pain, stop the game. If the referee let's play continue, players may stop themselves or bring the game to a halt.

With restarts, the Laws of the Game on the restart of play (uncontested dropped ball) allows the referee to **NOT** wait for the ball to go out of play. For referees, showing awareness, to be equally as vigilant for both teams and understand the issues and consequences of not stopping the game is crucial. Players have respect for referees who take control in such situations and show consistency throughout the game.

In the following video there are two clips where the referees show understanding and awareness of both their duty to protect the players and the game, and the problems they could encounter by not immediately checking on the players' welfare.

<https://youtu.be/4Rcuwtz55H8>

Modified and adapted from an article in the Profession Referee Organisation – 9th March 2021

Changing Your Body Language on The Field of Play

You don't always have to speak to send a message. With observation marks on offer for displaying self-control, through demonstrating authority and confidence, body language can have a huge impact on a referee's performance and the success of their ability to control the fixture.

Poor Body Language

Poor body language displayed by a referee tells players, club officials and spectators that you can be easily rattled and distracted, while good body language screams focus, energy and mental toughness.

From a coaching perspective, Don Showalter, Director of Coach Development for United States Basketball and Head Coach of the US Basketball Junior Men's National Team, spoke on the topic of basketball body language at a Cavaliers Academy camp in Strongsville, Ohio.

"I go watch literally thousands of players each year and (watch) how they communicate with their body language when they're sitting on the bench, how they communicate with their body language with their coach when he talks to them. Those things are very important, and what they do is portray what kind of person that player is. We tell our USA players all the time on the junior national team, if you have bad body language, poor body language on a consistent basis, you will never play for us. First of all, it's a strong way to get across the fact that you have an attitude that's not really what we want. Poor body language shows us that you're susceptible to what goes on on the court and you can't play through things. I think young kids need to know that," – Don Showalter, Director of Coach Development, United States Basketball and Head Coach, US Basketball Junior Men's National Team

Acts of poor body language displayed by officials can often be spotted from across the field of play. They include hanging your head, sulking, slouching, looking disinterested or lackadaisical, rolling your eyes when a player or club official is speaking to you, etc. Acts like this, whether they be out in the middle or on the touchline, send messages of selfishness, immaturity and fragility.

Successful Body Language

Avoiding these acts will automatically make your body language more "neutral," but what qualifies as "successful" body language? What can a referee do in terms of their body language to stand out in a positive manner? They can start with thinking about being a great leader at all times. If this is your guiding principle, you're going to naturally exhibit a lot of excellent body language. Build a rapport with players. Encourage good conduct. Offer to help them up off the pitch. Stay in their ear with encouragement through thick and thin. Listen to them when they talk. Be invested in their performance.

“We emphasise all the time to be great teammates...How are you when your teammate comes off the court? How are you when you go in? Do you encourage them? Are you a positive guy, a positive role model? All that says a lot about who you are as a person, but it also goes a long way towards how your team does,” – Don Showalter, Director of Coach Development, United States Basketball and Head Coach, US Basketball Junior Men’s National Team

Don Showalter coached top basketball players like Bradley Beal, Aaron Gordon and Justise Winslow before they were stars.

“If you’re sitting on the bench, you’re into the game, you know what’s going on, you’re watching the player you’re gonna guard when you come into the game so you know his tendencies. How are you when the coach talks to you? Are you a guy who looks away from him, or are you a guy who knows how to look a guy in the eye when you communicate? Young people don’t really know how to communicate. So, we teach (our players) to look them in the eye, follow their direction, (and) listen. Listening is a choice. You don’t just wait for a turn to talk.” – Don Showalter, Director of Coach Development, United States Basketball and Head Coach, US Basketball Junior Men’s National Team

It’s one thing to simply avoid poor body language, but acting with great body language on a consistent basis can help a referee take themselves and their officiating team to the next level.



Modified and adapted from an article in The Third Team Blog by Nathan Sherratt – May 2022

2021 -2022 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 2021/2022 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.

May 2022 LOTG Quiz Answers: 1 - C; 2 - B; 3 - B; 4 - C; 5 - D; 6 - B; 7 - A; 8 - C; 9 - D; 10 - B.

Save These Dates

3rd June 2022 – General Meeting at the Bankstown Sports Club commencing 7:30 pm.

1st July 2022 – General Meeting at the Bankstown Sports Club commencing 7:30 pm.

5th August 2022 – General Meeting at the Bankstown Sports Club commencing 7:30 pm.

Note: Zoom meetings may replace in person meetings.



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and Newsletter Editor**

