



Welcome to this one hundredth and one 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 2022:

1. [Renew your membership for 2022](#)
2. [Review the 2021/22 LOTG changes](#)
3. [Make yourself available for competition matches](#)
4. [Register on the new FNSW Competition System – Dribl](#)
5. [Attend training every week in 2022 – Venue: Potts Park, Yagoona](#)



Stopping A Promising Attack (SPA)



The laws of the game mandate a caution (yellow card) be issued for the following offences, under Unsporting Behaviour:

- handles the ball to interfere with, or stop, a promising attack
- commits any other offence which interferes with or stops a promising attack, except where the referee awards a penalty kick for an offence which was an attempt to play the ball

In order to help officials to consistently identify SPA offences, the following considerations provide assistance in correctly categorising the outcome of an incident:

1. *Speed, space and options*

Referees will evaluate the following when assessing whether an attack is to be considered 'promising':

Speed – The player(s) is (are) moving forward with pace in their attack.

Space – There should be green space in front of the player with the ball to dribble, pass or shoot and/or green space in front of other attackers who could receive the ball.

Options – Either the player with the ball has options to take on a defender or has other teammates to which he could pass the ball.

The key here is that these considerations relate to a promising attack which has a possibility of becoming a goal-scoring opportunity, and not simply every forward movement.

In the following video clips, PRO officials Karen Abt (NWSL – Houston Dash vs Kansas City), Jon Freemon (USL Championship – Orange County vs Sacramento Republic) and Victor Rivas (MLS – Orlando City vs Toronto) all recognise the above considerations and issue yellow cards correctly.

SPA Example Video 1 - <https://youtu.be/bdAodq5hY7E>

SPA Example Video 2 - <https://youtu.be/X8F8H63SHUY>

SPA Example Video 3 - <https://youtu.be/5uHkZvZ9Km8>

2. Blatant/Cynical Offences

The defender blatantly or cynically holds/fouls the attacker as they are starting, or during, an attack. In this consideration, the nature of the holding offense is one that cannot be ignored, even if the promising attack is only just emerging or the offense occurs well into the defensive half. The hold occurs because the defender feels that without this blatant, deliberate offense, the opponents will have an attack for which they will not be able to defend. These offences should be punished with the issuing of a caution (yellow card).

In both the Orlando Pride vs Portland Thorns (Laura Rodriguez) and Seattle Sounders vs Atlanta United (Kevin Stott) video clip incidents below, the clear holding is designed to stop quick and dangerous counter attacks, with yellow cards the appropriate outcomes in both.

SPA Example Video 4 - <https://youtu.be/-YUwhoVC7Gg>

SPA Example Video 5 - <https://youtu.be/ZLCmHdNkWrg>

3. Possible denial of obvious goalscoring opportunity (DOGSO) situation, but with considerations missing

The four considerations for DOGSO are:

- distance between the offence and the goal
- general direction of the play
- likelihood of keeping or gaining control of the ball
- location and number of defenders

The video clip below illustrates MLS referee Drew Fischer applying this process correctly in the New York City vs Columbus Crew game from Week 6, where there is at least one consideration for DOGSO missing.

SPA Example Video 6 - <https://youtu.be/7blrisedRA>

In all of these situations, the consistent application of considerations by officials will help them to correctly recognise tactical fouling from teams or individual players. While every incident may have subtle differences, which can make a difference to the final outcome, using these factors provides solid reference points for every level of officiating.

Modified and adapted from an article in the Profession Referee Organisation – 16th July 2021

Enjoying Officiating Whilst Performing at Your Best Out in The Middle

Do you have fun when you referee? Is officiating enjoyable for you, or does it cause added stress in your life?

You would think that referees have a deep passion and love for officiating, but that is not always the case.

Many referees admit that officiating is not always fun. High expectations and pressure have taken the fun out of refereeing for many officials today. Why do some referees find officiating no longer enjoyable?

Think back to when you first picked up a whistle, training was fun. Matchdays were exciting. You couldn't wait to get to the gym or out for a run. You enjoyed being around your colleagues. Probably, many of your fellow officials were your close friends.

Unfortunately, as some referees grow older something changes. Training begins to feel like an obligation. You fear failure. Everything about your career is more serious. You feel you are constantly being judged.

You view Cup Final appointments, promotions or acknowledgments as the most important aspects of your career. When you focus on performances, pressure and stress dominate your mind.

High Expectations Become Unbearable

- *"If I don't keep control of this game, I'm a failure."*
- *"If I don't perform at a high level, I won't get a promotion."*
- *"If I don't referee well, my family will wonder why I make sacrifices to officiate."*
- *"If I make any mistakes, my colleagues will get upset with me."*

All the if's led to higher expectations, more pressure to perform, greater fear of failing, and less enjoyment of refereeing.



A View Through the Lens of an Olympic Athlete

Maddie Mastro is a 21-year-old snowboarder preparing for her second Olympics at the 2022 Beijing Winter Olympics.

At the 2018 PyeongChang Winter Olympics, Mastro fell short of her goal of picking up a medal, finishing 12th in the halfpipe. Mastro explained how pressure and high expectations affected her performance:

"I was 17, turning 18 at the last Olympics, so I was young. I've had a lot of time to grow and learn... I'm going to go into the next Olympics not worrying what people are going to think, not worrying about the expectations or the pressures, whether they're exterior or my own." – Maddie Mastro, Snowboarder

For the 2022 Olympic Games, Mastro has shifted her mindset. Mastro is primarily focused on having fun and executing her game plan.

"I'm just going to prioritize having fun and landing tricks, which is something I wish I did more of in 2018, because I did let those expectations or pressures, kind of, eat away at me a little bit. And this time, I'm just going to go treat it like any other contest and have fun." – Maddie Mastro, Snowboarder

When you focus too much on results and want to do well too badly, you become anxious and underperform. You can avoid falling into that trap by choosing a different mindset.

Focusing on having fun and executing your game plan increases your chances of success. In addition, you will re-ignite the passion you experienced when you were a younger referee. Shifting your mindset to a productive and positive perspective is a win-win proposition.

Advice For Focusing on the Fun of Refereeing

Every day before you train or on matchday, remind yourself the reasons you started officiating in the first place. Write a list of the reasons you had fun as a young referee.

Make these objectives, what you enjoyed about officiating back then, a priority when you referee today.

Next, release yourself of the high expectations you have (or feel from others), such as to perform at your best all the time or be perfect. Expectations are the root of dissatisfaction when you don't meet them.

Dismiss your "shoulds" or "shouldn'ts." "I should not make mistakes", "I should make my coach happy", or "I should always perform to my best level" are examples of expectations you want to discard to enjoy your refereeing more.

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

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

Save These Dates

20th February 2022 – Start of the 2022 Competition for FNSW League One Women's.

4th March 2022 – General Meeting of 2022 at the Bankstown Sports Club commencing 7:30pm

4th March 2022 – Start of the 2022 Competition for NPL NSW Men's.

11th March 2022 – Start of the 2022 Competition for FNSW League Three Men's.

12th March 2022 – Start of the 2022 Competition for FNSW League One Men's.

12th March 2022 – Start of the 2022 Competition for FNSW League Two Men's.

19th April 2022 – Start of the 2022 Competition for NPL NSW Women's.



Blast From The Past - Richard Baker



Member Since: 1983 – ex player, coach and manager. Played in England, Ireland and Australia at a semi and professional level. Level 1 referee for many years, retired due to knee injury first obtained as a goal keeper. Currently giving back to the game, I have been involved in for nearly 70 years, as a Level 1 Coach/Assessor.

Advice: Watch your colleague's performances (especially experienced members) and learn from what they do. Listen to advice and use what you learn to adapt and bring into your own style. Some things will work for you and others will not but you cannot buy experience and you will never stop learning. This old fart is still learning from his peers.

Also, never be afraid to make the hard decisions especially when it comes to points of law and always try to do the best you can in every game you officiate in. Always remember the referee is not the star, the players are and if you are capable of managing the players you will always be in demand and sought after for the most crucial matches by teams and appointments officers alike. The game is all about the players not you!

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

