



Welcome to this one hundredth and 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.



**Upcoming events in 2022:**

1. End of season get together is Saturday 8<sup>th</sup> October 2022 at Opera Kitchen, Sydney Opera House, Bennelong Point, Sydney NSW 2000 commencing at 4 pm
2. The Annual General Meeting and Awards Night is on Friday 2<sup>nd</sup> December 2022 at the Bankstown Sports Club commencing at 7.30 pm.

## **The Essential Self-Care Guide for Match Officials**

Many referees like to pride themselves on being “tough” and pushing themselves to the limits. They are hyper-focused on their goals and apply all their energy towards the big appointment or performance coming up in the near future or the end of the season. They wake up early to train, put in extra time to brush up on Law knowledge, go on diets, and even sacrifice social time in order to squeeze in every possible second of perfecting their skills.

### ***So, what’s wrong with this?***

Well, for starters, there’s no work/life balance! While it’s important to learn the art of concentration and give everything you’ve got in training and on matchday, you are setting yourself up for burnout if you keep it up without the appropriate downtime and a connection to why you fell in love with refereeing in the first place. Secondly, your officiating career, whilst important, should not define all of who you are! What happens if you do your best and still make a mistake, come in 5th in the banding table, or injure yourself because you were so stressed about the outcome that your body got too tense and distracted from the task at hand?

### ***Your self-worth should never be tied to your performances, and your body is not a machine.***

Having perspective on your refereeing career goes hand in hand with having balance and personal care, which includes your mental and physical health. If you can slow down long enough to realise that you’re dehydrated or that you’ve barely spent any time with your close friends or siblings, then you’ll see how these things are just as important as recharging you as gym session.

To help you regain a sense of balance, here are some essential self-care practices for match officials:

#### **1. Hydrate.**

This may sound basic but you’d be amazed at how many referees either forget to drink enough water before/after strenuous activity, or drink things that aren’t really hydrating their bodies. When you’re engaging in physical activity your body needs a lot more water to produce sweat and create the chemical reactions needed to maintain strength, agility, and a clear mind. Drink several litres of pure, clean water every day!

#### **2. Sleep.**

It’s been scientifically proven that teenagers need more sleep than adults, but what tends to happen with this age group is that they stay up late doing whatever they like in the evening and then wake up very early in the morning to train before school. Inadequate sleep is definitely going to hurt your performances in the long run. Your body doesn’t just do “nothing” while you sleep, it actually does the very important work of detoxing and repairing tissue damage, both of which are vital for officials. Beyond that, not getting enough sleep on a regular basis will make you feel tired and sluggish so that all those efforts in the arena are going to feel more difficult than they would if you were well-rested. Get at least 8 hours of sleep every night, 9 as often as you can.

#### **3. Eat real food.**

These days you can’t throw a stone without finding some protein powder or bar that promises to build muscle and give you energy. It’s much healthier to eat whole food that has real nutrients, especially fat and protein which are essential for energy. Ditch the processed foods and feed your body what it really needs to reach peak performance, real food with lots of vitamins and minerals!

#### **4. Relax.**

It’s kind of ironic but your body requires a healthy dose of rest and stillness in order to generate strength and power and fire at all cylinders. Just like sleep, general rest helps you chill out and de-stress when you’re not directly under the pressure of performance. Having this time and space will allow you greater focus, flexibility, and a fresh perspective to address challenges when you’re back in the heat of a fixture. Relaxing means taking

time to just do nothing sometimes, sitting in your garden, reading a book, meditating, going for a walk, or spending a day at the beach.

#### **5. Enjoy time with friends and family.**

Being surrounded with people you love and who love you nourishes you on a deeper level. These are the people who support and motivate you no matter what, they make you laugh and remind you about what matters most in life. This perspective is priceless and will only help to propel you further in all of your life's endeavours.

#### **6. Address your pain.**

Finally, we can't address self-care without talking about injuries. If you are hurt you must address the issue right away! Don't try to be a tough person and pretend like that twist and pop didn't hurt, or that you're "fine" the next day when you're still in pain. Ignoring injuries because it's inconvenient to get checked out or because you worry about sitting out the rest of the season is NOT going to do you any good. Your body is your instrument and if it needs some TLC to heal properly then have the patience to do what it takes. If you address it right away, you're much more likely to recover quicker and get right back out in the middle.

Remember to check in with yourself occasionally and see if anything is out of balance. Is your work suffering? Make time to study or ask for help. Are you feeling tired all the time? Make sure you're resting and eating enough. Is something up with your health? See your doctor. Being aware of what's out of balance and addressing it will only strengthen your ability to achieve a great flow in your refereeing and life! And whatever happens, keep in mind that you are not your performance!

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



## ***Improve Your Internal Talk to Reach Your Peak Performance***

- Do you tend to be excessively self-critical? After every mistake, error, or bad game, do you put yourself down?
- Excessive self-criticism leads to fractured confidence, low motivation, and underperformance.
- Constant self-criticism is a loop: bad performance... excessive self-criticism... low confidence and motivation... poor performance...
- Breaking the cycle starts with changing your self-talk.

When you are refereeing below your ability, of course, you will be upset. You may be critical of your lapse in focus or judgment after a couple of erratic cautions, key match incident errors, or mistakes. While doubts may pop up during a three-game performance slump. These are normal reactions.

When you dedicate a lot of time and effort, you want to see the fruits of your labour. Initial emotional responses are a sign that you care. The issue is not your initial response to a bad game. The problem is your persistent negative response. When you bombard your mind with negative criticism, one bad game turns into two, three, or four bad games. A misfiring game turns into a slump.

In reality, what does hyper self-criticism do for you? Does it make you a better referee? Is there any benefit to being overcritical of yourself? Stopping the cycle by changing your self-talk is the first step in getting back on track.

Think of what you would say to a colleague who was struggling. Would you tell them that they should hang up their whistle? Would you tell your struggling colleague they will probably underperform for the rest of the season? No! You would highlight their strengths. You would tell them to keep working hard. You would say to them they will break through soon. If you would feed a struggling colleague positive messages, you should tell yourself the same messages.

### ***The Baseball Perspective***

American Major League Baseball club, Baltimore Orioles' manager Brandon Hyde has been feeding positive messages to rookie catcher Adley Rutschman. Rutschman has been disappointed with his early performance at the major league level. Rutschman is batting 149 in 12 games since being promoted from Triple-A and has been charged with two throwing errors.

Still, Hyde fully keeps feeding Rutschman messages to get his offense on track. Hyde is confident Rutschman will be a solid major league player. "I told [Rutschman] when he first got here, 'I just want you to relax. It's going to be impossible to relax, but relax as best you possibly can and have fun with it... It just takes adjustments, and it takes a little bit of time, and he's doing just fine.'" – Brandon Hyde, Manager, Baltimore Orioles

Hyde knows that positive messages lead to positive performance. "I know how hard it's going to be and difficult it is, and he just has to kind of get over the early stage of being a major league player. It's not easy. I just think support, that's what we're going to do, and that's what we're here for is to stay positive with him." – Brandon Hyde, Manager, Baltimore Orioles

When you send yourself the message to be patient, you will be more patient in games. When you tell yourself you can succeed at the next level, you will perform better.

#### **Developing Patience:**

- Talk to yourself, in the same manner you would to a struggling colleague.
- Develop the positive self-talk off the field that you can use on the field such as "stay patient, let the game come to me."
- Remember that these effects are even greater when you have fostered an initial rapport with players and club officials.

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

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

## Save These Dates

**Saturday 8<sup>th</sup> October 2022 – End of year get together at Opera Kitchen, Sydney Opera House, Bennelong Point, Sydney NSW 2000 commencing at 4 pm**

**Friday 2<sup>nd</sup> December 2022 - AGM and Awards Night at the Bankstown Sports Club commencing at 7.30 pm.**





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

