



June/July 2018

# MWFRA NEWSLETTER



## Referee Training - Fun, Fitness, Football

Most people often associate training with hard work, and they are probably right. However, training is not all just about improving your fitness and refereeing skills. It is also about meeting new people, making friends and having a fun time together with a group of people that all share a common interest; football.

It may be scary or nerve-racking to turn up by yourself without knowing anyone, but isn't that the same for starting a new job, or going to a new school? Not to mention that everyone else will be in the same situation as you! Think of it as a means to make new friends and get out of your comfort zone, with fitness being an added benefit rather than the main purpose. If there was only one reason

that you should come down to training, it would be to make friends. After all, you will be working with these referees in the future.

There have been a few junior referees who were initially scared and shy about going to training. However, once they rocked up in their training gear they were greeted by a group of friendly and warm people who ensured they felt comfortable and included. These junior referees have now become regulars and come as much as they can.

Training is on Thursdays at 6:30 PM on Cromer Park 5. Bring a water bottle, whistle and flag as well as your sports gear.

# Handball or not handball?

## That is the question!

The title is somewhat misleading, because what I am really trying to convey here is whether a handball is deliberate or not, with 'deliberate' being the key word. Handling the ball involves a deliberate act of a player making contact with the ball, with the hand or arm (shoulders are fine), otherwise there is no offence and play should continue.

Determining whether a player has deliberately handled the ball is sometimes a difficult task because we don't know what the players are thinking. It is also assumed in the football community by many that contact between the ball and the hand or arm is always an offence. More often than not, this contact is not deliberate. The IFAB Laws of the Game outline five key considerations to ponder when a hand or arm comes into contact with the ball.

Consider the movement of the hand towards the ball, not the ball towards the hand. Another way to explain this is whether or not the movement of the hand is moving into the path of the ball, or if the player has attempted to move his hand out of the way of the ball's path to avoid contact being made.



The distance between the player and the ball refers to the reaction time one has to move out of the way. If a ball is kicked at short range towards the hand, there is not much time to react. In contrast, contact between the hand and ball after a long ball is more likely to be deliberate as the player had time to move and react. Players tend to flinch if a ball is kicked directly at them at speed from a short distance. You should consider the player's involuntary movement of the arms and hands when this happens. Another scenario that should be considered is where a ball ricochets or deflects onto an arm which is often unexpected.

The position of the hand does not necessarily mean that there is an offence. Many referees tend to refer to this as the natural position of the hand which makes sense. A player running will have their arms swinging back and forth to propel him forward. A player jumping in the air will swing his arms down to launch them in the air. Unnatural positions would include a stationary player with their arms in the air.

The last two considerations are more statements:

- Touching the ball with an object held in the hand is an offence
- Hitting the ball with a thrown object is an offence

The Australian edition of the Laws of the Game book includes some further considerations that are extensions of the main considerations mentioned above. These should be the questions that run through your head when making handball decisions (see next page)...

41	Is the hand moving towards the ball or is the ball moving towards the hand?
42	Are the player's hands or arms in a "natural position" or "unnatural position"?
43	Does the player attempt to avoid the ball striking his hand?
44	Does the ball strike his hand from a short or long distance?
45	Does the player use his hand or arm to deliberately touch or block the ball?
46	Does the player prevent an opponent gaining possession of the ball by handling the ball?
47	Does the player prevent a goal by deliberately handling the ball?
48	Does the player attempt to score by deliberately handling the ball?
49	Does the player prevent an obvious goal-scoring opportunity by deliberately handling the ball?
50	Does the player try to deceive the referee by handling the ball?
256	Is the ball moving in the direction of the goal?

## Career pathways for referees

By Rebecca Mackie

Every referee starts for various reasons whether it be for pocket money, being involved in soccer from a different perspective or trying to get fit. However, eventually some referees develop a passion for this hobby and get to a point in their career where they think "where can I go from here?".

**Grassroots football (Manly Warringah)** - is only the first step into a long and windy road of pathways. Your local branch is the beginning as a referee progresses through various age groups and divisions. It is from here where referees are nominated by their association for the Football NSW Referees Development Program (RDP).

**FNSW Referee Development Panel** - This program is usually one's first exposure to the intensity of state football, as the games are the Youth National Premier League games. This program also runs monthly physical training sessions as well more frequent assessments by FNSW.

**NSW NPL Finals** - Getting a grand final match is what a lot of people aspire for and being appointed is a rewarding experience for all your hard work through the season and is ultimately a means of being identified as a talented referee who may progress to the next stage of the pathway.

**FNSW Referees Academy** - An academy was developed in 2016 and comprises of a pool of 20 elite referees aged 15-21 who undergo intense physical training and Laws of the Game education through monthly meetings and regular match assessments by high-class assessors. Referees required for any upcoming tournaments such as CHS, Pacific School Games in Adelaide or the National Youth Championships are usually chosen from the Academy.

**FFA National Youth Championships** - is an intense week of officiating national select teams from various states across Australia, however, for referees it is a week for their hard work to be put to the test, being assessed by various FIFA, A-League and W-League assessors, and it also provides an insight into techniques held by referees from different states.

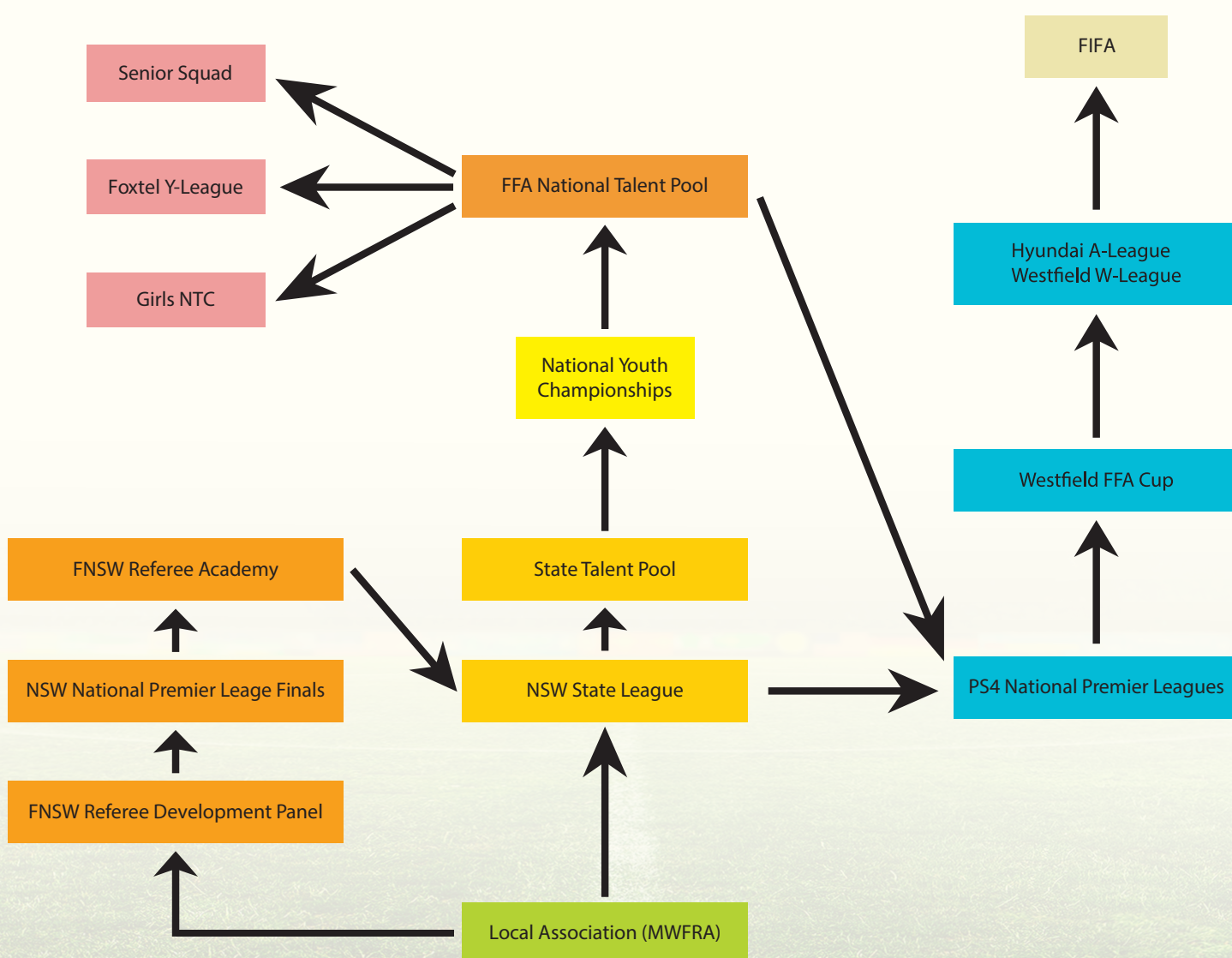
**National Premier Leagues [State League]** - The senior level of RDP with games being officiated including the senior men and women of National Premier League and State League which comprises of the highest tier of football in NSW. It requires a few years of hard work to be appointed to the NPL Division 1.

**National Talent Pool** - Is run by Football Federation Australia (FFA) and is ultimately the pool of which A-League and W-League referees are panelled from. Being selected into this pool requires a high level of commitment to improvement of performance, LOTG education and training; both of personal as well as group trainings at state level.

**National Training Centre (NTC) Challenge** - The NTC Challenge is a National Under 19s based competition where members from the NTP are selected to perform at this tournament. Many assessors are present and it may be the first step in being identified as a 'possible' for the A-League and W-League Panels.

**A-League/W-League** - This is the highest level you can achieve at the national level. However, most people probably know what these competitions are. From here, its all about becoming a FIFA referee and gaining the ability to represent your country at international competitions such as the FIFA world cup.

MWFRA has produced many referees who are currently progressing through these paths, with some currently on the FNSW Referee Development Panel, FNSW Referee Academy, State League and FFA National Talent Pool.



# Communication tools

By Jackson Mackie

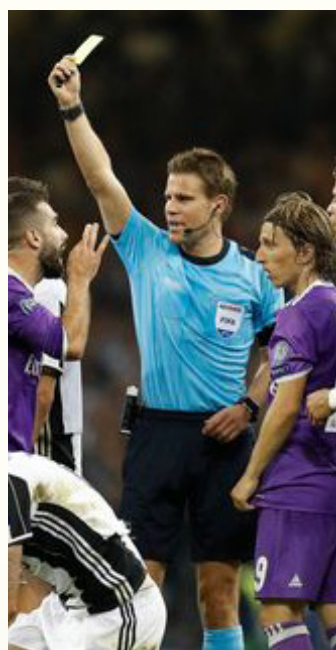
Referees have a number of communication tools at their disposal that will aid in the management of players and coaches. Although the whistle is the primary form of communication, the use of arms, and voice are all important factors into 'selling' a decision.

## Using body language and hands

Referees tend to get judged by their appearance. Standing up straight, keeping good posture and holding your head up, conveys a confident appearance which coaches/spectators like to see. Positive body language helps to show authority and control potential conflicts.

Body language can replace verbal communication which is useful in a noisy environment. It also reduces the need to stop the match and address an issue verbally. Using basic gestures to communicate with players is an easy and firm way to get your message across, but don't use exaggerated gestures.

It is a useful technique to form relationships and to diffuse situation in order to keep control of the match. As Body language is a powerful tool, it must be used carefully in order to prevent misinterpretations.



## Using the whistle

The whistle is also an important communication tool. When in the middle, most referees believe their whistle is their best friend. When you blow a weak whistle, you're more likely to be challenged because it sounds like you're unsure. On the other hand a loud whistle sounds much more confident and is much easier to get players attention.

The whistle should be used as little as possible to prevent it losing the desired effect.

When starting the match, a loud whistle is important so everyone is aware the match is begun and the referee is in charge. Short, sharp whistle tones should be used for small infringements such as careless fouls or offsides. A loud and assertive whistle tone should be used for major incidents such as sanctions, penalties or breaking up confrontations.

The whistle should not be used to indicate;

- Goals
- Goal/corner kicks
- Throw-ins
- Restarting with a dropped ball or
- Restarting most free kicks (unless where the appropriate distance is required or where a sanction has been administered).

## Using your voice

The voice is a very important tool, especially when you need to explain or state something where actions are not sufficient. Information should be delivered clearly and calmly/firmly. Sarcastic or rude remarks should be avoided. Having a joke or a laugh with a player is acceptable, provided that the situation is appropriate and is not at the expense of someone else involved.

