

The Corsham Referee Newsletter No 40 (October 2006)

1st October 2006 International newsletter covering Football (Soccer) Refereeing matters.

Welcome, with an International perspective.

Welcome to the 40th edition of The Corsham Referee monthly International Football/Soccer Referees' newsletter.

I hope that all of you continue to enjoy your role in the world of refereeing. Please let me have any contributions for the newsletter, as readers are always interested in hearing about Refereeing from around the world. Please let me know if you have any difficulties in receiving or reading the newsletter; and let me have any suggestions on how it can be improved. It is issued free by email in both html (web page format), and plain text format. Previous issues (and printable pdf versions) can be seen by using the 'Previous Newsletters' link on the home page of my www.corshamref.org.uk web site. This newsletter is issued approximately on the 1st day of each calendar month.

Keep up the good Refereeing work wherever you are in the world; and my best wishes go to you all.

Editor Julian Carosi.

DEALING WITH INJURIES ON THE FIELD OF PLAY

Next month's newsletter (Nov 06) will be a little bit different!

As an FA Referees' Assessor here in England, one of the most frustrating things that I see most weeks, is the haphazard way that Referees deal with injury situations. I am constantly having to provide advice to develop them to use a standard process that manages the situation in a sensible way. Thereby, keeping hasty trainers off the field until they are called for, actual sprinting to the scene instead of waddling there!, monitoring the situation and correct positioning etc.....

The whole of the next newsletter will be on this subject, so if you have any advice or would like to contribute, please email me.

Regards, Julian Carosi

WARD'S SOCCERPEDIA

A friend of mine has just released a great new book in A to Z format, covering the lore and Laws of the Beautiful Game.

In this brilliantly comprehensive book, Andrew Ward explores the laws of football through anecdotes, incidents and precedents. He uses hundreds of examples to show the extraordinary range of events that can happen in a game, any game. Read about the player who lost a finger while celebrating a goal, the referee who dismissed himself, the player who ate a referee's notebook, the penalty awarded with two balls on the pitch, and the player who was sent off after just two seconds.

Ward focuses on the eleven-a-side contest rather than off-the-field distractions such as celebrity girlfriends and mega-bucks transfer deals. Here is a book that will settle arguments and open up debate. Find out why the penalty-area arc was added to the pitch markings in 1937; why a new injury procedure was introduced in 1997; and discover key points affecting issues such as technology, the two-referee system and ex-players as referees. Arranged in an accessible A to Z format, this entertaining and authoritative book offers all football followers the chance to get to know the laws of the game in detail. It is often said that football is a simple game but in fact its legal system is exceedingly sophisticated. This complex set of rules has spread successfully to all parts of the world, and it is arguably the most pervasive and frequently used legal system on the planet. At times, however, it is also one of the most misunderstood.

Andrew Ward is a freelance writer whose numerous books include *Kicking & Screaming* (with Rogan Taylor) and *I'm on Me Mobile* (with Anton Rippon). He wrote five books in Robson's best-selling 'Strangest' series, including *Football's Strangest Matches*.

You can order the book here: <http://www.anovabooks.com/book/1861059833>

Publisher Robson

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PASSING THE FITNESS TEST — how frequent and how hard should I train?

By Matthew Weston BSc (Hons) MSc

(Matthew provides the fitness regimes for the Premiership Referees in England) One of the most important fixtures in any referees calendar is the day they take their fitness test. In order to be successful on the day, a thorough preparation period must be followed. This article outlines some of the key principles of fitness training that should be followed in order to ensure success when it comes to passing the fitness test.

All fitness training programmes contain the elements of frequency and intensity. Training frequency refers to the number of training sessions performed. Whereas, training intensity is the effort required to perform an exercise. It is usually referred to as a percentage of maximum and common tools used to measure intensity are heart rate monitors and scales of perceived exertion.

Improvements with fitness will occur with an increase in weekly training frequency. Research has demonstrated that a frequency of 3 to 5 training sessions per week will improve cardiovascular fitness levels. However, the magnitude of the change becomes increasingly smaller and tends to plateau after a frequency of 3 sessions per week. Whilst the risk of injury increases disproportionately if training is performed too frequently due to the excessive strain applied to the joints, muscles etc.

When considering which of the two elements, training frequency or intensity, have the greatest effect upon fitness levels, it is the intensity at which exercise is performed that counts. Although a structured training programme should allow for both.

For example, a recent study by Donovan et al. (2004) examined the effects of 24 - weeks of moderate and high intensity training on the cardiovascular fitness of previously untrained, middle aged men. The group who undertook the moderate intensity training improved their fitness by an impressive 14%. However, the group who performed the high intensity training improved their fitness by a massive 22%. Despite both groups training at a frequency of 3 sessions per week!

In terms of percentage gains per minute of training performed, training intensity has the greatest impact. That's more improvement in less training time! This has massive implications for those referees who find it hard to train 3 times per week due to work, family and geographical constraints. Therefore, if training frequency needs to be decreased, then simply increase the intensity of your remaining sessions.

However, a word of warning in that high intensity training can also be associated with an increased risk of overtraining, i.e., a decrease in physical performance despite continued training, as high intensity takes more out of the body and consequently takes longer to recover from — you should not commence your next training session until the body has recovered from the previous one. High intensity training also requires a decent level of initial fitness in order to perform effectively.

Also, the principle of specificity plays a major role in the changes to fitness levels that occur following exercise training, as adaptations are highly specific to the nature of the training performed. Ideally, training should mirror as close as possible the movements and energy systems employed used during refereeing in order to maximise gains. Referees run and the fitness tests involve running — therefore, most of your training should be running.

In conclusion, the best advice to anyone worried about passing their fitness tests is simple - get the preparation right. Follow a structured training plan that contains an appropriate amount of training frequency and intensity that will improve fitness levels (see below). More is not always best! Also, ensure that your training is specific as possible to your refereeing, as the overall aim should be fit to referee not just fit to pass a test.

PREMIERSHIP REFEREE LIST 2006/2007

The list of Premiership referee's for season 2006 / 07 are as follows:-

Martin Atkinson*	Steve Bennett*	Mark Clattenburg*	Mike Dean*	Phil Dowd	Steve Dunn
Chris Foy	Dermot Gallagher	Mark Halsey*	Barry Knight	Andre Marriner	Graham Poll*
Mike Riley*	Uriay Rennie	Rob Stiles*	Peter Walton	Howard Webb*	Alan Wiley

All referee's marked with an asterisk are on the FIFA list of referee's for season 06/07.

Martin Atkinson and Mark Clattenburg will be in their first season on the FIFA list.

Dermot Gallagher has this season been given an extra season after reaching the age of retirement. Last February when reached the age of 48 he thought it was his last year, but his boss, Keith Hackett, has decided to invoke a loophole in the law of anti age discrimination which begins in October. Keith decided to award one of his most respected men, but said he will only make exceptions where form and fitness warrant it.

Last season Dermot was refereeing as well as he's ever done and deserved this extra year.

Assistants on FIFA's list for season 2006 / 07.

This season there are ten Assistants on the FIFA list, as follows:-

David Babski	David Bryan	James Devine	Roger East	Peter Kirkup	Roger Lewis	Kevin Pike
Philip Sharp	Mike Tingey	Glen Turner				

Peter Kirkup will be in his first year on the FIFA list of Assistants

(Courtesy of The September 06 Midland Referee Newsletter by Colin Hewitt)

STURROCK RAGES AT PENALTY DECISION (Sturrock seems to rage at everything! Ed.)

Paul Sturrock made an astonishing attack on Steve Bennett in particular, and Premiership referees in general, in the immediate aftermath of Sheffield Wednesday's Yorkshire derby defeat by Leeds yesterday.

"The first thing I want to say," he began, "is to the Premiership: they can keep their referees. There are too many games I've watched and been involved in, over the last couple of years, where the referees don't seem to be able to make the step down from the Premiership to this division. "The pace is much faster down here, and there are more tackles and headers in the game. I just feel they could leave us alone and let us have our own referees.

"I think it is a subconscious thing, but they seem to have real problems changing from the Premiership. We have hardened referees [in the Championship], and they make mistakes as well, but I'd prefer to have them."
(www.telegraph.co.uk 28 Aug 06)

REFEREES NOT UP TO SCRATCH

Premiership referees who do not come up to the expected standard will not be "relegated" to the Football League in future. The Football League are unhappy about being used as a refereeing sin-bin so the plan is for errant officials to either be the fourth official at a Premiership match or have no appointment after a below-par display.

(www.telegraph.co.uk 31 Aug 06)

BLATTER CALLS FOR END TO FINAL PENALTIES

Sepp Blatter, president of football's governing body FIFA, believes that World Cup finals should not be decided by penalties, describing such a solution as "a tragedy".

In a move that is sure to please England's footballers, who are notoriously inaccurate from the spot, Blatter said a replay or gradually deducting players in extra time would be a better solution in the event of a draw.

"We have four years or so, so I think we have time," said Blatter, who added that high-level discussions would start soon.

"Maybe to replay the match if it's the final – you can't do that through the tournament because of lack of time. Maybe to take players away and play golden goal."

"Football is a team sport but from the penalty spot it's an individual match."(www.telegraph.co.uk 28 Sept 06)

(News from FIFA.com)

THE RECIPE FOR SUCCESS

13 Sep 2006

The final sessions of the three day FIFA International Football Symposium / UEFA Conference for National Coaches Berlin 2006 provided fascinating feedback from many of world football's leading coaches. The recommendations from the coaches included many points for FIFA and IFAB to consider and also many where opinion was still mixed on certain issues. Goal-line camera technology and the use of natural grass were two areas where the response was almost unanimously in favour, but over more contentious issues like the offside law, some argued for the status quo, some for a return to the old interpretation and others for a compromise. All expressed some sense of unease about the current interpretation tempered with the certainty that it remains one of the most important Laws of the Game.

Moves to encourage former players to become referees would be welcomed by the coaches - this would give referees experience of playing the game which could be vital in determining questions of simulation and delaying of restarts, both hot topics in this year's FIFA World Cup™. There was a call for more substitutes to be allowed in the preparation phase before the FIFA World Cup and perhaps three substitutes plus a keeper at finals matches.

DEVELOPING THE GAME

A day of discussion in Berlin

13 Sep 2006

Day Two of the FIFA International Football Symposium / UEFA Conference for National Coaches Berlin 2006 saw the world's coaches give their views on a wide range of subjects after the 2006 FIFA World Cup™. FIFA Director of Communications Markus Siegler opened the day by introducing a session entitled 'The Coach - The Referee - The Laws.' This was a groundbreaking event for FIFA and UEFA, as it had a coach and a referee sharing the stage to provoke debate around the interpretation of the Laws of the Game.

Representing the Coaches was Roy Hodgson, Coach of Finland and for the referees Peter Mikkelsen, FIFA and UEFA Referees Instructor. Mikkelsen outlined a number of areas which would be debated - Law 12: Fouls and Misconduct, Law 11: Offside, Law 14: The Penalty Kick, and the Technical Area. The wording of the Laws was explained before video clips of incidents from Germany 2006 provoked discussion between the two experts on the possible interpretations.

The area of simulation was one where there had been a lot of debate since the summer. Both Mikkelsen and Hodgson agreed that it was the players and coaches' responsibility to ensure that this form of cheating was stamped out. Hodgson was also keen to point out that it should be remembered that in a contact sport such as football, a player can fall after a challenge without necessarily either being fouled or having dived.

The area of handball is also one which continues to provoke debate among coaches. Law 12 states that "A direct free kick should be given if a player handles the ball deliberately", which gives rise to many 'ball-to-hand?' or 'hand-to-ball?' discussions.

Law 11 regarding offside was explained by Mikkelsen, and he reiterated an important point, "It is not an offence in itself to be in an offside position." That provided more food for thought for the afternoon discussions.

A DROP OF SPIT IN THE ROMANIAN OCEAN

PROTEST: Romanian referee George Luca left the field of play in the middle of the game, accusing the way in which delegations and promotions are being made by the Romanian Referees' Committee. The most important sequence of the game CFR Timisoara - CSM Ramnicu Valcea (the second league) took place in the 56th minute, without having anything to do with the final result.

The referee, George Luca from Bistrita, who led the game correctly up to that moment, stopped the game and called the two team captains. Considering the tension on the field at that moment, the spectators thought that he was going to calm the players down, but he talked to them for about one minute and... then, to the great surprise of the players and the officials on the bench, he went back to his changing room! His place was immediately taken by the Senior Assistant Referee, Adrian Lungu, and the Forth Official, Ionut Juravle, became an Assistant Referee.

"What I did today is a protest towards what is happening in Romanian refereeing, towards the way in which promotions and delegations are being made. I had decided from last night what I was going to do and I let my colleagues know my intentions at half time, in the locker-room", Luca said.

His personal reasons for taking this action, was to highlight his dissatisfaction at not being delegated to a second league game for seven stages due to, he says, the fact that, "Each president calls for or arranges kilometres referee appointments, which is a shame, especially for those poor players who travel for hundreds of kilometres only to be humiliated by a dishonest referee. I never took dirty money. You'll probably say it's a cliché, but it's the truth. I am a dentist in Cluj, I don't live by bribes. I am very much aware that my gesture is only a small drop of spit into an ocean, but, since I will now give up refereeing, I want to point out that things aren't going so well in this field", Luca concluded before getting in his car, in the 70th minute of the game.

DECLARATION:

George Luca is a doctor and a man of character whom I promoted and who refereed only out of passion. I have no comment upon the current situation of the Romanian refereeing. (Ion Craciunescu, ex-president of the Romanian Referees' Committee)

According to George Luca, the changing of the president of the Romanian Referees' Committee brings a change into the zone of influence, considering the town the president is from. "It used to be Timisoara, when Grigorescu was in charge, now it's Valcea. Underqualified referees are being promoted only because they are Abrudan's brother, Avram's son or Huzu's son". George Luca, the referee from Bistrita used the occasion to announce his resignation from refereeing. (Prosport, Sept 16th 2006)(Romanian Newspaper 18 Sept 06)

<http://www.prosport.ro/index.php?section=articole&screen=index&id=6430>

UEFA'S DISSENT DIRECTIVE

Friday, 1 September 2006

UEFA has asked referees to clamp down on dissent after the UEFA Referees' Committee, together with top officials, discussed various refereeing issues at their fourth annual gathering.

Bookable offences

Following the outcome of the discussions in Nyon on Wednesday, UEFA wants to emphasise that it has asked match officials to take immediate action by cautioning players in the case of the following offences: waving of an imaginary card to have an opponent booked; crowding around the referee, when at least one player should be cautioned and not only the initiator; and dissent by gesture or running towards to referee.

Immediate application

UEFA is determined to stop dissent and the harassment of referees and wishes to make players and team officials aware that referees in all UEFA competitions will punish such on-field confrontations appropriately. These additional instructions for referees should be applied immediately.

Advice and instructions

On the second day of the seminar, the referees were also given advice and instructions on how to act in various on-field situations. They were advised to consider a "wait and see" approach on the advantage rule, to see if a team benefited from advantage being played. In the case of pushing and jostling at a set-piece, referees were, among other things, encouraged to be proactive and try to prevent such offences before the set-piece was taken.

Confrontation action

In cases of confrontation between players, the match officials were encouraged to take immediate disciplinary action, in particular against the player initiating the incident, and then against any other player who becomes involved. Brutal acts involving excessive force should always result in a red card, while physical harassment of referees in particular should not be tolerated.

(www.UEFA.com)

THIS MONTH'S HOT TOPICS:

This month, we look at an interesting pass back question; showing the amount of time allowed at the end of a half; goal or not?; an unknown substitution scenario made at half time; can a penalty kick take place if there is only 6 players on the field of play? and finally, can a player with one stud missing play in the game?

PASS BACK PROBLEM

Question: In a game recently, a goalkeeper came out to claim the ball. However, his team-mate passed the ball back to him, and this wrong footed the goalkeeper. The ball was rolling towards the goal and would have been tapped in by an attacking opponent had the goalkeeper not dived and scooped the ball away with his hand. I had no problem with giving the indirect free kick, and I believed that it was a deliberate move by the goalkeeper to stop the attacking opponent getting the ball. I contemplated cautioning the goalkeeper for unsporting behaviour, but didn't. Was I correct? Would this situation warrant a caution?

Answer: The answer can be found on page 10 of the excellent 2006 version of the FA booklet entitled, 'Advice on the Application of the Laws of the Game', which you should have if you are a referee in England. A free copy can be obtained via your County FA, or your County FA Training Officer.

You can also download the booklet from the [www.CorshamRef.net](http://mysite.wanadoo-members.co.uk/corshamref/sub/fabooks.htm) web site page by going here <http://mysite.wanadoo-members.co.uk/corshamref/sub/fabooks.htm>

The booklet's relevant two paragraphs as far as the question is concerned, can be found below:

If the ball is deliberately kicked directly towards his own goalkeeper by a colleague and the goalkeeper prevents an obvious goal-scoring opportunity by handling the ball, the restart will be an indirect free kick from where the offence occurred notwithstanding the special circumstances covered in Law 8.

Further action could be taken against the goalkeeper if it was felt that he knew that without his illegal intervention, the ball would enter the goal. His action in intervening could be construed as unsporting behaviour by arguing that he could have chosen not to handle the ball deliberately but rather use another part of his body to change the path of the ball.

In short, an indirect free kick and a definite caution is the correct action to take if the goalkeeper knew that without his illegal intervention, the ball would enter the goal.

It's a tough call to make, and each incident is different. It does not happen very often, so well done for managing the situation as you saw fit.

SHOWING THREE FINGERS

Question: In the 90th minute of a game, the referee showed (with three fingers) that there are three minutes of additional time to be played. Then 15 seconds later, one player of the home team got injured and was treated for 1 more minute by the medical team. After the player was treated, he left the pitch along with the medical team. The referee ONCE AGAIN raised three fingers to show that he would continue with the game for THREE MINUTES.

It was strange to me, to see the referee showing TWICE the additional time. Is this a common thing or not? In my opinion he shouldn't have raised his three fingers for the second time, since he had already done that just seconds before the player was injured.

Answer: When an injury occurs in the period of time allowed by the referee at the end of a half, there abides confusion in some people's understanding, that the time lost treating the injury should be ignored by the referee in terms of playing the total correct amount of time at the end of a half.

An injury occurring in the period of time that the referee allows at the end of a half should be treated in the same way as if it occurred within the 45 minutes. In other words, the half should still consist of 45 minutes playing time in total. The easiest way to calculate this accurately is of course; to stop and start your watch on every occasion that time is lost. But of course, this is another subject on its own; as we all know how dangerous taking that option can be -particularly if you only wear one watch and forget to restart it!

The referee in your original scenario should be complimented, on his teamwork and communication efficiency, by ensuring that no confusion remains, as far as the time left to play is concerned. His proactive action could save a lot of trouble, if a major incident occurs towards the end of the period, and the technical area occupants have made their own minds up on what the remaining time should have been!

A big gold star to that referee.

GOAL OR NOT?

Question: In today's game, a player side-footed the ball towards the far corner of the goal when the goalkeeper was stranded at the other side of the goal. The ball was just about to enter the goal (maybe three inches off the goal line) when another attacking player who had been standing in an offside position overeagerly smashed the ball into the net in celebration just before the ball crossed the line. The Assistant flagged for offside, and the referee disallowed the goal. Thinking about it later though, had the striker been interfering with play? There were no defenders on his side of the goal, so there was no interference there, and the ball was going in anyway. Should the goal have been allowed?

Answer: It's surprising how often this scenario comes up during games. And even more surprising how players are stupid enough to let their emotions get the better of them in such situations, when they know full well, that the goal will be disallowed. There is no way that you could justify such a goal within the current wording of Law 11 Offside.

The goal would have counted, had the offside attacker remained passive by not involving himself with active play, and allowing the ball to enter the goal. In other words, by not interfering with play or interfering with an opponent, and not gaining an advantage by being in that position.

By touching the ball into the net from an offside position, he breaches the Law 11 criteria (he interfered with play by touching the ball played or touched by his team mate). The goal is therefore illegal.

UN-NOTIFIED SUB COMES ON AFTER HALF TIME

Question: A team makes a substitution at half time and both teams re-enter the field of play after the half time break. The substituted player remains in the dressing room. The referee is not informed of the change. It comes to the referee's attention a few minutes after play has commenced for the second half, that a substitution has been made.

Should the referee wait for the ball to go out of play or should he stop play and caution the substitute; and then ask him to complete the substitution procedure? What is your advice on stopping or waiting for the ball to go out of play? And do you caution the player in the dressing room as part of this scenario?

Answer: The normal procedure would have been for the team making the substitution, to inform the referee prior to the start of the second half. The substitute would then have to wait on the halfway line, to receive the referee's permission to enter the field of play.

As a general rule before the second half kicks off at park level football, an astute referee will always ask the teams if any substitutions have been made at half time. This is called proactive refereeing, and is a habit that all conscientious referees should aspire to.

In the original scenario, the referee should allow any advantage, or stop play to administer a caution to the substitute for entering the field of play without the referee's permission. If play is stopped, the restart is an indirect free kick to be taken from where the ball was when play was stopped. A further caution for the substituted player, who is now sitting in the changing room as a result of his manager's decision, is not necessary under the circumstances, as he has not committed any offence!

Once the caution has been delivered to the substitute, he should be instructed to leave the field of play for the substitution procedure to be completed properly. This way, the substitute learns an important lesson on how substitute procedures should take place, and minimises future problems occurring for other referees in the future with this player.

PLAYERS LEAVING THE FIELD DURING A PENALTY KICK

Question: The referee awards a penalty kick to the attacking team in the 86th minute of the game, when they are already winning 4 - 0.

Previously in the game, the defending team had 4 players sent off, and now they only have 7 players remaining on the field of play.

After the referee's whistle to commence the taking of the penalty kick (but before the ball is kicked) a defending player leaves the field of play, thereby reducing his team to 6 in number.

The referee notices the situation, but does not have time to intervene.

The penalty kick is taken and the ball enters the goal. What action should the Referee take?

Answer:

Law 14 states that if a team-mate of the goalkeeper infringes the Laws of the game:

- the referee allows the kick to proceed
- **if the ball enters the goal, a goal is awarded**
- if the ball does not enter the goal, the kick is retaken

The Referee should therefore award the goal, and caution the player who has infringed the Laws of the Game by leaving the field of play without the Referees' permission.

CAN A PLAYER PLAY WITH A MISSING STUD?

Question: When carrying out a boot check this weekend, I found that a player's boot had a stud missing. What action should I have taken?

Answer: If you allow the player to play with a missing stud, and he loses his balance because of it, and injures another player or himself, or the missing stud causes a serious injury by its absence, you could be held responsible for contributing to the injury because of your negligence as a Referee, in respect of your duty to do all you can to protect the players safety.

My advice, would be not to let your professional standards slip, and tell the player that the missing stud must be replaced before he is allowed to play in a game officiated by you.

Regards Julian Carosi _____

This newsletter remains free to subscribers.



This newsletter will **always** remain free to **all** members.



I hope that you have enjoyed this issue of the newsletter, and that you are all continuing to enjoy your refereeing roles. All the very warmest wishes to you all, wherever you are in the world.

Regards, Julian Carosi (Newsletter Editor):

Web site: www.corshamref.org.uk

(Also - Editor and Laws Editor of [Refereeing Today](http://www.refereeingtoday.com), <http://www.footballreferee.org/> Referee, FA Referee Instructor, and FA Referees' Assessor Wiltshire, England).

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Regards, Julian Carosi www.corshamref.org.uk