



The Flag and Whistle

Newsletter of the Soccer South Bay Referee Association

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www.ssbra.org

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LOCAL SOCCER SCENE AFFECTED BY ST. PATRICK'S DAY CELEBRATIONS; RIOTING AND MURDER MAR WORLD CUP THIS MONTH; SSBRA GOES MICRO

Breaking with tradition, President **Ed McClure** opened the monthly meeting by turning the floor over to Webmaster **Lee Jordan**. There was an excellent reason for this, as Lee in turn introduced long-time referee **Manny Fineberg** to the 52 Members present. Waving to some of those he recognized in the audience, Manny got right down to business, showing and talking about the warm-up suits that SSBRA Members are interested in buying from his company. Expressing their interest in this subject, **Derek Taylor** was the first to make a comment, with **Vince Delmonico**, **Pablo Diaz**, **Jon Ziegler**, and **George Heggie** speaking up too. After a general discussion (with Derek making a disparaging remark directed at the Large Member, the L.M. then being wisely restrained by Vice President **Gabriel Goldsman** before trouble could start), it was voted to go with the all black waterproof micro-fiber option. The issue of a logo on the jackets was left up in the air for further discussion, but many Members could be seen placing their orders on the spot, with some also taking advantage of the chance to buy other items Manny had brought along.

Secretary **Warren Howell** then had a turn, and talked about the importance of having contact information available so one could always talk to other Members if a problem arose. Warren had a number of paper rosters to pass out, mentioned that he would help anyone who asked to get a current copy, and also volunteered himself as a possible person to call (in addition to your teammates and Assignor **Bill Cook**) when needed. He then moved on to the monthly newsletter, thanking those who had contributed articles in the past, and encouraged more of the same in the future.

Ed McClure announced that the yearly recipient of the Sportsmanship award had been decided and a presentation would be made next month. He also told us that the award process would be modified in an attempt to bring in more nominations, so that the Members will now be encouraged to nominate players from wherever they did games, including AYSO and high school. This inspired George and **Ed Beverly** to share their thoughts on this too with the group. In other news, Ed reminded the gathering that next month is the time to make nominations for elected Board positions. This year, because of the unexpected departure of **Keith Gendler** earlier, three offices are being elected to full (as clarified via a question from Ed Beverly) terms – President, Vice-President and Treasurer.

At this point Treasurer **Tom Mallen**, having spent the early part of the evening passing out a plethora of checks, told us that the monies for the Nike Moorpark and recent EALA games had been paid to the Members. Further, showing his nickname T.T.T.T. was well deserved, he said something about SSBRA having advanced some payments since EALA had not paid yet, and that he would be writing a four-figure check soon for insurance. However, the Members showed little concern for his warnings, but had great interest in their own checks, since there is still \$4078 in the bank to cover them. He then passed around and spoke about the budget and an article on 1099's, though **Larry Savell** instead wanted to talk about a \$5 referee Spring League single game bonus he thinks he is owed (Tom told him to wait till the end of the Spring League season, at least). Tom then encouraged any Members with parking receipts from CSUDH etc. to get them to him sooner, rather than later, for payment.

It was Bill Cook's turn, and he announced that he would have to give back State Cup games in Lancaster for the upcoming Sunday, as not enough referees were available. He gets 40 – 60 (out of 175) available on an average weekend, and needs 30 to cover local Sunday PSL, SBS etc. games alone. Bill and Ed McClure stated that they wanted to know from the Membership if we should be taking fewer games, drop certain league(s), or take some other action. At this point Ed Beverly, Derek Taylor, **Heidi Garlick**, Jon Ziegler, **Tony Amalfitano** and Gabriel Goldsman expressed themselves, but no one had a definitive answer. Drop Ed a line at president@ssbra.org on your thoughts, the Board needs input from the Members in order to decide what to do.

As his last item, Ed McClure confessed that he had been dropping by SSBRA-covered games unannounced lately, just to get to know new Members and check things out in general. His one comment was to please keep the games running on time, which was motivation enough for **Keith Sena**, Vince and Lee to say a few words.

The meeting was then turned over to Training Director Heidi Garlick, who reminded us to tell Bill about all no shows, call him from the field as he may have a replacement nearby if your partner is not there, or even call another Member if you are short and can not contact the assignor. Then, we got to a main event of the evening, as she introduced USSF Instructor (and friend to some of the Members) **Barry Fox**. Barry wasted no time getting to his excellent presentation (supported by a power point display via the often-used SSBRA video equipment), which was on the Ladder of Control. Stating that referees are all about match management, dealing with people and being the “conductor of an orchestra,” he reviewed the 7 steps:

- Talking; talk to the players early and often, using your voice to calm things down
- Warning; tell them they must stop misbehaving or face the consequences. But, leave the exact consequences vague, so you do not paint yourself into a corner.
- Whistle; call the foul, pointing direction first, using body language and words to get your point across
- Caution; use the yellow card when you need to, but show the player respect and let them know why they are being booked
- Send-off; be careful be keep a good distance, getting the offender off the field without further incident

- Suspend; stop the game if needed, due to weather, fighting or anything else that endangers the safety of the players
- Termination; Call off the match if necessary, leave the area, and write a full report to the match authorities so they can know what happened and decide what to do next

He also shared a number of other helpful ideas, such as the safety/equality/enjoyment concept, let them play as much as possible without calling trifling/doubtful breeches of the Laws, and really manage the game (don't just go "by the book"). He then divided the matches into 3 phases from the referee's point of view, and offered this advice:

- Before the Game; the keys are competence, appearance, pre-game conferences and confidence
- During the Game; the keys here are personality, mechanics, awareness, responsibility, consistency, attitude and justice
- After the Game; self analysis

After Barry finished to an enthusiastic round of applause, Ed McClure took back the floor and reminded us that the mentoring program highlights can now be seen on ssbra.org. Moving to the raffle, with the prizes having been donated by Manny, Warren and **Musa Abdelshife** each won a pair of socks, Heidi Garlick won a whistle, and **Dick Lujan** won the grand prize of a spiffy referee bag.

BOARD OF DIRECTORS MEETING, March 19, 2007;

- A Member was fined for missing a match
- A second Member went to the wrong field, but was able to get to the correct one on time after all
- Another Member was added back to the roster, after being taken off late last year
- Insurance is almost ready for payment
- A discussion on the budget and various items therein took place. It was eventually approved by a formal, unanimous vote of the Board, and will be presented to the Members at the March meeting by Tom
- A long and sometimes loud discussion took place relating to rankings and assigning, with no action decided upon
- Two Members and their (unrelated) problems on the field were discussed
- Recognition awards were approved for four Members
- A Sportsmanship award was approved for a local player
- Ed will rework the Sportsmanship award program, as it is not working as well as we would like it to
- Lee talked about the proposed group warm-ups, will arrange for Manny Fineberg to come to the March meeting
- Heidi has arranged for Barry Fox to be at the next meeting for a training presentation
- Tom reported that there is \$5742 in the bank
- Ed wants the Welcome Wagon program to be redone, as it is not going well
- The end-of-meeting raffle will be revised, using a drawing of tickets and "hard" prizes. Manny will supply the prizes in March

BOARD OF DIRECTORS MEETING, March 27, 2007;

- An application for Membership was accepted, pending receipt of a check for the first year's dues
- A Member will be fined a significant amount for no show violations
- The insurance amount is \$1347, a check for which Tom will have to write, as much as it pains him
- Warm-up suit badges versus sew-on logos was talked about and tabled till more information from Manny can be obtained

These Ladies Can Play with their Eyes Closed (Germany's Birgit Prinz and France's Corinne Franco)



Criteria set down for goal-line technology experiments (submitted by Larry Savell)

At its meeting in Manchester, the International Football Association Board (IFAB), the guardian of the Laws of the Game, set down criteria for all future experiments involving goal-line technology.

Any proposed system seeking IFAB approval must meet the following four principles:

- The technology should apply only to goal-line technology
- The system must be 100% accurate
- The indication of whether or not the ball has crossed the line must be instantaneous between the system and the referee
- The signal is communicated only to the match officials.

Among the other items discussed were:

- It was decided that the next IFAB Sub-Committee would establish a common protocol for dealing with injured players.
- The Board stressed that any pitch-side monitors should not be visible from the technical areas.
- FIFA raised the intentional use of elbows and presented the guidance to referees ahead of the 2006 FIFA World Cup. It was accepted that these guidelines should be uniformly applied.
- Artificial pitches should be green in color. This will be integrated into the FIFA Quality Concept.
- A protocol for referees' communication systems was established, specifying that the system should only link the match officials, that it is not broadcast and that it is not recorded.

The Board approved changes to the wording of the Laws of the Game in the following areas:

- Prohibiting any type of advertising on the ground within the technical area
- Any undershirts or under shorts must be the same main color as the player's kit
- The player's equipment must not carry any political, religious or personal statements
- A reserve assistant referee may be appointed under competitions rules but would only become involved if one of the assistant referees is unable to continue
- A player may not celebrate a goal by covering their head or face by a mask or similar item

Under Any Other Business, the following issues were discussed:

- A proposal by FIFA for two additional assistant referees was referred to the IFAB Sub-Committee for further study.
- The wearing of a hijab is already covered by Law 4 on Players' Equipment.

The IFAB is composed of representatives from the football associations of England, Scotland, Wales and Northern Ireland as well as FIFA. The four British associations have one vote apiece, while FIFA, representing its 203 other members, has four votes, with any proposal requiring a three-quarter majority (i.e. six of the eight votes) to be approved.

ACL Injuries Growing Problem for Young Female Athletes (recent news article)

By **Judy Fortin**

(CNN) -- First she heard the pop, then she felt the pain. Sixteen-year-old **Lindsey Robinson** tore the anterior cruciate ligament, or ACL, in her knee during the last game of the 2005 soccer season. She's been sidelined ever since. "I was rolling on the ground," Lindsey says. "I couldn't feel the bottom half of my knee. It freaked me out." Lindsey's story is becoming more common. Several of her teammates have torn the same knee ligament. "We often compare scars during practice," Lindsey says with a laugh. An estimated 150,000 Americans suffer ACL injuries each year in the United States. A growing number of them are female athletes. Orthopedic surgeon **John Xerogeanes** says girls are four to eight times more likely than boys to injure the ACL. Last year, he recalls, "I reconstructed ACLs for just four male high school soccer players, compared to 25 girls." He expects to see more young female athletes on the operating table. "We know that there is a huge increase in ACL injuries when you compare female athletes to male athletes," says Dr. Xerogeanes, who is the head of sports medicine at the Emory Orthopaedic and Spine Center in Atlanta, Georgia. "We've looked at a million different things in terms of size of the pelvis, angulation of the knees, hormones and the way girls fire their muscles when they land. We're not exactly sure why this happens."

Twenty years ago, injuries like Lindsey's would be career-ending, but thanks to advances in arthroscopic surgery and specialized physical therapy, doctors are able to get the majority of athletes back to the same level of playing. In Lindsey's case, an initial surgery (done by another surgeon) to repair the damage was unsuccessful. She endured a second operation last fall and has undergone months of rehabilitation. "My rehab was really slow," says Lindsey. "The first few weeks, it really hit me that I wouldn't be playing soccer for a long time." Part of the reason is that

healing takes time. The ACL is located behind the kneecap. It connects the thighbone to the leg bone. "It's basically a rubber band," explains Xerogeanes. "If you don't have it, your bones will separate and you'll fall over." Xerogeanes says knee braces and physical therapy don't help repair an ACL tear. The ligament must be replaced in order to restore proper function. He recommends surgery for almost all of his young patients. "When people are older they may say, 'I'm going to do activity modification rather than surgery,'" says Xerogeanes. "For young people, this is not a good viable option because they will not modify their activities and they will injure other structures in their knee because the ACL doesn't work." Xerogeanes says full recovery from ACL surgery can take eight to 10 months. In his center, doctors and trainers are taking a new look at the role of rehabilitation.

As part of her program, Lindsey is being retrained how to jump and land and contract her muscles correctly. She's worked for months with certified athletic trainer **Forrest Pecha**. "This is more than the standard physical therapy," Pecha says. "We focus on the prevention of re-injury. What I'm trying to achieve is proper biomechanical function so all the muscles are firing properly," he explains. "We have them do lower extremity exercises like mini-squat-jumps and lunge walks."

Xerogeanes is hoping the conditioning can improve on something that may not come naturally. "When female athletes land, they tend to land stiffed legged with their knees coming together a little bit, versus male athletes who tend to land and bend their knees with their knee straight in front of them." He says helping athletes with this type of training is leading to an overall decrease in knee injuries.

Observations from the Bleachers (submitted by Ed McClure)

By **Harvey Grody**

I have watched a dozen or so youth games the past several weeks, and here is a short list of four areas I wish to call to your attention and upon which I offer brief commentary:

SUBSTITUTION CONTROL: What I observed was inconsistency in control of the process. In particular it was unclear if the referee and the ARs in the pre-game conference discussed their respective roles in handling substitutions. Also, some referees clearly had talked with coaches before the game, and some obviously had not, in terms of how the referee expected the coaches to prepare for and indicate a substitution was to be requested.

THE DIAGONAL: Some referees stick to a straight line, i.e., corner-to-corner, with little variation. This significantly weakens adequate positioning to see play. Remember the corner-to-corner diagonal is only a starting point. The diagonal run by the referee must shift towards the touchlines as play dictates, keeping play between the referee and the AR. Also, the depth of diagonal is a critical factor in being close enough to play to enforce the laws. This is especially important when play is deep near the corner not covered by the AR. One way to keep the diagonal appropriately deep is to anticipate play and move ahead of it where possible. As an aside I note: physical fitness makes it possible to run an appropriate diagonal.

WATCHING PLAY AT ALL TIMES: The most effective officiating I observed was by officials not turning their backs on play or the ball during restarts. Ineffective officiating occurred when the ball was put into play, and the referee had no idea where the ball was going. The mechanics are simple: run backwards. A referee never should turn his or her back on play – looking over the shoulder does not cut it either. This also applies, by the way, when the referee is setting a wall on a free kick. Never turn away from the kicker!

BEING AN OFFICIATING TEAM: Several times I noticed pre-game or between halves, and sometimes after a match, that the referee team scattered. They did not stay together – one went somewhere for his water or bag, another chatted with a spectator, etc. This looks very unprofessional. Furthermore, it means there is no communication amongst the officiating crew during halftime or after the match.

NEXT MONTHLY MEETING

THE NEXT MEETING IS ON TUESDAY, APRIL 24, 2007, AT 7:30 P.M. IN THE LIBRARY OF NORTH TORRANCE HIGH SCHOOL, YUKON AND 182ND ST., WHEREIN BEVERAGES AND FOOD ARE PROHIBITED BY THE SCHOOL. AGENDA IS TO INCLUDE BOARD NOMINATIONS, PROPOSED BYLAW AMENDMENTS AND THE SPORTSMANSHIP AWARD PRESENTATION.

This is How They do it in Another Sport (recent news article)

NEW YORK (CNN) -- A brawl at a high school basketball game spilled from the stands at Madison Square Garden, spreading to Times Square where gunshots were fired Sunday night, New York City police said. No injuries were reported, but 21 people were arrested. According to police, the game between Lincoln High School and Boys & Girls High School, both in Brooklyn, erupted in violence when fans began to fight in the stands near the end of the game. Police said the melee spilled into the street outside Madison Square Garden around 8:30 p.m., with the brawling mob working its way up 8th Avenue to Times Square. Twenty-one people were arrested -- ages ranging from 17 to 21 -- on charges including rioting, criminal possession of a weapon and disorderly conduct.

...But it Can be Worse (recent news article)

Fans stick it to players as cricket elite fall in World Cup

...in Ranchi, India, after India's bewildering loss to Bangladesh on Saturday in Trinidad and Tobago, about two dozen peeved sorts ransacked the under-construction home of Indian cricket star, **Mahendra Singh Dhoni**, who played not-great against Bangladesh. Further, the Hindu reported that in the city of Kanpur, protesters set fire to effigies of **Virender Sehwag** and **Dhoni**, among others who'd come up shy of form. In Jalandhar, citizens held a march and burned posters of Sehwag, **Sachin Tendulkar**, Coach **Rahul Dravid** and player **Harbhajan Singh**, the last noteworthy because Jalandhar is Singh's hometown. In Allahabad, scattered protests burned effigies and posters of Dravid and Sehwag. In Patna, a fellowship of the irked torched posters of Singh, Sehwag, Dravid and Tendulkar. In Varanasi, some burned effigies of Dravid and Sehwag, while some college students burned effigies of Sehwag.

For those scoring at home, the Hindu's dutiful tally showed Sehwag led the way with four burned effigies and three burned posters, followed by Dravid with three posters and two effigies, Singh and Tendulkar in a third-place tie at two posters each, and Dhoni with one effigy but also with one damaged new-home foundation. In Multan, according to wire reports, a large crowd reportedly yelled, "Death to **Woolmer**, death to **Inza**," meaning the coach and the captain.

...Police in Jamaica were beginning a murder investigation on Friday after they said Pakistan's cricket coach Bob Woolmer was strangled in his hotel room the day after his team conceded a humiliating defeat to Ireland. After four days of treating Woolmer's death as suspicious but stopping short of calling it murder, a senior officer confirmed a homicide investigation had been launched. Cricket officials have also begun a probe into possible match fixing.

Most of These Guys are not even Irish (submitted by W. Howell)

It was early on the Sunday morning after Saturday's St. Patrick's Day, and referee Gabriel Goldsman, along with assistants **Reza Pazirandeh** and Warren Howell, were at Lincoln E.S. in plenty of time for a SBPSL Open Division match. Alas, the players were not as ready as the referee team, and came straggling in one by one, with 10 on one side and 8 on the other eventually making an appearance. The tone for the day was set by one of the female spectators, who declared that "I hope no one gets hurt today, because I'm far too hung-over to handle going to the E.R.," after which the players asked Gabriel if he could cut the game short. Since we already had a late start, he said he would oblige, and the whistle blew. The match was actually the most enjoyable of the year at that field, as, rather than taking themselves too seriously, everyone relaxed and played the Beautiful Game in the spirit that it should be played. The match eventually ended without injury or bookings, everyone went home happy, and I would guess that I am not the only one who does not recall the score.

We were not the only ones to notice the modified attitudes on this Sunday. We met up with newly returned Member **Adam Rose** early that evening at Crossroads, and he shared his experiences of the day. While most of those involved in his morning matches were rather slow and lethargic, having injured themselves consuming adult beverages etc. the night before, by mid-afternoon he could tell that the players and spectators had mostly recovered and had gotten back to their old selves. Later on, the evening matches were played more or less as on any other day.