



The Flag and Whistle

Newsletter of the Soccer South Bay Referee Association

August, 2011

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A NEW LEAGUE!

TURN IN YOUR CSL MATCH REPORTS!

BE FIT TO REF, DON'T REF TO BE FIT!

GENERAL MEETING: AUGUST 30, 2011

The August meeting kicked off with an important reminder: DUES are DUE!!!! For those who haven't paid, Steve will deduct them from any checks you may have coming. If you haven't paid, and have no checks coming, pay up or you won't get games.

We then were introduced to the number of new members. In addition to new members, we had two visitors from England. Declan and Robin are refs in England and primarily ref adults at a semi-pro level. They were interested to find out how we do things out here.

Warren added more pictures to SSBRA's facebook page and you can feel free to send him more pictures. Warren clarified that the SSBRA's facebook page's primary purpose is to direct people to our website. And it's

also a place to put pictures. Warren then told us that he's manually doing the data purge, he's finished with the 2003 games has completed Jan-May of 2004.

Warren then talked about the Ranking Committee's results. Some people moved up, some moved down. Based on the board's input, a few more moves were made. Ask Bill if you have questions about rankings and remember the rankings are dynamic, they keep changing.

Warren also told us that the Bylaws need to be reviewed. A committee consisting of both non-board and board members will review the Bylaws to determine if any changes are needed. Once the review is completed, it will be presented to the board. This process will probably take a few months.

We had a lot of summer tournaments and did a good job. Refs showed up on time and kept games on time. Just a quick reminder, if a tournament official asks you to do something – like run a reverse diagonal – do it. If you're not sure who the person is, confirm they're a tournament official.

Warren then talked about the new league – DSL. The Southern California Developmental Soccer League ("DSL"), is comprised of a number of teams that broke away from CSL. As a result, CSL has brought in more teams to fill those spots and we now have more games because we've got the DSL games and CSL games and CSL has given us five new fields. With DSL there are a few changes, which include: (1) there will be a 3-ref crew on U9 and U10 games; (2) there are showcase games – which is like a premier tournament – each referee association will get a turn; (3) the substitution rules are different; (4) refs will have to produce their name and USSF ID number if asked by a coach; and (5) the teams share one side of the field and parents/spectators share on the other. Although the assigning is different in DSL, continue to use the SSBRA availability system. Regarding the "demand for your name and USSF ID #," the board's position is that you should ask for their ID info before you give your ID info. This way you can confirm that it is a coach asking you for info. The rules for DSL are on its website.

Warren then had some good news: we're getting a raise! Both CSL and DSL will be paying \$1.50/min and a new fee schedule will be uploaded to the website. CSL has started, so make sure you get a book if you don't already have one. Our other leagues are good to go too and the fees and rules haven't changed in those leagues. We are aware that the Sunday Aviation 11 v 11 games are too tightly scheduled and Dennis has been informed of this.

Warren then told us that the re-cert test will be offered at our October 2011 meeting.

Larry then announced that the new member clinic will be on Saturday September 17, 2011 in the morning from 9:00 a.m. to 12:30 p.m. Also Larry reminded members of the High School training dates: the first session will be on either October 4 or 6, the second session will be on October 18 or 20. For first time high school refs, there is a mandatory Saturday session as well. Bob Foster and Dick Haber are a board members for High School, so feel free to talk to him if you have questions.

Steve then told us that some tournament checks were being handed out that evening and that he was waiting for others to clear. Steve also reminded us that he's deducting dues from tournament checks if you haven't paid and that a list will be going around with the names of those who have paid. If you're not on it, pay up.

Vince then took the floor. He reminded everyone of the SSBRA Board recommends refs follow a "no jewelry" policy with regard to the games we officiate. He also reminded us to send him reports in a timely fashion on the USSF Match Report form. He informed us that he keeps these on file and forwards a copy to the

league who then takes action. He does not want us to send letters. He wants us to fill out a USSF Match Report and send it to him at DEL4220@aol.com. This applies to all games we do in all leagues. If there is a problem in your game and a report is required, send it to Vince on a USSF Match Report. Failure to submit reports to Vince on a USSF Match Report Form may result in denial of liability coverage by SSBRA's insurance if you are sued. By the way, a link to the USSF Match Report, available on our website, has now been added to the "helpful links" at the end of every Flag and Whistle.

Vince also reminded us that we shouldn't be wearing long pants for the games at Aviation, Crossroads, or Manhattan Village. He ended with asking all new members to see him for a SSBRA patch and telling those who are having problems with their Cal South registration to see him.

Then one of the board members (I can't remember who) stood up to remind us that the SSBRA liability insurance only covers assigned games. Friendlies are not assigned games.

Ralph spoke briefly to remind us that we need to make sure we are hydrating and eating between games and at halftimes so we don't cramp up.

Bill then took the floor with some important news. As we are all aware, CSL requires match reports to be sent in after each game. Our associations, in particular our assignors, are monitored to make sure we are sending in our match reports. If we, as an association, turn in at least 97.5% of our match reports our assignor gets a bonus. Generally, SSBRA has not had a problem meeting, and even exceeding the 97.5% mark. BUT last year one referee did not turn in any reports (at least 26 reports). This cost Bill approximately \$1,000.00 and that referee is no longer with our association. So, Bill is taking action. This year if your name shows up three times as having not turned in your match reports, you will be suspended and no longer assigned games. Bill will be monitoring this so keep him happy!

And, the good news: in the four tournaments we did over the summer we brought in just under \$35,000.00. The tournaments went very well and this is why we keep getting games. More checks are on their way!

Finally it was time for the Cal South instructor – Reed Christy – to take over. The topic: ***Referee Health and Fitness!!!!***

Reed is a personal trainer and a referee. He started by asking us what we think the best position is for a referee. This, of course, prompted many answers. He told us that the best position for a referee is "the position that allows the referee to make the best decision." This is why fitness is so important and where it comes into play.

Fitness, injury prevention, and nutrition all go together. Fitness includes a dynamic warm-up, the workout, and your recovery and stretching period. Compared to other sports, ours is one where we have the fewest number of officials responsible for the largest amount of space. No sport comes close to the ground/distance/size of the field/playing space we have to cover in soccer. This is why both speed and endurance is so important. Speed and endurance are key in all our fitness assessments. For example, the FIFA Fitness Test requires 6x40m sprints followed by 3 miles (12 laps) around a track at the following intervals: 150m run followed by a 50 m walk. And they're thinking of making this more difficult.

The purpose of the Dynamic Warm-Up is to warm up, get your heart rate going, sweat and prevent injury. It works at the "neuromuscular" level. A dynamic warm-up might include lunges, squats, 10-15 minute slow jog.

For example, though, a recommended weekly workout would include:

- 2 endurance runs
 - One for 30-45 minutes
 - Another for 60-90 minutes
- 2 interval/speed workouts
- 1 cross training/strengthening workout
- 1-2 days of rest
 - A day you are reffing is not considered a rest day.

The idea here is to build both your slow-twitch and fast-twitch muscles. Reed then recommended a few interval workouts (for example a long jog which incorporates speed play (aka Fartlek)) and gave us some sample cross training workouts. I am trying to get copies of these to post to our website, but in the meantime, if you are interested, you can email him at reedchristy@gmail.com or call him at (805) 791-0458.

Reed recommended getting a heart rate monitor so you can know what your maximum heart rate is for training purposes. As a general idea, your maximum heart rate is your 220-your age. You do not want to go past 85% of your max heart rate while training. If you go past 85% only do so for 15-20 seconds.

Never forget the cool down either. For example a light jog to lower your heart rate, dissipate the lactic acid, and perhaps a static stretch (for your entire body) for about 10 seconds in each position.

You also want to make sure you eat within one hour of training. There is a very small window within which you should introduce calories.

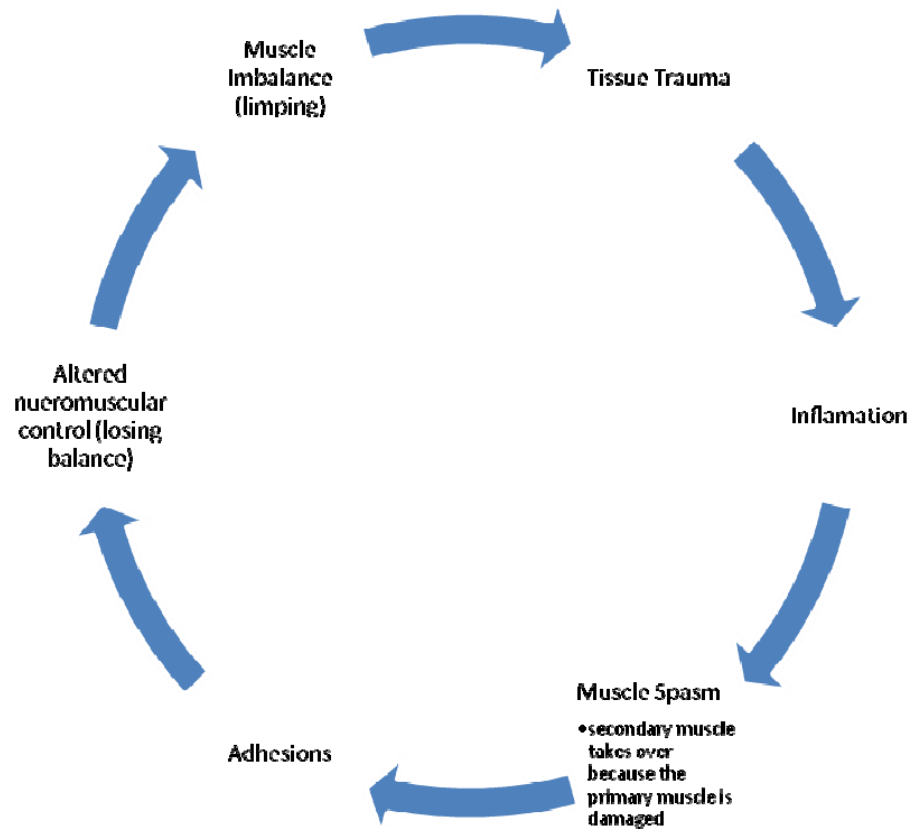
Rest is also very important. You have to get at least 8 hours of sleep every night.

Regarding nutrition, Reed told us to try and adhere to the following:

- Eat within 30 minutes of waking
- Eat 5-7 meals/day
- Keep a daily journal of your meals and water intake and note your feelings and energy levels after your meals
- Your body is unique so your protein/carb mix may be different than someone else
 - But keep in mind Protein takes 7x more water than carbs to digest
 - You should eat carbs first because they digest quicker
- Keep in mind – the “Caveman diet” – and stay as close to raw, natural, organic as possible. Avoid processed foods.
- Your last meal should be no less than 2 hours before bedtime
 - This is because your body should rest and recover and not be working metabolizing your food during sleep.
- Cold water takes longer to process (and burns more calories) because the body needs to warm it up
- Your water intake per day should be at least ½ your body weight in oz. More if you’re exercising.

A sample pre-game(1 hour before game time) meal would include energy rich foods (mainly carbs) such as: peanut butter, honey, whole wheat bread, apples, banana. Post workout – you should eat within 45-60 minutes.

Regarding injury prevention: RICE (Rest, Ice, Compression, Elevation) is a good model to follow. But it is also important to keep in mind that there is an injury cycle which begins with tissue trauma and ends with muscular imbalance. Specifically:



You need to remember to be proactive about your injuries so that they don't get worse. And, take care of them early. A foam roller is a good investment. It releases microspasms and breaks up adhesions and helps with IT Band issues (that can cause knee pain). Also strength training – especially when you work your glutes, quads, hamstrings – will help you develop strength around your joints, bones, and ligaments to maintain mechanics and longevity and will take pressure off your knees. Flexibility will also help so stretch every day.

In closing, Reed left us with these thoughts:

- We need to be fit to ref, not ref to be fit.
- Soccer referees – believe it or not – are athletes. They are runners.
- Make the commitment to health and fitness part of your daily ritual.

WHAT THE BOARD'S BEEN UP TO:

BOARD MEETING: AUGUST 29, 2011

- New apps – all accepted
- Problems with refs discussed – main issue is refs with long pants, so Bill's said that he will not be assigning games to those who wear long pants
- Data purge – WH is working on it, he's doing it manually which is a long, tedious process, so far he's removed data from 2003 and part of 2004
- North HS meeting permits – WH got them and gave them our insurance info, wondering whether have to pay janitor to open up library for August general meeting
- Rankings meetings – copies distributed, some changes made

- Discussed Cal South instructor for August general meeting – not sure if we're going to have one because haven't heard – if no Cal South instructor, Larry will do a 7v7 training
- Summer Tournaments – had lots, went well, everyone got there early and on time
 - o Will probably get some fields for the Labor Day Blues tournament, maybe Simi Valley fields too
- Developmental League (DSL) – new league
 - o DSL doesn't keep standings
 - o Start Sept. 10
 - o Check their website for their rules – i.e. diff sub rules, give Name and ID # if asked
 - o WH will discuss this at the gen meeting
 - o www.scdsl.org
 - o Register at www.gameofficials.net (Home Association is SSBRA, will need USSF ID#)
- CSL
 - o Meetings, fields, books
 - o Replaced some of the teams that they lost to DSL (lost about 30 teams)
 - o But replaced the teams they lost, now have 2,035 teams
 - o Assignor's fees stayed the same, but Bill lost a big bonus last year because one ref did not turn in a bunch of CSL reports – so how do we prevent this from happening again?
 - Decision: if don't turn in three reports – won't get assigned any games
- Other leagues and contracts
 - o No one is doing anything different
 - o Discussed negotiating price increases when some of the contracts expire
 - o Got interest from a new league in South Gate – Bill sent them our rates, we'll see how they respond
- USSF Test – October 2011 – Cal South is sending someone
- Fee Schedule – needs to be modified because CSL raised rates to \$1.50/min (might need 2 fee schedules for CSL and DSL)
- Will probably have a raffle at the next gen meeting
- Sept. Bd meeting – at Larry's
- Ralph's thoughts
 - o Sundays at Aviation = not enough time b/t games for a 90-min game and puts everyone behind
 - Bill will tell Dennis about this
 - o SSBRA Business Cards
 - Would be good to make them available so if people ask about reffing, can give it to them
 - Board decided we should order some
- Steve
 - o Force checks – total approximately \$13,800
 - o Waiting for United Cup (approx: \$6,000) and West Coast (\$13,000+)
 - o Probably get them before Labor Day Weekend
 - o Started new fiscal year
 - o Steve's computer crashed but the good news is that the Quicken Online Backup system worked
- Larry
 - o Wants to put together a 7v7 training – maybe for September's meeting
 - o New Member Clinic – September 17th
 - Steve's tracking who will get refunds
 - Might do another clinic in October
 - o Bylaw audit is required this year
 - Committee to review
 - Non-bd members and one bd member

- Purpose – make sure all that’s in the bylaws is still relevant and see if we may need to suggest amendments
- Dues
 - Coming in and Steve is taking money from tournament checks
 - Will also send list re “if you’re not on this list, you haven’t paid dues . . . and won’t be getting assigned”
- Vince
 - Will remind people that jewelry should not be permitted
 - Getting lots support from Dennis and Archie
 - Not writing ref reports may have implications for insurance coverage
 - SSBRA insurance may not cover you if you do not provide a USSF match report in situations that call for a match report – may result in denial of liability coverage
 - Call Vince if you need help writing report or if you can’t write the report for some reason

GEOGRAPHICALLY CHALLENGED . . .

Another entertaining LM adventure

The referee some know as the Large Member found himself about to center a youngsters match for an August pre-season tournament, which would normally be a cause for great joy. This time however, the L.M. was filled with doubt. He had not refereed a game in several months over the summer, nor thought much about it, as he had been traveling. Because of this, he found that he had forgotten or was confused about various aspects of the task at hand: which end of the whistle to blow, why the ARs were waving those funny-looking flags around, when the players could, or could not, use their hands, etc. etc. Also, because of the out-of-town time, his physical training program, such as it is, was in the receptacle, so he would be moving around on the field even less than usual. Knowing all this ahead of time, he had requested light-duty for this tournament, and the Assignor dismayingly had responded in the usual fashion: 7 games plus field monitor duty, resulting in 12 - 14 hour days on both Saturday and Sunday, including travel time.

Despite his doubts, it was time for the L.M. to get to it, with the only comforting thought being that the very capable John Hough and Jake Wright were there to bale him out if things got tough, as they often do even in the best of times, from rabid spectators at this age level. The captains were called out, and as is his custom, the L.M produced a foreign coin for the flip, this one from Sweden. After explaining to the young lads where it was from, the picture of the Swedish King on the "head" side etc., the flip occurred and kick-off parameters were established. Then, as is also his custom, the L.M. gave the coin away to the winning flipper as a keepsake. His co-captain, with a big grin, then started talking to the L.M.:

Player: Hey, that's great! My family is from Sweden!

L.M. (noting the blond hair and Scandinavian features of the young man): Excellent dude! What part of Sweden are they from?

Player (with an even broader grin): Denmark!

L.M. (now looking baffled and bewildered): Uh, really?

Player (running back toward his coach): I think so, but I'm not sure, I was born here!

L.M. (still confused): That's cool!

The L.M. had traveled extensively, and even lived for a number of years in the region, and was pretty sure that Denmark was not in Sweden. But now he could not be sure, and this only added to his anxiety and apprehension of the games ahead. However, there was nothing else to do at that point, and he started the match. No doubt because of the plethora of assistance he received from John and Jake, the games took place without any undue incidents or controversy. However, as soon as the last match was over for the day, the L.M. hurried home to consult his world atlas, in order to refresh his geographic knowledge.

WOMEN HAVE MADE FORAYS INTO MEN'S SOCCER

August 11, by Meri-Jo Borzilleri

Available at: <http://espn.go.com/espnw/news-opinion/6846762/calling-shots-women-made-forays-men-soccer>



Kari Seitz thinks to be the best, officials need experience in the men's and women's game.

Kari Seitz is one of just two female FIFA referees from the United States and has officiated the highest level of women's soccer, including last month's World Cup.

Seitz refereed the third-place game between France and Sweden, the top match a U.S. official could work in the tournament since the American team was in the final.

But Seitz, 40, said she would not be as good a referee if she hadn't worked both men's and women's soccer.

She has been a FIFA referee for 12 years and believes she is the only person -- male or female -- to officiate four World Cups. She also has worked two Olympic women's tournaments.

As for men's experience, Seitz was a referee and assistant referee in Major League Soccer from 1998 to 2001 and currently works some college and amateur men's games near her hometown of San Mateo, Calif.

Her theory: To reach your potential, you need to have as much accumulated experience as possible with both the men's and women's games, along with a variety of skill levels, nations and ethnicities.

Men need to work women's games. Women need to work men's games.

"It's a craft," she said. "If you just did women's or just men's football, you wouldn't be the best referee you can be."

It helps to have a thick skin and a sense of justice.

"I have a natural inclination for making things fair," Seitz said.

In addition -- and this may surprise fans accustomed to dour officials -- most men and women referees at the top have a high level of education and a good sense of humor, said Sandy Hunt, one of the first two women to referee in MLS, in 1998.

Take Bibiana Steinhaus, a German referee who officiated the Women's World Cup final between the U.S. and Japan. In 2007, she became the first woman elevated to referee men's Level 2 matches in Germany's famed Bundesliga.

In her first live TV men's match last year, [a player inadvertently patted her breast](#). Both dissolved into laughter.

"She was standing a bit further away than I thought -- I meant to give her a pat on the back," defender Peter Niemeyer told reporters afterward. "But you do have to entertain the fans a bit, too."

About 400 women worldwide are certified FIFA referees, approximately one-fifth of all referees from 208 FIFA-member nations. For some time, women have officiated soccer at the highest levels in the women's game -- Olympics and World Cup. No women have refereed in the men's Olympics or World Cup, where religious restrictions in Islamic countries make that possibility an unlikely one.

So far, women's advances in men's soccer have been limited to the lower tiers of the game.

In 2004, for instance, a woman officiated a men's World Cup qualifier. In June of this year, an all-women's crew worked a men's second-tier pro match in Czech Republic, a first for the men's game.

In the United States, women's highest-profile assignments in men's soccer came 13 years ago during Hunt's time with MLS. No women currently referee MLS games.

Part of the reason is that a women's pro league now exists, which satisfies FIFA's requirement that, in order to be eligible for international assignments, officials must first prove themselves at the highest domestic level. In Hunt's era, MLS was the only route to the bigs.

Now women have many options and help getting there. In January of this year, U.S. soccer hired Sandra Serafini as the Women's Professional Referee Coordinator. She will oversee development of female officials in the United States, including being responsible for assigning officials to WPS games and making contact with female FIFA referees.

Serafina also will work with the U.S. director of pro referees to assign female officials to semi-pro men's games in the MLS preseason and reserve leagues, NASL and USL Pro.

Getting certified as a referee means first taking a class and passing the test, then working up the ladder. Most people start at Grade 8 and advance through game experience, assessments, fitness testing and number of games worked. In the U.S., the highest level, a national referee, is Grade 3. Grade 1 is an international referee. To become an international referee, your name must be submitted by your federation and accepted by FIFA.

Outside of some premier men's leagues in Europe, few men or women make a living from refereeing, even if they have reached the top of their profession. Steinhaus is a German police officer. Seitz squeezes in match assignments with full-time work as general manager of two advertising agencies at OMD, one of the world's most prominent media agencies. Just about all her vacation time is taken up by officiating in a job that pays relatively little -- "a tax write-off," Seitz said.

She was married for 17 years before she and her husband took a two-week, non-work trip together in 2009.

"Luckily, he's very understanding," Seitz said.

For both men and women officials, soccer likely has the most rigorous physical standards of all top-level sports.

Two of three officials -- the assistant referees -- are limited to the sideline on one-half of the field, at least 100 yards long and 50 yards wide. The head referee patrols the rest of it.

Accordingly, FIFA referees are required to demonstrate a remarkable level of aerobic fitness, and they are also forced to retire at age 45.

Part of their test consists of running 12 laps around a 400-meter track. The laps consist of intervals: 150-meter sprints followed by 50-meter recovery walks.

Men get 30 seconds to complete each sprint and 35 seconds for each walk. Women get 35 and 40.

This comes after six 40-meter sprints with 90 seconds of rest in between. Men must take no longer than 6.2 seconds on each sprint, women no more than 6.6 seconds.

"Had I known how much running would be involved, I probably would've picked beach volleyball," jokes Seitz, who devotes about eight hours a week to physical training (running and weightlifting).

Hunt, 52, retired as a FIFA referee in 2004. She's now a FIFA assessor and instructor for men and women, as well as evaluating and assigning matches for the Pac-12 women and West Coast Conference men and women.

While soccer is one of the rare sports where rules and equipment are the same for both sexes, both Hunt and Seitz say officiating them is different.

As far as the game itself, women have less power but more precision, said Hunt, with more short passes. Men's games are faster with more "hot spots" -- places where tensions are running high at various places on the field simultaneously. Body language is different.

"Men do crazy-weird stuff you don't see in a women's game," Seitz said. "Believe it or not, they're very, very emotional."

Men and women will disagree with the referee the same amount, but express it differently -- men might gather, eyes bulging and get in your face, Hunt said. Women will approach you privately or say something, but it's not so aggressive.

"Won't disagree less, but they're less disagreeable," Hunt said.

If a guy wants to exact revenge on a player who fouled him or a teammate, chances are he will do it right away and might even share beers afterward. Not women.

"She'll make sure there's justice," Hunt said. "[Women are] willing to wait a couple seasons. Girls think about it on the bus ride, they talk about it."

Seitz is 5-foot-4. Part of the challenge for her is when two players argue, literally, over her head, it is hard to defuse the situation.

Hunt said women referees can't get physical.

"I'm not a threat to any man," Hunt said. "I'm not going nose-to-nose with some big soccer star and try to overpower him because it would be foolish and look ridiculous. My strategy is to try to gain cooperation."

Hunt said her career in a men's game would not have been possible had established male referees not helped her along the way, especially at the beginning. She feels an obligation to do the same with women coming up.

"When you're the only one doing it, you're holding the door open for the other women who want a chance," she said. "All I want to do is advance the ball. I don't feel like I need to score a goal. If I can just keep my foot in the door and do a solid job, people -- men or women, maybe of color, minorities or whatever -- should get just as fair a chance."

Youth Soccer Insider: Why so few women referees?

By Randy Vogt

In her Youth Soccer Insider [column](#) on Aug. 15, Sarah Weld laments the lack of women coaches and refs in youth soccer. It's an oddity that I've noticed and am concerned about as well. The book I authored, "Preventive Officiating," is the only soccer referee book that I know of that uses the pronoun "she" as much as "he" to describe referees and has the same number of female soccer ref models as male ref models.

I cannot write with any great insight as to why there's a lack of female coaches but would like to offer some reasons and remedies to have more women become and continue as referees.

The hierarchy of FIFA, the USSF and NCAA are all looking to promote good female referees to the highest levels. If the United States did not play in the Women's World Cup final, chances are that American **Kari Seitz** would have been given the assignment. She and two American assistant referees, **Marlene Duffy** and **Veronica Perez**, wound up officiating the third-place game instead.

One of the referee organizations that I belong to, the Long Island Soccer Referees Association (LISRA), now has a female President, **Cathy Caldwell**. LISRA is way ahead of the United States in this regard as we had an African-American President, **Barrington Lawson**, a decade before Barack Obama was inaugurated.

Here are some ideas why females make up nearly 50 percent of soccer players in the United States but are very much still a novelty as referees:

Intimidation. As Sarah wrote, the great majority of youth soccer coaches are men and some of them will try to intimidate a female ref much more than a male ref.

“We lose female refs three times more frequently than male refs due to verbal abuse,” LISRA President Caldwell said. “When I first started, I refereed three games and could not take the abuse from the adults. I called up the assignor, Nanci Apostolides, and told her that I did not want to referee anymore but she convinced me to stick with it. More than a decade later, I’m still refereeing!”

“But just last weekend, I spoke to a woman who had taken the referee course but chose not to referee due to the lack of respect and intimidation she witnessed by both coaches and parents,” she added.

I’m aware of some youth soccer coaches saying derogatory comments about a referee (they do not know) based solely on the gender or age of the ref to their players before the game. Do you think those players then will go onto the field and actually respect the ref?

“In addition, many male coaches are uncomfortable with a woman refereeing their games,” Caldwell added. “More than once, I have called a coach to get field directions and inform him that I am the referee for their game and there is a second or two of silence followed by an ‘Oh.’”

Females tend to view soccer in more social terms than men. As a referee advances, he or she will officiate with other officials -- one ref and two assistant refs. But generally the first games of a career are the boys U-7 intramural game or the girls U-10 travel team match that uses just one referee and two club linesmen (that the teams provide to help out). I’ve found that females are more excited to officiate with their friends than males. Years ago, as I was about to ref a girls U-15 game, I heard the girls talking with excitement about which of their teammates they would be officiating with in intramural games later that day. Unfortunately, that club was the exception as most intramural games are officiated by one ref. No matter your gender, refereeing by yourself can be very lonely.

“I ask the assignors to pair up the few women in the chapter with me as we have such a good time officiating together,” Caldwell commented. “When I work with other women I find an immediate bond.”

Lack of open bathrooms in youth soccer. Generally, the lack of bathrooms is not a problem for the female player who is playing one game a day or the female assistant referee who (at least on Long Island) is often officiating one game per day. But it’s a *huge problem* for the female ref who is refereeing 2-4 games per day. Take into account that the officials should be at the field 30 minutes before kickoff and a ref is often spending 5-6 hours at a soccer field.

So what do female refs do if there’s no bathroom? They’ve told me that they do not drink water at all, a very unhealthy choice, or take time between matches to drive to a building with a bathroom, delaying the next game.

The great majority of youth soccer games that I have officiated did not have a bathroom at the field. But the times, thankfully, are changing. Years ago, youth soccer was often played at schools (closed on weekends) and also sometimes at parks (with open bathrooms). Many youth soccer clubs now maintain their own soccer complexes with bathrooms. If they did not build a bathroom, they bring in a few port-a-potties, not a very good option for either gender, but particularly for women. I’ve never heard men talk about whether the port-a-potties are clean but it’s a frequent topic of conversation among women at soccer games.

Summarizing, if youth soccer clubs and leagues get rid of verbally abusive coaches and used their resources to have three officials for all games plus build and maintain bathrooms, the number of refs would increase but particularly on the female side.

(Randy Vogt has officiated over 8,000 games during the past three decades, from professional matches in front of thousands to six-year-olds being cheered on by very enthusiastic parents. In his book, Preventive Officiating, he shares his wisdom gleaned from thousands of games and hundreds of clinics to help referees not only survive but thrive on the soccer field. You can visit the book’s website at <http://www.preventiveofficiating.com/>)



THE NEWS

Court Rules Ex-MLS Referee is Independent Contractor

CHICAGO — A U.S. district court judge in Illinois recently ruled that former MLS referee Marcel Yonan served as an independent contractor during his 25-year affiliation with USSF and therefore dismissed Yonan's age discrimination lawsuit against USSF.



Yonan, then 50 years old, sued USSF in 2007, alleging age discrimination after he was told that he would not be assigned to work MLS games.

U.S. District Court Judge Virginia Kendall of the Northern District of Illinois Eastern Division concluded on June 22 that Yonan served as an independent contractor for USSF, not an employee. Kendall also said that Yonan is not protected by the Age Discrimination in Employment Act (ADEA) because he was never an employee of USSF, the national governing body for soccer in the U.S.

According to court documents, Yonan acknowledged on his 2007 USSF registration form that registering with the Federation "does not create an employment contract or relationship with USSF." In addition to refereeing USSF games, Yonan also refereed college games not affiliated with the Federation. Yonan, a Chicago resident, also has no record of ever receiving an

IRS form W-2 or 1099 from USSF and has never listed USSF as an employer on his tax returns, according to the court document. He listed himself as self-employed on mortgage and life insurance applications.

The ADEA applies to employees but not to independent contractors. To determine whether an individual is an employee or an independent contractor under the ADEA, the court applies a five-factor "economic realities test" inspired by agency principles. Those factors include the extent of the employer's control and supervision over the worker, including directions on scheduling and performance of work; the kind of occupation and nature of skill required; responsibility for the costs of operation, like equipment, supplies, fees, licenses, workplace and maintenance operations; method and form of payment and benefits; and length of job commitment and/or expectations.

In August 2006, just six months before the USSF told him he would not be refereeing any more MLS games, Yonan told USSF that he understood that his registration did not create an "employment relationship" with the Federation. He also explained on his tax returns that he was "self-employed" operating as a "sole proprietor" and never listed USSF as his employer, according to court documents. □

CFO Votes to Keep Umpires in Traditional Spot

BIRMINGHAM, Ala. — Based on a unanimous recommendation from coordinators of BCS conferences, the CFO Board of Managers voted June 22 to keep football officials working the umpire position in their traditional spot on the defense's side of the ball. The decision, announced via a press release, noted that the board of managers' vote was also unanimous.

Since 2010, when the NFL moved its umpires to a position opposite the referee on the offense's side of the ball, there has been talk of college football following suit. The NFL made the move as a safety measure due to a number of injuries sustained by umpires who were bowled over by players.

Collegiate umpires have experimented with the altered position during scrimmages and spring games the last two years and the matter has been debated at meetings of the coordinators.

According to the press See "Umpires" p.10

THE WIRE

Ruta Named NFF Outstanding Official

Ted Ruta, a former Conference USA official, was named as the recipient of the 2011 National Football Foundation (NFF) Outstanding Football Official award.

"I'm overwhelmed," said Ruta upon learning of the award in June. "It took a couple of days to sink in."

Ruta worked 401 collegiate



THE NATIONAL FOOTBALL FOUNDATION
Building Leaders Through Football

games during his career, including 12 bowl games. He worked the 1986 game that pitted No. 1 Oklahoma against No. 2 Miami (Fla.) with the Hurricanes besting the Sooners, 28-16. He was a replay communicator for the first-ever Conference USA championship game in 2005.

Ruta will be honored at the NFF's annual awards dinner in December.

LHSAA Officials Get Pay Raise



About 105 principals from across Louisiana gathered in

Baton Rouge in early June and voted overwhelmingly to approve the same increased wages for high school sports officials originally proposed at the January convention.

The raise affects baseball, basketball, football, soccer, softball, volleyball and wrestling officials and is only the second raise in the past two decades.

The Louisiana High School Athletic Association's (LHSAA)

SSBRA
TREASURER REPORT
MEMBERSHIP MEETING
August 30, 2011

The Checking and Savings accounts were reconciled to the Western FCU bank statement for the month of July 2011. In addition, the Petty Cash, Postage Stamps and Referee Advances accounts were balanced as well.

The cash and related account balances as maintained by the Quicken database are summarized below.

SSBRA Cash Balances		
	7/31/2011	8/28/2011
Checking	\$ 4,721.47	\$11,753.97
Savings	7.49	7.49
Petty Cash	54.00	54.00
Stamps	18.92	43.56
New Member Deposits	(350.00)	(350.00)
Totals	\$ 4,451.88	\$11,509.02
Advances:		
United Cup Pmts	\$ -	\$ (5,727.00)
	-	-
Total Adv.	\$ -	\$ (5,727.00)
Checking	\$ 4,721.47	\$ 6,026.97
Savings	7.49	7.49
Petty Cash	54.00	54.00
Stamps	18.92	43.56
New Member Deposits	(350.00)	(350.00)
Adj. Totals	\$ 4,451.88	\$ 5,782.02

SSBRA dues paid thru July 31, 2011 total:

SSBRA 2012 Dues		
	Count	Fees
Regular Dues	62	\$ 3,716.00
Dues Owed	n/a	\$ 4.00
Youth Referees	32	\$ -
Honorary Members	8	\$ -
Waived Dues	4	\$ -
New Member Waivers	17	\$ -
Prior Year Carry Over	22	\$ -
Totals	145	\$ 3,720.00

During July the following payments were made and consist of the following:

Manhattan Beach - Cks Issued 07/01/2011		
Games		46
	\$	Cks
Referee Fees	\$ 1,334.00	22
Assingor/Coord. Fees	\$ 115.00	1
Treasurer Fees	\$ 36.00	1
Postage	\$ 7.04	n/a
SSBRA Payment Totals	\$ 1,492.04	24
Billed to Manhattan Beach	\$ 1,495.00	
Net SSBRA Surplus	\$ 2.96	

SSBRA
 TREASURER REPORT
 MEMBERSHIP MEETING
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Manhattan Beach - Cks Issued 07/03/2011			
Games		66	
	\$		Cks
Referee Fees	\$ 1,914.00		26
Assingor/Coord. Fees	\$ 165.00		1
Treasurer Fees	\$ 42.00		1
Postage	\$ 10.12		n/a
SSBRA Payment Totals	\$ 2,131.12		28
Billed to Manhattan Beach	\$ 2,145.00		
Net SSBRA Surplus	\$ 13.88		

Citrus Cup - Cks Issued 07/05/2011			
	\$		Cks
Referee Fees	\$ 686.00		7
Assingor/Coord. Fees	\$ -		n/a
Treasurer Fees	\$ 8.75		1
Postage	\$ 2.64		n/a
SSBRA Payment Totals	\$ 697.39		8
Paid to SSBRA	\$ 686.00		
Net SSBRA Expense	\$ (11.39)		

As always, an Income and Expense Comparison by Category for 2011 vs. 2012 has been attached.

Respectfully submitted,

Steve Brandon

Steve Brandon
 SSBRA Treasurer

Inc/Exp Comparison by Category MTD - Jul 2011

7/1/2010 through 7/31/2011

8/28/2011

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Category	7/1/2010- 7/31/2010	7/1/2011- 7/31/2011	Amount Difference	% Difference
INCOME				
Int	0.11	0.00	-0.11	0.00 %
MEMBERS	594.00	366.00	-228.00	-38.38 %
NSFINES	54.00	0.00	-54.00	0.00 %
TOTAL INCOME	648.11	366.00	-282.11	-43.53 %
EXPENSES				
Uncategorized	0.00	0.00	0.00	INF
GAMES - ADULTS				
7 v 7	14.78	-110.84	125.62	849.93 %
TOTAL GAMES - ADULTS	14.78	-110.84	125.62	849.93 %
GAMES - YOUTH	145.36	0.00	145.36	0.00 %
TOURK	0.00	11.39	-11.39	INF
TOTAL GAMES - YOUTH	145.36	11.39	133.97	92.16 %
MEET	597.06	342.93	254.13	42.56 %
POSTAGE-PRINTING	2.20	0.44	1.76	80.00 %
TEL	36.00	36.00	0.00	0.00 %
WEBSITE	50.00	50.00	0.00	0.00 %
TOTAL EXPENSES	845.40	329.92	515.48	60.97 %
OVERALL TOTAL	-197.29	36.08	233.37	-118.29 %

REMINDERS

PHONE NUMBER(S) TO KNOW

Soccer Phone Line Number	(310) 316-0808
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GAME ASSIGNMENT LINKS

SSBRA Assignment Link	http://ssbra.org/list.php
CSL Assignment Link	http://www.coastsoccer.com/referees/
Spring League	http://www.schedulesetc.com/soccer/referee/default.aspx?id=ss11
Spring Cup	http://www.schedulesetc.com/soccer/referee/default.aspx?id=ss11cup

PROCEDURES TO REMEMBER

Forfeits: Game Fee Collection	<p>For any State/National Cup, Spring League or CSL game when there is a forfeit or a no-show, we DO NOT collect game fees from either team.</p> <p>Instead, Bill files a no-show report with the League and the League pays SSBRA and SSBRA reimburses the referees.</p>
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HELPFUL LINKS

Cal South Website for Referees	http://www.calsouth.com/en/referees/
South Bay Sports Rules	http://www.southbaysports.com/rule.asp (go here to select the rules that apply to the day/league/venue you're refing)
Manhattan Village Rules	http://www.ssbra.com/html/competitions/mb7.html http://www.ssbra.com/html/competitions/mb7/7on7-Laws-of-the-Game.pdf
DSL Website	http://scdslsoccer.com/
USSF Match Report	http://ssbra.org/html/laws/matchreport.html

UNIFORM REMINDERS

Referees must carry at least **three different color** jerseys to all games. The board recommends the following:

- Gold
- Blue
- Red

Should you wish to bring more, the board recommends, in order of preference:

- Green
- Black