



**The Flag and Whistle**  
**Newsletter of the South Bay Soccer Referee Association**  
**(Also known as Soccer South Bay Referee Association)**  
**- Serving the Soccer Community for over 46 Years -**

July 2019  
PO Box 1613, Redondo Beach, CA 90278

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### **Notes from the President**

It may be hard to believe but the 2019-2020 Fall Season starts this Saturday. The Board is excited about this season as it promises to bring more work than ever. SBSRA has added several new clients and expanded our involvement with other clients.

While Gabriel has assigned all the matches for this weekend, we do expect some late changes to occur as the leagues identify last minute issues with fields and schedules. Please understand that this can occur during the first few weeks of the season until the schedules settle down. Please keep your blocks updated even if you have already accepted some matches as you may be assigned additional matches if Gabriel gets last minute matches and needs more help.

Please make sure you understand the new 2019-2020 laws including the newly released IFAB circulars which have been released to provide additional guidance like circular 16 and 17 (see below).

When you work matches with the Build-Out Line (BOL) please make sure you understand and follow the new 2019-2020 LOTG, the USSF PDIs, and the U.S. Soccer Law 16 BOL Clarification Memo that addresses the Goal Kick restart. The main points in the Law 16 clarification memo are listed below.

USSF has published the following clarification for the goal kick/free kick to the defense restart in the penalty area in matches utilizing the BOL:

1. Before the ball is kicked, players on the kicking team may stand anywhere on the field, including inside the penalty area.
2. Players on the defending team must move beyond the BOL and may not cross the BOL until the ball is in play.
3. The ball is in play when it is kicked and clearly moves. In other words, as soon as a member of the kicking team kicks, or tries to kick, the ball, and the ball visibly moves or begins to roll, the ball is in play. As soon as the ball is in play, other members of the kicking team may play it (inside the penalty area) and attackers may cross the BOL.



The September Referee Professional Development (RPD) is being held on September 17, 2019. There are only 3 remaining RPDs for 2019 so come on out!

### **2019/2020 FIFA Law Changes**

For ease of reference, we again present the law changes, noting their complexities in detail have been presented at the past three CalSouth monthly meetings and RPD sessions.

By way of reminder, the following summarizes the changes:

#### **Law 3 - Substitutes**

- A player who is being substituted must leave the field by the nearest point on the touchline/goal line (unless the referee indicates the player can leave quickly/ immediately at the halfway line or a different point because of safety, injury etc.)

#### **Law 5 & 12 - Team Officials**

- A team official guilty of misconduct will be shown a YC (caution) or RC (sending off)\*; if the offender cannot be identified, the senior coach who is in the technical area at the time will receive the YC/RC.

*\* Law 12 has a list of YC/RC offences.*

#### **Law 4 - Players' Equipment**

- Multi-colored/patterned undershirts are allowed if they are the same as the sleeve of the main shirt.

#### **Law 7 - Medical Breaks**

- Difference between 'cooling' breaks (90 secs – 3 mins) and 'drinks' breaks (max 1 min).

#### **Law 8, 9 – Dropped Ball**

- If play is stopped inside the penalty area, the ball will be dropped for the goalkeeper,
- If play is stopped outside the penalty area, the ball will be dropped for one player of the team that last touched the ball at the point of the last touch,
- In all cases, all the other players (of both teams) must be at least 4m (4.5yds) away,
- If the ball touches the referee (or another match official) and goes into the goal, team possession changes or a promising attack starts, a dropped ball is awarded.

#### **Law 8 - Kick-off**

- The team that wins the toss can now choose to take the kick-off or which goal to attack (previously they only had the choice of which goal to attack).

#### **Law 12 – Goal Celebrations**

- A YC for an 'illegal' celebration (e.g. removing the shirt) remains even if the goal is disallowed.



### **Law 12 - Quick Free Kick and Misconduct**

- If the referee is about to issue a YC/RC but the non-offending team takes the free kick quickly and creates a goal-scoring opportunity, the referee can delay the YC/RC until the next stoppage if the offending team was not distracted by the referee

### **Law 12 - Handball**

- Deliberate handball (handling) remains an offence,
- The following 'handball' situations, even if accidental, will be a free kick:
  - the ball goes into the goal after touching an attacking player's hand/arm,
  - a player gains control/possession of the ball after it has touched their hand/arm and then scores, or creates a goal-scoring opportunity,
  - the ball touches a player's hand/arm which has made their body unnaturally bigger,
  - the ball touches a player's hand/arm when it is above their shoulder (unless the player has deliberately played the ball which then touches their hand/arm).
- The following will not usually be a free kick, unless they are one of the above situations:
  - the ball touches a player's hand/arm directly from their own head/body/foot or the head/body/foot of another player who is close/near,
  - the ball touches a player's hand/arm which is close to their body and has not made their body unnaturally bigger,
  - if a player is falling and the ball touches their hand/arm when it is between their body and the ground to support the body (but not extended to make the body bigger)
- If the goalkeeper attempts to 'clear' (release into play) a throw-in or deliberate kick from a teammate but the 'clearance' fails, the goalkeeper can then handle the ball

### **Law 13 – Free Kicks**

- When there is a 'wall' of three or more defenders, the attackers are not allowed within 1m (1 yd) of the wall; an attacker less than 1m (1yd) from the 'wall' when the kick is taken will be penalized with an indirect free kick,
- When the defending team takes a free kick in their own penalty area, the ball is in play once the kick is taken; it does not have to leave the penalty area before it can be played.

### **Law 14 - Penalty Kick**

- The team's penalty taker can have (quick) treatment/assessment and then take the kick,
- The goalkeeper must not be touching the goalposts/crossbar/nets; they must not be moving,
- The goalkeeper must have at least part of one foot on/in line with the goal line when the kick is taken; cannot stand behind the line.

### **Law 16 – Goal Kick**

- The ball is in play once the kick is taken; it can be played before leaving the penalty Area.

## **Circular #16**

### **Law 16 – The Goal Kick**

The change to this restart has led to the game being restarted quickly and positively, but there are two situations that have generated questions from across the football world that we would like to clarify.



1. Goalkeeper “lifting” the ball to a team-mate, who heads/chests it back to the goalkeeper.

There has been much debate about whether, at a goal kick, the goalkeeper is permitted to “lift” the ball by chipping it to a team-mate for the latter to head or chest it back to the goalkeeper to catch and then put into play. The views of technical and refereeing experts about whether this is within the “spirit” of the Laws are divided, so the matter will be discussed by The IFAB Technical Sub-Committee.

Until then, this practice should not be permitted, nor should it be penalised – if it occurs, the referee should order the goal kick to be retaken (but without taking any disciplinary action).

2. Opponent in the penalty area when a goal kick is taken.

Law 16 requires all opponents to be outside the penalty area until the goal kick is taken and if an opponent remains inside or enters the penalty area before the kick is taken and plays, challenges for or touches the ball, the goal kick is retaken. However, Law 16 also applies the “quick” free-kick principles outlined in Law 13 – Free Kicks,

3. Offences and sanctions, in that if any opponents are in the penalty areas because they did not have time to leave, the referee allows play to continue. In practical terms, this means that referees should manage goal kicks (and defending team free kicks in their own penalty area) in the same way as they manage free kicks:

- Unless the kick is taken quickly, opposing players should be required to be outside the penalty area and remain outside it until the kick has been taken.
- If the kick is taken quickly and an opponent genuinely did not have time to leave the penalty area, the opponent may not interfere with or prevent the taking of the kick but may intercept the ball once it is in play. This is allowed because the defending team, as at a quick free kick, tried to gain an advantage by taking the kick quickly and if this “goes wrong”, the Law is not there to “save” them.
- Players who deliberately remain inside or enter the penalty area before the kick is taken should not gain an unfair advantage, even if the kick is taken quickly. If an opposing player commits an offence (as outlined above), the goal kick is retaken; there is no disciplinary sanction unless the offence occurs a number of times (persistent misconduct).

Referees are skilled at managing a distance of 9.15m/10 yards at free kicks and they should apply these skills and principles to the management of goal kicks and defending team free kicks in their own penalty area.



## **Circular #17**

### **Law 3 – The Players**

The change to the substitution procedure requires the player being substituted to leave the field of play at the nearest point on the boundary line. This should be strictly enforced unless there are clear safety reasons or the referee allows the player to leave quickly at the halfway line, in which case if the player does not leave quickly, a caution (yellow card) should be issued.

### **Law 8 – The Start and Restart of Play**

It is only a dropped ball when the ball touches the referee (or another match official) and ‘remains in play.’ If the ball goes out of play, the game restarts as if it had not touched the match official.

### **Law 12 – Fouls and Misconduct**

Referees are now required to show a yellow or red card to team officials for the offences listed in Law 12. Particular attention is drawn to the requirement for a red card to be shown if a team official enters the field of play to confront a match official, including at half-time and full-time.

### **Law 14 – The Penalty Kick**

One of the main changes in the penalty kick procedure (including kicks from the penalty mark) gave goalkeepers greater freedom of movement by reducing the requirement to have all/part of both feet in contact with the goal line when the kick is taken to only one foot, with the additional ‘freedom’ that the foot does not have to be touching the line but can be above it (in the air).

Having been given this greater freedom, goalkeepers are now required to respect the Law and match officials should ensure that, if the goalkeeper encroaches before the ball is in play and saves the penalty kick, the kick is retaken. However, if the kick misses the goal, or if the ball rebounds from the goalpost(s) and/or crossbar, the referee will usually apply the ‘spirit’ of the Law and not order a re-take unless the encroachment clearly impacted on the kicker.

**Note, this is not a substitute for instruction in person, so we are hopeful that all members have attended the training to be properly prepared for the new season.**

The August General Membership Meeting draft minutes, which will be voted on at the September General Membership meeting, and an article about hydration, thank you Chris Nevil, are included below.



**SBSRA General Membership Meeting Minutes**  
**August 27, 2019**  
**7:30 pm to 9:30 pm - North High School Library**

Board members present: Michael Hinz, Jonny Joseph, Bruce Ashton, Chris Nevil, Gabriel Goldsman, Taidgh Simpson (Absent: Steve Morgan)

1. Meeting Began at 7:38 pm.
2. July minutes approval - Moved by Kiku Anon, seconded by Scott Jarus, approved by acclimation.
3. Two new and prospective members who had not attended a general membership meeting previously were invited to stand up and they introduced themselves.
4. Cal South Monthly Training  
Instructor Lee Eichenbaum presented a review of all the 2019 Law changes, noting they become effective after September 1, 2019.
5. 2019 Fall Season
  - a) Different leagues have different rules - know them, e.g., substitution rules differ for CSL/DSL - CSL require substitutions to be done at the halfway line on the team's side of the field, but may be made at any stoppage with referee permission,
  - b) CSL & DSL -no player card no play, coaches can use electronic ID, anyone with "F" license can coach a team if regular coach is absent/late,
  - c) CSL -Teams must sit on opposite sides of the field. - Period! CN noted however, there are a small number of fields where this is not possible.
  - d) All Cards go back to the teams except assault, violent conduct, or falsification of documents.
6. Bylaws Committee - Jonny has received emails from a few volunteers, there is place for more. A questionnaire will be sent to all who are interested so we can have the best committee possible.
7. Ratings Committee -Steve is currently constituting this committee and it will get to work shortly.
8. SafeSport - 19 members still have not completed this certification based on the August 22, 2019 CalSouth's Registered Officials List. Referees who do not have this completed by September 1, 2019 WILL NOT BE ELIGIBLE TO BE ASSIGNED TO GAMES!
9. Get rid of old ref equipment! Four different colored shirts are recommended to avoid color conflicts for the usual 3 games or more sets that are typically assigned. Shorts and hats that are no longer black need to be replaced. Given the amount of time that has now passed, any further conversation about all of us having current uniforms should not be necessary.



10. New Leagues added this season include Elite Club National League (ECNL) for LA Breakers Boys (already have Girls), El Segundo 7v7, YMCA in Valley, South Bay P Soccer League (SBPSL) - some games require 3 man referee teams and other have 2 man teams
11. Gabriel will start assigning games for the first weekend of the season, expecting 200 games each weekend
12. Referee fees have increased for this upcoming season for CSL but not DSL. An updated fee schedule will be posted on our website before the season starts.
13. We are encouraged to use the CSL app, which can be downloaded from the CSL website or the App Store, but teams will still provide envelopes, for the reporting of game results. Please be reminded to rate teams in app, and bear in mind referees get rated too. It is worth noting that we received special recognition last season from CSL so we should strive to maintain or even do better than last season!
14. BA has checks for games officiated in July.
15. Incident Reports - CN reminded everyone of the need to complete incident reports for any of the following:
  - a) Red card,
  - b) Serious injury,
  - c) Termination of game.
16. Single referee call in - MH emphasized the importance of single referees calling in to confirm their assignment between 1 and 4 hours before the assigned game's kick-off time. Failure to do so may result in a substitute referee being sent to the venue and the assigned referee not being paid, regardless of who actually referees the game.
17. MH reminded the members that we are required to be at the assigned field at least 30 min before kick-off. Allow additional time if it is your first time at a venue and/or if there is a distance between the field and the parking location(s).
18. New FIFA laws go into effect at the start of the 2019 Fall Season
  - a) IFAB is releasing "circulars" to address issues with new laws.
    - i. #16 disallows a player to head or chest the ball back to the Goalie on a GK so the Goalie can handle the ball. GK is retaken without taking any disciplinary action
    - ii. PDI - Opposing team has to wait until the ball leaves the PA before crossing the Build-Out line
  - b) As always- League rules override FIFA Laws, where applicable.

Be knowledgeable about the changes and smart about implementation!!

19. The meeting adjourned at 9:42 pm.

**Next Meeting:** Tuesday, September 24, 2019, at North High School in Torrance starting at 7:30 pm.



From Time magazine: <https://time.com/5646632/how-much-water-to-drink/>

# Why Drinking Water All Day Long Is Not the Best Way to Stay Hydrated

BY **MARKHAM HEID**

Dehydration is a drag on human performance. It can cause fatigue and sap endurance among athletes, according to a [2018 study](#) in the journal *Frontiers in Physiology*. Even mild dehydration [can interfere](#) with a person's mood or ability to concentrate.

Water is cheap and healthy. And drinking H<sub>2</sub>O is an effective way for most people to stay hydrated. The National Academy of Medicine recommends that adult women and men drink at least 91 and 125 ounces of water a day, respectively. (For context, one gallon is 128 fluid ounces.) But pounding large quantities of water morning, noon and night may not be the best or most efficient way to meet the body's hydration requirements.

"If you're drinking water and then, within two hours, your urine output is really high and [your urine] is clear, that means the water is not staying in well," says David Nieman, a professor of public health at Appalachian State University and director of the Human Performance Lab at the North Carolina Research Campus. Nieman says plain water has a tendency to slip right through the human digestive system when not accompanied by food or nutrients. This is especially true when people drink large volumes of water on an empty stomach. "There's no virtue to that kind of consumption," he says.

In fact, clear urine is a sign of "overhydration," according to [the Cleveland Clinic](#). And some of the latest research supports Nieman's claim that guzzling lots of water is not the best way to stay hydrated. For a [2015 study](#) in the *American Journal of Clinical Nutrition*, researchers compared the short-term hydration effects of more than a dozen different beverages—everything from plain water and sports drinks to milk, tea, and beer, to a specially formulated "rehydration solution." Based on urine analyses collected from the study volunteers, the researchers concluded that several drinks—including milk, tea, and orange juice, but not sports drinks—were more hydrating than plain water. (Lager was a little less hydrating than water, but a little better than coffee.)

Of course, no one's suggesting that people dump water in favor of milk and OJ. Water is still hydrating. So are sports drinks, beer, and even coffee, to some extent. But the authors of the 2015 study wrote that there are several "elements of a beverage" that affect how much H<sub>2</sub>O the body retains. These include a drink's nutrient content, as well as the presence of "diuretic agents," which increase the amount of urine a person produces. Ingesting water along with amino acids, fats and minerals seems to help the body take up and retain more H<sub>2</sub>O—and therefore maintain better levels of hydration—which is especially important following exercise and periods of heavy perspiration.





“People who are drinking bottles and bottles of water in between meals and with no food, they’re probably just peeing most of that out,” Nieman says. Also, the popular idea that constant and heavy water consumption “flushes” the body of toxins or unwanted material is a half-truth. While urine does transport chemical byproducts and waste out of the body, drinking lots of water on an empty stomach doesn’t improve this cleansing process, he says.

In some rare cases, excessive water consumption can even be harmful. “In athletes or people who are exercising for hours, if they’re only drinking water, they can throw out too much sodium in their urine, which leads to an imbalance in the body’s sodium levels,” explains Nieman, who has spent a chunk of his career investigating exercise-related hydration. Doctors call this imbalance “hyponatremia,” and in some cases **it can be deadly**. In this scenario, sports drinks and other beverages that contain nutrients and sodium are safer than plain water.

While hyponatremia and excessive water consumption aren’t big concerns for non-athletes, there are better ways to keep the body and brain hydrated than to pound water all day long. Sipping water (or any other beverage) a little bit at a time prevents the kidneys from being “overloaded,” and so helps the body retain more H<sub>2</sub>O, Nieman says.

Drinking water before or during a meal or snack is another good way to hydrate. “Drinking water with amino acids or fats or vitamins or minerals helps the body take up more of the water, which is why beverages like milk and fruit juice tend to look pretty good in these hydration studies,” he says. **Some of his own research** has found that eating a banana is better than drinking a sports beverage when it comes to post-exercise recovery. And he says eating almost any piece of fruit along with some water is going to aid the body’s ability to take up that H<sub>2</sub>O and rehydrate. (These hydration rules apply to athletes as well, he says.)

The **take-home message** isn’t that people should drink less water, nor that they should swap out water for other beverages. But for those hoping to stay optimally hydrated, a slow-and-steady approach to water consumption and coupling water with a little food is a more effective method than knocking back full glasses of H<sub>2</sub>O between meals. “Water is good for you, but you can drown in it too,” Nieman says.