



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 -

January 2020
PO Box 1613, Redondo Beach, CA 90278

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www.sbsra.org

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Member-At-Large: Chris Nevil

Referee Coach: Taidgh Simpson
Secretary: Jonny Joseph
Assignor: Gabriel Goldsman

Notes from the President

Due to other non-soccer related activities, the January F&W is being published a little late. But as they say, “better late than never.”

We are almost finished completing the transition to the new SBSRA name and logo. If you have not picked up your new badge or your new shirt you ordered, please let me know so we can work out a way to get it to you. If you did not order a new shirt please let me know, together with your size, so we can add your shirt to the next order.

While we are in what is called the “slow season,” there is still a lot going on. We are assigning matches at the State and National Cup matches and to the other 7 year-round leagues playing at this time. So if you open up your blocks and let the assignors know you are available so you can get assigned to some of these matches.

We also hosted our first 2020 RPD session in February and it was very well attended. Please sign up for the remaining 2020 RPDs on the Cal South Website (<https://cysa.affinitysoccer.com/eventmanager/public/event.asp?calid=11343203&eventtype=RPD>).



**SBSRA General Membership Meeting Minutes
January 28, 2020
North High School, Torrance, California**

Board Members in Attendance: Steve Morgan (Vice-President), Jonny Joseph (Secretary), Bruce Ashton (Treasurer), Chris Nevil (Member-At-Large, Gabriel Goldsman (Assignor)

1. Meeting Called to Order - 7:33 pm.
2. Approve November GMM minutes - Bill Raventos proposed acceptance of the minutes as presented, Byron Eguchi seconded and approved by acclimation.
3. New members - four new members introduced themselves and were warmly welcomed.
4. New Member Orientation/Training class was not held today as our training director could not make it. Future classes for all new members will be held before every General Membership Meeting at 6:15pm, beginning in February.
1. Brandon Stevis and Karen Callado, one our former members, have **upgraded to National Referee - Congratulations!**
2. Referee Professional Development ("RPD") training will continue at North High School, beginning in February. **Please sign up on the Cal South website and accept the SBSRA Arbitrator events when they are sent out.** RPD will be renamed CORE and will be required for Grassroots and Regional Referees. Details will be made available by Cal South in due course. The training will continue to consist of two parts of an hour each - physical and classroom instruction.
3. Veto Galati represented SBSRA at a Coast Soccer League ("CSL") meeting for clubs and referee associations. It was announced that SBSRA was recognized as one of the top 3 Referee Associations in 2019. This is the second year in a row that SBSRA has been named as a top three Association by CSL. In addition, The follow SBSRA members were named as 5 Star referees as rated by CSL team managers;

- | | |
|-------------------|-------------------|
| 1. Bryan Lopez | 5. Surendra Menon |
| 2. Craig Breitman | 6. Tim Reynolds |
| 3. Ramon Pulido | 7. Erol Thompson |
| 4. Ben Wakefield | 8. Tim Flores |

Congratulating to these referees and the entire SBSRA membership for another great CSL year.

CSL also spoke about the Albion Cup incident and the intent to keep each team and their respective spectators on opposite sides of the field at CSL games.

In summary, SBSRA officiated 599 CSL games and our referees were rated in 415 of them (>67%), which was a much higher percentage than the number of games



rated for other referee associations. Accordingly, more referee associations were rated than had been rated previously.

CSL noted that out of 18,000 games that took place just 210 of them had incidents involving teams, referees or spectators. While that is a very small incident rate, the league is serious about reducing it even further. To that end, for the second year in a row, teams and referees have been informed that they will not be allowed back to CSL next season.

Thank you to Veto for representing SBSRA at the meeting and for his report.

4. SM reported that a new State Referee Administrator, Juan Guzman Jr., has been appointed by Cal South and we expect that we will learn of his intentions for the referee community going forward shortly.
5. In lieu of monthly Cal South training (dark in January), Gabriel Goldsman reviewed the Cal South Competition Rules and Paperwork requirements.

The following feedback was provided from the first weekend:

- Expectation is for referees to check in at least one hour before their first games,
- We expect our members to look professional,
- Know the Laws of the Game!
- In the event of a send-off, keep calm, be professional and keep the player's card.

In addition, GG emphasized the following:

- Attend the Cal South briefing,
- Know your game time duties,
- Obtain team rosters and ID cards,
- Ensure team rosters, game reports are completed properly,
- Prepare supplemental reports, if necessary for:
 - Serious injury,
 - Send off.

Remember to take a copy and send to Member-at-large!

- **Attend Cal South debrief.**
6. BA presented the treasurer's financial report for the year ended December 31, 2019, which may be found on the Association's website. He also noted that Forms 1099 would be sent to members with earnings over \$600 for the year and commented on California Assembly Bill #5 which mandated that individuals formally paid as non-employees may now be required to be paid as employees. BA had reached out to Cal South but had not spoken with anyone and The National Association of Sports Officials ("NASO"), who stated they were looking into how this new law might impact on referees and umpires in California.
 7. SM reported that the Association had reviewed the Registered Officials List ("ROL") and identified 127 SBSRA members that had recertified with Cal South for 2020 and are able to be assigned by the association. 26 members are "Inactive" or "Not Ready" on Arbiter as



they had not appeared on the ROL. SM urged these 26 members to recertify with Cal South ASAP to get onto the 2020 ROL so they can be eligible for assignments in 2020.

8. State Cup has begun.
 - a) Do to the incident at a recent Cal South tournament, Can South has changed several policies for Cal South tournaments
 1. Spectators now sit on the same side as their teams.
 2. Cal south wants a meeting between the Referees and Coaches at the center circle before the start of the match.
 3. Zero tolerance of spectator/coach misconduct.
 - b) As done in the past, if you want to work the "Olders" in a few weeks you need to work the "Youngers" now.
 - c) Members who work the "Youngers" will be at the top of the assignor's list when the "Olders" are being assigned.
9. Cal South has scheduled Entry Assignor & Assessor Course on 2/2/2020.
10. Fee Schedule will be updated on our website for 2020 within the next few days. Print out a new copy and carry it with you to the fields to ensure you are paid correctly.
11. League Status:
 - a) J-League has shut down after 25 years. Thanks to Veto for being the POC for this league for the last several years. We communicated to the J-League that if they restart or have tournaments we are here to serve them again.
10. The meeting concluded at 9:15pm.

Next Meeting: Tuesday, March 31, 2020, at North High School in Torrance at 7:30 pm.



From <https://www.healthline.com/>

Overhydration

Written by Shawn Radcliffe and Stephanie Watson

Medically reviewed by Judith Marcin, MD on June 28, 2017

What is overhydration?

All of the major systems of your body depend on water to work properly. Drinking adequate amounts of water helps your body:

- regulate temperature
- prevent constipation
- flush out waste products
- perform all major bodily functions

Most people, especially those who exercise in hot weather, are more concerned about not drinking enough water. However, drinking too much water can also be dangerous.

Overhydration can lead to water intoxication. This occurs when the amount of salt and other electrolytes in your body become too diluted. [Hyponatremia](#) is a condition in which sodium (salt) levels become dangerously low. This is the main concern of overhydration.

If your electrolytes drop too low too quickly, it can be fatal. Death by overhydration is rare, but it can happen.

Are there different types of overhydration?

There are two main types of overhydration:

Increased water intake

This occurs when you drink more water than your [kidneys](#) can remove in your urine. This can cause too much water to collect in your bloodstream.



Retaining water

This occurs when your body can't get rid of water properly. Several medical conditions can cause your body to retain water.

Both of these types are dangerous because they throw off the balance between water and sodium in your blood.

What causes overhydration?

Overhydration is an imbalance of fluids. It happens when your body takes in or holds on to more fluid than your kidneys can remove.

Drinking too much water or not having a way to remove it can cause water levels to build up. This dilutes important substances in your blood. Endurance athletes, such as those who run marathons and triathlons, sometimes drink too much water before and during an event.

The Institute of Medicine established [guidelines](#) for adequate water intake. They recommend that a healthy adult drink 78–100 ounces (about 9–13 cups) of fluids per day, on average.

It's also important to remember that water needs vary with age, sex, weather, activity level, and overall health. So there is no exact formula on how much to drink. Common situations such as extreme heat, significant activity, and illness with fever will all require more fluid intake than average.

In a healthy person, your urine is a good indicator of your hydration status. Pale yellow urine that looks like lemonade is a good goal. Darker urine means you need more water. Colorless urine means you are overhydrated.

In healthy people, athletes are at highest risk for overhydration. Sports experts at Harvard recommend that a logical approach to hydration while exercising is letting thirst be your guide.

Some conditions and medicines cause overhydration by making your body hold on to more fluid. These include:

- [congestive heart failure \(CHF\)](#)
- [liver disease](#)
- [kidney problems](#)
- [syndrome of inappropriate antidiuretic hormone](#)
- nonsteroidal anti-inflammatory drugs
- uncontrolled [diabetes](#)



Other conditions and drugs can cause increased water intake by making you extremely thirsty. These include:

- [schizophrenia](#)
- MDMA (commonly known as ecstasy)
- antipsychotic drugs
- [diuretics](#)

Who is at risk for overhydration?

Overhydration is more common among endurance athletes who drink large amounts of water before and during exercise. It has been reported among:

- people who run marathons and ultramarathons (races longer than 26.2 miles)
- Ironman triathletes
- endurance cyclists
- rugby players
- elite rowers
- military members involved in training exercises
- hikers

This condition is also more likely in people with kidney or liver disease. It can also affect people with [heart failure](#).

What are the symptoms of overhydration?

You may not recognize symptoms of overhydration in its early stages. As the condition progresses, common symptoms include:

- [nausea and vomiting](#)
- [headache](#)
- changes in mental state such as [confusion](#) or [disorientation](#)

Untreated overhydration can lead to dangerously low levels of sodium in your blood. This can cause more severe symptoms, such as:

- [muscle weakness](#), [spasms](#), or [cramps](#)
- [seizures](#)
- [unconsciousness](#)
- [coma](#)



How is overhydration diagnosed?

Your doctor will ask about your medical history to find out if your symptoms are caused by overhydration or another condition. The doctor will also perform a [physical examination](#), and they may order blood and urine tests.

How is overhydration treated?

How you're treated for overhydration depends on how severe your symptoms are and what caused the condition. Treatments may include:

- cutting back on your fluid intake
- taking [diuretics](#) to increase the amount of urine you produce
- treating the condition that caused the overhydration
- stopping any medications causing the problem
- replacing sodium in severe cases

How can you prevent overhydration?

Endurance athletes can reduce the risk of overhydration by weighing themselves before and after a race. This helps determine how much water they have lost and need to replenish. It is recommended to drink 16 to 20 ounces of fluid for every pound lost.

While exercising, try to drink 2 to 4 cups of fluid per hour. If exercising longer than an hour, sports beverages are also an option. These drinks contain sugar, along with electrolytes such as sodium and [potassium](#), which you lose in sweat. Let thirst also guide you when exercising. If you're thirsty, drink more.

If you have a medical condition such as diabetes, CHF, or kidney disease, talk to your doctor about the best treatments. Also contact your doctor if you're [unusually thirsty](#). This could be a sign of a medical problem that needs to be treated.