



**The Flag and Whistle**  
**Newsletter of the South Bay Soccer Referee Association**  
**Serving the Soccer Community since 1976**



Written by: Warren Howell and Jonny Joseph  
Edited by: Jonny Joseph

February 2021

## **Notes from the Board**

### **Are you ready?**

As discussed in the January 2021 Flag & Whistle, we have the most reason for optimism to return to play in a very long time. LA County key metrics of the 7-day moving average of new daily infections recorded continues its downward trend, currently at 0.71, and the positive test rate is down to 5.4%. Almost 14% of Californians have received at least one shot of a virus vaccine and multiple leagues, including some public school leagues are starting to mention restarts.

Let's hope these positive trends continue and the rate of vaccination increases to create a safer environment and an ability to reduce restrictions sooner rather than later. We all have plenty notice now to start getting ready to return.

As listed last month:

- Check your uniforms and equipment. Do they still look good? Black where they are supposed to be black and perhaps of greater concern, does everything still fit you properly?
- Are you physically fit to go out and do games?
- When did you last read the Laws of the Game?
- Have you submitted your Returning Membership Application form?
- Have you recertified with Cal South and taken the classes required?

Let's make sure we are ready to provide the high quality of refereeing that we have a great reputation for providing when we get back out there.

### **Returning Membership Applications**

Thank you to all members who have submitted applications to renew our membership in the Association. As you know, membership renewal is not automatic and our Returning Membership Applications are subject to review by the Board each year. If you have not submitted yours yet, please do so as soon as possible so we have time to consider it before we restart.

### **Leagues' Resumption**

On February 19, 2021, the State of California announced new youth sports guidelines. As a result, leagues are now starting to publish plans for resumption of play.

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#### **Board of Directors**

**President:** Jonny Joseph

**Vice-President:** Steve Morgan

**Secretary:** Jack Desemone

**Treasurer:** Bruce Ashton

**Member-At-Large:** Tim Martinez

**Assignor:** Gabriel Goldsman



The latest updates on three of our leagues are as follows:

1. Coast Soccer League (CSL) has scheduled a Zoom meeting for its club managers and Directors of Coaching later this week and last we heard was planning a referee assignors' meeting next week. They are cautiously looking at a restart of play in the last weekend in March 2021, but remain subject to receiving field permits as always.
2. Southern California Developmental Soccer League (SCDSL) – SCDSL announced on their website that their position is play can resume on February 26, 2021. They are contacting venues about permits and have asked their member clubs to do so also. They mention a targeted start date of late March/early April with the potential for games to be at large multi-field venues, e.g., Silverlakes.
3. South Bay Peninsula Soccer League (SBPSL) – with SBPSL, we have no updates at this time.

As previously stated, projecting start dates is very difficult given the various stakeholders involved and the unpredictability of the Covid-19 pandemic. We will continue to communicate updates as we become aware of them.

## **Cal South Updates**

Cal South continue to go through staffing and other changes but the impact on Cal South referees is not expected to be meaningful. However, for those who have not yet renewed their registration with Cal South, please expects delays and be reminded their new Grassroots recertification requirements do require a number of hours for completion.

The most recent live Referee In Service Webinar took place last week. Despite significant technical issues, this was a very well presented session and we should all review it once the recording becomes available online. We will have a follow up presentation in our **February 2021** Membership Meeting which will build on it, but all referees are reminded to take the Cal South quiz to receive Cal South In Service credit.

## **RETURN TO PLAY**

For the latest on RETURN TO PLAY news, please visit <https://calsouth.com/coronavirus/>.

## **IMPORTANT MESSAGE – REGISTRATION**

We continue to encourage everyone to register for all referee licenses for 2021. Due to resulting COVID challenges, Cal South has reduced staffing. To prevent possible delays of referee license process approval and badge distribution, everyone is encouraged to register and complete all requirements on the Cal South website, <https://calsouth.com/us/referees/>, as soon as possible.

## **Referee Masks**

SBSRA masks were made available for everyone to collect at the location of their choice and almost all have been picked up. If you have not done so yet, please contact the applicable Board Member to schedule a mutually convenient time. Anyone wanting extra masks should contact Jonny.



## The Flag and Whistle

February 2021

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### **Monthly Membership Meeting**

To participate in the February 2021 Membership Meeting, **Tuesday, February 23rd @ 7:03 pm**, please use the following Zoom information:

Link: <https://us02web.zoom.us/j/88385838998?pwd=VkplbUtlbm1HNGVGSThWMFhxRE1wZz09>

Meeting ID: [883 8583 8998](#)

Passcode: [810298](#)

Phone: [1-669-900-6833](#)

One Tap #: [+16699006833,,88385838998#,,, \\*810298#](#)

We look forward to seeing you then! If you cannot make a meeting, we do have a recording of the most recent meeting on our website at <https://sbsra.org/association/meetings/>.

### **Membership Meeting Minutes Approval**

The draft January Membership Meeting minutes are included below and will be presented for approval at the next Membership Meeting. Please be reminded our next meeting is on February 23, 2021 at 7:03 pm.



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## SBSRA Membership Meeting Minutes Tuesday, January 26, 2020 Via Zoom Conference

1. Call to order - the meeting was called to order at 7:03 pm.
2. Approval of November 2020 MM minutes - proposed by Veto Galati, seconded by Kiku Annon, approved by acclimation.
3. Cal South Training - JJ noted that Cal South promoted SBSRA member Gabriel Goldsman to Director of SRC events. JJ noted that we are very lucky to have someone in our association with such an important position in Calsouth.

Our own Chris Nevil led the discussion on "Penalty Area Decisions" Main takeaways from the session include:

- i. What is the level of play?
  - ii. What are your considerations?
  - iii. Is the foul in or out of the penalty area?
  - iv. If you need help, ask the lead AR?
4. Treasurer's Report:
  - Review of Financial Records - the review is in its final steps, and should be available by next meeting.
  - Insurance Renewals - the Treasurer reported that we have received an insurance refund of \$350 and we are waiting on an additional \$200 from Philadelphia Insurance. For the time being, we will have no refereeing liability coverage. When games resume, we will have the appropriate insurance in place. Note - we still have Directors' Liability insurance as the Board continues to function on an ongoing basis.
  - Torrance Unified School District - SBSRA has received a refund of \$735 from TUSD for unused facility rental for 2020.
5. Bylaw Amendments - As provided for in the Bylaws, proposed amendments could be offered this month. JJ announced that no bylaw amendment proposals had been received and reminded the membership that the next bylaw amendment proposal opportunity is June. Proposed amendments must be received in writing for presentation at the May Membership Meeting.
6. Board Meeting Report - the following topics were discussed at the January, 2021 Board Meeting
  - Ratings Methodology - JJ reported that SM is working on objective criteria to rate the members. These would be identified under broad categories like; First Impressions, Administration, Game Management, Match Fitness and Attitude.
  - Referee Sanctions-JJ reported that a disciplinary table is being developed by the Board so when there is an issue with a member, e.g., service issues/failures, the situation can be dealt with using previously established guidelines. These would be published on our website, behind the members' log in firewall so that everyone will be aware of them.
  - Current Membership Meeting Attendance - this is updated through the November meeting and can be found on our website at <https://sbsra.org/download/3095/>.



7. Returning Membership Applications - SM reported that 107 members have completed a RMA, and there are approximately 50 who haven't.
8. Cal South Registered Officials List ("ROL") - SM reported that 61 SBSRA members are on the current Cal South ROL. It is important that SBSRA members who still need to complete the required certifications to be on Cal South's Registered Officials List (ROL) do so sooner rather than later. SM reminded all members that the association needs members to stay afloat, so it's in everyone's best interest to renew their membership with Cal South.
9. Return to Play update - GG reported that the Calsouth website is the best place to find out when youth sports might be starting. As of now, there is no start date. JJ noted that as written in the Flag & Whistle, conditions are improving for a return to play but as always it is impossible to predict the timing with any certainty.
10. SBSRA Masks -If anyone would like to get additional masks, please contact JJ.
11. Open positions-JJ reported that the association is looking for a Director of Mentoring (a Board position) and a Social Media Volunteer. Interested members should contact JJ.
12. Other Business -
  - Dan Scotting inquired if SBSRA is looking into acquiring other leagues, such as ECNL. GG said that SBSRA is already supplying refs to ECNL. GG also reported that since there are no games going on locally, no leagues are interested in talking to us. JD shared his experience of how SBSRA obtained the El Segundo leagues. JD went to the city coordinator and introduced himself, and with the help of Michael Hinz and Steve Morgan, we spent 1.5 years talking to the Parks & Rec and got the league last year.
  - JJ thanked Veto Galati for reminding us that the LA Business license renewal is due by the end of February to avoid late penalties. BA said that anyone interested in getting a license to contact him. Veto reminded the membership that you need an LA Business License to ref at Mar Vista and Penmar.
  - Cal South board meeting December 2020 - JJ reported that Board Members had attended the Cal South year end, December 2020 board meeting. JJ reported that he submitted a question regarding referee game fees for soccer. With youth sports, hopefully, coming back in spring, many sports will be competing for referees. Soccer games are one of the lowest paying sports and JJ requested the Cal South Board to discuss the likelihood that for this reason we can expect refs to gravitate to higher paying sports. SM also asked what protection will be given to referees regarding COVID. Cal South currently has protections for; players, coaches, and spectators but not referees.
  - GG reminded the membership that the Board does not promote refs going to other counties/states to ref games. GG said the best we can do is read the LOTG and stay in shape. But, if you do games, do NOT wear a USSF or SBSRA badge as we do not encourage or support this at this time.
13. Meeting adjourned at 8:03 pm.



With an imminent return to play, and for many of us a return to physical activity on a regular basis for the first time in a while, this is perhaps a very timely article for us all to read.

## Apply 5 Cs for Healthy Game and Diet

By **Referee** Magazine

November 25, 2020

**M**anaging your diet is like managing a game or match. Game management is constantly emphasized at meetings and camps. Most officials would agree that those who work the postseason are likely the individuals who have the skills to manage the game.

A family that is used to eating fast food five times a week and suddenly tries to change its routine diet to home-cooked meals doesn't do it overnight. However, with the five Cs — consistency, courage, cooperation, communication and confidence — you can manage your game and diet better with favorable results.

### 1. Consistency

When officials are consistent the game goes smoother. The teams are more relaxed and they know what to expect because the pattern of the official is the same every time he or she steps onto the court or field. As far as nutrition, a healthy diet is training ourselves daily to be consistent with our food intake. To stay on track, it's important to stick with a plan or routine we can tolerate and enjoy. Consistency in a game or diet is not temporary, it is a permanent practice and lifestyle change. Being open-minded to accepting all types of food, not skipping meals, eating portion amounts based on your level of fitness and drinking plenty of water are all helpful tips to stay consistent in managing your diet.

### 2. Courage

It comes into play on the field or the court when an official has to make tough calls. Character, integrity and ethics are displayed in those situations. Officials who have courage are honest, content with themselves and not afraid to take chances. Having the courage to change or improve your diet is not easy. It takes hard work, desire, determination and a willingness to go out of your comfort zone into trying something new, and overcoming any obstacles by not giving up.



### 3. Cooperation

As an official, part of game management is being patient. In most situations, officials observe the entire play from start to finish before making a judgment decision. When it comes to losing weight, most people want fast results. The realization is 3,500 calories are equivalent to one pound of weight. That takes cooperation, patience and time to burn off. If weight is lost quickly it is unsafe and will come back on fast. Also, the weight loss will be water or muscle as opposed to fat. Losing muscle decreases the metabolism. According to Kathleen Goodwin, RD (registered dietitian) of The Diet Channel, "Fat loss is best achieved when weight is lost slowly. Strive for a weight loss of no more than one to two pounds per week."

With weight loss, we must allow time for permanent change while still enjoying life throughout the process.

### 4. Communication

Great game managers are officials with excellent communication skills. They know how to keep the game under control by using communication to prevent problems from occurring and resolving issues if they arise. When it comes to a consistent diet, it takes time to plan meals, shop, prep, cook and clean. Knowing how to communicate, be flexible and act as a team with family and friends can serve us better.

### 5. Confidence

Officials that manage the game well are confident and have a take-charge attitude. Their leadership is looked upon for knowledge and assistance. They are credible, valued and respected. Officials who are superior in managing the game are consistent, have courage, cooperate with patience and know how to effectively communicate. It is a very similar connection with a diet.

Developing a consistent routine on food intake, having the courage to change, cooperating by not getting discouraged with the results and communicating to plan accordingly combine to help you take charge and referee your diet.

## **Warren's Howellers and Some Things to Think About**

### **Why did Cinderella get kicked off the soccer team?**

She kept running away from the ball!

### **This is Not What He (or We) Signed Up For!**



A Football Kenya Federation assistant referee was killed at a soccer tournament on December 4 in Gesabakwa, Kenya, after a fan rushed onto the field. In the match's second half, John Chang'aa Okwayo was kicked in the chest and was rushed to a local hospital where he later died.

## Self –defense?



Did the attacker stick his leg up in self-defense?

Look at the goalkeeper's left fist!

## Quote of the month – a long one...

### It's a Ton of Fun Too (attributed to **Christopher Wright**)

"Nobody told me how much officiating would benefit me in virtually every area of my life.

I gained a tremendous amount of self-confidence as I made difficult calls and handled stressful situations. I learned how to remain calm even when it seemed everyone around me was going crazy. I learned how to communicate effectively with people even when they were very emotional.

Finally, I learned the value of teamwork. All these lessons paid great dividends, not only in (officiating) but also (at my job), as well as in my personal life."

----- Keep 😊 Smiling -----