



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



Written by: Jonny Joseph
Edited by: Jonny Joseph and David Martin

August 2021

Notes from the Board

Whew!!!

With so many tournament games thus far, we've had to turn games away, and the increasing temperatures, what else can we say?

We still have a few weeks to go until we get to Labor Day and the subsequent start of the new club soccer league season. Until then, in addition to the year round adult leagues currently in progress, we have the following tournaments lined up:

- August 28 - 29 – Thousand Oaks Classic, Conejo Valley
- August 28 - 29 – Toyota Complex, Torrance
- September 4, 5 and 6 – Labor Day Classic, Ayala Park, Chino

All of these tournaments will pay the referee teams at the rate of at least \$1.60/minute. Please be reminded that SBSRA pays its members the tournament referee fees in the month following the month in which the games were officiated. Often, this can be ahead of the Association receiving payment from the applicable tournament. On a go-forward basis, Bruce will include a report detailing the amount you are receiving in each check.

Make sure your blocks and mileage limits are set appropriately!

Then we will have the following to look forward to in September:

Youth Leagues

- SOCAL
- Coast Soccer League (CSL)
- Elite Clubs National League (ECNL)

Adult Leagues

- Beverly Hills 7 on 7
- El Segundo Adult Coed 7 v 7 Soccer League
- Manhattan Beach 7 on 7 Coed Soccer League
- South Bay Peninsula Soccer League (PSL)
- South Bay Sports - 11v11 and 7v7
- Zog Sports

Board of Directors

President: Jonny Joseph **Vice-President:** Steve Morgan **Secretary:** Jack Desemone
Treasurer: Bruce Ashton **Member-At-Large:** Tim Martinez **Assignor:** Gabriel Goldsman



Monthly Membership Meetings

Our next monthly meeting is scheduled for Tuesday, August 31 at 7:03pm. We are pleased to once again offer members the ability to attend in person at North High School or with Zoom as follows:

Link: <https://us02web.zoom.us/j/86730819800?pwd=czI0OU8yWk5pM3lsSU83TktDSVEyQT09>

Meeting ID: 867 3081 9800 Passcode: 713296

Phone: 1-669-900-6833 One Tap Mobile: + 16699006833,,86730819800#,,,,*713296#

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

As discussed at the July membership meeting (see minutes below), the Board has considered the Bylaw requirements that Members attend at least five monthly membership meetings per membership year to achieve and/or maintain Member-In-Good-Standing status. To enhance the membership and learning experience, and to encourage and foster camaraderie, the Board has decided to clarify this requirement. Accordingly, to meet this requirement, Members are required to attend at least three of those meetings in person for that purpose.

Great news – the IFAB 21/22 Law Books are expected to be in just in time for the August 31 meeting. So if you checked off the applicable box on your Membership Application or contacted us afterwards to request a book, please attend the meeting to pick up your copy.

CORE Training

Center of Referee Excellence (“CORE”) training resumed at North High School, hosted by SBSRA, with almost 70 attendees! The number of SBSRA members, in particular newer members was very impressive. The next CORE trainings scheduled at North High for the remainder of this year is as follows:

- September 21st
- October 19th
- November 16th

Supplemental Reports

Due to ongoing challenges, we continue to provide the following guidance for all members:

Please be reminded that whenever we have serious situations, a supplemental report is required:

- The **Cal South Supplemental report form**, on the SBSRA website, must be used,
- The report is required to be prepared ASAP, **within 24 hours** for **all serious situations**, including:
 - **Red cards, serious injuries** (paramedics called, player taken to emergency room/hospital), attended to by the trainer in some cases or **game terminations**, etc.,
- Take a **copy of the Match Report** to prepare the Cal South incident report,
- Use **simple language** and include the **facts of the incident** only:
 - **When** – date and time, point in the match.



- **Where** – venue and specific location on the field.
- **Who** was involved? The player's name, number and team.
- **What** happened? Don't speculate, just note what you saw.

Note there is no "**Why**." Not our job to speculate on why someone did what they did and we should not include a diagnosis of the injury, even if we have the ability to do so.

- **Do not use abbreviations**, only use **language in the Laws of the Game** to describe the applicable misconduct.
- **Call the Assignor**, after any game that requires an incident report so he is informed when the league calls him.
- **Submit the supplemental report** to our Member-At-Large (MAL) and the Assignor (and Co-Assignor if the game was assigned by the Co-Assignor) who will review the report and possibly suggest edits.
- Following submission of the incident report to the MAL, please call him to ensure it has been received if you have not received an **acknowledgement of receipt within 2 hours**.
- **Following review and approval** of the report by the MAL and Assignor, the **Assignor or SBSRA Board Point of Contact for the applicable league submits the final report** to the applicable league.
- **If you have kept ID cards**, not required for all red cards, the card(s), together with copies of the match report and incident report must be sent to the applicable league administrator **by the end of the first business day (likely Monday)** following the game.
- The **importance of this process** cannot be stressed strongly enough! These reports are really needed by the leagues and everything we do needs to **reflect our professionalism** as individuals and as a referee association.

COVID Vaccinations

LA County has now administered at least one dose of the vaccination to over 72% of its population aged 12+. The Delta variant appears to have caused a large increase in the number of COVID positive cases the last few weeks all over the United States. As always, we encourage our members to be vigilant about the masking and vaccination requirements of local authorities and tournaments at which we officiate.

As stated in last month's Flag and Whistle, SBSRA is not requiring vaccinations as a requirement to be a member. However, we are assessing the situation to enable us to continue to provide excellent service all of our customers.

The South Bay Peninsula Soccer League has implemented their own procedures to only allow vaccinated players to play and have requested that we assign vaccinated referees only. Accordingly, all referees who wish to be part of this league's program will be required to provide us with proof of vaccination. Please standby for further information regarding this requirement.

Membership Meeting Minutes Approval

Thanks to Veto Galati who stepped in to deputize for the absent Jack Desemone, the draft July Membership Meeting minutes are included below for your review and will be presented for approval at the August Membership Meeting.



SBSRA Monthly Membership Meeting Minutes Tuesday, July 28, 2021 North High School and Via Zoom Conference

Board members present: Steve Morgan, Bruce Ashton, Gabriel Goldsman. (Absent: Jonny Joseph, Jack Desemone and Tim Martinez).

1. Call to Order - the meeting was called to order at 7:05pm.
2. Approval of Membership Meeting Minutes - SM requested a motion to approve minutes of the May General, and June 2021 Annual General, Meetings. Motion to approve was received from Kiku Annon, seconded by Tony Calandra and approved by acclimation.
3. Treasurer's Report - BA said that all financial statements are up to date and available for viewing on the SBSRA website behind the member firewall. Due to the pandemic and the related large reduction of games we billed \$70,000 (over 70%) less than the prior fiscal year. All dues payments received for the 2021/2022 membership year are shown on the balance sheet at June 30th and will be recognized as income in July, the beginning of the new fiscal year. As of June 30 we had 50 paid members. Others have asked that their dues be withheld from SBSRA tournament referee fees' checks. By Sunday night (August 1) Bruce will have a better idea which members' dues were or will be deducted from their checks. If you have any questions regarding dues deductions please contact Bruce directly. BA also informed members that the Financial Review required by the Bylaws was completed in June and is available for inspection on the website.
4. RMA/ROL EXPLANATIONS - SM explained the RMA (Returning Member Application) process which required returning members to submit an RMA by June 30 of each year. This helps us prepare an accurate member roster and control resulting Arbiter subscription costs. SM also reported that our annual Arbiter costs are usually appx. \$1,200.00. However, Arbiter was asked for a discount based on reduced Arbiter usage last year due to COVID restrictions. They agreed and reduced our costs for this year significantly, from \$6.00 to \$3.25 per member.

SM also reported latest figures on Cal South ROL (Registered Officials List). Currently, 111 of our members appear on the 2021 ROL. Additionally, 7 members are now on the 2022 ROL. 2022 Cal South registration opened July 1. SM warned that this year's test will take more time than in past - 100 questions instead of just 50.
5. New Member Introductions - New applicants Marlon and Malik Bailey, Eddy Souter and Tyler Peltier introduced themselves to the membership.
6. Core Training - SM announced that CORE Training (formerly RPD) is scheduled to resume on Tuesday August 17th, 7:00pm at North High School.
7. AGM Election Results and 2021-22 Board Appointments - SM confirmed results from our AGM meeting in June. Steve Morgan was re-elected as Vice-President and Bruce Ashton was re-elected as Treasurer (unopposed). Board appointments for the next year - Gabriel Goldsman



as Assignor, Veto Galati as Co-Assignor and Chris Nevil as Training Director (not a Board Member).

8. Cal South In-Service Training Requirements - GG stated that Cal south requires a minimum of five In-Service Training Credits for referee certification renewal. Veto Galati asked if there was a way to track how many In-service credits we have accrued so far as this information is not available either on the SBSRA or Cal South websites. GG said that he tracks this info and members should email him with any questions they may have. GG also stated that even though members participated in the Cal south training session, on our Zoom or in person meetings, they still must take the online test for each module in order to receive credit.
9. Assignor Report - GG stressed the importance of professionalism in representing SBSRA, which includes arriving on time and in proper attire. He shared a story of how members of another unit arrived at a recent tournament 15 minutes before their first game, not dressed in proper attire and wearing flip-flops, all the while showing no sense of urgency. This is not acceptable!
10. GG requested that when members respond to his email requesting tournament availability that they also adjust our Mileage Limits accordingly. A member asked if Gabriel could give the distances to game venues in his email requests. Gabriel responded that this would be impossible being that we have many different starting points. He can only give us venue name & city and members need to adjust their own limits from that information.
11. GG congratulated Erik Estrada, who was recently selected to attend ODP, and that his goal is to send more referees next year. GG also thanked Rick Roberts for his hard work on our behalf as the SBSRA Webmaster.
12. Cal South Training - Chris Nevil and GG then presented Cal South training for this month on the topic of professionalism, stressing that we must know the nature of each tournament or competition we officiate in order to properly prepare for our duties. He stressed that referees are a TEAM, not a collection of individuals and the importance of pre-game instructions and utilizing the help of our ARs.
13. Board Goals For The 2021-22 Year - Steve Morgan read a list of goals for this year which were discussed at the July Board Meeting:
 - a) "Good enough" is not good enough, let's strive for excellence!;
 - b) Update ratings system to improve our ability to assign referees to the appropriate games;
 - c) Continue to acquire new leagues and tournaments, we have added already and have 2 or 3 new opportunities already percolating; and
 - d) Create more opportunities for young referees to advance.
14. Member Recognition - SM announced that Juan Notario Rodrigues has joined the US Navy reserves and will soon be leaving us temporarily for training at the Great Lakes Naval Training Center near Chicago. He also announced that another of our members, Russell Hill, is currently on active Navy Reserve duty in Japan and will be returning in September. Well done guys! Thank you for your service.



15. SBSRA Meeting Credit - SM stated that the Association will continue in person meetings and that will also continue to offer attendance via Zoom. SBSRA Bylaws state that members must attend a minimum of 5 meetings per year in order to achieve or maintain Member-In-Good-Standing status. The Board is discussing that at least three of these meetings should be in person for that purpose. He asked for member feedback on this idea, noting that our website has a section for member feedback and we welcome your opinions.
16. Tournament (weekend of 7/30 - 8/01) - GG said that for the upcoming tournament at Silverlakes this weekend he hopes to send mentors to assess referees for upcoming ranking purposes.
17. Motion to Adjourn - Bill Yee made the motion and was seconded by Roe Robelotto. Meeting adjourned at 8:05 PM

In response to a request from one of our members, your Flag & Whistle team performed an extensive search for material about taking care of ourselves while refereeing in hot weather. We found the following article at <https://www.Ump-Attire.Com/Blog/Officials-At-Risk-Of-Heat-Related-Illness> and made some minor editorial changes as deemed appropriate.

RISK OF HEAT-RELATED ILLNESS

Jun 1st, 2011

As temperatures and humidity levels soar during the summer months, so do incidences of heat-related illness among athletes. Every year preventable heat-related illness and dehydration syndromes affect thousands of athletes at all levels of competition.

At equal risk of heat-related illness are sports officials who are exposed to extreme conditions, often during the hottest times of the day. Being aware of the conditions, their symptoms, and means of prevention, are crucial for anyone working or participating in sports in the heat.

What is heat-related illness?

Heat-related illnesses and dehydration symptoms include heat rash, heat cramps, heat exhaustion and heat stroke, a potentially fatal condition. Under normal conditions, your body is able to regulate its temperature by sweating; heat is transferred from the body by the sweat evaporating on your skin.

Unfortunately for officials and athletes, much of your skin is covered by clothing and gear, and there is not adequate skin exposure to facilitate your body's natural cooling mechanism. In addition to that, high humidity levels also impair evaporation, putting you at greater risk.



Other factors can contribute to your risk of heat-related illness, including caffeine and alcohol intake prior to heat exposure, certain medications, being overweight, and being in poor physical condition.

Some health conditions, like diabetes and high blood pressure, can increase your personal risk. If you are being treated for a health condition, consult your physician about your risk before stepping onto the field.

What can I do to prevent heat-related illness?

- Monitor your physical condition during games for signs or symptoms of heat-related illness. Keep an eye on your crew members as well!
- Take frequent breaks when possible. If there is shade available, try and move into a shaded area for breaks.
- Remove your hat, mask, or other headgear often to maximize heat loss.
- Drink often and drink regularly; by the time you are thirsty, you are already experiencing a significant fluid deficit.
- Drink more than just water; when you are exerting yourself in hot weather, you are losing electrolytes as well. Replacing lost fluids with water alone can lead to electrolyte imbalances.
- Heat cramps affect people who are sweating a lot during strenuous activity. Sweating depletes your body's salt and moisture levels.
- What symptoms should I look for?

Symptoms:

- Muscle cramps, pain or spasms in the stomach, arms or legs.
- May be accompanied by loss of energy.

First Aid:

- Take a break from activity in a cool place.
- Drink a sports beverage or water with food to aid absorption.
- Avoid strenuous activity for a few hours after cramps subside.
- Seek medical attention if you have heart problems, are on a low-sodium diet, or if the cramps do not subside within an hour.

Heat exhaustion is your body's response to an excessive loss of water and salt, usually through sweating.

Symptoms:

- Rapid heartbeat
- Heavy sweating.
- Extreme weakness or fatigue.
- Dizziness.
- Nausea/vomiting.
- Irritability.
- Fast, shallow breathing.
- Elevated body temperature.

First Aid:



- Rest in a cool area.
- Drink plenty of water or other cool beverage to replace lost fluids.
- Take a cool shower, bath, or sponge bath.
- Lie down with your legs elevated to ease dizziness and headaches.

Heat stroke is a condition that occurs when your body becomes unable to regulate its temperature. Heat stroke can cause death or permanent disability. Heat stroke is a medical emergency that calls for immediate medical assistance.

Symptoms:

- High body temperature.
- Confusion.
- Loss of coordination.
- Hot, dry skin or profuse sweating.
- Throbbing headache.
- Seizures, unconsciousness, coma.

First Aid:

- Seek immediate medical assistance.
- Move the patient to a cool, shaded area.
- Remove excess clothing and apply ice packs or cool water to their body.

How do other sports officials prevent heat-related illness?

- Many sports officials we spoke to have a plan in place for being sufficiently hydrated prior to working a game, as well as tips for staying cool and hydrated while on the field. The general consensus seems to be that avoiding dehydration syndrome starts the day before, by drinking lots of water.

Umpire Chris Guidry notes, *"Hydrate the day/night before. Keep taking in fluids all day from the beginning. If you have to run to the restroom between games, that's a good sign you are staying hydrated."*

In areas where humidity is less of an issue, many sports officials find that soaking their hat or gear in ice water prior to the game, or using cold packs or towels helps with evaporation and regulating your temperature. It is important to note that while this may keep you more comfortable, you should still replace lost fluids frequently.

THIS ARTICLE IS PROVIDED FOR INFORMATION PURPOSES ONLY AND SHOULD NOT BE RELIED ON AS MEDICAL ADVICE



Warren's Howellers and Some Things to Think About

Don't panic, although Warren is away again, I am hearing that he is ruffling feathers at Cal South so "we can expect him back when he gets back." He actually told me that!

So once again, we have some material for us to enjoy from "Pulled off at half-time."

This month we focus on coaches:

- "That's great, tell him he's Pele and get him back on." Partick Thistle's John Lambie when told a concussed striker did not know who he was.
- "Intelligence does not make you a good footballer. I prefer players not to be too good or too clever at other things. It means they concentrate on football " Bill Nicholson, Tottenham Hotspur.
- "What was my highlight of the tournament? Bumping into Frank Sinatra." Ron Atkinson on the 1994 World Cup.
- "I played with Ron in about 100 reserve games. According to Ron he was man of the match in 99 of them." Dennis Jackson talking about Ron Atkinson.
- "He invented the banana shot. Trouble was he was trying to shoot straight." Ron Atkinson in response to Dennis Jackson.
- "His coaching style seems to be based on chaos theory." Mark McGee talking about Barry Fry.
- "You're not a real coach unless you have been fired." Malcolm Allison.

In the "huh" section...

- "He signals the bench with his groin." Mark Bright
- "Football is like chess, except without the dice." Lukas Podolski

... and finally

- "No comment lads – and that's off the record!" Ally McCoist, Rangers

----- Keep  Smiling! -----