



# The Flag and Whistle

## Newsletter of the South Bay Soccer Referee Association

### Serving the Soccer Community since 1976



Written by: Jonny Joseph  
Edited by: Alan Siegel

March 2024

## Notes from the Board

Next month (April), we begin a new relationship, refereeing Elementary School games for the Lennox School District. They will play using rules similar to high school rules which will be posted on our website as soon as we get a final copy from the District. Please let Veto know if you are interested – preference will be given to those members who have refereed high school games recently.

## Jersey Badges

Jersey badges – we have 3 alternatives:

- USSF Soccer
- USSF Futsal
- SBSRA

Please ensure you wear the correct one for each game. As a general rule, most youth games will require a USSF badge (current year, next year only) and most adult games (excluding South Bay Sports 11v11) will require an SBSRA badge.

## League Rules

Once again, we find it necessary to remind us all to visit each league's dedicated page on our website which can be found at <https://www.sbsra.org/competitions> before going out to the fields to officiate their games. If you have any questions, please check the website before asking an assignor or anyone else.

Recently we have become aware of members not being familiar with the rules of the league they officiate. This creates a variety of problems on and off the pitch.

In particular, South Bay Peninsula Soccer League (SBPSL) requested that we emphasize the following:

Check In:

- Before the match can begin, each team must provide a completed team sheet including the **full name of each player**
- Each player or team official must present you with their player ID when checking in individually. The player ID includes their team name, player name and photo – see examples here ([https://sbsra.org/images/SBPSL\\_Cards.png](https://sbsra.org/images/SBPSL_Cards.png)). Make sure all IDs match their appearance, jersey number, team name and the match report.
- **NO ID = NO PLAY– There are No Player Check-in Exceptions. No guest players, no substituting driver's licenses for SBPSL ID cards, etc.**
- Count the number of players, number of ID cards and names checked on the match reports to ensure consistency.
- Others (i.e., spectators) may not be in the bench/substitutes area.
- Collect the game fees in cash only. No Venmo, Zelle, Bitcoin, etc.

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## Board of Directors

**President:** Jonny Joseph      **Vice-President:** Steve Morgan      **Secretary:** Kiku Annon  
**Treasurer:** Bruce Ashton      **Member-At-Large:** Stephen Resnick      **Assignor:** Gabriel Goldsman



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During the Game:

- We need to strictly enforce the league's "no-bad-language" rule. Use basic sense, if the player mutters it under his breath, simply remind him to be careful not to say it any louder. If it can be heard 20 – 30 yards away, it likely deserves a caution (Yellow card) and if it is directed at anyone it deserves a Red Card.
- They want fouls called. Let's give them what they want unless it is a promising attack, close to goal, etc., when you might consider applying the Advantage provisions in the Powers and Duties of Law 5.

After the Game:

- When completing the match reports, please ensure you complete the section concerning field conditions; missing corner flags, issues with goals or nets, etc.
- Ensure all players'/managers' cards are returned, except for sent off players. The cards for sent off players/managers need to be mailed to the league.
- Take a scan of the match reports, which will be clearer than taking a picture. If you don't know how to scan, please ask a board member for help.
- The scanned match report must be emailed to John Moody ([jmomoods@verizon.net](mailto:jmomoods@verizon.net)) by Monday morning, **with the Member-at-Large (MAL) copied**, so he knows it has been sent.
- Any supplemental reports must be sent to the MAL and to the assignor, **not to the league**, as soon as possible and before the match reports are sent.

Also, please be reminded for all leagues:

- Supplemental reports for red cards, severe injuries, game terminations or any other significant events must be prepared and submitted **within 24 hours**, but hopefully on the same day as the game. Please remember to **use your LOTG book** to use the correct technical language and to text the applicable assignor and MAL immediately after the game so they know to expect your report.
- Many (most, all?) of us think we can officiate at the World Cup. EVERY game deserves a good referee. I know many (most, all?) of us want the upper-level games every week. That is simply not possible. Each week there are more referees in our Association that can manage these games very well than there are games at this level. As members of the Association, we all need to be willing to officiate the lower-level games also. Try them, you may just have fun!

## New Member Incentive Program

Remember, we have a New Member Incentive program whereby you can enjoy a year's membership with no dues payable for any new member you recruit when they pay for their second year of membership. We are anticipating a very busy fall season. With huge demand (of many games) we need additional supply (of referees).

We created a flyer ([https://sbsra.org/wp-content/uploads/2023/05/Ref\\_Recruiting\\_Poster.202305.pdf](https://sbsra.org/wp-content/uploads/2023/05/Ref_Recruiting_Poster.202305.pdf)) for us to hand out at the fields. These are also available on our website. Print them out, insert your



information at the bottom of the flyer (so you get credit from the Association) and take them with you to the fields to hand out.

## Cal South Female Referee Initiative

At the time of writing approximately 10% our membership is comprised of female referees. Given that approximately 50% of our games are girls' games, this provides us with an opportunity for significant growth in numbers. Cal South's Referee Committee is continuing its "Female Development Initiative" dedicated to the female referee who is seeking support or to advance her referee license.

With this program being focused on female referees, Cal South is hosting a series of instruction dedicated to females in the referee community via Zoom (and some in person), along with mentoring sessions during State/National cup and other local tournaments. Also planned is an all-female mentor camp in Ojai in June 2024. Many of the guest speakers, mentors and coaches will include current and past female FIFA, PRO and National officials.

Their hope is that the participants in the program will share with their association what they have learned and inspire not only other female referees, but everyone in their association.

So, female members in our association (of all ages and experience levels), please be aware of the program (**application form link** and following QR code is also offered).



With your support, Cal South feels they will have the best female referee program in the nation. If you have any questions, please contact Penny Rehm ([prehm@calsouth.com](mailto:prehm@calsouth.com)) or (951) 315 5023.

## Professionalism

### Match Reports

Our referee duties do not end when we blow the final whistle. We usually need to complete a match report. This is mostly in the form of a printed document provided by team managers or coaches. We need to be aware of the different league requirements and ensure we comply with them.

In particular:

- In cases which require misconduct reports, members are reminded to send the misconduct reports to our Member-at-Large and to the applicable assignor and **not to any leagues**.



For more details about the completion of any match reports and the reporting requirements for all of our leagues, please visit our Competitions page at <https://sbsra.org/competitions>.

## Availability and Blocks

All members have an obligation to minimize the number of times we decline games after we are assigned.

As independent contractors, we all are entitled to accept assignments wherever we can get them. However, in fairness to all assignors, Gabriel and Veto here, and others elsewhere, we are all requested to block the days that we are unavailable to the applicable assignor(s) ahead of time.

Choosing which association/league/organization we want to work for on specific days is perfectly fine. However, waiting to see which games you are assigned and then declining the less favorable ones is simply **not acceptable**.

The extra work it creates for the assignor is more than most of us can imagine. **Please block ahead of time!**

## Honesty

Our assignors' jobs are complex, and they spend a significant amount of time assigning games each week. Periodically, we have members turning back games (declining after receiving the assignment) for various reasons. A common reason is games from another assignor that the member prefers. In many of these cases, we learn about the other assignments and know that any reason given for turning back our association's games is not the truth!

This is not acceptable. Please pick up the phone and call the assignor to discuss your situation. They will work with you to make you happy and will not deny you the opportunity to referee a "better game."

## 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 **USSF Supplemental report form**, on the SBSRA website, must be used and refer to the **IFAB LOTG** for **proper terminology** to use,
- 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; or,
  - **Game terminations**, etc.,
- Take a **copy of the Match Report** to assist you with preparing the USSF 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; and,
  - **What** happened? Don’t speculate, just note what you saw.Note, there is no “**Why**.” It is 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 a supplemental report, so he is informed when the league calls him and **send a text to the Member-At-Large (MAL)** to alert him a report is coming.
- **Submit the supplemental report** to our MAL and the applicable Assignor (who assigned the game) who will review the report and possibly suggest edits. **Referees - do not submit supplemental reports to any leagues.**
- Following submission of the incident report to the MAL, please call him/her 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 submits the final report** to the applicable league.
- **If you have kept ID cards** (which is only required in limited cases for red cards), the card(s), together with copies of the match report and supplemental 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 on our professionalism** as individuals and as a referee association.

At the July 2023 Membership Meeting, we went through two supplemental reports – the original draft submitted, and the final report sent to the league after edits were made with the assistance of certain Board Members. To assist members further, we have added these sample reports to our website (<https://sbsra.org/laws/>) – one how not to do it and on which is more concise but contains all of the necessary information that we should provide most leagues. If you have any questions or need further guidance, please contact Stephen Resnick who would be happy to spend time with you to assist with this very important function.

## **Training Opportunities**

The following training opportunities are coming up and all members are encouraged to attend as many of these as you are able.

You may sign up at any time for all future Cal South courses, at no cost, at <https://cysa.affinitysoccer.com/eventmanager/public/calendarlist.asp?calguid=&eventtab=current>



## CORE Training at North High

The next CORE training session at North High is scheduled for April 9, 2024 in the cafeteria (indoor only).

### **What is CORE?**

Center of Referee Education (CORE) is a program established by the Cal South State Referee Committee (SRC). It is open to all USSF certified referees. It primarily consists of lectured meetings for referees who are ambitious to rise to the elite level of Cal South refereeing or just want to be better on the field. Occasionally, physical trainings on the field will be added to selected training sessions.

Referees attending this event are expected to come prepared with items customarily taken to the field on match days (i.e., whistle, cards, flags) as well as material for classroom (i.e., current IFAB Laws of the Game, Considerations for Match Analysis, paper and pen).

While these trainings are for referee self-development, please note that Regional or Grassroots Elite certification or recertification require referees to attend at least 5 CORE trainings per year. The same requirement applies to instructors and assessors.

In addition, to become a full member of SBSRA, all members are required to attend one CORE training to be exposed to this wonderful program and opportunity to enhance one's skills and learning.

## New Referee Training at North High

Do you want a year's **free membership dues** of SBSRA? Do you know of anyone who wants to be a referee? Please let them know of the next opportunity to attend Cal South's next New Referee Training at North High School at the same time as the CORE training each month.

Ensure they include your name on their SBSRA New Member Application, which you can download from <https://sbsra.org/association/nma/> so you can benefit from our New Member Incentive (NMI) program.

## New SBSRA Member Training

This training is required for all new SBSRA members to become full members of our association. All referees, both those new to refereeing and those with prior referee experience are required to attend so we can share all the details of how to maximize your enjoyment and experience as a referee in **our organization**. We are close to recording this presentation and it will be available on demand very soon.

In addition, under the leadership of our assignor, Gabriel, we launched a new members' training program to provide all new members with the knowledge and confidence to begin their refereeing career. The vast majority of new members will not be assigned to games until they have completed this training. New members should look for an invitation to the next session.



## Cal South Monthly In-Service Webinar

### **CLICK HERE TO REGISTER FOR OR TO VIEW THESE WEBINARS**

Please be reminded that after viewing the presentation, live or recorded, one must take the Review (Quiz) to receive In-Service Training credit.

### Other Cal South Offerings

Candidates need to register for your selected courses on the Cal South Referee Website under the “Classes & Clinics offered” tab:

(<https://cysa.affinitysoccer.com/eventmanager/public/calendarlist.asp?calguid=&eventtab=current>).

## **Two Person (Whistle) Referee System**

IFAB and USSF prohibit the use of the two-person referee system. While many of us may use this system for high school and middle school games, it may not be used in any USSF-sanctioned games that we do. If you have any doubt, please **DO NOT USE THE TWO-PERSON REFEREE SYSTEM** unless you have been assigned by one of our Assignors to be on a two-person referee crew.

Conversely, if you have been assigned as a **TWO-PERSON REFEREE CREW** for **non-USSF-sanctioned games**, please honor the assignment regardless of what your assigned partner may say. If there is an issue, please contact the appropriate assignor, Gabriel for weekend games and Veto for weekday games.

## **Monthly Referee Quick Tip**

Lately, we have enjoyed (?) more rain than we are accustomed to here in sunny Southern California. Consider the following tips to make our experience in the rain a little better:

- Allow for extra travel time
- Always carry a large plastic bag (garbage can size) to put your referee bag into to keep it dry
- Carry plastic page protectors to keep match report/roster forms from getting wet
- Bring a water proof top to wear under your referee jersey to keep your body dry
- Have a spare pair of socks to change into if your feet get wet and the rain stops
- Include a towel in your bag so you can dry yourself off at half time/between games
- Change clothes after the game if your referee uniform gets wet.

Ensure you leave home/work early enough to ensure you can be on the field at least 30 minutes before kickoff!

Do you have a quick tip to share? If so, please email it to [President@sbsra.org](mailto:President@sbsra.org).



## From the Office of the Treasurer

Please be reminded:

- **Home/Mailing Address Changes** - Provide the Treasurer with your change of address at the same time that you make the change in Arbiter,
- **Checks** – Please cash these in a timely manner,
- **Forfeits** - Notify the applicable Assignor and the Treasurer within 24 hours of forfeited games. This way we can ensure the applicable league is billed for the ref fees that would have been paid on the field and that the referees are paid the fees owed to them,
- **W-9 form** – Every member is required by Federal law to provide a W-9 form (<https://www.irs.gov/pub/irs-pdf/fw9.pdf>) to the Treasurer. We have included this as a requirement in our Returning Membership Application process for the 2023 – 2024 season. We are required to keep these forms for at least 7 years after you cease to be a member. Simply providing your SSN is not sufficient. Please cooperate so as not to place your Treasurer and the Association in jeopardy.

## Board Member Elections

As provided for in our Bylaws, at our June meeting, we will hold Board Member Elections for the following positions:

## Monthly Membership Meetings

To maintain our high standards of refereeing, the Association provides two vehicles to share information and instruction with our members – this *Flag & Whistle* monthly newsletter and our monthly membership meetings. Please try to attend the meeting and read the newsletter every month - this is how we share important information with all of our members.

## Approval of Minutes

Included below are the General Membership Meeting Minutes for the most recent meeting for approval by the Membership at our next meeting.

## Next Meeting

The next Monthly Membership Meeting will be on **Tuesday, March 26, 2024, starting at 7:03pm** at our regular location - North High School Cafeteria. We look forward to seeing you there!





## SBSRA General Membership Meeting Minutes February 27, 2024

1. Call to order at 7:06 pm
2. Approval of January 2024 Meeting Minutes, Motion by Tim Martinez, seconded by Stephen Resnick, approved by acclamation
3. Monthly Training – Beth Drayer – Professional Trainer. Spoke about her main goal - to prevent injuries but also to treat and rehabilitate athletes and referees. Spoke about Pre-game warm up and post-game cool down.

Demonstrated exercises to warm up (hips, ankles, knees over toes lunge, hip circles, single leg dead lift, high skips) and cool down (squat holds, abductor twist, 90/90 sit and stretch, standing thoracic twist, foot release with ball). Injury prevention (thoracic foam roll, knee drives, hip CARs, lunge squats, hamstring pull on roller, toe raises, supermans, reverse planks).

Beth provided a PDF file, with video links for each exercise, which is attached to these minutes.

4. Treasurer's Report:
  - a) Address Changes – Please send directly to Bruce, in addition to changing in Arbiter. Only applies to members who move home and still want to receive checks for their games that they officiate.
5. President's Report
  - a) Board Meeting – Jan. 2024 (challenges to recruit college players were discussed). The need has lessened as we have had several new member applications recently (12 in February) and a new member orientation, which was very well attended, before this general membership meeting.
  - b) Other – New members introduced themselves; Max Anzelmi, Mcneill Bishop, Griffin O'Gorman, David Flores, Brian Hornbeck
6. Vice President's Report
  - a) ROL Update and Safe Sport – Sending emails to people who still haven't done what is needed for ROL
7. Secretary's Report
  - a) SBSRA Membership Report
    - i. Full Members 117
    - ii. Probationary 24
    - iii. Non ROL 13
    - iv. Honorary 2



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8. Assignor's Report:
  - a) Cal South Update Looking for Referees to go to regionals in the summer, Jorge Reyes is now an USSF certified referee coach
  - b) Game Expectations for the Next Few Weeks – Tournaments are coming, but if you block a lot of teams, partners, venues, your assignments will be more limited, ECNL is starting, Surf is being sponsored by Club America of Mexico, with many new tournaments expected in Southern California and SBSRA may become involved in providing referees
  - c) Other – Please let Gabriel or Veto know of any incident that occurs before or during a game or especially if you cannot cover a game. Members are requested to send a text message immediately after the game to the Member-at-Large and the applicable assignor to notify them that a supplemental report will follow within 24 hours.
9. Member-At-Large Report
  - a) Has given out all badges and coins available at this meeting
  - b) Supplemental Reports – Please write them in a timely manner on the correct form available on our website (both pages), use LOTG language from the Law Book or IFAB online app. If you have any issues, call Steve Resnick who will be happy to help you.
10. Other Business - Veto reported youth futsal is expected to start again in April
11. The meeting was adjourned at 8:06 pm



## Referee Pre Game Warm Up

### [90/90 Sit and Stretch](#)

I like breaths instead of time to hold stretches so 3-5 deep breaths/stretch

### [Lateral Ankle Tilts](#)

5-10/side

### [KoT Lunge](#)

3-5 deep breaths/side

### [Hip Circles](#)

5x each direction/position

### [Single Leg Deadlifts](#)

10x/side

### [High Skips](#)

15-20 yards

## Referee Post Game Cool Down

### [Squat Holds](#)

5-10 deep breaths

### [Adductor Twist](#)

10 rocks/10 twist

### [90/90 Sit and Stretch](#)

3-5 deep breaths/position

### [Standing Thoracic Twist](#)

5x/side

### [Foot Release with Ball](#)

10 deep breaths/side

## Injury Prevention

### [Thoracic Foam Roller](#)

2 deep breaths in each position as you roll down

### [Knee Drives](#)

10x/side (even better with a mini band around your feet)

### [Hip CARs](#)

5x each direction



[KoT Lunge/Split Squats](#)

2x12-15/side

[Hamstring Curls on Roller](#)

3x5-8 (These can be harder than they look!)

[Toe Raises](#)

2x25-30

[Supermans](#)

20x

[Reverse Planks](#)

3x5 deep breath hold

If you have any questions please feel free to reach out:

424-262-2537

[Beth@BethDrayer.com](mailto:Beth@BethDrayer.com)

[www.BethDrayer.com](http://www.BethDrayer.com)

Schedule [NOW](#)

## Some Things to Think About

### Rugby Gets It! Will Soccer?

RFU confirms longer bans for players and coaches abusing referees in rugby

By Sara Orchard **BBC Sport**

Last updated January 10, 2024

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Wayne Barnes (right) retired soon after taking charge of South Africa's win over New Zealand in the World Cup final in Paris in October.

**Players and coaches abusing referees in England will face longer suspensions as the Rugby Football Union tries to stop more match officials leaving the game.**

The RFU has acted after a survey showed 49% of referees had been "abused or disrespected" last season. It said that number was "unacceptable" and "undoubtedly impacting" on recruitment and retention of officials.

World Cup final referee Wayne Barnes cited "vile" social media abuse as a catalyst for his retirement last year. His fellow Englishman Tom Foley announced he was taking a break from the game a month later, following a "torrent of abuse".

The RFU said the new punishments were "aggravated sanctions".

Fines, letters of apology and refereeing courses will still be available to disciplinary panels as they consider judgements.



Last season, former Exeter wing Jack Nowell was **fined £10,000 and ordered to attend a refereeing course** for criticising a referee on X - formerly known as Twitter.

David Barnes, head of discipline at the Rugby Football Union, said: "We've noticed in recent years, since coming out of Covid, that levels of abuse were at a level where we needed to take action.

"Whilst most people are very good and follow the RFU core values, there are unfortunately a few that feel like calling out the referees or making inappropriate comments is acceptable. But it's clearly not, so we felt it was time to increase our sanctions to remind people of what's expected. In terms of the referees themselves, 60% of them wanted the sanctions increased to help them and that's something we've responded too."

Anyone found guilty at any level of the game in England will have a minimum addition of two, three or four weeks added to their punishment depending on the entry level of their offence - low-end, mid-range or top-end.

Match official abuse (MOA) is split into five categories: dissent, verbal abuse, using threatening words or actions, making physical contact with a match official, and physical abuse of a match official.

Gloucester and England A coach George Skivington told BBC Radio Gloucestershire: "We work very closely with the officials, certainly in the Premiership, and we've got good relationships with them.

"It is very easy to get frustrated with officials and human nature says you want to blame things on people when it goes wrong. But I think they're good guys, who like all of us, occasionally make a mistake. It would be disappointing if people started abusing people just because they make a mistake."

The new punishments came into effect on 1 January, 2024.

## Words of Inspiration/Wisdom

**Coach** "Ref, I thought you were very poor today, awful refereeing!"

**Referee** "Interesting... The team you selected and coached today was not very good. They were unable to keep possession and the substitutions you made were ineffective, did nothing!"

----- Keep  Smiling and Be  Safe! -----