



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



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Edited by: Alan Siegel, Jonny Joseph

September 2026

The September general meeting will be held on Tuesday, September 29, at 7:00 pm in the North High School Cafeteria. It will be a time to reflect on the start of the Fall 26 season. Remember ALL members need to attend three meetings in order to meet the minimum requirement and five (BEFORE the May meeting for the AGM) in order to be a Member-in-Good Standing.

Also, if you requested a physical copy of the NEW Laws of the Game Book (and have not yet received one), they will be distributed at the September meeting.

Our assignor, Gabriel Goldsman, is always willing to have a conversation with you if you feel that you are being assigned to matches that are not challenging enough or too challenging. SBSRA wants every referee to feel comfortable and not be put in situations that they cannot handle or do not enjoy. If you are looking to move up to higher game or USSF badge levels, please make sure that Gabriel knows this, so you can be assigned matches that will enable you to grow as a referee.

Now that you have done a few games, be sure to keep track of your uniform and other equipment and keep them in shape. If you did not already get our 50-Year Anniversary black cap, which is approved for wearing during matches, please bring \$5.00 to the September meeting to get your cap. The association will be ordering SBSRA shirts with the 50th Anniversary Logo on them. Each member can get one free shirt (either long sleeve or short) and pay for additional ones. An order form is available on the home page of our website.

Please keep your Arbiter blocks up to date. Our assignors often assign a couple of weeks ahead and declining assignments due to not keeping up with your own schedule is not a good thing.

Quick Tip: Be 100% clear on the laws about time wasting

Here are the most important things to remember about time wasting. Please check the LOTG for details and exceptions, including how the restart may be changed:

Law 3.3 – The Players

“The player being substituted must be off the field of play within **ten seconds** of the referee’s signal for the substitution. If the player being substituted has not left the field of play within the required ten seconds, the player must still leave the field and the substitute may not enter the field of play. The substitute may enter the field of play only with the referee’s permission **during the first stoppage after one minute has elapsed.**”

Tip: discuss in your pregame the AR’s role in managing this process.

Law 5.3 – The Referee: Injured Players

“Where an injury results in play being stopped or the restart of play being delayed, the injured player must leave the field of play and may only re-enter **one minute** after play has restarted (with the Referee’s permission).”

Board of Directors

President: Gabriel Goldsman
Treasurer: Bruce Ashton

Vice-President: Steve Brandon
Member-At-Large: Tony Calandra

Secretary: Kiku Annon
Assignor: Gabriel Goldsman



Tip: Since re-entry can occur during active play from the touchline, be sure when allowing the re-entry, that the player is not entering close to active play and thus surprising the opponents.

Law 12.3 – Goalkeeper Possession

“A corner kick is awarded if a goalkeeper, inside their penalty area, controls the ball with their hand(s) or arm(s) for more than **eight seconds** before releasing it. The referee will visually count down the last **five seconds** with a raised hand.

Tip: Referees are required under the LOTG to visually count down the last five seconds (of the eight seconds) with a raised hand. Referees, in their discretion, may use additional measures like a verbal countdown to avoid violations of this Law, particularly for younger or less experienced goalkeepers.

Law 15.2 – The Throw-In

“If a player is unfairly delaying the taking of a throw-in for their team, the referee **will whistle** and signal the start of a **five-second** countdown. The referee will visually count down the five seconds with a raised hand, and if the throw-in has not been taken by the end of the five seconds, it is awarded to the opposing team.”

Law 16.2 – The Goal Kick

“If a player is unfairly delaying the taking of a goal kick for their team, the referee **will whistle** and signal the start of a **five-second** countdown. The referee will visually count down the five seconds with a raised hand, and if the goal kick has not been taken by the end of the five seconds, a corner kick is awarded to the opposing team.” Note: The countdown is used to address unfair or deliberate delay of goal kicks; it is not automatically used at every goal kick.

Recap:

Substitutions: off within 10 seconds or 1-minute off and only enter at next stoppage

Injured player: 1-minute off, then re-entry with permission

Goalkeeper Possession: 8 seconds with visual countdown of last 5 seconds

Throw-In: Whistle, then 5 seconds with visual countdown

Goal Kick: Whistle, then 5 seconds with visual countdown

--Alan Siegel with credit to Scott Jarus

Website

Having problems signing in to our website with your password? Getting a “Can’t find php template” error?

Step 1 – clear the cache on your device

Step 2 – try logging in again

Step 3 - if that doesn’t work, reach out to our webmaster Rick Roberts, at web@sbsra.org.



Parking at Games

SBSRA reimburses members for parking in limited cases. We have a small number of locations that charge for parking, most notably Historic Belmar Park in Santa Monica. Please be reminded:

- Always use free parking when available, even if it means walking an extra block or two,
- Send a copy of your parking receipt to our treasurer within 7 days of the game.

Professional Appearance

It is important to avoid the following non-compliance with uniform standards:

- Non-USSF style shirts
- Long-sleeve undershirts, of any color, are unacceptable under short-sleeve referee shirts
- The only acceptable socks are black with two stripes above the ankle
- Shorts and socks that are excessively faded or worn (not quite black)
- Desert style, or any other floppy style, hats with neck flaps.

DO NOT EXPOSE bodily bare skin or underwear at the fields. Please wear an appropriate undershirt to and from the field to avoid this unnecessary exposure!

Referee Jersey Badges

We have 4 alternatives:

- USSF Soccer
- USSF Futsal
- SBSRA
- CSL “5 Star Referee” (for CSL games only)

Please ensure you wear the correct one for each game. Generally, most youth games require a USSF badge (current year or next year’s badges only), middle school and most adult games require an SBSRA badge.

League Rules

Please be reminded to visit each league’s dedicated page on our website, which can be found at <https://www.sbsra.org/competitions> before going to the fields to officiate their games. If you have any questions about a league, please check the website before asking an assignor or anyone else.

A variety of problems on and off the pitch occur when members are not familiar with the rules of the league in which the officiate and are easily avoided with just a few minutes of research on our part

Certified Athletic Trainers

The Elite Academy (EA) requires the presence of a certified athletic trainer at all of their matches other than U11 and U12 (not required but considered best practice) and is optional for EA2 matches.

The EA Standards & Rules state:

- Matches are instructed to not start without a Certified Athletic Trainer (ATC) and
- If a club does not provide ATC the game will go down as forfeit and all referee expenses will still need to be paid for by the home team.

Other leagues may have similar requirements, and we need to enforce them as appropriate.

Single Referee Call-In Procedures

Please be reminded of our day of game single referee call-in procedures as follows:

- Weekday games – continue to call into our SBSRA hotline, (310) 955 9905, and select 1 to leave a message,
- Weekend games – send a text message to the Assignor, (213) 220 3580
- Whether you call or text, make sure you include the following:
 - Your Name
 - Field Location
 - Time of Game

Some Things to Think and Laugh about



Approval of Minutes

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



SBSRA General Membership Meeting Minutes August 25, 2026

1. Called to order at 7:05 PM
2. Approval of July 2026 Meeting Minutes, Motion made by Sandy Wilson, seconded by Rick Roberts, approved by approbation
3. Monthly Training:
 - a) Blake George, SoCal:
 - League changes
 - Recap of previous year, 35,000 games across Southern California
 - Many assigned through GotSport
 - Launched an initiative where parents and coaches that are sent off need to attend a training they pay for
 - GotSport is supposed to help SoCal see everything about the assignments
 - There will be additional expectations of referees since the referee fees have gone up significantly
 - There will be a fee to access the referee training courses
 - The highest level of players now play in the N1 League, as usual there are specific substitution rules
 - Fair Whistle - Platform for N1 games and 7 v 7 games
 - An email will be sent immediately after each game to the referee to provide comprehensive feedback on both teams, coaches will also provide feedback on the referees
 - The footage available on the SoCal site for referee training are from youth games
 - b) Bernie Towers & Chris Price, CSL:
 - Has to be an assigned referee at every game, CSL's goal is everyone has a positive experience
 - They really want game day feedback, the league does act on the feedback
 - CSL App was reviewed
 - Matthew Wong, Nouredine Miloud, Steve McCall, Toufik Bourmel were back-to-back CSL 5-Star Referees last year
 - c) Gabriel Goldsman - Preparation for the 2026/2027 Season
 - CSL - Phone app, teams on opposite side of the field, parents behind them but not behind ARs (see web site for fees)
 - SoCal - Website (use QR code from coach), teams on opposite side, parents behind but not behind ARs (\$3 per minute for 3 referee teams)
 - SBPSL - No phone app, (see web site for fees) NO CARD - NO PLAY unless there are special instructions from the assignor
 - ECNL - Website (use QR code from coach), teams on same side, parents opposite (\$3 per minute for 3 refs) 7 subs per period. Must have certified trainer (not for ECRL)



- Elite Academy - Can sign into Mod 11 even before day of game or coach QR code, teams on same side, parents across (\$3 per minute for 3 refs) up to 9 subs in three moments, must have certified trainer (except for EA2 or below U13)
- Girl's Academy - No phone app, teams on same side of the field, parents across (\$3 per minute for 3 refs), can have non-photo match card, must have certified trainer
- DPL - No phone app, teams on same side, parents across the field (\$3 per minute for 3 refs), must have certified trainer
- All red cards must have a report sent in on the SBSRA Supplemental Report (24 hours to send in) to Member-at-Large, even if one is prepared on the league app or website.

Meeting adjourned at 9:02 PM