

July 2007

LEADERSHIP: TIME TO ENCOURAGE THE NEW GENERATION

By Stephen Budai Chairman Federation Two Soccer Referees Centre

One of the big changes that have taken place within New Zealand Football Referees is that being a football referee is more than just a sport or a hobby, it can become a career!

With a new emerging generation of referees, such a vision and passion will become a reality.

Within our Soccer2 Federation we have up to fifteen young men and women under the age of twenty.

This exciting development is the result of the great efforts on the part of our RDO Alexandria MacLennan and Craig Borland whose passions for the future generation put into motion the Mentoring program that is now helping to develop young referees.

Such development can only take place as senior referees accept and take the responsibility of developing the next generation; such a result shows that there has been a major shift in referee culture.

At thirty nine years of age I was still considered a "youth referee"!

This welcomed mind shift now sees senior referees spending their time sharing insights with their appointed youth refs.

Many young referees are in control of games that would have been unheard of a few years ago. Although there may be dangers, and mistakes made with such changes the fact is the new generation need such challenges and they are not afraid to step up to higher levels of responsibility.

Today's generation are more forthright, although many may need to develop patience, it is part of their passion to take risks and with correct oversight and mentoring, such risks can turn into key moments that increases inspiration.

Our average age of referees in Soccer2 is 40 plus. It may take eight to ten years to develop senior referees from young men and women to the level of maturity that achieves the high standards that are required for national and international referees. So stalling for time is not an option!

With the growth of women football there are great opportunities and need for more women referees. This will be one of our challenges as a federation, to help women see that being a football referee is a meaningful way to enjoy a sporting life.

The New Zealand Trust will give grants of up to \$20,000.00 per federation, per year for the development of youth referees. This creates the opportunity we need to help bring on a strong new generation of referees and we are very thankful for such a provision to be made available.

I hope that when it is time to turn and pass the batten on, as I look behind, I want to see the willingness of the generation of referees we have trained, to achieve more heights than we have ever known!



And now meet some of our new referees.



Katie Goulding

I'm Katie Goulding and I am 15 years old, I go to Green Bay High School, where I play soccer for the 1st XI girl's team. I also play soccer for Bay Olympic under 17 girls' div 1. I decided to do a Club Based referee course so I could learn the rules of soccer (for I had only played for one season) and I found it also improved the way I played the game. Then my mum decided that my dad (Tony) and I should do a level ones course and from there Alexandria being the persuasive lady that she is persuaded us to join the referee association.



David Squires

I'm David Squires and I am 19 years of age. After playing soccer for a few seasons I was encouraged to go to a level one course and I started refereeing in January 2006. I enjoy getting out on the field, meeting new people and developing my skills. I am in the mentoring program and like the fact that someone is looking after you with your best interests at heart.

POINT OF LAW

Law 4

A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewellery).

All items of jewellery are potentially dangerous. The term "dangerous" can sometimes be ambiguous and controversial, therefore in order to be uniform and consistent *any kind of jewellery* has to be forbidden.

Players are not allowed to use tape to cover jewellery. Taping jewellery is not adequate protection.

Rings, earrings, leather or rubber bands are not necessary to play and the only thing they can bring is injury.

Necklaces, rings, bracelets, earrings, leather or rubber bands etc, *are not allowed.*

Over on the next page are a few photos that will prove the above Law to be correct! These photos are shocking and they need to be, so we will be motivated to enforce the Law!

I would suggest that each referee takes a copy and the next time players protest at the removing of jewellery flash them one or all of the following photos!
I am led to believe that the below finger was taped?



A Referees Guide to Hamstring Injuries

Introduction

The big group of muscles and tendons in the back of the thigh are commonly called the *hamstrings*. Injuries in this powerful muscle group are common, especially in athletes. Hamstring injuries happen to all types of athletes, from Olympic sprinters to all sports players.

Though these injuries can be very painful, they will usually heal on their own. But for an injured hamstring to return to full function, it needs special attention and a specially designed rehabilitation program.

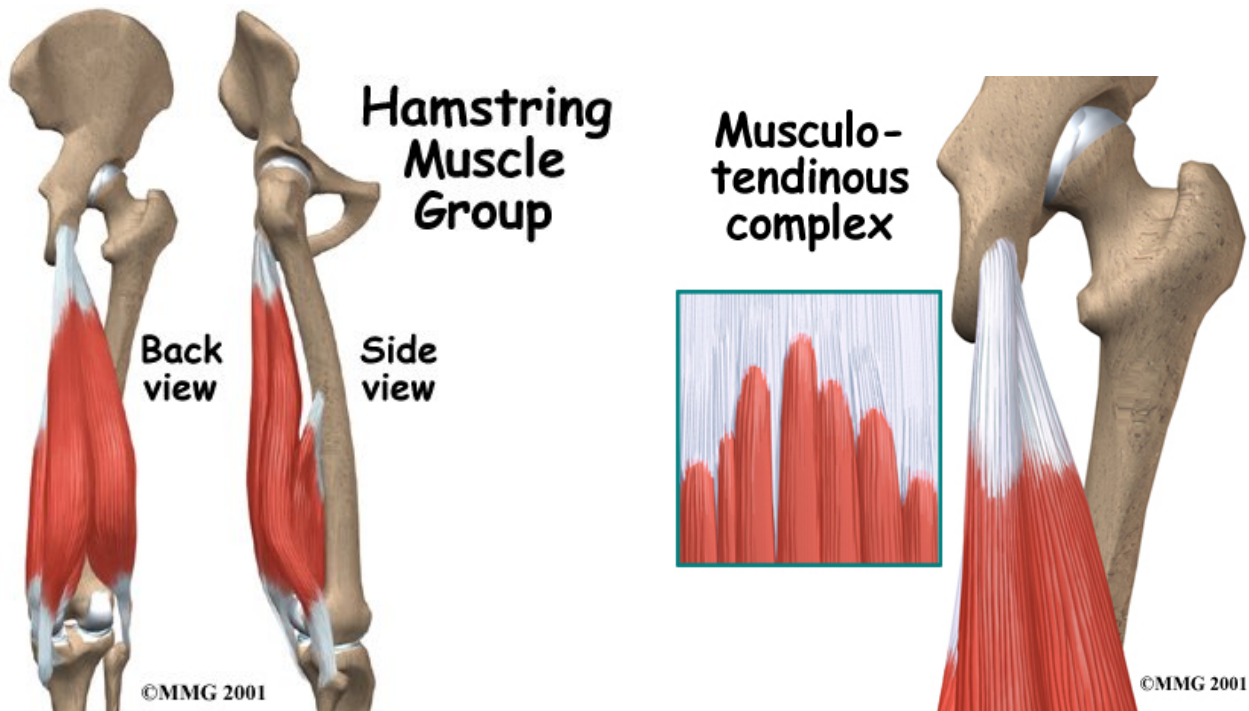
Anatomy

Where are the hamstrings, and what do they do?

The hamstrings make up the bulk in back of the thigh. They are formed by three muscles and their tendons. The hamstrings connect to the *ischial tuberosity*, the small bony projection on the bottom of the pelvis, just below the buttocks. (There is one ischial tuberosity on the left and one on the right.) The hamstring muscles run down the back of the thigh. Their tendons cross the knee joint and connect on each side of the shinbone (*tibia*).

The hamstrings function by pulling the leg backward and by propelling the body forward while walking or running. This is called *hip extension*. The hamstrings also bend the knees, a motion called *knee flexion*.

Most hamstring injuries occur in the *musculotendinous complex*. This is the area where the muscles and tendons join. (*Tendons* are bands of tissue that connect muscles to bones.) The hamstring has a large musculotendinous complex, which partly explains why hamstring injuries are so common.



When the hamstring is injured, the fibres of the muscles or tendon are actually torn. The body responds to the damage by producing enzymes and other body chemicals at the site of the injury. These chemicals produce the symptoms of swelling and pain.

In a severe injury, the small blood vessels in the muscle can be torn as well. This results in bleeding into the muscle tissue. Until these small blood vessels can repair themselves, less blood can flow to the area. With this reduced blood flow, the muscles cannot begin to heal.

The chemicals that are produced and the blood clotting are your body's way of healing itself. Your body heals the muscle by rebuilding the muscle tissue and by forming scar tissue. Carefully stretching and exercising your injured muscle helps maximize the building of muscle tissue as you heal.

In rare cases, an injury can cause the muscle and tendons to tear away from the bone. This happens most often where the hamstring tendons attach to the ischial tuberosity. These tears, called avulsions, sometimes require surgery.

Causes

How do hamstring injuries occur?

Hamstring injuries happen when the muscles are stretched too far. Sprinting and other fast or twisting motions with the legs are the major cause of hamstring injuries. Hamstring injuries most often occur in running, jumping, and kicking sports. Water skiing, dancing, weight lifting, and ice skating also cause frequent hamstring injuries. These sports are also more likely to cause avulsions.

The major factors in hamstring injuries are low levels of fitness and poor flexibility. Children very seldom suffer hamstring injuries, probably because they are so flexible. Muscle fatigue and not warming up properly can contribute to hamstring injuries.

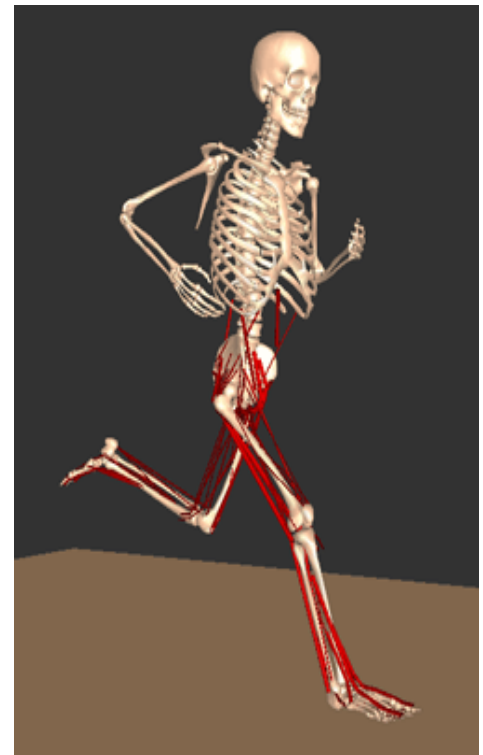
Imbalances in the strength of different leg muscles can lead to hamstring injuries. The hamstring muscles of one leg may be much stronger than the other leg, or the quadriceps muscles on the front of the thigh may overpower the hamstrings.

Symptoms

What does a hamstring injury feel like?

Hamstring injuries usually occur during heavy exercise. In especially bad cases, an athlete may suddenly hear a pop and fall to the ground. The athlete may be able to walk with only mild pain even in a severe injury. But taking part in strenuous exercise will be impossible, and the pain will continue.

In less severe cases, athletes notice a tight feeling or a pulling in their hamstring that slows them down. This type of hamstring injury often turns into a long-lasting problem.



The hamstring may be pulled, partially torn, or completely torn. The injury can happen at the musculotendinous junction, within the muscle, or where the tendon connects on the ischial tuberosity (avulsion). In the rare case of a complete tear, the pain is excruciating. The torn tissues may form a hard bunch in the back of the thigh when the leg is bent. The skin may also bruise, turning purple from bleeding under the skin. This is not necessarily dangerous but can look somewhat alarming.

Nonsurgical Treatment

It is very important to treat and rehabilitate your hamstring injury correctly. Incomplete or improper healing makes re-injury much more likely.

For the first three to five days after the injury, the main goal of treatment is to control the swelling, pain, and hemorrhage (bleeding). Hamstring injuries are initially treated using the *RICE* method. RICE stands for rest, ice, compression, and elevation.

Rest

Rest is critical. Your doctor may recommend a short period (up to one week) of immobilization. Severe tears may require a longer period of rest. This may mean you spend most of your time lying down. You may need to use crutches to get around. If you put too much weight on your hamstring after an injury, more damage may occur and more scar tissue may form.

Ice

Ice applied to the injured hamstring controls swelling and pain but doesn't stop it completely. This is important because your body's inflammatory response actually helps your muscles heal. Cold treatments slow the metabolism and blood flow in the area. Cold also reduces your sensations of pain by numbing the nerves. And experiencing less pain helps you relax, reducing muscle spasms.

A plastic bag full of ice cubes or crushed ice, held on with an elastic bandage, is the most effective type of cold treatment. The ice should be kept on the injury for 20 to 30 minutes. You can also use cold gel packs, chipped ice, or cold sprays. Cold treatments should be repeated at least four times a day for the first two to three days. They can be done as often as every two hours if needed.

Compression

Compression can help reduce the bleeding in your muscle to limit swelling and scarring. To apply compression, your doctor may suggest that you wrap your hamstring firmly in an elastic bandage. It is unclear exactly how effective compression is in hamstring injuries, but patients often report having less pain with the wrap.

Elevation

Elevation can help reduce swelling. It also keeps your leg immobilized. The key to elevation is to raise and support the injured body part above the level of the heart. In the case of a hamstring injury, this requires lying down and supporting the leg up on pillows.



A Complete Avulsion or Tear

FROM THE SHERIFF (Discover Your Level of Incompetence!)

From the Chronicles of the Sheriff who always gets his man/women each Monday night!

His eyes sweep to and fro across all fields of play, his mind sharp as his pencil, his motto: "All reports are published without mercy, all are guilty, all are fined, and none are found innocent!"



Sheriff Perry Topsett

- Wayne Buchanan was nearly dropped when a football (during a game) whacked him in the head. You could tell where it hit him by the mud left on his cap! He failed to fall into a pool of mud by a large player who was strong enough to hold him up – Wayne recovered enough (after a few minutes) to finish the game – YET TO BE FINED – DOUBLE FINE – WEARING A CAP AS WELL!

The sheriff reports to Full Time:

- Neil Fox, while in control of an international game lost his whistle! At the start of the second half, while waiting for substitutions Mr Fox happened upon his lost whistle that was gratefully recovered.
- Renee Sylvester, during her first international game as AR, lost her flag off her...*flag* and was left with a stick in her hand to *flag* off side!
- Trevor Bradford was seen in control of a game on his birthday!
- David Squires gave a record, 11 yellow cards in one game, including a number of reds to make a balanced bouquet of colour! That's not all! He send the coach to the car park as the crowning display of who really is in control of a game of football!

For all scandalous news, gossip, stuff ups, flag, whistle dropping, tripping over, forgetting the Laws, loosing clothes, watches, car keys, or simply not even turning up to do an appointed game; call the Sheriff Perry Topsett - satisfaction guaranteed!

Phone: 09 636 9616 or see the Sheriff on Monday nights.
All fines go towards the Social Funds of the Federation.

REFEREE CARDS

For those who would simply like a choice, please receive another model of the referee's card used for wet weather. The following Cards are actual size! One per page.

WHITE CARD

The first card is one side of the white card: RANK = the standing of the team. Simply tick a box after the toss. A number of youth referees have games of different durations.

<u>HOME Team</u>		<u>COLOUR</u>			<u>DURATION</u>		
					<u>KO 1ST 1/2</u>		
					<u>KO 2ND 1/2</u>		
<u>RANK</u>	<u>PENALTY</u>	<u>TEAM CARD</u>			<u>WON TOSS</u> <u>CHOOSE GOAL</u>		
					<u>LOSS TOSS</u> <u>KICK OFF</u>		
<u>GOALS</u>							
<u>PLAYER NO</u>							
<u>SUBS</u>		<u>ON</u>			<u>OFF</u>		
1							
2							
3							
4							
5							
<u>VERBAL WARNING</u>		<u>CAUTIONS</u>			<u>SENDING OFF</u>		

The next card is for the reverse side of the white card. Print onto a white card stick back on back

The white card is made bigger than the yellow and red and is place in the back pocket. Each referee has their design for which card goes into what pocket.

REVERSE SIDE OF WHITE CARD

<u>AWAY Team</u>		<u>COLOUR</u>			<u>DURATION</u>		
					<u>KO 1ST 1/2</u>		
					<u>KO 2ND 1/2</u>		
<u>RANK</u>	<u>PENALTY</u>	<u>TEAM CARD</u>			<u>WON TOSS</u> <u>CHOOSE GOAL</u>		
					<u>LOSS TOSS</u> <u>KICK OFF</u>		
<u>GOALS</u>							
<u>PLAYER NO</u>							
<u>SUBS</u>		<u>ON</u>			<u>OFF</u>		
1							
2							
3							
4							
5							
<u>VERBAL WARNING</u>		<u>CAUTIONS</u>			<u>SENDING OFF</u>		

Full Time!

YELLOW CARD

Print the following on yellow card; INFR = Number the Infringement. No = Number of Shirt.

<u>HOME Team</u> <u>NAME:</u>	<u>No</u>	<u>TIME</u>	<u>INFR</u>
<u>CAUTIONABLE OFFENCES</u> 1. Is Guilty of Unsporting Behaviour 2. Shows dissent by word or action 3. Persistently infringes the laws Of the game 4. Delays the restart of play			

With the infringements written on the booking cards the referee can show the player being booked the infringement he/she has incurred.

Reverse Side of the Yellow Card

<u>AWAY Team</u> <u>NAME:</u>	<u>No</u>	<u>TIME</u>	<u>INFR</u>
<p>5. Fails to respect the required distance When play is restarted with a corner Kick or free kick</p> <p>6. Enters or Re-enters the field of play without The referee's permission</p> <p>7. Deliberately leaves the field of play without The referee's permission</p>			

Print onto a yellow card stick back on back

RED CARD

<u>HOME Team</u> <u>NAME:</u>	<u>No</u>	<u>TIME</u>	<u>INFR</u>
<p>SENDING-OFF OFFENCES</p> <ol style="list-style-type: none"> 1. Is guilty of serious foul play. 2. Is guilty of violent conduct. 3. Spits at an opponent or another 4. Denies an opponent a goal or An obvious goal-scoring opportunity by Hand ball 			

Reverse Side of the RED Card

<u>AWAY Team</u> <u>NAME:</u>	<u>No</u>	<u>TIME</u>	<u>INFR</u>
<p>5. Denies an obvious goal-scoring Opportunity to an opponent Moving towards the player's goal By an offence punishable by A free kick or a penalty kick</p> <p>6. Uses offensive, insulting or Abusive language.</p> <p>7. Receives a second caution in The same match</p>			

Print onto a Red card, stick back on back then go to The Stationary Warehouse and for \$3.00 get all the cards laminated. Buy a Sharpie permanent marker pen. The Editor has tried and proved the above cards and it is a great help in wet weather.

When I have booked players and after taking their details, I then show them my normal blank card, yellow or red.

MOST IMPORTANT MEETING!!

Coaching Night at United Soccer One: Monday July 16th Referees meeting at Sports House North Harbour Stadium
(Drive in the main gate second building on the right – dark brown building)
The meeting will start at 7.30pm

Be Part of Full Time

Anything you want to see in 'Full Time' be it a piece you would like to add, a funny moment you wish to share or points of law that you want clarified. Be part of Full time by sending you contribution to Wayne Buchanan

companyb@xtra.co.nz or see Wayne most Monday nights.

If you know of referees that do not have email or cannot receive this newsletter then please let the RDO know – Alexandria has a list of members who prefer to have the magazine posted.

REFS MEET

Apart from the above meeting

Monday night meetings: Grafton United Clubrooms at Victoria Park 7:30PM