



March 2008

## WELCOME TO 2008 SEASON

**Stephen Budai Chairman Auckland Football Federation Referees Centre**

As chairman of the Referees Executive Committee, I express a very warm welcome to all referees to our federation for the new season, especially new members to the federation who may be experiencing their first season with us both as new referees and for referees who have transferred from other associations.

In every new season we are always faced with many changes and new challenges, 2008 is of no exception!

This year, we have had to say farewell to our beloved Alexandria and I wish to express to her family and friends our deepest condolences and heart felt thanks for an amazing contribution that Alexandria made to our federation and to each and every referee who had the privilege to be trained and encourage by her.

I also feel that because Alexandria is no longer with us, we start our 2008 season with a sense of grief, a sense of uneasiness, which may be misinterpreted as an unbearable change, although such feelings are justified, it may cause some referees to have a change of heart or passion towards their contribution to Football.

I wish to encourage each referee to embrace the changes we have no power over and to maintain the vision and commitment that Alexandria would expect from all of us!

The good news is that after due process, the Referee Centre of our federation has a new RDO, in Paul Smith. I wish to congratulate and thank Paul for bringing impeccable credentials and world standard experiences to us and we look forward to many of the changes and challenges he will bring to us in developing all referees into the best we can be!

I wish to thank Ian Hiscox for his hard work over the last few months in keeping referees informed of fitness programs and acting as Appointee for many of the summer games and tournaments.

May I encourage all referees to maintain skills in the Laws of the Games, fitness and confidence in all accepts of the game, through such skills all of us will experience an increase of enjoyment of being a football referee, after all, it is the enjoyment of the game that is our motivation to getting our there every opportunity we get.

A key component to maintaining our skills is to attend our Monday night coaching programme throughout the season. We have an excellent line up of guest speakers specialising in their respective subjects. Monday nights are also a great time to catch up with other referees and to de-brief and share the highs and lows of the previous games!

Have a great 2008 season!



**Stephen Budai**

# INTRODUCING PAUL SMITH: RDO

In introducing Paul Smith one needs to take a breath and realise that Paul's contribution to football as a referee is considerable:



Paul Smith

1981	Auckland Soccer Referees Assn – joined Junior Football – Women's Football – Senior
Lines 1988 Referee	National Secondary Schools Tournament Final –
1989	Senior Football – Northern League 3 <sup>rd</sup> /4 <sup>th</sup> Division - Referee
1989	New Zealand Metal Badge No 998 Northern League 2 <sup>nd</sup> Division-Referee
1990	National League 4 <sup>th</sup> Official
1991	National Secondary Schools Tournament Final – Referee
1992	Northern League 1 <sup>st</sup> Division – Referee
1993	Super League Reserve Referee
1994	Northern League 1 <sup>st</sup> Division – Referee
1995	Northern League Premier League – Referee
1996	National League Assistant Referee
1997	FIFA Assistant Referee
1997	FIFA OFC World Cup Qualifiers – Australia
1997	FIFA Confederations Cup – Saudi Arabia
1999	FIFA OFC U17 Championship Qualifiers – Fiji
1999	FIFA U17 World Cup Championships – New Zealand (Final - Assistant Referee)
1999/2002	Australian National Soccer League – Assistant Referee
2000	Chatham Cup Final – Assistant Referee
2000	OFC Nations Cup – Tahiti
2001	FIFA OFC World Club Champions Qualifiers – Papua New Guinea
2001	FIFA OFC World Cup Qualifiers – Fiji
2001	Chatham Cup Final – Assistant Referee
2002	Chatham Cup Final – Assistant Referee
2002	FIFA World Cup Finals Japan/Korea – Assistant Referee – 3 games
2004	Retired as active referee 25.09.04
1997-2002	New Zealand Soccer Assistant Referee of the Year
2003	Obtained New Zealand Football Level 1 Inspectors Certificate
2004	FIFA Referee Instructors Course and qualification – Fiji
2006	FIFA Referee Instructors Refresher Course – New Zealand
2003- 2007	New Zealand Football Referees Committee – Delegate 2003/4 – Auckland Football 2005/6/7 - United Soccer1
2005	Northern Federations Referees Regional Board
2006/7	Northern Federations Soccer League Appointments Panel

Paul will begin his full time job as RDO on the 7<sup>th</sup> of April. Paul has been working for New Zealand Football in the Financial Department, responsible for the match fees for all national referee teams.

"I am very excited about becoming RDO and count it a privilege of having a job that I love doing and I can't wait to start!"

Paul believes that since football refereeing has given him so much, becoming RDO will give him the opportunity to give back to the game in developing referees.

"In this regard I have come full circle and I am happy to give what every expertise I have to the referees that I will be developing."

Speaking of Alexandra and what she achieved in her role of RDO, Paul says, "I have some very big shoes to fill, but I believe that once I find my stride, I will be able to take referee development into new and fresh areas that will greatly benefit all the referees in the federation."

One of the visions that Paul has is to be able to use referees in their location for the training of new referees as and when people wish to become referees.

Paul also adds, "When FIFA has finished with up grading the presentation of the Laws of the Game and reprints in a new format, I wish to be able to ensure each referee has a copy."

In the meantime, before Paul starts as RDO, he is having a holiday break and will be away from the 26<sup>th</sup> March until his starting date in April.

## LEVEL TWO REFEREE COURSE DECEMBER 07



# MONDAY NIGHT COACHING FOR 2008

## Coaching Programme 2008

March	10	AGM 2006 & 2007	Stephen Budai / Mark Fletcher
	10	Law Changes and Update on Federation Situation	Ian Hiscox
	17	Fouls & Misconducts/Recognition	Ken Wallace
	21	Good Friday	
	24	Easter Monday	
	31	(outdoor) Positioning	Neil Fox
April	7	Mentors / Mentees	Craig Borland
	14	The Finer Points of the Off Side Law	Nick Waldron
	21	Handling Penalties & Wall Situations	Chris Kerr
	25	Anzac Day	
	28	Man Management / Duties of the Fourth Official	Kevin Stoltenkamp
May	5	Injury Identification & Nutrition	Dave Sorell TBC
	5	Match Preparation & Personal Kit	Chris Kerr
	19	US1 Visit."Advantage"	Nick Waldron
	26	Assistant Referee & Hand Ball / Ball in and out	Jan Hintz
June	6	Queens Birthday	
	9	Law 12 Dealing with Misconducts / Reports	Jan Hendrik Hintz
	23	Communication / Concentration	Stephen Budai
July	7	Fitness & Criteria for all levels	Mike Hester
	21	Exchange to US1 Subject TBC	TBC
August	4	TBC	TBC
	18	Coaches & Inspectors Panel	Select Coaches
September	15	Presidents Shout	Stephen Budai
October	11	Prize Giving and End of Year Function	Venue TBC

# REFEREES GUIDE TO GROIN INJURY

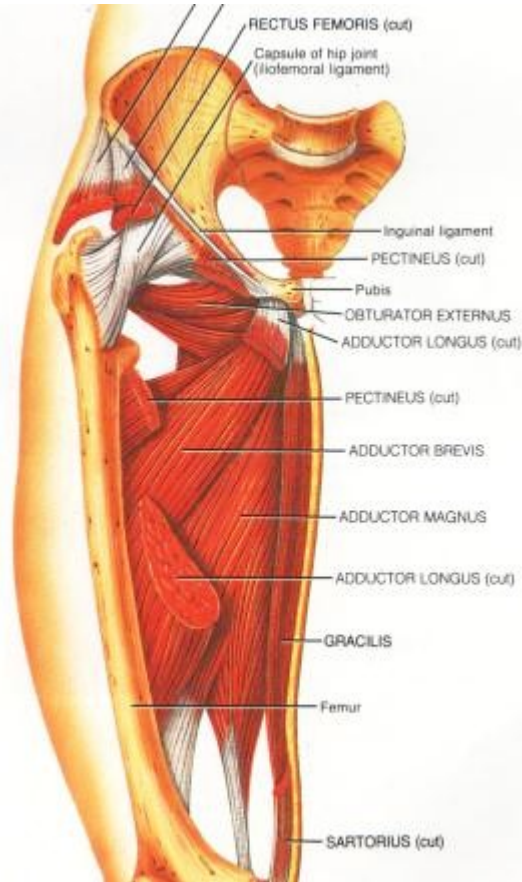
## What is a Groin Pull?

Depending on the severity, a groin pull can range from a slight stretching, to a complete rupture of the muscles that attach the pubic (pelvis) bone to the thigh (femur) bone.

A groin pull or strain specifically affects the "Adductor" muscles. (Adductor; meaning, moves part closer to the midline, or middle of the body) These muscles are located on the inside of the thigh, and help to bring the legs together.

The adductor muscles consist of "Adductor Brevis", "Adductor Magnus" and "Adductor Longus," all of which are displayed in the picture to the right. Adductor Longus has been cut to display the muscles underneath.

Of these three, it is Adductor Longus that is most susceptible to injury, and the most common place of injury on Adductor Longus is the point at which the muscle and tendon attach to the femur (thigh) bone.



## What Causes a Groin Pull?

Competitors that participate in sports that require a lot of running or rapid change in direction are most susceptible to groin injuries. Other activities like kicking, jumping and rapid acceleration or deceleration also place a lot of strain on the groin muscles.

Another activity that puts a lot of strain on the groin is any movement that results in a sudden pressure being applied. Such as a fall, landing awkwardly, twisting, or bending while stress is applied to the groin muscles.

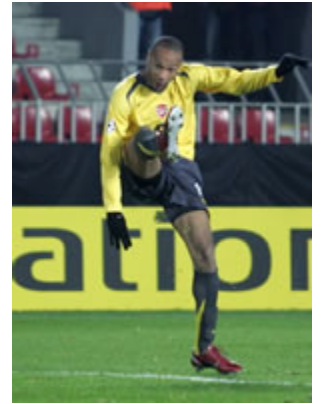


## How to Prevent a Groin Pull?

The basis of prevention comes down to two simple factors. A thorough warm-up and physical conditioning, ie: flexibility & strength.

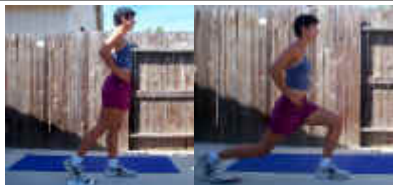
Firstly, a thorough and correct warm up will help to prepare the muscles and tendons for any activity to come.

Secondly, flexible muscles and tendons are extremely important in the prevention of most strain or sprain injuries. When muscles and tendons are tight and stiff, it is quite easy for those muscles and tendons to be pushed beyond their natural range of movement, which can cause strains, sprains, and pulled muscles. To keep your muscles and tendons flexible and supple, it is important to undertake a structured stretching routine. And thirdly, strengthening and conditioning the muscles of the groin will also help to prevent groin strain.



### **Side Lunge Slide**

Stand with feet hip-width apart, left foot resting on a paper plate. Bend the right leg while sliding the left foot to the side, torso upright and abs in. Slowly slide left foot back to starting position, repeating 8-12 times. Switch legs and repeat for 2-3 sets.



### **Lunge Slide**

Stand with feet hip-width apart, left foot resting on a paper plate. Bend the right leg while sliding the left foot back into a lunge position, keeping the right knee behind the toe, torso upright and abs in. Slowly slide left foot back to starting position and repeat 8-12 times. Switch legs and repeat on each leg for 2-3 sets.



### **Front One-Legged Squat**

Stand on a step or small platform. Lift left leg out in front of step and bend the right leg, bringing the toe of the left foot to the floor. Touch the floor lightly and keep the knee of the bent leg in line with toes. Straighten the right leg and repeat 8-12 times. Switch legs and repeat for 2-3 sets.



### **Chair Squat**

Stand in front of a chair with feet hip-width apart, abs in and torso straight. Slowly bend your knees and lower and until you're almost touching your butt to the chair. Hold for 2-3 seconds, knees behind the toes, and straighten. Repeat for 12-16 reps, 2-3 sets.

### **Heel Drops with Leg Extension**

Stand on step or platform with left leg on the step, right leg hanging off the side. Bend the left leg and lower the right foot towards the floor (a few inches). Straighten the left leg and bring the right leg out to the side, foot flexed, in a leg extension. Repeat 8-12 times; switch legs for 2-3 sets.





#### **Hip Extension**

On a flat or inclined step or platform, lie facedown with hips on the edge of the step, legs straight out behind you with toes resting lightly on the floor. Squeeze the glutes and hamstrings and straighten the legs until they are level with the hips. Hold for 2-3 seconds, and lower letting toes lightly touch the floor. Repeat for 2-3 sets of 8-12 repetitions.

## **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!"

- Nick Waldron: – Taruranga game: The game program printed his name *Neville Waldron* - must be called Nev from now on!
- Plus: 'Nev' ate all the Easter eggs given to the ref team and refused to allow his team of ARs to have any, "you guys have a game!"
- Pat Barrett: AR for the above game forgot his shorts – left them in Auckland!
- Neil Fox: had a domestic with Lynn as he was putting on Lynn's track suit insisting it was his!
- Steve Budai: Chair person of the Federation, opening the AGM for 2008 asked for every one to have their mobile phones off only that it was his phone that rang during the meeting!
- Plus the Sheriff would like to thank Chris Kerr for the above information.

**The Sheriff will be looking to fine these people at the next opportune meeting!**



**Perry Tompsett**

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

### "SET PIECES' – C.O.R.N.E.R. KICKS.

*More 'set-piece' advice by Julian Carosi.*

Each 'set-piece', if successfully managed, will result in the referee maintaining control. One of the first aims of every referee should be to use 'best-practice' techniques when managing 'set-pieces'.

Once the standard 'set-piece' techniques have been mastered, the players' confidence in the referee will rise, and they will more readily accept those awkward (non-set-piece) match-changing decisions, which seem to crop up in nearly every game. Subsequently, the referee will feel more confident, in the knowledge that at least he has a structured way to deal with the majority of situations in a game of football.

**Communicate: Oversee proceedings: Repositioning: Never: Expect anything: Review: = C.O.R.N.E.R**

**Communicate:** When a corner kick decision is disputed, the closer you are to the goal line, the greater credibility you will have, and the easier it will be for you to sell your decision to those who disagree. This is particularly important, when tempers are frayed or the game is highly competitive. Unless there is any doubt in the decision, there is no need to make an auditable signal (i.e. using whistle or voice) when awarding a corner kick. But it is prudent to use an arm signal on most occasions, as this will convey your decision to those who may be watching the game from a distance. The arm should be raised at a high angle, pointing towards the corner flag position where the kick should be taken. Try and make the arm elevation, different to that used when indicating a throw-in, where the angle of the raised arm can be significantly less. The aim of any visual signalling is to convey the correct decision without putting doubt in the onlookers' minds. In short, the arm signals used to indicate a throw-in, goal kick, corner kick, free kick etc, should be significantly different to each other. This way, players soon recognise which decision has been made; and this in turn adds to the enjoyment, flow and control of the game. The sternness, with which you deliver your signal, will need to be increased if dissent is expected. In other words, it's no good using feeble communication when a decision is disputed; a much stronger confident stance is required in such cases!

In all cases, when a referee awards a corner kick, the Assistant Referee will play a significant part towards the final decision. It is important therefore, that prior to signalling for a corner kick, the Referee should always look over to his active Assistant Referee for confirmation. This will minimise those embarrassing occasions when the Referee awards a corner kick, but the Assistant Referee has flagged for an offside or a goal kick instead! When an Assistant Referee signals for a corner kick, the chances are, that he will already be looking at you (the Referee), so take this opportunity to offer a subtle 'thumbs up' signal to thank him for his involvement.

**Oversee proceedings:** A corner kick restart is the ideal place for opponents to have a niggly at each other. The closeness of opponents, the potential outcome, and the constricted space, all add up to creating a situation where trouble can quickly breed if it is not curbed immediately. One of the first considerations for a Referee is therefore to be proactive in quelling conflict. To do this, you must keep a wary eye on protagonists and react instantly. If you identify a potential trouble spot before the

corner kick has taken place, blow your whistle hard and use strong vocal and arm signals to delay the kick. Move in quickly to sort out perpetrators by asking them to behave themselves, and then move back out swiftly to your monitoring position (which could now be adjusted accordingly to provide a better viewpoint of the new trouble area). Imagine yourself on the end of a bungee rope; the idea being to deal with the situation quickly and return to your starting point in a matter of seconds! Try and deal with problems before the kick takes place, rather than having to stop play after the ball has been kicked. Reacting swiftly to curb trouble, imparts a clear message to players that you expect them to contest future corner kicks without the need for rebellious conduct!

**Repositioning:** Corner kick positioning seems to be the most argued about restart in terms of where the Referee is best placed to monitor proceedings. To begin with, let's look at where NOT to stand!

Consider the central space the width of the goal area, extending out to the breadth of the penalty arc. This area is where the ball is most likely to be delivered to (or travel across) when a corner kick is taken. There is a great danger for the Referee, if he stands in this area, because he is very likely to get in the way of players, and is in danger of having the ball deflect off him to the advantage of one team or another. For ease of reference, let's call this the 'no-go' area. Another contentious position, is to stand either on the goal line, or behind the goal net itself. Whilst there is some benefit in being able to monitor if a goal has been scored or not from these positions (particularly when Club Assistant Referees are being used), their extreme locations leave the Referee floundering should the ball break away quickly to the other end of the field.

The crux of astute corner kick positioning should be based on a compromise, resulting in an optimum starting point that allows a Referee to adjust his position to give him the best chance of reaching and monitoring any point on the field of play once the corner kick has been taken. In short, a Referee should take a conservative view of positioning, and not place himself on the extremes where he can soon become isolated away from the (second phase) play area.

There is no correct place to stand when a corner kick is taking place. There are so many possibilities that can happen when the ball is delivered, it would be impossible to have a single standard position. But there are some benefits to adhering to a consistent starting point as the corner kick is being prepared. The first consideration for a Referee is to have the drop-zone play area (the penalty area) between himself and his active Assistant Referee. Therefore, the modern Referee uses a starting point on the outside edge of the penalty arc furthest away from his active Assistant Referee. This starting position remains roughly the same whether the corner kick is taken on the right or the left corner flag. This allows the Referee to face his Assistant Referee and increases the chances of seeing any flag signals as play develops. It also allows the Referee the widest and clearest angle of view to monitor and deal with opponents who are niggling at each other. It is also the best position to allow the Referee to move into new locations without bumping into players or having to run through them! Finally, the position on the edge of the penalty arc is the optimum starting point to monitor the second phase of play as it develops (wherever it develops).

The important part of Referee positioning at corner kicks is to be able to read the game and anticipate where the ball is likely to travel. As soon as the ball is delivered, the Referee should adjust his position to gain the best vantage point; but not by

running through or into the 'no-go' area unless there is a desperate need to.

**To summarise:** There is no correct place to stand at corner kicks, but there is great benefit in adopting a consistent starting position on the edge of the penalty arc that allows you the best chance of adapting to all possible outcomes.

**Never:** There are several things that a Referee should never do whilst monitoring a corner kick: Turn his back on his active Assistant Referee; blow his whistle every time a corner kick is awarded; fail to take any notice of his Assistant Referee; give weak whistle or arm signals; stand where there is a danger of the ball (or players) colliding with him; ignore barging and shirt pulling between players as they jostle for position before the kick takes place; remain static whilst the ball is in the air; allow the ball to be placed outside of the corner arc; ignore encroachment towards the ball by opponents before the kick has taken place; ignore time wasting tactics; allow the corner flag to be removed or bent out of the way; allow dissent to fester when a decision is disputed etc.

**Expect anything:** Because there is a heightened potential of a goal immediately being scored, the monitoring of a corner kick is one of the tensest restarts that a Referee will have to deal with during a game. It is therefore important, that a Referee's involvement and concentration is at its highest level during these periods. Whilst a Referee can relax a little during the taking of a throw-in or a goal kick, he should increase his state of alertness during corner kicks. There are three stages to consider. Firstly, the Referee must deal swiftly with any infringements occurring whilst the kick is being set up. Secondly, the Referee must be alert to antics as the ball is making its way into the penalty area; and finally, the Referee must be prepared to react competently with the outcome of the corner kick. And this can range from dealing with irate defenders after a disputed goal is awarded, to being able to sprint to the other end of the field of play to award another corner kick! Astute Referees will raise their levels of concentration and involvement during a corner kick, They will be on their toes in readiness to react to all possibilities, and they will place themselves in an advantageous positions that allow them the best possible chance of coping with all subsequent developments (and not just with the monitoring of the goal line!)

**Review:** As a game progresses, the Referee will subconsciously gather and review general information, such as which player is able to kick the ball furthest, which player is the most skilful, the tactics being used by each team, how proficient each goalkeeper is, whether a player is left or right footed, and the levels of sportsmanship of each team etc. All of this information, along with the pattern of previous corner kicks, will give the Referee useful information that he can use to his benefit. For example, if a player, who is able to kick the ball a long way, takes a corner kick, it is possible to anticipate with some degree of accuracy, where the ball is most likely to be delivered. This allows the Referee to adjust his position to give a better angle of view of the drop-zone (where the ball will land). If a left footed player takes a corner kick on the right hand corner flag, the trajectory of the ball will swing in a curve towards the goal. If a player with a weak kick takes a corner kick, the ball is likely only to reach the near goal post; in this case, the Referee can adjust his position to give a greater angle of view of this area (rather than stay on the far side of the penalty where his view will be obscured by many players). To aid a Referees ability to make the most use of these types of information, he should try to consciously make a note as the game progresses, rather than rely on his unconscious mechanism. He can do this by simply saying to himself (for example), 'The red No. 6 has a long kick'. This

increases the chance of this information becoming useful should the Red No. 6 take corner kick, or any other restart kick.

Ex-FIFA Referee Collina, took this concept to the extremes; prior to games, he walked the stadium just to get the smell of it! In short, if you can force yourself to consciously tune into the information that your radar will receive when you are officiating (rather than discounting it) the better Referee you will become.

*Regards, Julian Carosi.*

## **Mark Fletcher reports on a visit to a doctor we all wish was ours!**

**I DON'T KNOW THE DOCTOR WHO WROTE THIS, BUT I LIKE HIM! HEALTH QUESTION & ANSWER SESSION**

**Q: I've heard that cardiovascular exercise can prolong life; is this true?**

**A: Your heart is only good for so many beats, and that's it... don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.**

**Q: Should I cut down on meat and eat more fruits and vegetables?**

**A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.**

**Q: Should I reduce my alcohol intake?**

**A: No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!**

**Q: How can I calculate my body/fat ratio?**

**A: Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.**

**Q: What are some of the advantages of participating in a regular exercise program?**

**A: Can't think of a single one, sorry. My philosophy is: No Pain...Good!**

**Q: Aren't fried foods bad for you?**

**A: YOU'RE NOT LISTENING!!!. Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?**

**Q: Will sit-ups help prevent me from getting a little soft around the middle?**

**A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.**

**Q: Is chocolate bad for me?**

**A: Are you crazy? HELLO..... Cocoa beans! Another vegetable!!! It's the best feel-good food around!**

**Q: Is swimming good for your figure?**

**A: If swimming is good for your figure, explain whales to me.**

**Q: Is getting in-shape important for my lifestyle?**

**A: Hey! 'Round' is a shape! Well, I hope this has cleared up any misconceptions you may have had about food and diets. And remember: "Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other - body thoroughly used up, totally worn out, and screaming "WOO HOO, What a Ride!" Always take a chance in life, the end result may not always be what you hoped for but that's fine. At least, you will never go through life wondering what if... and only if...**

## **YOUTH LEAGUE OFFICIALS WERE:**

### **Referees**

Wayne Scott  
Zac Naylor  
Nigel Frost  
Andrew Caie

### **Asst Referees**

Isaac Robinson  
Ben Fairweather  
Robbie Fletcher  
Simon Lount

### **Coaches**

Gary Keegan  
Ian Hiscox  
Stephanie Brown

## **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**

**[wayne@goodnews.org.nz](mailto:wayne@goodnews.org.nz) or see Wayne most Monday nights.**

**If you have not received Full Time report of Alexandria's farewell please ask Mark Fletcher to email it out to you.**

Throughout 2007 Full Time has highlighted a number of injuries that can occur when refereeing a game. If you missed these newsletters please contact Mark Fletcher who will email back issues of Full Time.

## REFS MEET

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