

CAPITAL REFEREE

Seventh Edition – Summer 2004



COUNTY ON THE MOVE!



Aldworth Grove, the home of the London FA office since 1981, is no longer big enough to accommodate the staff working there. Larger premises (pictured left) have therefore been acquired. After 23rd August 2004 the new office address will be:-

London Football Association Limited
11 Hurlingham Business Park, Sullivan Road
Fulham, London SW6 3DU

There is no spelling mistake in the address given above: it should indeed be Sullivan Road, not Sullivan Road!

Please ensure that you use the new address for correspondence following the move instead of the Aldworth Grove address.

The main switchboard telephone number of the new office will still be 0870-774 3010. The fax number will however change.

The main contact person at the office for refereeing matters is Andy Porter. His e-mail address remains **andy.porter@londonfa.com** but his direct line telephone number of 020-8314 0559 is no longer operational.

It is hoped that the service provided by the office will be disrupted as little as possible by the move. The new premises have facilities for meetings and therefore some training sessions, personal hearings, etc., may be held there in future.

CONTENTS

By far the most important news in this edition is the relocation of the office with the associated change of the office fax number, as already mentioned. There is however a lot more news for us to bring to you.

The amendments to the Laws of the Game and to the International Board Decisions have now been publicised. A few words are said about them.



The FA Challenge Vase Final in May was refereed by a London FA official: we pay tribute to the colleague honoured with this appointment on this and on his other achievements. Congratulations are also extended to two London FA referees whose achievements have been recognised by appointments to an international match. This is also the time of the year when the names of successful promotion candidates are known: we confirm the identities

of the LFA officials who will be starting the new season on a higher rung of the refereeing ladder.

We review the results of the various refereeing initiatives undertaken in London over the last couple years. Recent key developments in respect of some of those initiatives are mentioned. Contact details are as usual provided for the people leading the various teams working on these issues.

An update is given on the progress being made with “FUTSAL”, the concept of which was introduced in the Autumn 2003 edition of “Capital Referee”.

Annual referees’ registrations should have been renewed with the County by 31st May 2004: action that must be taken by the people who have yet to re-join the Association is outlined.

Special features include reports on changes to the procedures for County FA’s to nominate officials for certain FA appointments, on physical fitness and on the treatment of injuries. Details are also given of London FA’s new role in making certain appointments to games at Premier League Academies and Football League Schools of Excellence.

Major new initiatives are being implemented by the FA in connection with child protection awareness training, Criminal Records Bureau checks and vocationally-related qualifications for referees. The practical consequences for London FA officials are summarised.

The customary round up of planned In-Service Training Courses is provided, along with events organised by Referees' Societies and by FAMOA.

Please contact the LFA office if you have any queries about any issues covered in this newsletter.

ENCLOSURES

A leaflet about the Law Changes and about the new Directives which should to be applied when the 2004/05 season begins is supplied, together with a memorandum clarifying the amendment relating to substitutions. Full details have also been circulated to all referees by the FA in the June 2004 edition of "FAMOA Journal" and were discussed at the FAMOA Development Days held during the summer. Any other queries about these matters should be raised at meetings of Referees' Societies. Additional guidance has been issued by the FA on (a) the inspection of footwear and jewellery and (b) cautioning players who remove their jerseys when celebrating a goal: this guidance is published in full on the London FA website at **www.londonfa.com**: a printed version will also be supplied on request.

A receipt is supplied to all referees who have renewed their registrations for 2004/05, unless it has already been sent because a stamped addressed envelope was provided when the payment was made. For those referees that have not yet renewed their membership, the necessary paperwork is enclosed.

As the amount of football played is very limited during the summer break, thoughts often turn to maintaining/improving fitness for the season and to replacing kit. All active referees are therefore supplied with a booklet entitled "A Guide to Fitness for Referees" together with leaflets issued by some suppliers of referees' clothing/equipment.

More is said about those enclosures later in this publication.

NEXT TIME ROUND

The eighth edition of “Capital Referee” is scheduled for distribution in the autumn. It will be circulated to all officials with a copy of the 2004/05 version of “The Laws of Association Football”.

Following on from this edition’s focus on physical fitness, the eighth edition will contain advice on fluid intake by referees. There will also be a special feature on Schools Soccer.

Details will be given of competitions from which referees’ marks have not been received.

If there are any other particular topics that you would like to read about in the next edition, please let the office have your suggestions.

A BIG “THANK YOU”

As we pause between seasons (although it might not seem like a pause, with all the excitement over Euro 2004, a growing number of summer leagues springing up in London and the never-ending stream of local small-sided competitions, pre-season friendlies, etc), the London FA Referees’ Committee would like to extend its heart-felt thanks to all readers for their efforts during 2003/04. It has been a particularly successful year in refereeing terms, as is explained later in this newsletter, but the progress made is entirely due to everyone who has taken the trouble to blow the whistle or to wave the flag, with the support of teams of people working behind the scenes.

Ladies and gentlemen, the London FA is indebted to you: many thanks!



FA CHALLENGE VASE FINAL 2004 AND MORE BESIDES!

After the FA Challenge Cup and the FA Challenge Trophy, the most prestigious knock-out tournament organised by the Football

Association is the Challenge Vase. Appointments to these games are very highly sought after and we are delighted that a London FA official, Phil Crossley (pictured), refereed this year's Final at Birmingham City FC between AFC Sudbury and Winchester City.

In order to emphasise the outstanding season that he has just had, perhaps it should also be mentioned that four days after the Vase Final he refereed the Second Leg of the Nationwide Football League Play-Off Semi-Final between Mansfield Town and Northampton Town, a thrilling tie in which the away club clawed back a two goal deficit from the First Leg only to lose the tie on kicks taken from the penalty mark.

Phil's stunning performances have been yet further rewarded: he will next season also be appointed to referee some Premiership games, although he will not be employed contractually as a full-time professional referee.

Well done, Phil, and keep up the good work!

INTERNATIONAL HONOURS

Both assistant referees for the recent Under-19 Friendly Women's International between England and Republic of Ireland, played at Gravesend & Northfleet FC and won 3-1 by England, were London FA officials: congratulations to John Rowbury and Jonathan Bottomer on their appointments.

PROMOTIONS

Congratulations to everyone promoted at the end of last season. Good luck to you all. The successful candidates are detailed below: the people progressing to Level Three and to Level Four will only have their promotions confirmed when they have passed the appropriate fitness test.

In addition to the excitement of his international honour, John Rowbury has also been appointed to the Assistant Referees' List of the Panel Leagues. He will therefore be running the line on Conference National games, together with the FA Premier Reserve League and Pontins Holidays Football Combination. Also stepping up to that List are Dave Bushell and Oleksandr Saliy.



Mark Links (pictured left) and Steve Daly have both been promoted to Level Three status. As new members of the National List of Contributory League Referees, they will be refereeing in this area on the Conference South, the Eastern Counties League Premier Division, the Isthmian Football League Premier Division and Division One and the Southern Football League. They will also receive appointments as Fourth Official on Conference National games. The promotion of two London FA officials to Level Three is particularly pleasing given that there are 43 County Football

Associations in the country (plus the Associations for the armed services) and given that only 31 people were promoted to that Level nationally.

Moving up to Level Four are Aji Ajibola and Roy Pitters (pictured right) who will both be refereeing on the Suburban Football League. Gary Coster, who is an associate referee with London (Essex being his parent county), has also stepped up to Level Four. They will also be appointed as referees to Under-18 games in the Premier League Academy/Football League Youth Alliance and as assistant referees to the Contributory League competitions mentioned in the preceding paragraph. Finally, they will be appointed as Fourth



Officials on FA Premier Reserve League and Pontins Holidays Football Combination games.

Progressing to Senior County Referee (Level Five) status are Dragan Jenic (pictured left), Simon Neller, Mark Patterson and Columbus Pritchard.



New County (Level Six) Referees referees are Babtunde Adebayo, Will Crumbie, David D’Wan, Russell Howes, Adeleye Idowu, Simon Leaf, Paul Regan, Michael Stevens, Ahcene Yahiaoui and Harry Yennaris.

REFEREE DEVELOPMENT INITIATIVES UPDATE

The number of registered referees in London has been falling dramatically: it fell every year for the five years to the end of February 2003, the overall loss being some 20%. This trend could not be allowed to continue. Much has been written in the earlier editions of this newsletter about the various initiatives introduced by the Referees' Committee of the London FA with the intention of increasing the number of active officials in the London area. How effective have these initiatives been? Well, as the saying goes, "the proof of the pudding is in the eating". Comparative figures are given in the table on the next page for the number of London registered referees at the end of February 2003 and at the end of February 2004.

These figures show promising early results: the five year falling trend in the number of registered officials has not only been halted: it has actually been reversed! The overall number of people registered is up by 19%. The number of active officials, which is much more important so far as the clubs are concerned, is up by 13% but the eightfold increase in the number of trainees on courses still under way at the year end suggests that this figure will improve still further next year. So, all in all, the changes made have got off to an encouraging beginning. Grateful thanks are offered to everyone who has contributed to these achievements. We must not, however, sit on our laurels. Much effort must still be put into consolidating the success and into building on it.

The only slightly disconcerting figure is the reduction in the number of Level 4 referees. This can however in part be explained by the high percentage of officials at that Level who were promoted to Level 3 in the summer of 2003. The reduction is likely to be short-lived. In 2003/04, only three Level 6 candidates in our promotion scheme were young enough to progress to Level 4 if they were successful. In the 2004/05 scheme, there are thirteen Level 6 candidates who are young enough to progress to Level 4 if they are successful and the new "enhanced promotion scheme" means that some of the Level 7 candidates might also progress directly to Level 4 if they meet the relevant criteria. So there is no cause for undue concern.

Level	Description	Number 28/02/03	Number 29/02/04
International	FIFA List Referees	0	0
1	Other National List Referees (i.e. Premiership and Football League)	4	4
2	Panel League Referees (i.e. Football Conference National Division, Premier Reserve League and Football Combination)	0	0
3	Contributory League Referees (see page 6)	5	10
4	Supply League Referees who are also Contributory League Assistant Referees (see page 6)	27	19
5	Senior County Referees (including those who have previously officiated at higher levels)	114	114
6	County Referees	45	47
7	Junior Referees	465	536
8	Youth Referees (i.e. 14 or 15 years old)	8	26
Sub-totals of active referees		668	756
9	Trainee Referees	11	97
10	Non-active Referees	124	103
Totals		803	956

A full progress report on the various initiatives was given in the fifth edition of “Capital Referee” and so full details of them are not given yet again. Anyone interested in participating in any of the schemes is however urged to contact the relevant team leader, whose details are given on the back cover of this newsletter. There are nevertheless some couple of key recent developments to record. There are also a couple of particular areas in which further assistance is sought from readers.

Recruitment

As mentioned in the fifth edition of “Capital Referee”, Phil Crossley reluctantly had to stand down from his post in charge of recruitment due to his change of employment. It is a tribute to him that it has taken two people to assume the responsibility of his workload:



Fred Eltham and John Socratous (pictured left and right respectively) have agreed to take on the role, with Fred being responsible for South London and John being responsible for North London. Thanks and good luck to both of them in their crucial new roles.



In-Service Training

After serving as London FA’s County Referee Training Officer for sixteen years, Lockie Bramzell (pictured left) has decided that the time has come to retire from that role. It is with pleasure that his successor is named as Adrian Shorter (pictured below): he has a very tough act to follow but everyone can be confident in his ability and again we wish him well.



Examinations

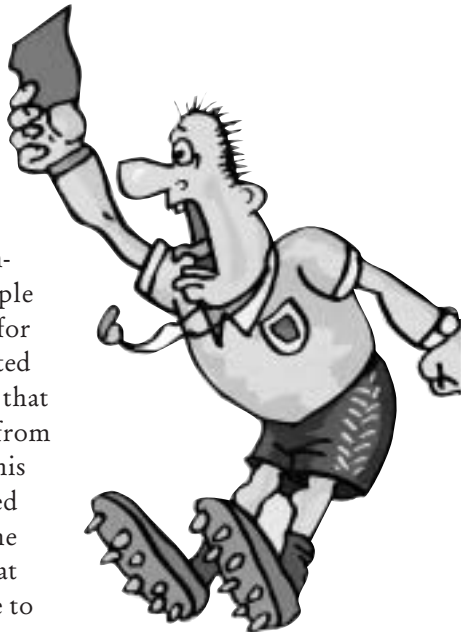
The large number of new recruits passing through the various training

courses has created a need for still more people to volunteer their services as examiners. Expenses of £7 per examination night are paid to examiners who have attended an accreditation evening. The attention of readers is drawn to the next accreditation evening mentioned in the In-Service Training Programme featured later in this newsletter.

Mentoring

The increasing number of newly-qualified referees means that there is also a growing need for mentors to guide them and, indeed, more experienced colleagues: the principles of the scheme, although primarily targeted at novice officials, are after all used by people all the way up to the highest level. Can you assist? We are not by any means looking only for full-time mentors: your help will be gratefully received if you can watch a colleague, say, once a month and be available to him or her by telephone on other occasions, at monthly referees' society meetings, etc. Accredited mentors will be paid expenses at the rate of £7 per candidate mentored as part of one of the new-style "Two Tier Training" courses.

It is fully appreciated that the London FA mentoring scheme, which is still very much in its infancy, needs refining in order to make it more efficient. Details are given later in this newsletter of an In-Service Training evening for people already involved in the scheme and for people interested in becoming accredited mentors. Feedback will be requested at that meeting from existing mentors and from people currently being mentored. This feedback will be used in the planned expansion and improvement of the scheme. Please contact Andy Porter at the London FA office if you would like to



attend the meeting because you are already involved in the scheme or because you would like to be accredited as a mentor.

Linked to the mentoring scheme is the even less formal “Be a Friend to a Referee” scheme. If you find yourself at a loose end because your game has been called off at the last minute or because you are suffering from an injury, etc, and you are willing to help a colleague, please give Keith Hiller a call: his contact details are on the back cover of this newsletter. Your guidance could be extremely helpful to a fellow official: no paperwork is required.

Assessing Scheme - *a few words from Ray Burnley*

The Referees’ Committee Promotion Assessment Scheme is urgently in need of more assessors.

Are you an experienced senior official who feels that you would like to put something back into the game by assisting new up-and-coming referees in taking the early steps on the ladder to the top?

The Assessment Scheme has been short of assessors for some time now: in some areas, such as South West London, we have a complete dearth of people to cover our candidates and to give them even the minimum number of assessments required.

Ideally, I would like to see every candidate covered at least four times (all by different assessors) or five times when possible. In the last assessing year just finished, of the 24 candidates who completed the year (out of 38 who originally joined the scheme) only TWO had five assessments, whilst TEN had only three apiece. Overall, only 101 of the 300 applications submitted were assessed – fractionally over one third, against the usual figure of 40%.

This season we have 43 new applicants on the scheme. In addition, I have 17 of the 18 people who were Level 7:6 candidates last year returning to the scheme (some to try again but the majority to see whether they can now move from 6:5). Everyone who was unsuccessful in achieving Level 5 last year is also trying again. All in all, this gives us over 60 candidates: to give them each the minimum of three games I need more than 180 “assessor spots” and for four each the figure rises to in excess of 240. The new “enhanced promotion scheme”

will increase this number still further as it will be necessary to watch some candidates at least six times in a year, rather than a minimum of three times.

If:-

- you have assessed for us in the past and stopped because of other commitments but are now available again; or
- you haven't assessed before but would like to offer your advice to younger officials

then please contact either myself on 020-7700 2701 or Mike McNally on 01277-658189 for further details.

We are especially in need of assessors in South West London and West London; to a lesser extent we also need more assessors in South East London. Even if you aren't able to help in these areas, we would still like to hear from you.

As for commitment, our present team vary from "anywhere anytime" through to "I'll ring when I'm available". Obviously it's better for planning if you can offer me definite dates when you will be available, but I'll try to accommodate anyone who wishes to offer their services.

WELCOME TO FUTSAL IN LONDON



Welcome to what?

Welcome to Futsal. In the summer of 2003, London welcomed Futsal to the capital for the first time as FIFA's recognised small-sided game attempted to establish itself in the UK. A one-day competition was played at 'The Space' in Hackney and proved to be a very successful day.

In May 2004, Futsal returned. However this time, at two venues over a four-week period, a regional tournament took place to find three teams to represent London at Sheffield in June at the National Futsal Championships: the successful clubs were Team USSR, Hanwell Youth and Baltic.

In June 2004, the FA Futsal National Finals. Steve Daly, who went on to officiate on the FA Futsal National Final, represented London referees. Team USSR won the tournament and will represent England in the 2005 European Futsal Championships.

Also in 2004, England took part in their first Futsal International.

What is Futsal?

Futsal is FIFA's accredited small-sided football game. Played by 5 players over two twenty minute periods: it is fast, skilful, competitive and massive almost everywhere else in the world.... except England. This is about to change! Known as Futbol Sala in Spain, it has started to gain a lot of air coverage on Eurosport and has, in the last couple of years, had the first Futsal World Cup.

So what's the difference between Futsal and Five a-side?

Quite a lot actually. The pitch is slightly bigger, the goals are narrower but higher, there is a limit on the number of fouls a team can commit in a period before conceding penalties, but most importantly to referees.... there are **three** in a game.

Three Referees?

Yes, Three. The senior referee (first referee), the second referee and the time keeper/scorer. Each role plays a pivotal part in controlling the game. The first referee has final say on decisions, the second referee also controls the game,

makes decisions based on what s/he sees and works in tandem together with the first referee. The third referee is responsible for time keeping, score and foul recording and the match administration.

So how does this affect me?

In September of this year, Futsal England, the company responsible for developing the game in the UK, is launching leagues throughout the country. In London there are due to be eight leagues, operating throughout the week. All the leagues will be affiliated to the London FA and will be very competitive. Referees are needed to officiate on the leagues at various venues across the capital. A fee for the evening will be paid to each referee and full training will be given.

It is not intended to interfere with your eleven a-side commitments and will be an aid to all referees, both in terms of fitness, but also in their refereeing skills.

Where is Futsal going?

It's not a case of "if it takes off": it already has done. It is only going to get bigger. England does not have a Futsal referee on the FIFA Futsal list and FIFA wants to change that. The FA is working closely with Futsal England to develop the game and it is hoped that in the very near future we will have English representation on that list. As there are very few Futsal referees in the UK, that FIFA place could go to you.

Okay, I'm interested, what now?

The London Futsal Referees Co-ordinator is Steve Daly. Steve has been refereeing the game since it first came to London and is working closely with the London FA and Futsal England to establish a London Referees List to officiate on the leagues from September. Steve will be running training evenings in August and September and will be co-ordinating the referees from there on.

If, after reading this, you are interested in officiating on Futsal in London, or finding out more about the game, please contact Steve at steve@futsalengland.co.uk or on 0208 854 7011.

REFEREE RE-REGISTRATIONS FOR 2004/05

££ Referees' registrations had to be renewed between 1st March 2004 and 31st May 2004. **The public liability insurance cover provided for referees has now lapsed for those officials who have not renewed their registrations. Also, no further editions of this newsletter will be supplied to referees who have not re-registered until their payments are received.**

Thank you if you have already renewed your registration: your receipt will be enclosed if it has not already been supplied. If however you have not yet re-registered, a blue registration form is enclosed, along with a yellow availability form, a green sports equity monitoring form and a white sheet of guidance notes. Please return as quickly as possible, duly completed:-

1. the blue registration form;
2. the yellow availability form;
3. a cheque or postal order (made payable to "London Football Association Limited") for £17.00;
4. if you wish to do so, the green sports equity monitoring form; and
5. a stamped addressed envelope if you would like a receipt to be sent to you immediately: if no stamped addressed envelope is supplied, your receipt will be enclosed with the autumn edition of this newsletter.

Any questions about re-registrations should be addressed to Andy Porter at the London FA office.

NOMINATIONS FOR FOOTBALL ASSOCIATION APPOINTMENTS

The procedures for appointing officials for games in the early rounds of the FA Challenge Cup, the Challenge Trophy, the Challenge Vase and the FA Youth Cup will change for 2004/05. The London FA has at the

FA's request provided lists of officials at Levels 5, 6 and 7 indicating whether the officials should be considered as a referee and/or as an assistant referee for each competition. The form also indicates whether the official regularly acts as an assistant referee on a Supply League and whether s/he has successfully completed a Supply League fitness test.



Appointments for the early rounds of the Cup, Trophy and Vase will be made directly from FA Headquarters. The FA will advise the officials listed by the London FA of their nomination and request closed dates to be supplied to it **AS WELL AS** to the County Office. If you receive such a letter from the FA, **please ensure that you notify both the**

FA and the LFA of your closed dates: the embarrassment of having to turn down an appointment from the FA is best avoided! Anyone can open and close dates with the LFA either by e-mail (to andy.porter@londonfa.com) or by fax or by telephone or by letter or by personal visit to the office: contact details are on the back cover of this newsletter.

Assistant referees for replayed ties in the early rounds of the three main competitions will continue to be made by telephone by County FA's immediately after a game has been drawn. The appointing guidelines (showing the minimum Levels to be used) are as follows:-

- FA Cup (Extra Preliminary Round to Second Round Qualifying): one Level 5 who acts an assistant referee in a competition equivalent to the highest level of football in which either of the two teams participate or a Level 4 plus one Level 6 with experience as an assistant referee on a Supply League or a Level 5;
- FA Cup (Third Round Qualifying): one Level 5 who acts an assistant referee in a competition equivalent to the highest level of football in which either

of the two teams participate or a Level 4 plus one Level 5 who acts as an assistant referee on a Supply League or a Level 4;

- FA Trophy (Preliminary, First and Second Rounds): one Level 4 plus one Level 5 who acts as an assistant referee on a Supply League or a Level 4; and
- FA Vase (First Qualifying Round to Third Round Proper): one Level 5 who acts an assistant referee in a competition equivalent to the highest level of football in which either of the two teams participate or a Level 4 plus one Level 6 who acts as an assistant referee in a competition equivalent to the lowest level of football in which either of the two teams participate or a Level 5.

Arrangements for appointments to the FA Sunday Cup and the FA Women's Cup will be unchanged: the FA will contact the County FA for nominations on a game by game basis.

Appointments for the qualifying stages of the FA Youth Cup will however in future be made directly by the County FA and will not come from FA Headquarters.

PREMIER LEAGUE ACADEMIES AND FOOTBALL LEAGUE SCHOOLS OF EXCELLENCE

In previous years, the Premier League Academies and Football League Schools of Excellence have run competitions for Under-19 and Under-17 age groups. Officials for these games were appointed by the Contributory and Supply Leagues. The Premier League and Football League have decided that with effect from 2004/05 these competitions will be replaced by an Under-18 Academy and Football League Youth Alliance.

The Football Association will appoint referees for the Under-18 games, using principally Level Four officials. The County Football Association to which the home club is affiliated will however appoint assistant referees for these games. As eleven Premier/Football League clubs are affiliated to the London FA,

many readers will next season be receiving appointments for these matches, which are normally played on Saturday mornings. Anyone particularly keen to receive such an appointment should contact Andy Porter at the County Office: contact details are on the back cover of this newsletter.

PHYSICAL FITNESS TRAINING - A SPECIAL REPORT



This article has been written by David Dixon (pictured), the FA Fitness Co-ordinator for London FA. David is also a FA Fitness Trainer, as well as having been a fitness instructor since 1996. He is currently employed as a freelance Personal Trainer and also works on the Exercise Referral Programme for the London Borough of Newham. He is a Level 3 Advance Instructor on the Register of Exercise Professionals; he also appears on the National Register of Personal Trainers and is a SAQ® Trainer. He is currently studying a number of fitness topics, including a BSc in Sport and Exercise Science.

Have you ever felt that it has taken the first fifteen minutes of a game to get going? If you have, then you probably have not warmed up prior to the start of the game.

The purpose of the warm up is to prepare the body for the exertion that is to follow. The body's temperature is raised and the heart rate is increased, which in turn raises the temperature of the muscles. In doing this, the fluid that is between joints is circulated, thus decreasing the chance of the ends of the bones grinding against one another. Therefore it is important that an official should warm up prior to his or her game not only to improve performance, but also to look after his or her body. It could be said that our bodies are like a car: if we race the engine of the car while it is still cold, it will not last very long, will it? Our bodies are the same. Likewise, our bodies are only as good as the fuel that we put in them, but that is a totally different subject on which I will say more in the next edition of this newsletter!

It used to be the case that a warm up involved three stages. These were “General Warm Up”, “Stretching” and “Specific Warm Up”. This is what you will find in the FA Guide to Fitness for Referees that is supplied with this newsletter to all active officials. However, recent scientific research has shown that a warm up which includes static stretching can decrease your performance and may even lead to a greater risk of injury. “What is the answer, then?”, I hear you ask, “Because I will get injured if I don’t and might get injured if I do”. Well, those of you who have attended professional games recently may have seen the officials going through a certain routine prior to the games or the actual teams doing certain exercises. These routines or exercises are based on the first part of a continuum within the SAQ® programme: the “Dynamic Flex Warm Up” is a warm up which is completed on the move, helping to develop balance and co-ordination. It has been shown to reduce the risk of soft tissue muscle injuries and as the body is in constant motion there is no chance of it cooling down. On the next page I have reproduced the warm up programme that is used by the Premier League officials (and by me!), which will be testified to by the officials who have been out with me. In fact one referee prior to a Senior Cup game praised the new warm up and reckoned that he was really up for the game and raring to go in comparison to his usual warm up.

Therefore I feel that this is the way forward: not only does it prepare you better but also the exercises are done over a shorter distance and in corporate movements that are more akin to the movements found in refereeing. Finally it will improve your performance and there is less chance of being injured. So go



on, give it a try! Like any advice I give out, however, this should be introduced in training first rather than being completed for the first time before your next game. Then if you do too much you will not be knackered before your game starts!

Finally an appeal: I am actively seeking people to notify me where referees’ fitness sessions

can be run in London. My contact details are on the back page of this newsletter. These fitness sessions will ultimately be published on the LFA and FA websites for other referees to see. There are already some on the FA website: just look under the “Referee” section.

WARM UP PRIOR TO A MATCH by Matthew Weston BSc (Hons) MSc

Along with an increase in muscle and core temperature, a warm up serves to improve performance in many different ways:

- An increase in the amount of oxygen (which is used for energy production and regeneration) delivered to the working muscles as a warm up increases heart rate which in turn increases the amount of blood pumped to the working muscles.
- An increase in the amount of oxygen that is extracted from the blood at working muscles.
- All muscle contractions are initiated via nerve messages and these messages travel faster at higher temperatures.
- Muscle contractions are more forceful and rapid following a warm up.
- The stiffness of the synovial fluid around a joint has been demonstrated to decrease following a rise in body and muscle temperature following a warm up thus enabling joints to move more freely during matches.

WARM UP (20 – 25 MINUTE PERIOD)

- TWO LAPS OF THE PITCH PROGRESSIVELY BUILDING HEART RATE UP TO 80%HRMAX

COURSE FROM GOAL LINE TO 18YD BOX with SEGMENTS OF:

- BUM KICKS
- HIGH KNEES (driving of the balls of the feet)

- GRAPEVINE (lead 2x with left leg & 2x with right)
- LATERAL RUNNING (lead 2x with left leg & 2x with right)
- SIDE SHUFFLES (2x forwards & 2x backwards)
- BACKWARDS JOGGING
- HEELS UPTO HANDS
- SKIPPING (high knee, knee cross, knee out)
- HAMSTRINGWALK
- HURDLE WALK (IN & OUT)
- 3 – 4x FOR EACH EXERCISE, JOG BACK TO GOAL LINE IN BETWEEN – EMPHASIS ON *QUALITY, LOW - MEDIUM INTENSITY* MOVEMENTS OVER 18YD COURSE
- 2 – 3 SPRINTS AT 80% MAX SPEED FROM GOAL LINE TO 6YD BOX
- 2 – 3 SPRINTS AT 80% MAX SPEED FROM GOAL LINE TO PENALTY SPOT
- 2 – 3 SPRINTS AT 100% MAX SPEED FROM GOAL LINE TO 6YD BOX
- 2 – 3 SPRINTS AT 100% MAX SPEED FROM GOAL LINE TO PENALTY SPOT
- BACK TO GOAL LINE VERY SLOWLY IN BETWEEN FOR RECOVERY

NB It is important to stress that the warm up prior to exercise should be sufficient enough to raise temperatures and increase blood flow without depleting energy stores and causing fatigue. Exercise should then commence *as soon as possible after the end of the warm up* in order to gain the full rewards of the warm up. It is also important to emphasise the need for a thorough and comprehensive warm up when exercising in a cold environment.

REFEREEING INJURIES

All referees pick up injuries from time to time. Do you know what to do, for example, if your hamstring “goes” or if you have a niggling pain in your calf muscle every time you run? Where do you go for advice?



If you go to your GP, you will probably find that he is she is not an expert in the treatment of sports injuries. There can also be a lack of sympathy because of a view that such injuries are self-inflicted. So what is the answer?

Yellow Pages and similar publications contain details of various sources of professional help. But how can you differentiate between claims to expertise by all those people from various different medical disciplines? The best answer is to rely on personal recommendations from fellow referees who have been treated for similar problems: “word of mouth” is usually the best guide. Alternatively, if you contact a local professional or semi-professional club for help, you will normally find willing assistance from its staff or at least a referral to a suitable outside specialist. You should expect to pay for all professional advice and treatment: we are of course all normally paid for refereeing matches

just as medical staff are normally paid for supplying their services. The cost of correct advice or treatment is also invariably a small price to pay for a prompt return to full fitness.

NEWS FROM THE FOOTBALL ASSOCIATION

Readers will see from the Summer 2004 edition of the FAMOA Journal that there are three significant developments. Comments are made below on the practical implications for referees registered with London FA.



Child Protection and Best Practice

The FA will supply all referees who qualified before 1st June 2004 with the materials for the Child Protection and Best Practice Distance Learning Course. These will come either as a DVD or as a CD-ROM or as a VHS tape, together with a training manual and checksheets. These checksheets must be answered and returned to the FA in the envelope provided. Unless there are issues over the answers given, a certificate will then be issued.

Referees qualifying after May 2004 will be notified separately of the Distance Learning Course that they must complete (if they are aged under 18) in order to obtain a certificate or, if they are aged over 17, of the Child Protection and Best Practice Workshops that they must attend. These Workshops run from 7 pm to 10 pm and the attendance fee is £20. Contact should be made with Ayla Arli at the LFA office to book a place on a Workshop: normally, one Workshop is held every month in North London and one Workshop is held every month in South London. Instructors, assessors and mentors have already been contacted about the Workshops arranged specifically for them.

Certificates are valid for three years and at the end of that period referees will be asked to complete checksheets and to pay a fee (currently £7) to be re-certificated. The number on a referee's current certificate will have to be quoted on every annual renewal of his or her registration.

Criminal Records Bureau Checks

The FA will also contact all referees, assessors, mentors, etc., with the CRB forms and guidance notes. Unless taxable income is received from football, the only fee payable for a certificate (which lasts for three years) is £7.

Level 2 Certificate for Match Officials in Football **(“L2CMOF”)**

London FA is in the process of setting up courses for this new certificate, which is a vocationally-related qualification approved by the Qualifications and Curriculum Authority awarded and administered by 1st4sport Qualifications. Although the course requirements are very similar to those for promotion candidates, the courses will be available to all referees of all levels and not merely to candidates for promotion from Level 7 or from Level 6. Further announcements will be made as soon as the courses are rolled out.

IN-SERVICE TRAINING PROGRAMME



The Course Calendar is shown below. Details will be circulated to all concerned but anyone requiring more information should contact Adrian Shorter: please see the back cover of this newsletter for his details.

FA Child Protection and Best Practice Workshop

Evening of Monday 6th September 2004 (targeted at Instructors, Mentors and Assessors).

Newly Qualified Referees In-Service Training Course

Evening of Monday 13th September 2004 (targeted at people who have been qualified for up to six months).

Referee Examiners In-Service Training Course

Evening on date to be confirmed (targeted at people who wish to be accredited as examiners of trainee referees).

Mentoring Scheme In-Service Training Course

Evening on date to be confirmed (targeted at people who would like to become accredited mentors and at people who are already participating in the mentoring scheme, whether as accredited mentors or whether they are being mentored).

FA Child Protection and Best Practice Workshop

Evening of Friday 24th September 2004 (targeted at Instructors, Mentors and Assessors).

OTHER ORGANISATIONS

Football Association Match Officials Association (“FAMOA”)



FAMOA was established by The Football Association so that it could communicate directly with its referees. All registered referees, FA qualified instructors and registered assessors are automatically members of FAMOA.

All members of FAMOA should have received some newsletters and magazines directly from it, including forms for

completion to apply for a Membership Card and for a Record of Achievement. All active referees who were qualified when FAMOA was formed and all referees who qualified subsequently (provided that they have applied for a Record of Achievement) should also have received a FAMOA “Three Lions” badge. You should remember that these badges are not substitutes for the London FA badge, which must be worn on all our County Cup games!

One or two meetings a year are organised by FAMOA at various locations around the country.

Please telephone The Football Association on 020-7745 4651 or e-mail it at famoa@thefa.com if you have any queries about FAMOA.

Local Society News



We encourage all referees also to join a local referees’ society and to attend its monthly meetings as frequently as possible. Membership of a local referees’ society will include membership of The Referees’ Association, the national body representing the interests of referees and providing them with personal accident insurance cover. The local societies to which most of our referees belong are detailed below:-

Bexleyheath and Welling Referees’ Society, meeting at Slade Green FC, Moat Lane, Erith, Kent at 8 pm on the first Monday in each month apart from January, July and August. *Contact Doug Wills on 020-8695 5668 for more details.*

Bromley Referees’ Society, meeting at Farnborough Sports Club, High Street, Farnborough Village, Kent at 8 pm on the third Thursday of each month apart from June and July. *Contact Rob Preedy on 020-8249 0390 for more details.*

Fulham & District Referees’ Society, meeting at The Wheatsheaf Public House, 2 Upper Tooting Road, London SW17 at 8.15 pm on the third Friday of each month from September to April. *Contact Steve Lomas on 020-8987 8693 for further details.*

Ilford Society of Association Football Referees, meeting at Athenaeum Tennis Club, 383A Aldborough Road South, Seven Kings, Ilford, Essex IG3 8JL at 8

pm on the third Thursday of each month from September to May inclusive. *Contact Ron Coles on 020-8252 1549 (home) or 07768-863758 (mobile) for further details.*

Knights Society of Association Referees, meeting at Dulwich Hamlet FC, Edgar Kail Way, East Dulwich, London SE22 at 8 pm on the third Thursday of each month. *Contact Maurice Newton on 020-8646 5011 for further details.*

London Society of Association Referees (“LONSAR”), holding its regular meetings at Sekforde Arms, Sekforde Street, London EC1. *Contact Greg Pope on greg.pope@tesco.net or 020-8524 0291 (home) or 020-7667 7905 (work) for further details.*

South of the Thames and Woolwich Society of Association Referees (meeting at Mycenae House, Mycenae Road, London SE3 at 8 pm on the second Friday of each month). *Contact Gordon Manning on 020-8697 0743 for further details.*



Farewell, then Aldworth Grove (pictured above) which closes on 18th August 2004.

REFEREE DEVELOPMENT - USEFUL CONTACTS



Name	Role	E-Mail	Telephone	Fax
Fred Eltham	Recruitment		020-8650 3316 (home)	
John Socratous	Recruitment		020-8452 7620 (home)	
Dick Caylor	Basic Training		020-7388 1919 (home)	
Tony Gilbey	Examinations	tgilbey@aol.com	020-7813 7661 (home) 07973 922714 (mobile)	
Keith Hiller	Mentoring		020-8361 2604 (home) (before 9 pm)	
Jeff Pettitt	Charlton Athletic Referees' Academy	jeff@touchline.demon.co.uk	020-8317 7476 (home)	
John Taylor	Tottenham Hotspur Referees' Academy		01992-626628 (home)	
Ray Burnley	Assessing	ray.burnley@tiscali.co.uk	020-7700 2701 (home)	020-7609 257
Gordon Manning	Retention Pilot Scheme	gordon.manning@dti.gsi.gov.uk	020-8697 0743 (home) (before 9pm) 020-7215 1936 (office)	
Mike McNally	Promotion		01277-658189 (home)	01277-658189
Adrian Shorter	In-Service Training	adrian@wffl.fsnet.co.uk	020-8646 5783 (home) 07814 975927 (mobile)	020-8646 5783
David Dixon	Physical Fitness	david@ddixon90.freeserve.co.uk	07771-618446 (mobile)	
Graham Crane	County RA		01992-447125 (home)	

This is the seventh edition of "Capital Referee", the series of quarterly newsletters produced for referees by the office of The London Football Association Limited in conjunction with its Referees' Committee.

CAPITAL REFEREE

Edition 7 - Summer 2004

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