

Video

WE CAN ALWAYS BE BETTER

In Holland during a match between Ajax (red team) and a yellow team one player from Ajax got injured. The yellow team sent the ball out of the field. When the Ajax's player recovered from his injury his team mate tried to give the ball back, but unluckily, the ball went into the goal and they scored. Everybody including the player who kicked the ball were astonished, but the referee (because the score was legal) called the score. At that moment is when the Ajax player made a decision. They stood still in order to allow the yellow team to score a goal. Without any communication the Ajax's player with the best sportsmanship allowed the goal.

These teach us 2 things:

1. The referee must apply the law.
2. Everybody wants to win but the main point is that...

...The victory must be won in a right and fair way.

News November 2009

Staying Fit Around The Holidays

Written by Connor Duckworth
 Wednesday, 28 October 2009 20:10



As the Fall Season wraps up, we must stay in shape to prepare ourselves for future games and opportunities. There are various playoffs, cup games, and tournaments that we do before the Spring Season starts up again. In order to be prepared to do the games, we need to stay fit. I know that with the holidays coming up, all of us enjoy our well cooked meals (you're always welcome to invite me to those meals). With every good meal, we need to remember that our physical shape is impacted in each game we referee. We are here for the players and they deserve each game to be our best. Some tips to help keep in shape which many of you may already know include, going out on a run, going to the gym, watching calorie intake, checking with your doctors to make sure all of your muscles and bones are up to par, do some gardening work, and many more... With State Cup and National Cup around the corner, we pick our best referees to do the games. We need to be on our best game in order to secure more games for the future and put a good image out there for our organization. If we hear anything that may hinder that, you may be in jeopardy of receiving future games of that caliber. So remember, stay in shape, keep up on the laws, and most importantly have fun!

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Vice-President comer

Written by armensr@hotmail.com
 Wednesday, 04 November 2009 19:10



Ladies and Gentlemen

We, at NOCRA, are going through a tremendous change, within and without. Within, we, at the Board, are trying our best to make our association the best skilled and qualified, both young and older. I hear from many of our refs that do games for other associations, how poorly their refs (especially their youth) conduct themselves on the field---in dress, mechanics and knowledge of the game. Forget others for a moment and let's discuss our members. We have stipulated that you attend as many monthly meetings so that you can learn this game from the best instructor out there, the good Dr. Grody. I



Make Hydration a Goal

Written by Raul Gonzalez
 Wednesday, 04 November 2009 19:32



[Nutrition Education provided by Health and Wealth Group](#)

Make Hydration a Goal

Article Topic researched by Raul Gonzalez

guarantee you he won't be with us for ever. All good things must come to an end, sooner or later.

Secondly, we all can and should take constructive criticism on or off the field from our peers, mentors and instructors—for the betterment of ourselves AND the game. None of us are above reproach; none of us should feel slighted. We are all friends and we should be able to learn, up to...until we reach our Maker. Please don't be insulted. We, as human beings, can work for the good, with proper communication.

From without, we are getting many, many forms of information from State, CSL and USSF, each tooting its horn. We will only pass on information to you that is pertinent, AND that it first goes through Dr. Grody. As many of us know, from January on, we will all have similar monthly instruction from the higher up, so that all of us conduct ourselves similarly on the field. That may be a good thing, even though we may not hear too much from our instructor. He is and still will be the ultimate "source" through which we will get our information.

So, with all that said, be encouraged to get out there and do the best you can, without criticizing, bickering and backtalking. Let's help each other to get better. It benefits the Association; it ultimately benefits you. God bless you all.

Armen Keulian 

Last Updated on Wednesday, 04 November 2009 19:19

Instructor Corner

Written by Harvey Grody

Wednesday, 04 November 2009 19:27



Preparing for Your First Assessment This material was printed in June 2005 by U.S. Soccer. Criteria for assessment may be found in Expectations of Performance. At USSOCCER.com. For other information on assessment see Cal South webpage for process of getting an assessment or contact Harvey Grody, NOCRA Assessor (hpgrody@yahoo.com). Referees who have never experienced an assessment often arrive at the field on match day filled with anxiety and trepidation. This can disrupt your concentration on the task at hand (i.e., refereeing the match). This article is intended to help prepare you for the match, minimizing any anxiety about the assessment. June 21, 2005 By David E. McKee, National Director of Assessment. Referees who have never experienced an assessment often arrive at the field on match day filled with anxiety and trepidation. This can disrupt your concentration on the task at hand (i.e., refereeing the match). This article is intended to help prepare you for the match, minimizing any anxiety about the assessment. **What should you expect from an assessment and why it is critical to your development as a referee?** The role of the assessor is to observe how the referee team performed before, during and after the match. As an experienced referee, the assessor will observe your performance with an unbiased and fair perspective. As a coach/mentor, the assessor will provide you with immediate feedback at the end of the match. The feedback will focus on the things that were done well (proficiencies), problem areas noted (areas in need of improvement), and most important, options or suggestions for improvement. The postgame discussion must be meaningful to you and the rest of the referee team, an open and honest two-way discussion between the assessor and you. The assessor should answer all questions you raise. This ensures a clear understanding of the points raised by the assessor and paves the way for an action plan on the areas needing improvement discussed. Both parties must approach this discussion with a positive attitude, a willingness to learn and mutual respect. You should leave the discussion with a path forward for improvement of performance for future matches. This discussion should not be a negative, critical or demeaning experience. It is important that you focus on the game itself, not on being assessed. You should not change your refereeing style or your decisions because you are being observed! Easier said than done, right? **How to prepare for an assessment:**

1. Know the criteria under which you will be assessed. At the end of this article you will find a checklist of the assessment criteria used by assessors when observing your match. 2. Know the Laws, their correct interpretation, and how they should be applied. You have access to the Laws of the Game, the Referee Administrative Handbook, the Guide to Procedures for Referees and Assistant Referees, the Guide for Fourth Officials, and the Advice to Referees on the Laws of the Game.

a. Review the Guide to Procedures for Referees and Assistant Referees and the Guide for Fourth Officials to be certain you use proper mechanics and signals. Review these with your referee team in your pregame discussion on match day.

b. Review the Advice to Referees on a frequent basis, to broaden your awareness when making decisions requiring the application of the Laws of the Game in your match. Always prepare for matches and expect the unexpected. By anticipating, rather than reacting to events, you will have a plan of action in mind and will be better equipped to make instantaneous decisions under the stress of the match. 3. Begin your teamwork as early as possible. Your match preparation begins when you receive your assignment. This is a three-step process: preparation before match day, pregame activities on match day and actual performance during and after the match.

a. Before match day:

(1) You and your referee team have complete control of your own mental and physical fitness. A regular training regime to achieve match fitness requires dedication and hard work, but without physical fitness you will experience mental fatigue as you tire during the match. Mental fatigue results in diminished visual acuity and poor decisions, and physical fatigue results in being in a poor position to judge challenges for the ball as well as the ability to read the tactical nature of developing play.

(2) Gather needed information from the assignor (time, date, location, age level, rules of competition, substitution procedures, length of match, etc.). Know who your fellow officials are, and how to reach them. Gather your referee equipment and uniform to ensure you come to the pitch with all the needed equipment. It is very embarrassing to arrive at the match without a watch, a whistle, a current badge, cards, flags, shoes, etc.

b. The match itself:

(1) Agree on where and when to meet prior to the kick-off (at least 30 minutes beforehand). You must have adequate time to complete the pregame discussion, to introduce your team of officials to the coaches, to perform your pregame duties (field, equipment, ball and player inspections) and to conduct the coin toss.

(2) Allow enough time to get warmed up and stretched prior to kick-off to prevent injury. It is your responsibility to insure the game starts at the designated time.

Active Referees need adequate fluids for a healthy, well-functioning body!

Proper hydration is important for their energy level, concentration and physical endurance.

Before a game, Referees should drink about 12 to 16 ounces of fluid. During activity, Referees should drink every 30 minutes or so - about a cup for Referees who weigh more than 90 pounds. If the weather is really hot or humid they might need even more liquid. **WHEN WATER ISN'T ENOUGH** Plain water is always a perfectly good choice, but many Referees prefer drinks with a little flavor. Referees are faced with a variety of juice drinks, vitamin-fortified waters and energy drinks on the market, making it difficult to choose the best beverage for Referees to meet their fluid needs. **LOOK AT THE LABEL**

When evaluating beverages, a good place to start is by reading the nutrition facts label. For instance, sodas or fruit drinks are often high in calories and sugar, and low on nutrients. Some energy drinks have a combination of caffeine and sugar, designed to give a quick spike in energy. Referees might be drinking the equivalent of a few cups of coffee, which could make them jittery or cause an upset stomach.

So, what should you look for? It is a good idea to check labels for electrolytes such as sodium and potassium, which are salts that get lost in perspiration. Also, look for drinks with less than 100 calories per 8-ounce serving, since higher calories usually means more sugar. **SIGNS OF DEHYDRATION**

How do you know if your body is dehydrated? One way to check hydration level is to note the color of the urine. "People who are optimally hydrated should urinate every one to two hours," says Luigi Gratton, M.D., M.P.H. "And the urine should look more like lemonade, and less like apple juice. Darker color usually means more concentrated urine, an indication that the body needs to increase fluid intake."

Watch for other signs and symptoms of dehydration during exercise, such as muscle cramping, or feeling light-headed, nauseated, headachy or faint.

Remember, proper hydration is important for all athletic performances, energy and overall health. Have a Great Time on the Soccer field.

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(3) After kick-off, your focus must be entirely on refereeing the game to the best of your ability, not on the observations of the assessor. Remember the game is for the players. Your job is to maintain game control by fairly and consistently applying the Laws of the Game. You are the guardian of the spirit of the "beautiful game" and the game is for the enjoyment of the players, fans and coaches. You must establish an environment that allows the players to play to their skill level, without fear of injury. Good game control requires good fitness and field position, a good read of the game, good foul discrimination, knowledge of the laws and their application, player management and game management. Maintaining a calm and professional demeanor reflects confidence in your decisions. Do not be influenced by appeals from the players, coaches or fans when making your decisions. During half time the referee team should discuss adjustments needed for the second half. Above all, remain focused for 90 minutes and enjoy the match. Coming to the match prepared makes your job easier.

c. After the match

(1) The post-game discussion between your referee team and the assessor will provide you with positive feedback on the things that were done well, areas for improvement and suggestions on how to improve your performance in future matches. Immediately after the match you should discuss the major incidents or decisions made during the match which led to good match control or problems. You should always self-evaluate your own performance whether or not an assessor is present. Even if you are not being assessed you need to do this to maximize the learning from each match you officiate.

(2) Do not hesitate to call or contact an assessor/coach/mentor after you have had a difficult match that wasn't assessed – or even when you have questions on how you might have handled situations that created problems for you in game control. The sole purpose of the assessment process is to help you become a better and more experienced referee and to assist you in achieving higher referee grades when your game experience and abilities warrant upgrade.

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