

# READING REFEREE

**Editor - Brian Palmer**

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**Assistant Editor - John Moore**

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## **Editorial**

Membership going well and looking good for the future with nearly 30 in the training class. And yet our October meeting recorded the lowest attendance, certainly in my memory. Of course, individual members no doubt had good reason for not being there - we can't expect even the faithful to be present every month. We all have lives outside refereeing. But 30 out of 117 is pretty pathetic by any standards.

Reasons? As always the officers and committee will be exercising themselves to try to discover whether there was a coincidence of lots of individual reasons for absence, or whether they are getting it wrong. Is the programme not to your liking? (The absentees receive the magazine, so I hope they too are reading this). Do be silent as well as absent. Help us to attract you back. Planning a programme to please everyone is difficult enough without doing it totally in the dark.

We have occasionally suspected in the past that even some of our active members miss 'training' evenings, preferring to listen to Guest Speakers. Is the present deliberate balance the problem? While we have been privileged with some excellent Guest Speakers - the best both entertaining and instructive - none of them can concentrate on training as our County Team did in front of such a small audience.

Do let the Committee have your views. And if you missed the October session, do try to get to the County Training Team's next visit in February.

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**Editor's address: 16 Stevens Lane, Peppard Common, Henley-on-Thames RG9 5RG.  
Tel: (01491) 628008. Fax: (01491) 628133.**

## **MONTHLY MEETINGS**

### **September**

Nice crowd of 50+, no doubt attracted to hear Gary Willard. And they were not to be disappointed.

Among the business

- it was proposed that a letter should be sent to the NRA about the wearing of jewellery as seen during Euro96.

- membership stood at 111

- the training course had started with 30 members, 75% of whom were intending to take up the whistle.

It was reported from the Reading Football League that

- a meeting had been arranged between RA officers
- some referees were still not getting subs' names
- one referee had invited the teams to decide whether a pitch (with rather long grass) was playable. Members were reminded that it is the referee's job to decide.

From the Sunday League that

- the League is very happy with its referees. It just wishes it had more. Reasons for the shortage were discussed but no single reason or simple solution was offered. Keith Simmonds stressed the League's support of its referees.

Vice Chairman and Quiz team captain Peter Pittaway asked for volunteers for the team.

Cliff Watkins reminded members about the physical training sessions held on Tuesdays at 8 p.m. at Theale Green School. Attendance had been disappointing.

### **Problem Spot**

In place of the usual problem spot, John Moore re-emphasised a number of points about the changes of Law in relation to advantage and Assistant Referees.

Guest Speaker, Premiership referee Gary Willard, opened with greetings from the Brighton RA where he is a Vice President and the Worthing RA of which he is an Associate Member. He stressed his belief in the value of the RA.

Our secretary had given him a list of topics too long to reprint in full here - broadly speaking, Gary was just to cover his career, especially his rapid progress, as well as refereeing at every level! He promised to try, though he denied the rapid progress bit (in spite of his very youthful appearance and style).

He had started at 15 and admitted to being 37. 'Crap at football. I even failed a trial with Brighton!', he was inspired by a maths teacher who was a Class 1 and had done a schoolboy international. Leaving the referees' exam room he was grabbed by the Brighton RA and never looked back. Started with four games a weekend - playing one, one middle and two lines (and with no transport). '120 games in the season - think of the money if I was doing so many now!' Gary gave credit to his role models like Martin Bodenham.

Allowed to be Class 3 at 18, he went to Class 2 and 1 in successive years. He felt a big change in the County league - official linesmen, spectators, criticism in the press. In 1985 he started 5 years on the Isthmian and the pressure built up, especially on *time*. A lot of mid-week games and travel and meetings. Gary stressed that he has never been a top referee, but has consistently managed to be in the top group.

Promotion to the Football League line came in 1986. His first contact with professional football. The Combination and the Conference were valuable experience, with good assessors and assessment every match.

In 1990 he was summoned for interview for the Football League middle. He was as nervous as all the others but it only took 12 1/2 minutes and he was on. He well remembers his first game - he left the ball in the changing room. The big change now was exposure, especially media exposure. He has learned to live with it, i.e. to ignore it.

Although he was surprised and delighted to be selected in 1994 for the Premiership list of 19 referees (out of 80), Gary sees the split as divisive. His former colleagues are referred to as 'only Football League referees'. He is convinced his relative youth helped him to get on. The pressure now became 'crazy'. Lucky again to have Dennis Hedges assessing his first match. The overseas trips started and he has now been put on the FIFA list.

Gary concluded by offering some particular thoughts and advice.

- At whatever level of refereeing, you must enjoy it
- Think/worry about *yourself* and your *own* progress - not what others are doing/getting. Never criticise a colleague.
- Keep your paperwork up-to-date. Close your dates.
- Be an *active* member of the RA.
- Be honest
- Maintain your knowledge of the Laws.
- Be prepared to take advice from assessors, senior colleagues *and peers*.
- Keep a lower profile - avoid controversy if you can.
- Make sure that if you have the will to progress, that you can actually afford the time to do so.
- Never lose hope while there is time.
- Good luck! You do need luck.

Gary closed by responding to questions.

An excellent presentation, full of good sense and good humour. Gary came across as a modest, honest and enthusiastic referee and a committed RA member who deserves to have reached the highest level. He left with our thanks and best wishes for the future.

## October

The poorest attendance I can ever remember - of about 30. Although Vice Chairman, Peter Pittaway wondered humorously whether it was because he was in the chair, he couldn't disguise his disappointment for the County Training Team who were our guests.

Among the business items:

the hardy annual about filling in Sunday League cards came up yet again. The acting Chairman promised a definitive answer next month!

good news from the National RA - Ted Ring's new booklet on avoiding assaults which I mentioned in our last issue, is being made available *free*. The Secretary has ordered copies.

concern has been expressed about the possibility of 'sudden death' conclusions getting on to local parks.

Alan Smith, our Guest Speaker for November would still be coming although he is now, unfortunately, the *ex-* manager of Wycombe.

Membership is now 118, marginally ahead of last year at this time.

29 are left on the training course and are expected to take the exam.

Ken Clark will need a good number of mentors to look after our new colleagues. Have a word with him if you think you can help

Our officers and the executive of the Reading Football League had had a fruitful meeting. Discussion included improving the morale of club linesmen and slimming down the report card. The RFL is keen to receive positive as well as negative comments, e.g. about the new arrangements in the senior division. A questionnaire is to be circulated to active referees seeking feedback.

The Sunday League is still desperate for referees. Some have been overcharging on expenses. Keith Simmonds interjected that none of the culprits was a member of the RA (and they do chase the individuals as was suggested from the floor). The League and clubs are very pleased with our members.

Fitness training. Still a group of stalwarts but more members taking part would make it all the more viable - and cheaper! Tuesdays, 8 p.m. at Theale Green school. See Cliff Watkins or give him a ring.

South Chiltern League looking for more referees for their youth matches. Contact Caroline Hitt.

Kennet Valley Girls U/13 team also needs a referee. See the Secretary.

## Problem Spot

Not so much a problem spot as a few of Peter Pittaway's reflections on local refereeing matters.

Litter and especially dog droppings. Your responsibility to see that the pitch is fit, but not to do the clearing yourself. If no groundsman (the normal situation), the home team has to do it.

Let's have consistency amongst ourselves. Know the league rules. Do the business - you owe it to your colleague next week.

If you are in for promotion, don't put it on for the assessor. It shows. Be yourself.

When sending off for a second cautionable offence, you are recommended to use the same form. No matter if you prefer to use two - some find it easier. And do send it/them to the right county. Remember 'our' Oxfordshire clubs for example. The RFL already tells you the clubs' county; the Sunday League (again) promises to do so next season.

The **County Training Team's** presentation for the second half was on '**Confrontation**'. With the unavoidable absence of Bill Chamberlain, George Tseriotis and Frank Groves were the narrators/commentators and Ron Bennett and David Lee the actors (referee and player).

The show started with three little scenes of incidents.

a linesman being abused after an offside flag  
a player arguing with the referee and using foul language, with the referee responding in kind  
a disputed free kick, the referee manhandling the player who ended up kicking the ball away.

Our task: to point out where the referee got it wrong on each occasion. Plenty of material and response.

Such mishandling by the referee would naturally lead to confrontation.

The next part of the programme was for members to suggest other situations likely to lead to confrontation, which David and Ron wrote up on two flipcharts labelled 'Avoidable' and 'Unavoidable'. The aim was to distinguish those factors/situations the referee had control over from the others, and to explore what could be done about *prevention*.

Examples of the unavoidable were the players' ignorance of the Laws, the FIFA mandatory instructions. Within our power, and therefore avoidable are, for example, inconsistency, poor recognition of fouls.

How would you define 'confrontation'? 'A challenge to the referee's authority to control the game according to the Laws'.

Frank suggested that refereeing is an art and should lead us to prevention not confrontation. Fitness is an important asset in avoiding confrontation by allowing good positioning. The players will try to test you; your response will tell them where you stand.

He then helped us to recognise the beginnings of dissent, including examples of verbal and body language, and checked the point at which we would pass from the quiet word to the public word to the threat/promise to the yellow card and further.

Don't let things simmer - do the necessary without becoming Hitler-like. As Peter Pittaway says: still remember to 'caution with caution'.

If, in spite of everything, you are assaulted on a local park, abandon the match. Probably the best thing to do also if you are threatened with assault.

The show concluded with the re-presentation of the three incidents from the beginning, but this time with the referee doing his job properly.

Enjoyable and instructive. What a pity there were not more members present to benefit.

## **CONTACTING A COLLEAGUE**

Don't forget the telephone numbers and addresses of the officers, committee and other key members, league officials are in the Handbook. Have you had your copy this season. What's more - if you have, can you still lay your hands on it?

## **HOW ABOUT REFEREEING IN ANDORRA?**

You've probably never given it a thought. Nor had I until I read the September issue of the *UEFA Bulletin* which reported their acceptance as members of UEFA.

Andorra really is different. Everyone knows it's a small country in the Pyrenees - and a few may have been there for a skiing holiday. Different? Well, they have three (yes, three) football pitches, on one of which *all* the Andorran league matches are played. The good news is that two of them are capable of being 'brought up to international standard'. That is the pitches themselves I guess. Nothing about what you do with the spectators. Of course that may not be a problem when the population of the whole country is only 60,000, of whom some are doubtless too young or too old, or even not interested in football . . . .

The Andorrans are not short of ambition. Their first international (a friendly with Estonia) will take place this month. And they already have a Referees' Association. I fear recruitment in numbers may prove a problem. They have five (yes, five) 'senior referees' (i.e. refereeing men's league football), just two of them Andorrans. They also have 'a dozen or so young referees handling youth matches'. So the RA will have a membership, if everyone joins, of 17 rather than 17,000. On the positive side, there should be no arguments about structure or whether the views of the members are being listened to . . . . But retention has to be a serious problem.

Maybe we should offer them some fraternal help - nice place to have to visit. The trouble is the official language is Catalan, though you might get by in Portuguese or French.

## DID YOU SEE THAT?

Ferencvaros v Newcastle. No, not the brilliant Shearer performance or even the 'goal' ruled offside. The moving adverts.

We have got used to seeing those illuminated adverts that change their message, like vertical blinds turning. But I don't remember seeing them *directly behind the goal* and turning when the action is in the penalty box. Does it matter? I would have said it was a distraction and, if cleverly used by the management, ungentlemanly conduct. It may be that I just haven't noticed it before, but it looks like yet another problem.

Not that it will affect you and me much at Christchurch Meadows . . . .

## DID YOU KNOW?

- That a player has recently been shown *four* cards?

In the Scottish Coca Cola Cup match on 3rd September when Partick beat Airdrie 1-0, the Airdrie midfielder Kenny Black was shown 4 cards all inside a few minutes. He received a yellow for a trip and a few minutes later a second trip caused another yellow followed by the mandatory red. Upon telling the referee what he thought about it, he was shown another red card!

- That doyen of English refereeing, Ken Aston, has been responsible for a number of innovations, including the idea of yellow and red cards - which he got from traffic lights.

Ken also introduced - the black uniform for referees (1946)  
modern linesmen's flags (1947)  
the fourth official (1966)  
the substitute's number board (1974)

[Thanks to the *South Bedfordshire Whistler* for both these items. Ed]

## VOXPOP

### Should responsibility for timekeeping be taken away from the referee?

[Published in **FourFourTwo**, November 1996, but spotted in the Milton Keynes RA magazine *Whistlestop*.]

#### David Elleray, Premiership referee

I don't think the problem is the referee failing to make due allowance for stoppages: it's a problem of communication. The players and managers don't understand what a referee adds time on for. At the start of this season it was agreed that all Premiership referees would stop their watches for set pieces, yellow cards, red cards, substitutions and excessive goal celebrations. It's a common misconception that the time we add on is just for injuries. If we

could find a way to get a clock in the stadium to start and stop at the same time as the referee's stopwatch that could help.

**Alex Ferguson, Man Utd manager**

It's high time that the responsibility of timekeeping was taken out of the referee's hands. With the pace of the game these days, he has enough to do running up and down and making the right decisions. The public pay good money to see 90 minutes of football: it's time there was someone else stopping the clock. We have the technology. It's 1996.

**Chris Nicholl, Walsall manager**

There's an awful lot of sneaky timewasting that goes on. You play against some people who, as soon as they get ahead in the game, deliberately dwell on free kicks and corners to waste time. It's not the kind of timewasting that referees usually notice but over 90 minutes it all adds up and it's totally against the spirit of the game. I don't necessarily think a new system should be implemented straight away but if they can find a way of accurately timing the amount of time the ball is in active play, I think that would be worth experimenting with.

**Roger Milford, former referee**

All these problems are arising because managers get upset when goals are scored against them in injury time. They never complain when it's the other way round. Most refs use a stopwatch. [Most? Ed] If you ask them how much injury time they played at the end of the game they wouldn't know - when I used to come off the pitch I couldn't tell you whether I'd played 91 or 98 minutes. I've got to be honest, it is a bit hit and miss but I'd still rather they left it alone. If they're going to stop the watch every time the ball goes out of play like they do in rugby league, matches are going to last forever. The only way that would work was if they played two halves of 30 minutes each of the ball in play. If they are going to experiment with an outside timekeeper I'd be happy to do it, but before it can start the FA must lay down the ground rules: a timekeeper must know exactly when to stop and start the watch, otherwise there will still be inconsistencies.

**Brian Horton, Huddersfield manager**

We spoke about this three years ago at a League managers' meeting and quite a few managers, even then, were in favour of using an official timekeeper in the stand, someone who would stop and start the watch for injuries and timewasting at the signal of the referee. I don't think the clock should be stopped every time the ball goes out of play though, that's part of the game: when someone hits a shot into the crowd you can't call it timewasting. One of the most annoying things is not knowing how long there is to go in a game: if there was a clock in the ground counting down, everyone would know and it would be better for supporters, managers and players.

**Lennie Lawrence, Luton manager**

No, I don't think it should. It's not like American football. I don't think our game lends itself to any other system. Saying that, there are times when you wonder why the referee has added on so long and there is a suspicion that they do sometimes add time on arbitrarily. Playing two halves of 30 minutes with the ball in play might be worth experimenting with, either in non-league or the Coca Cola Cup, but you can't just bring it in straight away.

**Andy Gray, Sky TV commentator**



There are only so many things you can take away from the control of the referee but I think timekeeping is one of them. I'm not in favour of stopping the clock every time the whistle blows or every time the ball goes out because there's a danger it'll end up like American football with games lasting three hours. But I think having an independent timekeeper who stops the watch for injuries and blatant timewasting is a good idea.

**Graham Kelly, FA secretary**

It's something that the working group on new technology will be looking into. It's a relatively simple measure.

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**Footnote**

In August 1979 I had an article published in the *Football Referee* entitled 'It's Only a Matter of Time' The article was based on a survey of Reading RA members and how they dealt with time-keeping, including, of course, their reasons for stopping the watch. [Copies of the full article still available on payment of an exorbitant sum. Ed]. You might find the conclusion, written 17 years ago, of interest in the light of the various views being expressed today, especially David Elleray's.

..... "time added on" always remains a mystery, known only to the man in the middle. Why? Is this his ultimate sanction? The symbol of his absolute, inalienable authority? Certainly the official independent timekeeper and large public clock, as in basketball, have been successfully resisted.

Why don't we grasp the nettle at long last: clarify our procedures and then capitalise on the micro-electronic revolution to make the referee's timekeeping easier and better, and at the same time let the spectators in on the act? Imagine the referee of the future with *one* watch (quartz chronograph of course) and in place of his other watch and notebook, something like one of the new mini-calculators. In fact it would be a radio transmitter/remote control in contact with the stadium's electronic scoreboard which would display and record the information transmitted. Not only would it be seen when the referee stopped and re-started his "watch", but automatic penalties could be introduced for time-wasting (e.g. by providing fixed time penalty buttons) and flashed up on the scoreboard, with the running time of the match automatically adjusted. The game would end with an automatic signal and with no chance of controversy. Buttons could also be provided to signal and record players cautioned and sent off, together with the reasons - with everything instantly displayed to the spectators. We have always said communication is the name of the game.

Fanciful? No, we already have the technology. Expensive? Yes, relatively, but what is "expensive" when six-figure transfer fees are common and we have our first million pound player? [You can tell this was written a long time ago! Ed]

But what about equipment failure? What about the referee in the local park? Why not, say, an Ingersoll and a little black notebook and pencil, with a second pencil just in case . . . .

**MISPLACED INITIATIVE? or  
Who says all the characters have gone out of refereeing?**

[Thanks to Mike Overton who spotted this in the Western Morning News]

### **'We were robbed - ref moved goalposts'**

A Westcountry referee commandeered a mechanical digger to move the goalposts at a village football match because he thought they were too low - only to find he had raised them too high.

Derby Allen, from Barnstaple, who was refereeing a game between Morwenstow, near Bude in Cornwall, and Devon rivals Fremington, made the players wait an hour to start while he altered the height of the crossbar.

He sent a member of the Morwenstow home team two miles to fetch the digger, after finding the posts were too firmly fixed to be moved by hand.

Morwenstow manager, Stewart Bryant said yesterday: "We were flabbergasted. Strictly speaking he was right about the posts being too low. But when we measured it properly with a tape measure they were only out by one inch. It was absolutely ridiculous. He was estimating the height with his arms and when we had used the digger to raise the bar to the level he thought was right, it was four inches too high and we had to bang it down again.

We've never had any complaints before and we've been playing here for 17 years."

The incident has been taken up by Devon County Football association and Mr Bryant said he had received assurance that the Morwenstow pitch meets their required standard.

The match was for the North Devon Premier League and the score was 6-1 to Fremington.

Mr Allen's wife said last night that he would not be making any comment.

### **ONE ANSWER TO THE PROBLEM OF RETENTION?**

#### **No Early Bath for Referee**

Exeter and District Football League is refusing to ban a female referee from taking showers with the male players, despite complaints from wives. Janet Fewings, 41, a shop assistant from Heavitree who took up refereeing last November said: "One child said his mum wanted to batter me because I was showering with his dad. They are just being old-fashioned. People will just have to get used to it".

*(The Times, 26/10/96\_*

### **AH WELL, MAYBE NOT!**

#### **In Hot Water**

Janet Fewson, 41, of Exeter, Devon has been suspended as a football referee after sharing showers with male players.

*(The Sunday Times, 27/10/96)*

## **BETTER REFEREEING**

[These notes have been doing the rounds of RA magazines. They are certainly worth re-printing here. I took them from the *Chiltern Referee*, but nobody seems to know who wrote them. I think I could make a shrewd guess. Ed]

*This guide aims to help referees (especially those seeking promotion) by giving advice on different aspects of refereeing. It does not profess to cover every possible subject, merely to outline the most important.*

## **APPEARANCE**

- Remember, if you look professional, you will inspire confidence
- Kit should be clean and ironed, boots polished, hair neat & tidy. if you don't normally wear a beard, be clean shaven
- First impressions count for players and spectators. Walk to the centre circle carrying (not dribbling) the match ball, looking confident and businesslike.

## **SIGNALS**

- make your whistle talk by giving loud, long blasts for bad physical fouls and shorter blasts for less serious stoppages such as offsides.
- A tip for making your whistle louder is to blow when holding the whistle upside down (so the pip hole is facing downwards)
- Remember, any whistle, no matter how powerful, only has a limited life, so buy a new one each season.
- Give all hand signals with a straight arm - not bent at the elbow. Give your signals promptly and confidently. Study the hand signals shown in the Referees' Chart.

## **CONTROL**

- One of the quickest ways to lose control is to allow players to show dissent. If you don't stop it straight away, it will usually get worse.
- Right from the start of the match watch out for physical fouls, especially use of the elbow and bad tackles with the feet. By penalising fouls and warning players early on, you may save cautions or sendings off later.
- Do not let arguing players surround you. Tell them firmly to move away and take up their positions. One of the best ways to prevent this happening is to give a decision and then move quickly away to take up a suitable position for the restart of the game.
- Do not hesitate to caution or send off a player if the offence justifies it even if the offence occurs right at the beginning or near the end of the game.

## **CO-OPERATION WITH CLUB LINESMEN**

- make sure you allow enough time to speak to your club linesmen before the game. If possible, try to talk to them together, a little away from the players, and tell them how they can help the game.
- Keep your instructions short and along the following lines:
  - which line to run and with which defence
  - emphasise that all the ball must be over the line before it is out of play
  - explain that you do not want them to indicate any fouls (as these should normally be given only by the referee)
  - ask them to indicate offside only if the player in the offside position is interfering with play
  - thank them for doing the line but make it clear that it is up to you (the referee) to make the final decision
- Try to read the pattern of play and make sure that the ball is always between you and your linesman at all times so you have them in view and see them when they use the flag.
- If a linesman is causing problems ask for a replacement or carry on without one.
- Do not allow the players to show dissent to a club linesman

## **TIME KEEPING**

- It takes about 10 mins to sort things out on the pitch before a game can kick off. To avoid a late start, get the teams on the pitch well before kick-off time.
- Make sure you play the full 90 mins by allowing for time lost through injuries, time wasting and other stoppages.
- Take action against players wasting time and make it clear when you have stopped your watch.

## **FREE KICKS**

- Make sure that players from the offending team retire 10 yards from the ball unless the side taking the kick want to take it quickly.
- As a guide to working out 10 yds, use pitch markings. If there are no close pitch markings, it may also be helpful to try and picture 5 players lying down head to toe in a line between the ball and the nearest player from the offending team!
- Do not allow offending players to stand over the ball to delay free kicks or to organise the 'wall'. Remember, there is a mandatory instruction to caution players in this situation..

## **APPLICATION OF THE LAWS**

- Make sure you are always on the alert for bad fouls such as:
  - players raising their boots to kick a ball which is at or near head height when an opponent is close by
  - sliding tackles where the offending player launches himself at an

opponent from several feet away from the ball. In other words he "jumps in" and runs a serious risk of injuring his opponent.

-players who raise their elbows to intimidate their opponents, especially when jumping for the ball.

## **THE ADVANTAGE**

- Use the advantage only if it will give the team that was fouled a better position than awarding the foul - it is best used when less serious fouls have been committed which run no risk of injury to the player fouled.
- When you play an advantage, make it dear to the teams you are doing so by shouting "Play on, advantage" (using the correct arm signal), and speak to the offending player as soon as possible after the event.
- For most standards of junior football, think carefully before playing advantage if a player is fouled in his own defending third of the pitch. Some teams are not skilful enough to make proper use of advantage in this position.
- Take the "temperature" of the game into account when thinking about applying an advantage. In a bad tempered match, it may be wise not to play too much advantage as you might risk losing control. In matches where both teams want to get on with the game, chances to play advantage are more likely to be appreciated and accepted as good application of advantage.

## **POSITIONING**

- For good positioning, think WIDE and DEEP. No referee can always be in the right place every time but you should be most of the time. When you are not in the right position, you should work hard to get back into position.
- Try to get into a position that will give you a SIDEWAYS VIEW of attacker/defender situations.
- When the ball is in play, you should use the diagonal system and try to keep the ball between you and your linesman. On the park pitches, using the edge of opposite penalty areas as your "running line" will give you a good WIDE patrol path but you should go DEEP and follow the ball down to the goal line as necessary. If you regularly find yourself near the "D" of the penalty area, the chances are that you are not running wide enough.
- For set pieces the following positions are usually best:
- Corner kick - on or near the goal line on the opposite side of the pitch to your linesman,
- Long throw-in into the penalty area - on the edge of the penalty area so that you have a sideways view of where the ball is likely to drop.
- Attacking free kicks into or close to the penalty area - in line with the last defender-but-one to cover the offside.

## **FITNESS**

- You will need to have two types of fitness:

- STAMINA - so that you can freely move about the pitch for the duration of the match. Running 3 times once a week wearing good training shoes will build up your stamina.
- STRENGTH - means being able to sprint - you may have stamina but be one-paced. Leg strengthening exercises will give you the power to sprint.
- To check your fitness, try doing the Class 1 promotion candidates test. You should be able to:
  - do 8x25yds sprints in 5 secs each, with a 25secs break between each run
  - after a break of 20 mins run for 12 mins (without stopping) covering a minimum distance of 2,600 metres (6.5 laps of a 400m athletics track).

## ADMINISTRATION

- \* It is vital you attend to your correspondence quickly and efficiently. Reply to any requests by the time specified. Always use first class post.
- Ensure you let your Referees' Secretaries know in good time of any dates on which you can or cannot officiate. Make sure you know which appointment takes priority if you get two games on one date. Ask Referees' Secretary if you are unsure.
- Ensure you send your Misconduct Reports to the correct County FA within 2 days of the match. If you need assistance with the wording, you will find a number of examples in the County Handbook which may prove useful.  
If you are still in doubt, always ask a more senior colleague for help.
- If Competition Rules have been broken, make sure you report the facts to the competition involved in writing as soon as possible after the event so they can deal with the matter.

Remember that refereeing is all about setting standards of performance whether you set them yourself or others do so. One of the best ways of learning is to attend Society Meetings and In-Service Training Seminars.

### **PHYSIOTHERAPY - Everybody's Health Service**

Where do you go if you have a sprained ankle, back pain, or simply need advice on how to get back after injury?

Jill Wigmore-Welsh is a chartered Physiotherapist and practising Acupuncturist based at Tilehurst Physiotherapy, a clinic opposite Prospect Park. Her experience with athletes is extensive, having spent 12 years with the British Judo Association at international level and 2 years with the International rowing team.

The clinic offers a complete and comprehensive treatment for the injured athlete and has a link with Bradfield College which can assist in full rehabilitation using their gym and pool facilities.

If you need professional advice or help, either call into the clinic at 218 Tilehurst Road or **telephone (0118) 959 4099**.

Alternatively contact **John Moore** for further information.

Concessionary rates for Reading RA members on production of a current membership card

## What's On for the Rest of This Season

*NOVEMBER 21* Guest Speaker: Alan Smith, until recently, manager of Wycombe Wanderers

*DECEMBER 19* Christmas Draw

*JANUARY 16* Reading RA Training Team

*FEBRUARY 20* County Training Team presentation on: 'Lining'

*MARCH 20*            Guest Speaker: Ray Payne, FA Area Training Co-ordinator

*APRIL 17*            Guest Speaker: Roger Milford

*MAY 15*              Annual General Meeting

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**TAILPIECE**

"It slipped out of my hands".

Leicester goalkeeper Kevin Poole who dropped and smashed his Player of the Year award  
[seen in the *Basingstoke Bleep*]