



B5 Referee Newsletter

BYSL Referee Liaison: Justin Lauer

April 2009 Edition

Volume II, Issue I

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Websites of interest:

- www.JustinLauer.net
- www.fsr-inc.com
- www.bysl.net

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Spring Season Underway

B5's spring season is halfway over now going into spring break week for Brevard County Public Schools. All parks have hosted games on a weekly basis since the beginning of March. One important change to note is BYSL's discipline chair is now Joe Goldian (referee and past region B vice president). All game reports should be sent to Joe within 24 to 48 hours of your game.

Game Reports need to be submitted directly to Joe to report these incidents:

- Yellow Cards (the league tracks cards and will suspend players who accumulate too many)
- Red Cards
- Coach Ejections
- Injuries that prevent players from continuing to play in a game
- Problems with fans or any other issue
- A team does not show up

Joe Goldian's Contact Information:

P.O. Box 360291
Melbourne, FL 32936
jgoldian@earthlink.net



Game report forms are available on Justin's referee website (bottom right hand corner):
<http://www.justinlauer.net/application.html>

Post Season Play

BYSL playoffs will be hosted at Hobart Park in Vero Beach on May 16-17. The top 4 comp teams in each age bracket qualify for the playoffs. Each year, a different club hosts these games to give each club an opportunity to host.

Referee information is posted online: <http://www.justinlauer.net/assignments.BYSL.html>

Referee Spotlight

Charlie Westerfield, Grade 08 Referee

An Everyday Danger

There are several health hazards associated with refereeing soccer games: pulled muscles, twisted ankles, dehydration, et al. One hazard to which we are all exposed is right over our heads: it's the sun! My wife has had some minor skin cancers removed the past 10-15 years, so her experience has forced us to become students of the disease.

There are 3 types of skin cancer: Basal (bad), Squamous (worse), and Melanoma (worst). Basal cell carcinoma typically stays near the skin's surface. Squamous penetrates a little deeper and grows a little faster than Basal. Melanoma grows the fastest and penetrates the body the fastest. A good website to learn more about these is:
(<http://www.mayoclinic.com/health/melanoma/DS00575&slide=1>)

Sun Screens keep improving and you should apply sunscreen at home before going out on the weekend to help protect your skin. Look for an SPF of at least 30 when you buy a sun screen. Currently, one of the best blocking agents in Sun Screens you can buy is Mexoryl. This chemical was only recently approved in the U.S., but has been sold around the world for years. Be sure that whatever sunscreen you buy that either Avobenzone and Titanium Dioxide or Mexoryl are listed as ingredients.

Another protection mechanism available to us is hats. If I am refereeing during daylight hours you will always see me wearing a hat. Some referee assessors believe that wearing a hat somehow distracts from your performance as a referee and makes you appear less professional. This opinion is very unfortunate because hats are not only protecting your scalp but also protecting your eyes from cataracts. Don't think that because you have a full head of hair that you are protected because my wife has had a skin cancer removed on her hair part line. Also, for those of us who are becoming "folliclely challenged" I can tell you about a gentleman at the church I attend who has a 4 inch circle on the top of his head where a growth was removed. It's not a pleasant sight. He now wears a hat whenever he is outside.

If you find yourself in a position where you need to have a skin cancer removed from a prominent location on your face, be very careful about who you let remove it. My wife is extremely pleased with her local dermatologist, Dr. Rosalind Freas, who only treats skin cancer. For more complex skin cancer removal my wife highly recommends Dr. Maxine Tabas, a Surgeon in Winter Park.

We all need to protect ourselves from skin cancer. All children should wear sunscreen daily and wear hats and sunglasses as often as possible. Most skin damage occurs in the first 20 years of life and most researchers believe that heavy exposure to the sun in childhood greatly increases your chances of developing skin cancer. I have been in the surgical waiting area of the dermatologist office and seen people with extreme skin cancer surgeries. Don't let this happen to you: wear your sunscreen and wear a hat!

Charlie Westerfield referees Adult, High School, and Club games at Flutie/Gemini when possible so he can walk to the games. p.s. Justin, those last 2 ARs you gave me were real dogs!

**E-mail your referee stories and articles to
get in next month's referee spotlight!**

RefereeJustin@Yahoo.com





Referee Training Courses

Grade 08 Recertification Clinics

There are no courses currently available. In August, courses will become available to recertify for 2010.

Grade 08 Entry Level Classes

Find a room that can hold 30 people for 18 hours total and a class can get set up near you! It is recommended to have 6 nights with 3hrs per night. E-mail your course request to: RefereeJustin@Yahoo.com

Grade 5-7 Maintenance

All grade 5-7 referees will need to get a maintenance assessment before 2009 is over in order to recertify for 2010. Contact your assignor as soon as possible to get assigned a qualifying game.

ITIP Instructor Course

Hilton Garden Inn Ft Lauderdale/Hollywood Airport:

June 12th (6pm-9pm); 13th (8:30am-5pm) ;14th (8:30am-5pm);

Online Registration Required: www.fsr-inc.com

Order Referee Gear Online:

<http://justinlauer.net/refgear/gear1.html>

Apply to referee BYSL games:

<http://www.justinlauer.net/application.html>

Recording Goals

- Trail AR writes first
- Lead AR writes second
- Referee writes last
- This keeps two sets of eyes watching a field after a goal is scored. Try using this technique during your next games if you do not use it already.

Spring Challenge

Palm Bay's Spring Challenge is scheduled for May 2-3. There are no BYSL or GCF games that weekend to accommodate this event. U9-19 competitive teams will be competing for top honors.

Palm Bay Regional Park, Southwest Park, and Beachside Parks are projected venues for game.

Apply online to referee in this tournament:

<http://www.justinlauer.net/assignments.spring.html>

Discipline Contact Information

Each league has its own discipline committee. Submit reports to the correct person!

BYSL: Joe Goldian <jgoldian@earthlink.net>

GCF: Matt Hutchinson <jamshutch@cfl.rr.com>

FSL: Tony Laurendi <tony@mpinet.net>

Contact your assignor to get information for other leagues

Keeping It Safe

By Al Zabel: Assessor and Instructor

As Referees we are familiar with the Laws of the game that affect safety. The over-riding principle in these laws is to provide a safe environment for the players. The duties of the referee require us to verify safety issues by inspections such as:

The **field**, proper flag posts and goals.

The **ball**: free from defects that might injure.

The **player's equipment**: proper shinguards, shoes, or any other equipment, which is dangerous to themselves or another player (including any kind of jewelry).

WE ALSO KNOW THAT WE ARE RESPONSIBLE FOR THE SAFETY OF THE PLAYERS WHILE ON THE FIELD. WE ARE REQUIRED TO ENFORCE THE "RULES OF COMPETITION" WHICH PROVIDE ADDITIONAL INSTRUCTION ON SAFETY. IN GENERAL WE KEEP THE GAME SAFER BY ENFORCING THESE RULES.

The referee makes judgments on what is and is not safe on the field of play. While identifying every unsafe condition isn't practical, using common sense addresses most safety issues.

Since the safety of the players is always foremost in the referees mind, I would like to pass on some additional thoughts about safety issues.

Non-Standard Player Equipment: When encountering non-standard equipment on a player the referee is placed in a position where judgment must be made about safety.

Hats: Players are not allowed to wear hats. Some wear skullcaps that wrap around the chin and are worn to protect against a recurring concussion. The reason they are wearing it should be a "red flag" or warning on whether this player should even be playing. There may be other reasons given.

Sports Glasses: A memorandum from USSF indicates that these glasses are designed to protect the player and are safe. However are all of these manufactured glasses safe? What constitutes "sport glasses"? There are no guidelines on this other than the memorandum and common sense.

Braces: Although braces are designed to protect the wearer they do not protect other players from injury caused by contact with them. I have always been suspicious of braces because they are made of hard materials that are capable of causing injury from hard tackles. The manufactured sleeves that cover them would provide additional protection for all players, if worn.



Sports Glasses

Keeping It Safe

continued

Preventative Measures: Use preventative measures to prevent fouling by:

Communicating Caution: Use terms like “settle down”, “easy”, or “no more”. Use body language like a frown, or a stare. Use your hands to signal. Refrain from using a wagging finger (degrading and inappropriate) or a pointed finger. Use an extended arm with the upright palm of your hand when a pause or stop is required.

Use Your Whistle: Blow hard and long for hard fouls. Blow soft for restarts and normal stoppages. Be consistent with your whistle. Players will recognize your technique and the game will flow better.

Never sacrifice the player’s safety **for:**

- **The flow of the game**
- By giving advantage
- By allowing play to continue with an injured player
- Interference from an outside agent
- Severe weather or lightning
- Or for **any** other reason that affects the safety of the players.

Remember the game is not about the referee. It’s about providing a safe and fun experience for the players.

All Referees are encouraged to submit profiles, stories, and articles for future newsletters.

Submit material to: RefereeJustin@Yahoo.com

B5 DRA: Richard Akelewicz



All questions regarding certification and training need to be directed to the District Referee Administrator for B5, Richard Akelewicz. If you have any problems signing up for classes on the FSR website then Rich is your point of contact.

District Referee Administrator
Name: Richard Akelewicz DRA-B5
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