



# New Referee Academy Format Debuts at Dallas Cup



**Dallas Cup Academy participants:** Front row L-R: Alfred Kleinaitis (staff), Matt Grove, Jeremy Schroeder, Ben Jones, Jeff Hink, Esse Baharmast (staff). Top row L-R: Colin Arblaster, Hilario Grajeda, Marc Lawrence, and Yarder Reyes.

In the late 1990s, the Soccer Federation instituted the concept of the Referee Academy as a direct effort to identify and train referees with potential for refereeing higher level games. The academies are of tremendous importance for the development of referees because they offer an opportunity to receive direct hands-on feedback from top-level assessors.

At the academy, referees are assessed on each game and receive feedback from the academy staff in a relaxed setting. Clinic material emphasizing officiating at levels appropriate for the participants is presented and physical fitness training is practiced daily. Referees have the opportunity to improve their skills and learn if they have what it takes to advance to the next level.

For the first time, a joint referee and coach/mentor-assessor academy was held April 4-11 at Dallas Cup XXV, under the direction of Alfred Kleinaitis, Esse Baharmast and David McKee. The purpose of the Assessor Academy is much the same as that of the Referee Academy. Assessors who have been identified as having potential to assess referees in top-level games were brought together under the instruction and mentoring of several of those assessors considered to be among the best we have. The instruction included sharing what the assessor looks for in a game, what good player management looks like, what are the referee's options in a particular situation, and how that information should be relayed to a referee to help him develop.

The National Office selects referees for academies based on recommendations from many sources, such as State Referee Administrators, National Instructors and National Assessors. Those assigned to instruct and evaluate

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at regional and national events are encouraged to send the names of potential academy candidates to Alfred Kleinaitis and Esse Baharmast.


In 2003, eight (8) Referee Academies were held and in 2004, there are twelve (12) scheduled. The academy referees invited were: Colin Arblaster (CAN), Hilario Grajeda (OHS), Matt Grove (CO), Jeff Hink (TN), Ben Jones (DCV), Marc Lawrence (MI), Yarder Reyes (CAS), and Jeremy Schroeder (MN). The coach/mentors were: Dave McKee, Steve Olson, Pat Smith and Heinz Wolmerath. The academy National Assessors were: Dennis Engers, Robert Heilmann, Farhad Mansourian, Steve Siomos, Richard Triche, and Jon Wilson. The academy referees had assignments as a referee, assistant referee and fourth official for the U-17, U-19, and U-19 Super Group games on Sunday, Monday, Tuesday, Wednesday, Friday and Saturday. All referees received three referee assignments and multiple assistant referee and fourth official assignments. The referees, coach/mentors and assessors met on the first day to establish a team environment for discussing match observations in daily group sessions. Points of



**Dallas Cup Assessor Academy participants:** Front row L-R: Jon Wilson, Bob Heilmann, Dick Triche, David McKee, Pat Smith, Heinz Wolmerath. Top row L-R: Farhad Mansourian, Steve Olson, Dennis Engers, and Steve Siomos.

emphasis for 2004 were discussed along with referee awareness, composure, feel for the game, professionalism and player and game management. On Thursday, Esse Baharmast conducted a practical field session with the referees, and they worked on a number of concepts dealing with teamwork, concentration and positioning during static and dynamic play. Feedback from the tournament officials on referee performance was very positive and judging by the response from the teams, the academy met its goals and was a positive learning experience for the academy referees and assessors. Each participant who had an assignment as a referee at all levels was observed from Sunday through Wednesday. Input was provided to the tournament referee assignor, Jim Mills, for his use in selection of referees for the final rounds of the tournament on Friday through Sunday.

In addition to the referee-coach/mentor academy, five additional National assessors, John Hekking, Jim McGoldrick, Bobby Morrisson, Milton Olazagasti, and David Olmos, provided the remainder of the USSF participating referees working the Dallas Cup with developmental assessments.

U.S. Soccer wishes to thank Gordon Jago; Executive Director of the Dallas Cup, Randy Jones, Tournament Director; and Jim Mills, Dallas Cup Assignor; for the invitation to take part in the Dallas Cup and their continuing relationship with U.S. Soccer's National Program for Referee Development. 

# TAKE CARE OF YOUR HEART!

**Donald L. Wilbur, M. D., National Instructor/National Assessor**

**C**ardiovascular disease (CVD) remains American's No. 1 killer, still claiming more lives than the rest of the major causes of death, according to the American Heart Association.

**Heart Attack Warning Signs** Some heart attacks are sudden and intense, but most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

**Chest discomfort** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

**Discomfort in other areas of the upper body**

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

**Shortness of breath** This feeling often comes along with chest discomfort, but it can occur before the chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't hesitate longer than a few minutes (no more than five) before calling for help. Call 9-1-1 and get to a hospital right away.

**Here are some tips for exercise success:**

If you've been sedentary for a long time, are overweight, have a high risk of coronary heart disease or some other chronic health problem, see your doctor for a medical evaluation before beginning a physical activity program.

Choose activities that are fun, not exhausting and add variety.

Wear comfortable, properly fitted footwear and comfortable, loose-fitting clothing appropriate for the weather and the activity.

Find a convenient time and place to do activities. Try to make it a habit, but be flexible. If you miss an exercise opportunity, work activity into your day another way.

Use music to keep you entertained.

Surround yourself with supportive people. Be an active role model for your children.

Don't overdo it. Do low- to moderate-level activities, especially at first. You can slowly increase the duration and intensity of your activities as you become more fit. Over time, work up to exercising three or four times per week for 30-60 minutes.

Keep a record of your activities. Reward yourself at special milestones. Nothing motivates like success!

Even low-to-moderate intensity activities, when done for as little as 30 minutes a day, can bring benefits.

More vigorous aerobic activities, such as brisk walking, running, swimming, bicycling, roller skating and jumping rope – done most days of the week for at least 30 minutes – are best for improving the fitness of the heart and lungs.



Donald M. Wilbur, M. D.

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### **Achieve an overall healthy eating pattern**

Choose an overall balanced diet with foods from all major food groups, emphasizing fruits, vegetables and grains.

Consume a variety of fruits, vegetables and grain products, including at least 5 daily servings of fruits and vegetables, at least 6 daily servings of grain products, including whole grains.

Include fat-free and low-fat dairy products, fish, legumes, poultry and lean meats.

Eat at least two servings of fish per week.

### **Achieve a healthy body weight**

Maintain a level of physical activity that achieves fitness and balances energy expenditure with caloric intake; for weight reduction, expenditure should exceed intake.

Limit foods that are high in calories and/or low in nutritional quality, including those with a high amount of added sugar.

### **Achieve a desirable cholesterol level**

Limit foods with a high content of saturated fat and cholesterol. Substitute with grains and unsaturated fat from vegetables, fish, legumes and nuts.

Limit cholesterol to 300 milligrams (mg) a day for the general population, and 200 mg a day for those with heart disease or its risk factors.


Limit *trans* fatty acids. Trans fatty acids are found in foods containing partially hydrogenated vegetable oils such as packaged cookies, crackers and other baked goods; commercially prepared fried foods and some margarines.

### **Achieve a desirable blood pressure level**

Limit salt intake to less than six grams (2,400 mg sodium) per day, slightly more than one teaspoon a day.

If you drink, limit alcohol consumption to no more than one drink per day for women and two drinks per day for men.

USA Track & Field has issued new guidelines for athletes to “consume 100 percent of fluids lost due to sweat while racing.” USATF recommends that athletes “be sensitive to the onset of thirst as the signal to drink, rather than staying ahead of thirst. . . . Being guided by their thirst, runners prevent dehydration while also lowering the risk of hyponatremia (low sodium), a potentially dangerous condition increasingly seen as runners have erroneously been instructed to over-hydrate.”

Exercise in any form, mild, moderate or intense, is good for you and can help reduce the risk of disease and keep the heart healthy. 

*Donald L. Wilbur is Professor of Anatomy and Cell Biology at the Medical University of South Carolina. He has taught Embryology, Cell Biology, Histology, Gross Anatomy and Neuroendocrinology at the Medical University of South Carolina to students, residents and faculty. Don also started two on-line medical schools for the development of physicians in underserved and under-represented parts of the world.*

*Beyond his medical career, Don is also a USSF National Referee Emeritus, National Instructor, National Assessor, and a member of the National Staff for Referee Development.*

## **Interested in learning more about taking care of your heart?**

You can find up-to-date information at the American Heart Association and American Council on Exercise web sites:

[www.americanheart.org](http://www.americanheart.org)

[www.acefitness.org](http://www.acefitness.org)

# Registration 2005

2005 Referee Registration Packets will be mailed at the end of June.

- Watch for your packet.
- Do not lose your form.
- Follow the instructions enclosed that are specific to *your* state. (Some states have the forms for their referees bulk-shipped to the State Referee Committee for distribution and their referees will not receive their forms in the mail.)

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# Attitude Counts!

Rodney Kenney, National Assessor/National Instructor

One attribute that is key to a successful refereeing career is a POSITIVE ATTITUDE. Who wants to be around referees who always complain about the games they get or don't get? They say, "I never get the better games," although they are assigned the same games as everyone else in their grade. They are also the referees who believe they are always right, and the comments from the assessors are always wrong. They consider themselves above all junior referees and tell the assignor that they should be doing the center instead of the "less qualified" people who are being assigned.

When we talk to referees who have not been successful, it doesn't take long to discover why. "I have been refereeing for 15 years and don't need to go to any clinics," or "the players are getting worse . . . they are out of control," are some of the comments you hear from them. They always seem to have problems in games and blame everyone else, the assistants, coaches, and players for the trouble. Never once reflecting on what they may have done to cause the problems in the game or what they could do to improve the situation.

This negative attitude turns off fellow referees, assessors, assignors, and administrators—the people we depend on to support our referee careers. Refereeing from entry level to international level is a team effort, and a positive attitude can make your refereeing career a success, while a negative attitude can cause it to be a failure.


You may never know when you are being tested for better assignments; the following is an example of such a test. A new National referee was invited to US Youth Soccer's Olympic Development Program tournament finals. He was the highest-rated referee there. When he returned from the tournament he was asked how he did, and he replied simply, "fine." Pressured further about the games he received, he said he did two fourth officials, and three assistant referee assignments.

Questioned about the lack of high-level assignments, he said that all week the other referees at the tournament also questioned why the highest-rated referee did not get better assignments. He said he told them he was just pleased to be there in a four-star hotel for a week and felt that if that is what the people who sent him wanted him to do, that was fine with him. He smiled and conceded, "Oh, I also did the final in the middle," which was the best assignment in the tournament.

Yes, they were testing him, but what were they testing him for? Obviously it was not his refereeing ability, but rather his attitude, both on and off the field. The test was whether he would represent the Federation and other referees well. Would he be a good role model for younger referees? They found the right man and have since assigned him to many pro games and other prestigious assignments.

What can we learn from this example? We learn that each assignment is not only a test of refereeing skills, but also of a positive attitude. Accept each assignment no matter what it is, and always do your best. If you are as good as you think you are, success will come with the assignments.

A positive attitude can sometimes help when your skills are not quite what they should be or when you move to a new level in your refereeing career. Assessors want to know that you understand your weaknesses and can accept constructive criticism with a positive attitude and will work to improve your refereeing skills.

Referees want to work with other referees who have a positive attitude and are not afraid to ask for help to get better. Just remember, "You can fail on your own, but you can only succeed with the help of others." Again refereeing is a team effort, be part of the team. 

## Too Few Substitutes Enter the Game

**Q.** In a youth game, six players leave the field and five new players (substitutes) enter. The coach discovers the discrepancy and asks the assistant referee (AR) for permission to send the new player in. The AR responded that the new player would have to wait until a normal substitution situation. Can this be correct? Can't a player enter at any time with the referee's permission?

**A.** The player should be allowed to enter at any time, whether play is stopped or not, but only with the referee's permission. Because this is not a substitution, this would apply even under the rules of a competition that specify that a substitute may enter only at particular times.

## What is the restart?

**Q.** A player goes down and is writhing in pain. The referee saw no foul but, due to concern over the player appearing to be seriously injured, stops play. As soon as play was stopped, the player amazingly jumps up and runs to the referee, who then cautions the player for unsporting behavior (exaggerating the injury). What is the restart?

**A.** When play is stopped for a player who is seriously injured, the normal restart would be a dropped ball from the place where the ball was when the referee stopped play (taking into consideration the special circumstances described in Law 8). However, if the "serious injury" turns out to be simulation (taking a dive), the referee cautions the player for unsporting behavior and shows the yellow card. The restart in this case is an indirect free kick from the place where the infringement occurred (taking into consideration the special circumstances described in Law 8).

## Playing Short After a Player Is Sent Off

**Q.** The referee awarded a penalty kick for a foul by the goalkeeper. Before the penalty kick was taken, the 'keeper said something to the referee and was sent off



and shown the red card. The referee did not make the team play short since the send-off came when play was stopped. The referee said it was not a foul because it happened after play had stopped. Should they have played down one man?

**A.** Yes, after the referee sent off the goalkeeper, the goalkeeper's team should have played with one fewer player for the rest of the game. Once the game starts, it makes no difference when a player is sent off or when the misconduct for which the player is being punished occurred, whether during play or a break in the game (halftime or other official break) or at a stoppage—ALL misconduct is dealt with during stoppage.

## Second Caution/Yellow Card

**Q.** A league plays under rules of competition that allow multiple substitutions, with players becoming substitutes and vice versa. What happens when a participant who, when a player, received a caution and yellow card, and then is substituted out and subsequently, while a substitute, receives a second caution and yellow card for misconduct off the field? Does the team now play short?

**A.** If the player/substitute received the second card while in the role of substitute, in other words, while on the bench, then this participant was not a player at that time and the team need not play short. If the participant had been a player at the time, then the team would have to play short.


# Intent versus Result

**Jim Allen, National Instructor Trainer/National Assessor**

Referees are no longer required to judge “intent” in an act by one player against another, but to judge instead the result of the act. However, the referee is allowed to distinguish between an act that is accidental and one that is deliberate.

“Intent” is not an issue in deciding what is or is not a foul, regardless of age. Even at the youngest or least-skilled levels of play, an act might nonetheless be considered a foul if it is determined to be careless. No age is too young to begin learning not to be careless.

For example, in the case of a player stumbling and colliding with an opponent, the referee should judge the act to be careless, reckless, or involving the use of excessive force—and thus a foul—only if the player had already begun to trip (or attempt to trip), push, kick (or attempt to kick), strike (or attempt to strike), jump at or charge his opponent. If the player was still merely pursuing the opponent and happened to stumble and fall, colliding with the opponent on the way down, there has been no foul, as the act was simply accidental or inadvertent.

The referee on the spot must judge whether this is in fact what happened. 



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