



The 5th Law

The VOICE of the Manitoba Soccer Referees Association

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NEWS

We Are All Winners!

The Champions League game between Manchester United and Barcelona resulted in a 3-1 win for Barcelona, much to the chagrin of Manchester United supporters but the real winners were all the referees and guests of referees who showed up at 4Play Sports Bar for the MSRA hosted event on May 28, 2011. We had a great turnout for this event and it was delightful to see referees bring family members and friends out for this event.

The private room was nice to have and despite the lack of service at times we all managed to have a bite to eat, find a beverage of choice and share an eventful match with a group of our peers. I was also grateful that no fighting broke out between the two groups of supporters☺.

We would like to thank all of those who came out to another MSRA sponsored event. Thanks to all who helped out with pulling this event off including our President Bryan Mintenko, Lisa Sansregret, Nic Joubert, Graham Forsyth and Jenna Rapai.

ANNOUNCEMENTS

Former MSRA Board Member and current Recruitment and Retention Committee Member **Caius Priscu** has received a job promotion and will be moving to Vancouver, BC this summer. Caius was instrumental in developing the recent MSRA membership survey. We wish him all the best of luck in his new job, and we hope he continues to enjoying officiating in BC.

APPOINTMENTS

Gold Cup

Héctor Vergara officiated his third career CONCACAF Gold Cup Final on Saturday June 25, 2011 at Rose Bowl in Pasadena, California.

Vergara had already participated in three round robin games in the 2011 CONCACAF Gold Cup as well as the USA vs Panama semi-final at Reliant Stadium in Houston in front of a capacity crowd of over 75,000. Hector has been appointed to each of the last six CONCACAF Gold Cups (2002-2011).

PDL

Congratulations to the following officials who were appointed to PDL matches in May and June:

Peter Manastyrsky, Kyle Lagiewka, Hernan Vivanco, Mike Dela Cruz, Graham Forsyth, Matthew Tessier, Bryan Mintenko, Kevin McEleney, Ricardo Rodriguez, Anthony Alexander, and Slawomir Bartosiewicz.

World Military Games

Christian Palavecino has been appointed to the 5th World Military Games in Rio de Janeiro from July 13-26. Congratulations on this great appointment.

CSA All Stars

Congratulations to **Jenna Rapai** for her appointment to the Girls All Stars in Hamilton, ON.

Congratulations to **Kevin McEleney** and **Marko Kalic** who have been appointed to the Boys All Stars and CSA Referee Symposium in Mount Pearl, NL.

Visit us @ www.manitobasoccerreferees.ca

REFEREE PROFILE**CHRIS GOLDEN**

Birthdate: November 18

Birthplace:
Southampton, UK

Home Town: Winnipeg

Year Joined the MSRA:
1989

Current Class: Provincial

Awards: Outstanding
Contribution to the MSRA
(1998, 2005, 2006),

MSA Frank Major Award of Merit (2007)

Highest Appointments: MSA Senior Men's Cup
Final Assistant Referee 1997, 1998, 1999

Career Highlights: Passing my Class 1 exam in British Columbia and receiving assessment marks in the 90s during the u16 boys All-Star Tournament in Coquitlam BC in 1996. Being MSRA President when we went on strike and refused to officiate Super Soccer Alliance games in the mid 1990s. Being trusted by my colleagues to represent them on the MSRA Board for the past 20 years.

Who has been the biggest influence in your career and why? From an educational point of view, the early assessments I received from Dick Derrett and Frank Major helped me tremendously in setting the groundwork to help me succeed. However watching what I and many others consider the best referee in the province, Willie Laidlaw, control games provided great insight as well as the confidence I needed to officiate at the provincial level.

Reason you became a Referee: I started reffing at age 16 in the UK when I realised (sadly) I wasn't going to be a pro footballer. A work colleague who was a Football Combination linesman (that's a league for pro team reserves) got me started, but I only stuck with it for two years before being tempted back to play County League. When I joined the MSRA in 1989 I had been playing for Hellas but experienced a succession of injuries and I couldn't think of not being involved in the game at a high level. So reffing was a way of staying in the game.

Favourite Referee Memories: Boxing Day 1999, reffing the local derby between Wells City and Shepton Mallet, two towns just a few miles apart in Somerset, UK. There were several hundred spectators and at least twenty 'unofficial' assessors as some of the local refs had come to see the guy from Canada. A hard-fought game was expected and the first foul occurred within 5 seconds of the kick off. Great, just what I needed....a quick way to get involved in the game. The anticipated 'blood-bath' never materialised and I got away with three cautions. The home team won 1-0 from an own goal midway through the second half. A great memory of seeing that my Canadian skills stood the test of the UK environment!

But, I must say the oddest, and in hindsight, funniest memory was abandoning a Super Soccer Alliance game after 5 minutes play because a spectator sat down on Dick Derret's line (he was a/r) and refused to move. The spectator was upset that Dick had not given a goal when the ball bounced down from the underside of the crossbar and would not budge despite our best attempts to convince him to leave.

Most Difficult Game: Lucania v Sons of Italy...not a surprise to anyone who knows soccer in this province! I had to work hard to stop the teams' emotions from bursting over and kept tight control of the game. Early in the second half there was a serious injury to a Lucania defender following an aerial collision with a Sons of Italy forward. I had an excellent view of the incident and the Lucania player was late into the challenge and suffered some serious damage to his mouth and jaw. That brought about a minor scuffle with Lucania players claiming the Sons player had deliberately injured his opponent. It would have been an easy out to give a straight red to the Sons player but my sanction was only a caution because I considered the challenge to be at its worst, reckless. The game finished with just 4 cautions (unfortunately 2 to one player) and, more importantly, I felt my integrity was intact.

Future Goals: I was always the ref sent to officiate the difficult men's semi finals and I considered that a great responsibility and honour, but with retirement just around the corner, it would be wonderful to referee any age level MSA Cup Final. And after 20 years on the MSRA Board, I am working on successfully handing over the reigns to our up and coming future refs.

REFEREE TIPS

INJURY PREVENTION FOR REFEREES

*Gary Lewin Head of Physiotherapy to England
Senior Men's Team*

There are many aspects of injury prevention which could not all be covered in this article. It is best to break them down into three topics - Preparation, Warm-up and Recovery.

Preparation

This covers several areas such as Fitness Training, Injury Prevention Specific Exercises, Hydration, Nutrition, Equipment and Mental Preparation.

This article will not delve into detail on Fitness Training but it needs to be stated how important it is to maintain a high level of fitness and to make young referees aware of an excellent booklet from FA Learning called Fitness for Refereeing. It covers all aspects of strength training, high intensity training, injury prevention exercises, speed training, endurance training and speed agility training and emphasises the importance of planning a weekly training programme around matches.

Injury prevention specific exercises can be for isolated injuries or for an overall injury prevention programme. Individual exercises need to be given by medical staff for specific injuries but there are many general types of exercises that can be used to prevent injury.

Two such types are Core Stability exercises and strength training involving eccentric exercises and these can be very helpful to prevent injury. There are many muscles that lie deep within the trunk of the body and attach directly and indirectly to the spine. These 'core' muscles stabilise the spine to create a firm base for co-ordinated movement of the limbs, which maintains good posture and movement patterns.

There are four main core stability exercises that could be incorporated into a training programme which will help prevent injury. They are The Superman, The Plank, The Side Plank and Bridging exercises. The aim of these exercises is to develop

the ability of the core muscles to work in an efficient and co-ordinated fashion to allow the body to move in correct alignment. These exercises can be added to any training programme.

Strength training exercises usually involve the lifting or 'pumping' of weights against gravity called concentric exercise. When body weight or external weights are moved with gravity they are called eccentric exercises and there is much evidence to suggest this type of strengthening prevents muscle and tendon injury. For example, instead of doing 'heel raises' or 'step ups' it is suggested you do slow heel lowering or slow step downs which will work the calves, quadriceps and the associated tendons eccentrically.

There is much research which shows that these exercises undertaken regularly will prevent muscle injuries and injuries to the Achilles tendon and patellar tendon which are areas commonly injured by referees.

Hydration is an important part of injury prevention as a dehydrated body is at a far greater risk of injury. The advice is to drink regularly, continually sipping and checking by the colour of your urine that the body is hydrated. The darker the urine the more dehydrated you are.

Nutrition is also very important, not only to maintain a healthy body mass index but what you eat is the fuel that you are putting into your engine. The better quality the food you put in, the better the engine will run!

Lastly, look after your footwear as blisters cause big problems especially early in the season. Good fitting boots are essential and areas of possible friction should be protected before blisters occur.

Warm-up

Warming up is an essential part of injury prevention before training and matches. The advice is to do three to six minutes of cardio-vascular work such as jogging to get the blood flow around to all the peripheral muscles. Then dynamic stretching for approximately five minutes, such as whilst running doing side stepping, high knee lifts, 'bum kicking',

backward jogging, skipping, hurdle walking and hamstring walking.

It should finish with specific functional exercises which should prepare you for match speed activity and sprinting which should increase your cardiac heart rate to about 85-90% of its maximum.

Recovery

Finally, once you finish a training session or match your recovery should start for your next event. This is the time to do static stretches whilst you are still warm. Massage is very helpful if it is available! Rehydration and reloading carbohydrates are essential in the first two hours post exercise.

Planning your schedule to recovery is a vital part of your progression as a referee and the more efficiently you recover the better you will perform.

The take-away message from this is to prepare properly by training sufficiently, eating and drinking correctly and planning ahead. If you fail to prepare, prepare to fail!

Source: Refereeing Magazine, Volume 10, August 2009. Posted on the Football Association website.



Referees training at the 2004 Olympics
Picture courtesy of Héctor Vergara

Have a request for something you would like included in the next edition of the Fifth Law? We welcome any ideas or contributions from our members!!!

Contact The Fifth Law at fifthlaw@live.ca.
Look for our next edition in September 2011.



July Trivia

When taking a direct or indirect free kick within the penalty area, in favour of the defending team, indicate which of the following is not correct?

- All the opponents should be a minimum of 9.15 metres from the ball.
- The ball will be in play at the moment that it is played with the foot and put into movement.
- All the opponents should stay out of the penalty area until the ball is in play.
- All the answers are correct.

*Send your answer to fifthlaw@live.ca
Correct answers will be entered to win a
\$20 Gift Certificate from Red Card Soccer.*

May Trivia Answer

During the taking of penalty kicks to determine the winner of a match, can a substitution take place?

- No, it is expressly forbidden.*
- Yes, but only an injured goal-keeper may be substituted.***
- Yes, substitutions are allowed at any time.*
- No, as the penalty kicks are not a part of the match.*

*Congratulations to the May Trivia winner,
Bill Prazak*

MSRA 2011 CALENDAR OF EVENTS

July - October Events:

August 20	MSRA Provincials BBQ 12:00 pm @ Winnipeg Soccer Complex
Sept 17	Charity Referee Soccer Game 4:30 pm @ Wpg Soccer Complex
October 15	MSRA AGM 10:00 am @ Hilton Suites

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