



The 5th Law

The VOICE of the Manitoba Soccer Referees Association

Volume 1 - Issue 5

SEPTEMBER 2011

NEWS

Collina: Straight reds for protests

Players who mob referees to protest against decisions could face instant red cards in the future, according to UEFA's chief refereeing officer Pierluigi Collina. Collina revealed there would be tougher action than ever when players surrounded officials.

The Italian said: "We don't want to see referees mobbed by players, where players run from long distances to crowd the ref. This could even be punished by a red card. Certainly one of the things we need to improve is stopping this kind of behaviour. It's not nice to see."

Collina said that referees in the two European club competitions were being aided by the extra assistant referees standing behind each dead-ball line, and that serious foul play would not be tolerated.

He added: "Referees have been instructed to protect the players. We don't need doctors on the pitch. We do not want to be in a situation where we have broken legs. Better to convince the players to stop before."

ANNOUNCEMENTS

Former MSRA Board Member Christian Palavecino has moved to Montreal as a part of his job requirements with the military. In a recent email, Christian thanked the MSRA for the support during his time here in Manitoba, and he is looking forward to continuing on with the National Program. We wish Christian all the best of luck with his job and his Referee career in Montreal.



Pierluigi Collina wants to see the end of players mobbing referees

"Look what happened to Eduardo a few years ago. It was shocking and was not football. If there is a serious risk to endanger the safety of an opponent, this has to be removed before there is actual damage."

APPOINTMENTS

Provincial Championships

Congratulations to all the Referees who participated in the Provincial Championships competition throughout the summer. The Youth, Senior Women's and Masters Finals were held on August 20th, and the Senior Men's final was held on August 27th at the Winnipeg Soccer Complex.

NASL

Hector Vergara, Assistant Referee
Edmonton FC @ Montreal Impact, September 17

National U18 Club Championships

Congratulations to Peter Manastyrsky and Kyle Lagiewka who have been appointed to the U18 Club Nationals in Fredericton, NB as a part of their nomination to the National Program. Mario Perrino has been appointed to the same competition as an Assessor.

Visit us @ www.manitobasoccerreferees.ca

REFEREE PROFILE

MARKO KALIC



Birthdate: October 28, 1990

Home Town: *Winnipeg*

Year Joined the MSRA:
2007

Current Class: *Nom Regional*

Awards: *MSRA Rookie of the Year (2007), MSRA Most Improved Cyrus Lister Award (2009)*

Highest Appointments: *AR2, 2009 U16 Club National Championships Female Gold Medal, Referee 2010 U16 Boys Provincial Final, Referee 2011 U14 Boys Provincial Final.*

Career Highlights: *Refereeing in the 2009 U16 National Championships and refereeing at the 2011 National All Star Championships.*

Who has been the biggest influence in your career and why? *My Dad who spent a few years driving me to my games, and convinced me not to quit after my first couple of years.*

Reason you became a Referee: *I started at 13 years old simply to make some money and avoid a future of flipping burgers.*

Favourite Referee Memory: *Being a part of the crew on the match at the U16 Nationals in 2009 which kicked off at some time after 12:30 am!*

Most Difficult Game: *Definitely the U16 National Final in which I must have made at least 20 very close offside decisions.*

Future Goals: *Next is simply reaching the Provincial Class and continuing to progress through each level.*

WEB RESOURCES

Visit the Ask the Ref website to post a referee question, read articles, or search questions:
www.asktheref.com



RED CARD TRIVIA

September Trivia

A player takes a throw in towards his goalkeeper, the goalkeeper touches the ball with his foot and it enters the goal. What should the referee award?

- Award a goal.
- A corner kick.
- A repetition of the throw-in to the opposing team.
- An indirect free kick as the play is considered a pass back to the goal keeper from a throw-in.

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

July Trivia Answer

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.

Congratulations July Trivia winner, Terri Wolfe

MSRA 2011 CALENDAR OF EVENTS

Sept 17	Referee Soccer Game & BBQ 11:00 am @ Kilcona Park
October 15	MSRA AGM 10:00 am @ Hilton Suites
November 19	MSRA Awards Banquet 6:00 pm @ Hilton Suites
December	Scrooge Cup Referee Soccer Game TBA

Visit us @ www.manitobasoccerreferees.ca

REFEREE TIPS**REFEREE NUTRITION RECOMMENDATION**

by Michael Donovan, Ph.D.

You have risen to become a professional referee through your ability on the field, outstanding fitness and your love and commitment to the game of soccer. However, in order to excel at the professional level you need a little patience, a lot of experience and accepting the fact that you are, above all else, an athlete. With that in mind, for you to perform like an athlete, you need to start eating like one. Regardless of your professional referee goals, you're going to need to make a partial split with the culture. Your days of "energy drink and gel - referee - rest - repeat" are over - it's time to start fueling your body the right way.

Whether you realize it or not, as a professional referee you often put your body through immense strain during matches and training. Running 4 - 8 miles per game burns through a lot of calories and depletes your body of precious energy and fluids. Add to that equation maintaining concentration to make hundreds of decisions throughout the match and you are setting yourself up for failure if you don't fuel your body properly.

Simply put soccer referees should be as well fueled as everyone else on a professional pitch. Every athlete's concentration and skills are greatly diminished when dehydration, hunger, and fatigue begin to set in. So, while fueling with fast food or whatever you can grab in the convenience store or airport on the way to the match has long been part of the culture of refereeing, as the games get faster and more demanding, you need to find your optimal fueling if you want to stay up to the challenge.

Professional athletes in the NFL, NBA and MLS are emphasizing to their teammates how much better they feel and perform since they started hydrating more and fueling their workouts better. To perform your best, it's important to join the movement toward abandoning the drive-through window for smarter sports nutrition options. What, and when, you eat and drink can greatly promote better performance on the field and better recovery after matches.

Pre - game***Begin completely hydrated***

Through all the running you do as a referee, you generate a lot of heat that must be dissipated quickly to avoid overheating. Sweating during a game can lead to dramatic losses of fluid (up to 2 - 4 lbs during a typical soccer match and even more in hot or humid conditions.)

In addition to water loss, when you sweat you are also losing electrolytes, such as sodium. Both water and sodium need to be replenished in order for you to perform your best. A loss of 2% of body weight during a match will have a negative impact on your performance and concentration during a game. (That's just 3.5 lbs if you weigh 175 pounds.)

When you're dehydrated, your physical stamina and decision-making ability decreases and your concentration fades. Fortunately, dehydration can be avoided by developing a hydration plan before, during, and after matches. If you go into matches and training sessions fully hydrated and fueled, you will be able to concentrate longer, and feel fresher at the end of the match.

The most common cause of fatigue on a soccer pitch is dehydration. Keep a water bottle with you when you travel and in the locker room and be sure to make up for any previously incurred fluid deficits by consuming 16 oz of water or a sports drink 2 to 3 hours before kickoff.

Continue to hydrate as needed prior to play, and have a sports bottle close at hand for rehydrating during halftime. If you're not sure whether you're fully hydrated, monitor your hydration status prior to the start of play by checking the color of your urine. If you are adequately hydrated, it should be a very light yellow. If it's the color of apple juice, you probably need to drink more fluids in the form of water or sports drink.

Begin completely fueled

Glucose and fat are the primary energy sources for most athletes - players and referees alike. While a small amount of glucose circulates in your bloodstream, most of the glucose in your body is stored in your muscles and liver as glycogen. Glycogen and fat are your primary energy source on the field, but your reserves are limited.

When you're properly fueled, you can keep up with the pace of play, but if your carbohydrate energy levels fade, you will begin to fatigue and could find yourself behind play. In addition, proper fueling can help prevent injury. Nearly 25% of all soccer injuries occur in the last 15–20 minutes of a game, when glycogen reserves are low and players (and referees) are fatigued.

If you want to referee your best game, you cannot afford to show up for match with your carbohydrate fuel reserves empty. Moreover, you can delay the onset of muscle fatigue during play by refueling with good carbohydrate sources such as sports drink, an energy bar or a piece of fruit at halftime.

To top off your glycogen reserves, try to consume a small meal 2 to 4 hours before kickoff. Choose familiar high - carbohydrate foods and beverages and avoid slow - to - digest fatty and high - fiber foods prior to refereeing. As a snack, try a fruit smoothie, a meal - replacement beverage, or an energy bar.

If you don't feel like eating solid food before a match, try liquid carbohydrate sources instead. A fruit smoothie or meal - replacement drink is a good alternative when you don't feel like eating something solid. Make sure to have readily digestible, high - carbohydrate snacks with you when you travel so when you get hungry on the plane or en route to the venue, you have something to eat.

Post - game

Do what you need to do to recover. Every athlete is different, so you need to determine what works best for you. Your body is ready to start the recovery process just as soon as you step foot off the field, but you need to provide the nutritional components for recovery, including carbohydrates to restore depleted glycogen stores, protein to repair and build muscle tissue, and fluids and electrolytes to rehydrate.

Intense training sessions and back to back matches can seriously deplete the amount of glycogen stored in your muscles. Proper nutrition can speed recovery by reloading glycogen stores enabling you to be strong and ready for your next training or match. Although your body is ready to begin recovering as soon as the final whistle blows, the recovery process does not truly begin until you get the nutrition your body requires.

Food suggestions

Recovery Options (Some suggestions for food to pack in your bag or pick up after a match)

- Peanut butter and jelly sandwiches
- Bagels with cheese, turkey or hummus
- Crackers or pretzels
- Fresh fruits (apple, banana)
- Frozen fruit smoothies
- Pretzels dipped in peanut butter
- Trail mix with dried fruit
- String cheese and crackers with beef jerky
- Bean burrito with salsa
- Handful of nuts and dried fruit
- French toast/pancakes with maple syrup
- Toast with jam or honey & low-fat yogurt
- Breakfast burrito (scrambled eggs, salsa, and cheese in a flour tortilla) & fruit juice
- Bagel or English muffin, with jelly and/or peanut butter, banana, and fruit nectar
- Pasta or cheese ravioli with low-fat, tomato based sauce & bread
- Grilled chicken sandwich with frozen low-fat yogurt, baked potato
- Turkey sub sandwich with tomato, lettuce, mustard, baked chips, fruit juice
- Thick - crust cheese pizza, low - fat gelato

Source: Professional Soccer Referees Association website www.refereeassociation.net/index.php

About the Author:

Dr. Michael Donovan has been working with athletes for more than a decade as a personal trainer, exercise physiologist, soccer coach, health educator, and nutrition consultant.

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 November 2011.

Thank you to our September Contributors:
Nicolas Joubert, Larry Eloy, Dennis Petrelli,
and Marko Kalic.

Edited by Bryan Mintenko.