

QRL - Referees' Coaching & Development Updates

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Publication of the QRL Referees' Development Officers

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Reporting
Misconduct

Observe incident

✓

Player/s number

✓

Position on field

✓

Apply advantage

✓

Enter field (flag up)

✓

Move directly to referee

✓

Accurate concise report to referee

✓

Return to touchline

✓

From the RDOs' Desk

The month of May sees the commencement of Carnivals and the representative season. There are many opportunities provided by the QRL and the QRL Referees' Board for match officials from all levels of the game to officiate at a higher level.

Twenty two match officials from throughout the state will get first opportunity to impress at the Under 15 Schoolboys Rugby League Championships (Redcliffe) and the Open Schoolboys Rugby League Championships (Ipswich) being held this month.

Included in this month's edition:

- ♦ Nutrition notes from Joe Spelta or his representative as presented at 2008 Divisional Professional Updates.
- ♦ An article from Michael Wise keeping all abreast of happenings within the QRL competitions.
- ♦ 2008 Registrations (821) compared with 2007 (1204). Are affiliated referees officiating all local league games in your area/division?

Don't forget your mum on Mothers Day.



Ed.

2008 Registrations

Association	2007	2008	Association	2007	2008
Brisbane	404	319	Mackay	51	33
Bundaberg	32	11	Northern Districts	9	11
Cairns	61	17	Rockhampton	24	19
Central Highlands	74	45	Roma	52	10
Fraser Coast	19	12	South Burnett	20	14
Gladstone	26	23	Sunshine Coast	93	86
Gold Coast	92	77	Toowoomba	112	73
Ipswich	72	38	Townsville	63	33

2008 DATES TO REMEMBER

Centenary Test Match Australia v New Zealand - Sydney	May 9
Mothers Day	May 11
Harvey Norman State of Origin 1 - Sydney	May 21
QRL A Grade Divisional Carnival - Gatton QRL Outback Carnival - Cloncurry	June 7 - 8

BITS & PIECES

- ♦ The NRAS Provider update is now completed and all who attended are now accredited for the next 4 years. Thank you to all presenters.
- ♦ The QRL Referees' Board strategic planning meeting was held on Sunday 20/4/2008. A draft plan will be distributed in due course by the Referees' Board for comment. Thank you to the 2 Divisions and 3 Referee Associations for their replies which provided valuable input.
- ♦ David, Richard and I have commenced reviewing games for clips to include on the 2008 Professional Development DVD. If you see a clip in a game worthy of inclusion please call or e-mail one of us.

QRL- Referees' Coaching
& Development Update

What is your opinion? Should the new racer space aged swimsuits be banned?

I think they are absolutely fantastic. It is taking swimming into the space age. You are still going to have the best swimmer. It doesn't neglect kids getting up at 5am and training early hours. It doesn't neglect the fact that they have to diet properly and they have to watch what they eat. It doesn't neglect the fact that they have to set goals.

When you get to national or international level it adds to the sceptical. Sure, world records because of them are going to change, there is no doubt about that, but are we going to stay pole-vaulting on the old bamboo pole?

There has always been evolution, right from the old woolen suit to the nylon suit, to the lycra suit, to suits that Thorpie wore, right through to the Racer.

Laurie Lawrence (former Head Coach - Australian Swimming)

The 5th last play...

When looking for a DISTRACTOR in officiating the dreaded 5th and last can be a Referee's Achilles Heel. The following scenarios are there to assist in the decision making process after the **FIFTH PLAY THE BALL.**

1. Red is tackled into touch 8 metres out from the Blue goal line.
Handover to Blue, 10x10 out from the Blue goal line.
2. Red kicks and the ball accidentally hits an offside Red player and the ball is regathered by the Red kicker.
Handover to Blue at the point of the kick.
3. Red kicks and the ball rebounds off the Referee 30 metres out from the Red goal line and play is irregularly affected.
Scrum, L.H.F. to Blue, the attacking team.
4. Red kicks and the ball goes over the dead ball line on the full.
20 metre optional kick by Blue.
5. Red knocks on 3 metres out from the Blue goal line. Red regathers the ball.
Handover to Blue 10 metres out from the Blue goal line, in line with where the knock on occurred.
6. Red kicks and the ball hits a Blue player on the full and goes backwards off Blue into touch on the full, 30 metres out from the Blue goal line.
Scrum 20 metres in from where the ball entered touch LHF to Blue.

Coaches all want CONSISTENCY. What match officials require is ACCURACY, as LAW is a GIVEN!

PRO ACTIVE REFEREEING:

When a Referee begins the journey to develop his/her CRAFT the focus is on the GIVENS: LAW & FITNESS. This is a reasonable requirement but to climb the ladder of success a Referee needs to build on the base to ensure he/she has not only the SHOTS but has the GAME! Some of those requirements are:

CREDIBILITY: Here the Referee sets the bar height through DECISIONS and OUTCOMES in the CONTEXT of the game. Soft calls often impact on the game, create player frustration and tension which results in unwanted attention to the Referee for all the wrong reasons.

POSITIONING: This is required in all aspects of play whether it be the kick off, play the ball, Red zone or in goal. The Referee's ability to read play and adjust accordingly can have either a POSITIVE or NEGATIVE influence on the OUTCOME of the game.

COMMUNICATION: Some Referees are all TALK but no WALK! SELECTIVE timely talk gets the required result and assists in reducing penalties, especially those DISCRETIONARY ones. Tagging players early is a simple but effective action.

AWARENESS: The game is Rugby League so smell the Dencorub instead of the "roses." Be in the right place at the right time. PRESENCE is a great deterrent to player indiscretions and a facilitator for Referee QUALITY DECISIONS and OUTCOMES.

Coaches Corner



Everyone is Different...

As it is in real life, not everyone has the "model" build that is considered to be the perfect physique for a referee. Everyone is different... that's a good thing. This is what makes us unique as a person and as match officials... and you should never forget this.

But just because everyone is different and they may not fit the profile of a perfect referee doesn't mean they can't contribute to the game of rugby league. They CAN, and they do every weekend across Australia.

As a coach or mentor your role is not to mould each referee into a clone of Bill Harrigan so they can become the next best thing to hit the streets of where ever it is you live. No, your role is to help each individual match official to reach the level THEY want to reach.

To do this you need to consider the attributes that each individual match official brings to the table. You need to identify their individual strengths and weakness so they can use their strengths to overcome and compensate any weaknesses in their game.

For example... if a referee is naturally soft spoken and is short in stature, but has very good ground speed, then you shouldn't ask them to model their game on the movements or actions of someone who is much taller and has a strong voice. They simply will not be able to get the desired results.

In this instance the referee may need to adjust his/her style to better utilise their strength (speed) to position themselves closer to play than normal to maximise their player communication and to enhance their vision.

If a referee is older and not in great physical condition, then it is pointless to ask them to follow the correct procedure for "lingering" as they simply won't be able to implement this. Instead, you may have to develop a strategy that allows them to leverage off their vast years of experience to gain better vision and position.

Now I'm not saying you should disregard "best practice" methods in doing this... far from it. If a referee has a goal of being appointed to a higher level, then they need to learn "best practice" methods so they can obtain the necessary skills to be considered for this level.

But not everyone has this objective.

For match officials who are happy officiating at a club or grass roots level it's not always about following "word for word" what is recommended in the coaching manual. It's all about providing feedback appropriate to the ability and skill of each match official to enhance their performance so they can achieve a successful outcome.

QRL REFEREES' NUTRITION NOTES: (as presented at seminars)

Joseph Spelta A.P.D; A.E.P

Accredited Sports Dietitian; Accredited Exercise Physiologist

What you eat can affect your performance in training and when you're out in the middle, or running a line. On top of the general nutrition advice; 2 serves of Fruit; 5 serves of Vegetables; 2 dairy (milk cheese, yoghurt, 2 Meat, and 5-7 cereal serves for energy, there are a few things you can do to make you peak for performance, be that training or for a game. Below are a few suggestions on what you should focus on for specific training times.



TRAINING SESSION CARDIO BASED

Pre- Fluids and Hydration (600ml water/Gatorade in the hour prior)

During- Focus on water, Gatorade if intense or lasting more than 60min.

Post- Focus on hydration after and back up with a carbohydrate rich meal for recovery (pasta, rice, bread based).

TRAINING SESSION RESISTANCE/GYM WORK

Pre- Protein and Carbohydrate

During- not really important if the session is less than 1 hour and you eat something before it.

Post- Protein for growth and repair, carbohydrate for recovery, Try get something in within 30min (protein shake made on milk/chocolate milk) then back up with a Protein and carbohydrate meal (Tuna Sandwich, ham cheese tomato toastie, stir fry with rice, etc.)

GAME

Pre- Carbohydrate and Fluid: if you can tolerate, a small meal 2 hours pre, followed by 300ml Gatorade in the 30min prior.

During- Fluids and Carbohydrate, being dehydrated as little as 2% body weight (~1.5kg for a 75 kg person) can impair judgement and decrease performance.

Post- Fluid and Carbohydrate! (very important if you are running multiple games in one day). 600ml of Gatorade, in the 30min post game will help replenish your muscle glycogen stores. There is a 30min window of accelerated recovery, so make sure you make the most of it. Think about another "Pre Game" meal if there is time.

This is general sports nutrition advice, and I would strongly recommend you practice a few times before implementing before a game. If a certain food, or too much fluid causes gastro distress it will likely detract from your game!

For more specific advice, or for advice on sports nutrition, body composition, or general health nutrition, look at the Eat Smart website <http://www.eatsmartnutrition.com>

WIZ'S WISDOM



We are well underway into the season of 2008 with new competitions, new teams and a few new faces. The grind of the pre-season is over and smiles are all around as now we get to concentrate on the season proper. It seems all the referees in the Esanda QRL squad are really putting in at training which has resulted in more competition for spots in the top grades. This means making sure you are switched on every week, relaxing and having fun refereeing.

However with Joe Spelta and Tony Maksoud coming up with new drills this allows us to keep fresh and refereeing to the best of our ability

This season is a bit different from others in that the QRL squad are now officiating in the U'20 Toyota National Youth Competition. Having refereed several of these games myself I can tell you it is of a very high standard that is extremely quick. It is amazing to think that players can be so big at such a young age! Also having a couple new teams in the competition has meant more travel. The frequent flyer points are certainly up for grabs with up to 4 games in regional Queensland each weekend including Cairns, Mackay, Townsville and Rockhampton.

The rumour going around is that Damian Breen (former champion TJ) is pushing to have Mt Isa included in the 2009 Qld Cup comp!

Enjoy your footy.

Wiz

ON FIELD COMMUNICATION

- ⇒ Keep your cool
- ⇒ Don't try to be a tough person
- ⇒ Don't be a "shouter"
- ⇒ Show confidence
- ⇒ Don't let spectators get the better of you
- ⇒ Answer reasonable questions
- ⇒ Choose your words wisely