



## **MEMORANDUM MS01/07 TO ARLRA REFEREES' COACHES**

### **CRLRA ANNUAL SEMINAR**

The annual CRLRA Seminar seemed to be a great success as always. The Board establish a theme and tailor the programme to suit. This year's theme was "Psychology of Refereeing".

Sports Psychologist, Alan Mantle, delivered the key note address in which he dealt with a number of topics including *imagery*. He followed it up with another session in the afternoon with smaller groups which also received good reviews. In my session on *Practical Refereeing*, I dealt, *inter alia*, with the mind set and thought processes of the Referees on tape. Whilst the degree of success in any of these sessions depends in part on the sophistication of the audience, most people seemed to understand what we were driving at.

The final session was an on field drills session which necessitated the application of imagery or visualization techniques for its success. The participants were by and large, the younger group. The drills which they performed are included below but what wasn't included in the hard copy which we distributed at the seminar was an explanation of imagery and its importance in the overall success of the drill.

After some elementary research, I offer the following.

### **IMAGERY – MENTAL DRILLS FOR REFEREES**

It should be said at the outset that visualization and imagery are different beasts. Imagery involves feelings of movements, sounds, emotions, even smells. In developing a systematic approach to using imagery, one should first work at increasing overall *sensory awareness*.

Imagery is the process by which you can create, modify or strengthen pathways important to the co-ordination of the muscles, by training purely within your mind. Imagination is the driving force of imagery. Imagery rests on the important principle that you can exercise these parts of your brain with input from your imagination rather than your senses.



In its least effective form you can use imagery as a substitute for real practice to train the parts of your mind that it can reach. This is useful in situations where :-

- The athlete is injured and cannot train
- Practice is not possible for some other reason
- The match official has extended travel time to matches.

However, the real power of imagery lies in a number of more sophisticated points.

- Imagery allows you to practice and prepare for events and eventualities you can never expect to train for in reality. With practice, it allows you to enter a situation you have never physically experienced with the feeling that you have been there before and achieved whatever you are trying to achieve. Eg, a specific game related situation that you hope never to encounter, such as being attacked verbally by a captain or players and dealing with it successfully.
- It also allows you to prepare and practise your response to physical and psychological problems that do not occur normally, so that if and when they do occur, you can respond to them competently and confidently. Imagery can be used to train in sports psychology skills such as stress and distraction management. Eg, imagine a game of park footy where the parents are raucous in the extreme and how you can deal with these distractions.
- It allows you to pre experience the achievement of goals. It gives you the confidence that these goals can be achieved and the positive feelings achievement may engender.
- Practicing with imagery helps to slow down complex skills so that you may isolate and feel the correct component movement of the skills, and isolate where problems in technique lie.

Imagery can also be used to affect some involuntary responses of your body such as releases of adrenaline or heart rates.

In relation to these drills, imagine players lined out, smell the freshly cut grass. Hear the calls of the players, feel the bump into a defender, hear the thump as the ball is kicked and see the ball sail through the air. Use your vocab to talk to the players, gestures as you would during a game, use the correct tackle count.

(Ref: [www.mindtools.com](http://www.mindtools.com))



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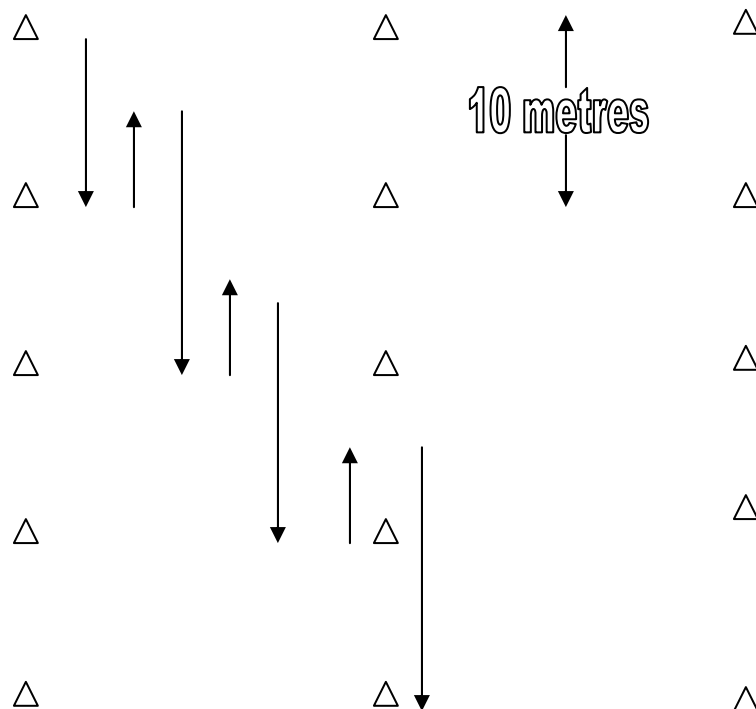
## POSITIONING DRILLS FOR REFEREES

1. Set cones every 10m to 40m mark.  
Group does the drill altogether 50% effort as warm up.

Run 10m, the backwards 5m.  
Run to next 10m cone (15m forward), then back 5m & repeat to 40m cone.  
Turn and return doing same.  
Do again, then 5 minute stretch. Nominate leader.

2. Split group in two and repeat drill at 100% effort.  
Only up and back then 2<sup>nd</sup> group goes.  
Three sets each.

### DRILL 1 & 2



3. Set cones every 5m to 20m.  
Out 10m, back 5m.  
Out to 20m, back 5m. Out to 20m, turn and same back.  
75% out, fast feet back.



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Each group does twice, then alternate. Three sets of two.

4. In own time. Out 5m, fast feet back.

Coach to set the ruck at 10m. Individuals to use appropriate vocab and visualization drill.

3 sets of six tackles.

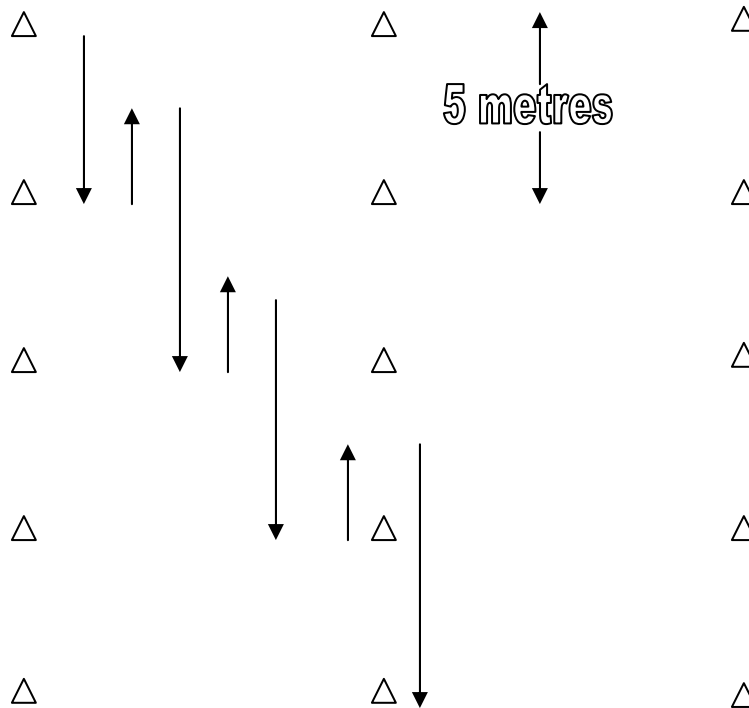
5. Yardage drill

Out three metres, loiter, arc and fast feet back.

Use imagery, vocab.

Coach sets ruck at 10m, raises hand to indicate when ball clears ruck. Extend fingers for Referee to observe and inform. Coach may at his discretion indicate long pass/short pass/kick left or right, break or tackle and the Referee reacts. Three sets of six each. May be done as individuals if possible.

### DRILL 3



6. Scrum set to the side of grid. In yardage, run from scrum to grid. Repeat 5 above with variations .



7. Finish with 10 Malcolms 100% effort.
8. Warm down and stretch.

### **POSITION ON THE FREE KICK**

The NRL guys are working on a new position for the free kick which this season will be taken 20 metres in from touch instead of 10 as in the past. They will be experimenting in the trials but at present, there is a leaning towards an unconventional position some 15 metres in from touch and about 5 or 6 metres in front of the free kick. There seems to be greater control over both the kick and the defence line from this “no mans land” position. But stay tuned.

### **NRL MEDIA RELEASE RE LAW ALTERATIONS**

“The National Rugby League Board has retained the Golden Point rule in its present form, reinstated Sunday semi finals and accepted a number of amendments to refereeing interpretations for the 2007 season.

Today’s meeting considered outcomes from this year’s Football Operations Conference, the Chief Executive’s Annual Conference and submissions from both individual clubs and the NRL Executive.

While there had been substantial debate in relation to the Golden Point and particularly the option of moving to a Golden Try, there was also acceptance that the existing Golden Point rule had added an exciting dimension to matches and had provided the framework.

“There’s an element of ‘if it isn’t broken don’t fix it’,” NRL Chief Executive, Mr David Gallop, said.

“There were also some real concerns about the consistency between matches during the year and semi finals that would need to be played until a result was reached.

“Finally there was a fundamental concern that moving away from the current concept would mean that you could win a game one way in the 79<sup>th</sup> minute (through a field goal) but have to win it another in the 81<sup>st</sup> minute (through a try).

“A lot of people point to the Tri Nations Final as a reason for change but in fact that finish occurred under the existing rule.

“We’ve implemented a large number of changes on the back of the feedback from coaches, players, referees and CEO’s but will leave the Golden Point in place.”



As a result of today's meeting, referees will adjust a number of on field rule interpretations:

- Off-side (in judging the position of attacking players in relation to offside, both feet must be behind the ball; in the case of defensive players both feet must be behind the either the referees' 10m mark or the goal line.)
- Play-the-ball (genuine attempt must be made to play with foot)
- Obstruction (as per points agreed at Football Operations Conference listed at the end of this release).
- Sin Bin (may be used for minor repeated infringements of foul play)
- Interchange/Foul Play (free interchange when leaving and returning to field)
- Free kicks 20 metres from touch (RLIF Executive has agreed this can be adopted as an experimental rule in 2007)

Minor changes were also approved to the NRL Judiciary system.

The first change will result in a player's first Careless Grade 1 tackle conviction no longer incurring a 'prior offence' loading for those players who have qualified for the 7 year incident free discount.

In effect this means a player who has played 7 years without conviction would not lose his 'good-record' discount because of his first Careless Grade 1 Tackle offence.

Furthermore, if a player who has played 7 years incident free in Grade Football is convicted of an offence other than a Careless Grade 1 High Tackle, the loading period (the length of time the offence remains on his record for the purposes of increasing future penalties) be reduced from two years to one year.

"It's an incentive for players to retain clean records," Mr Gallop explained.

"Without lessening any of the deterrents we have against foul play it also rewards players who play the game in the right spirit over an extended period."

The meeting today also made a minor amendment to the salary cap aimed at providing further opportunities to young players.

Players in a club's 2<sup>nd</sup> Tier (not part of the top 25), who have not played in the NRL and whose contract with the club is terminated, will not remain in the club's salary cap calculation after that point.

On the issue of scheduling, the Board agreed that the 2006 experiment of taking semi finals in weeks two and three to Friday night instead of Sunday night should not be repeated. The semi finals in weeks two and three will now be played on Saturday evening and Sunday afternoon.



The Board has confirmed that 2007 will move to a system of Home Finals in week 1, Home Cities in week 2, Home Regions in Week 3, with the Grand Final at Telstra Stadium.

“We’ve listened to the fans over the last couple of years in terms of having more flexibility around finals scheduling and last year in terms of their preference Saturday evening and Sunday finals,” Mr Gallop said.

“The mix of matches in 2007 will get the big games close to fans but keep them in Stadiums that can accommodate semi final crowds.”

**Notes on amendments to the obstruction interpretation:**

- **Standard ‘run-around’ move is ok**
- **Passing across the back of decoy runners is ok**
- **Ball carrier cannot run behind a decoy and gain an advantage regardless of any contact between the decoy and the defence**
- **Decoy runners must run into space and not interfere with the defensive**
- **Decoys that interfere with inside-out defenders will be penalised.”**

The only Law change that I expect to have an effect on the game as a whole is moving the free kick. The obstruction and offside alterations/interpretations are as a result of added scrutiny and video referee requirements.

Although it is our 100<sup>th</sup> year, let’s still look young and enthusiastic!

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