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## Memorandum

To:	ARLRA Referees' coaches
From:	Michael Stone
Date:	9 March 2006
Subject:	MS003/06

### **COPING WITH THE HEAT**

As usual, Richard Johnston has provided a thought provoking paper which has practical implications for Officials.

*“Exercising in the heat can readily cause stress that may overwhelm the body’s adaptive responses. External stressors such as heat and stressors of an internal nature such as thoughts and anxiety can throw the body out of its homeostatic balance. As a result different types of mental preparations and strategies can assist in minimizing the harmful effects of exercising in the heat.*

*Awareness. This is the first step to gaining control of any pressure situation and is based on the knowledge of one’s ideal performance state. Keeping a journal is ideal for reflecting on performances not purely results but also personal evaluations (eg. Thoughts, feelings, behaviours). Records can also be kept on relevant physiological systems such as heart rate, oxygen consumption etc). When an athlete recognizes that any number of factors can affect tolerance, expectations for that performance should be scaled back.*

*Relaxation. This is one technique which can assist recovery from fatigue exacerbated by heat. Relaxation techniques can reduce other tensions brought about by heat.*

*Planning. Pre-performance planning and preparation is essential in dealing with training and competing in extreme conditions. Simple things such as equipment and clothing are important when combined environmental stressors (heat and humidity) are present. Athletes should consider reducing their work load.*

*Self-talk. Another key to control athletes’ cognitions is self-talk. This can enhance performance when it provides encouragement, assists in staying focused and aids stress coping strategies such as rational*

*thinking. Self talk is not just about changing negative thoughts to positive ones but about altering underlying basic beliefs such as reminding athletes of their goals and why they are there (in the heat) in the first place.*

*Imagery. The use of all or some of the senses to create or re-create visions or experiences in the mind can be useful in creating an appropriate mental set to meet the challenges of training in extreme environments.*

*Summary. Preparing to compete in extreme conditions necessitates the inclusion of both physical and psychological strategies to optimize performance. Being aware and understanding the adverse influences of heat on performance is an important step in reducing the impact of heat on performance.”*

## **REACTIONS TO THE QUIZ**

First of all, David Isaacs queried the rebounding question which trapped so many of my Premier League boys.

*“I have a quick question regarding the below Premier League question you mentioned in your coaching memo 002.06 :*

*“After the fifth play-the-ball Red kicks. The ball rebounds off a Blue player on the full and goes forward into touch on the full.”*

*In the past we have been encouraged to interrupt the result of a rebound as if the rebound didn't in fact happen, ie remove the rebound from the equation and the resultant effect is what you base your decision on.*

*From what I can see, this is a common sense approach to coming up with an acceptable outcome and this is confirmed with your explanation of the correct decision to the above question (see below):*

*“The effect of it hitting the player is the same as if the ball had touched the ground. However, because Blue cannot be disadvantaged by the ball striking him, the feed to the resulting scrum will go to Blue.”*

*If this is the case, then what would your decision be if the abovementioned question involved a 40/20 kick and following the rebound the ball entered touch after the 20m line? Would this technically be a successful 40/20 kick and therefore the feed would be awarded to the kicking team, or would common sense prevail and the feed be awarded to the non-kicking team?*

*I look forward to your reply.”*

He got this reply.

*“In the case of a 40/20, it is still a successful 40/20 kick and the feed & loose will go to the kicking side. The non kicking side is not disadvantaged by this as the feed was always going to the kicking side anyway.*

*In respect to the original scenario, if it happened from a kickoff, ie the ball is kicked from the centre of the half way line and hits a player on the head who does not play at the ball, then enters touch on the full, should a penalty be awarded against the kicker? Obviously far too harsh an interpretation of the law. That is why we changed our original thoughts on the Law.”*

Colin White is one of the best District Association coaches that I know. One of the reasons is that he will not die wondering. If he has a question, he will pose it. Like this one emanating from Quiz #1.

*“An interesting ‘quiz’ to which I have only one ????”*

*Question 7 – I have always been of the understanding that the ‘free kick’ is general play, and not part of the penalty kick. Therefore, the defender catching the ball on the full in his own in goal would be entitled to a 20m restart.*

*However, ‘where the hell did I get that from’ ??”*

The reply of course is this.

*“You will recall that, in MS010/05 that I agreed with your assertion that, and I quote, “AFTER a free kick is taken it becomes general play”. (emphasis added). That is still correct. The kick itself, however, is not general play but rather a restart in play - see Glossary definition of General play. You only get to restart play at the 20m mark if you catch a KICK IN GENERAL PLAY etc.”*

Keep these quizzes as they are most useful for you. Only if you use them of course.

## **ANSWERS TO QUIZ #2**

- Q1 Play on
- Q2 Penalty to Blue. Red is offside.
- Q3 Scrum, feed and loose to attacking team.
- Q4 Full time.
- Q5 Goal line drop out.
- Q6 Penalty to Red. Deliberate knock forward.
- Q7 Play on.
- Q8 Play on.

- Q9 Knock on. Scrum fed and loose to Blue.  
 Q10 Touch judge.  
 Q11 All aspects of play after play has been started or restarted by a place kick, drop out, penalty kick, free kick or scrum.  
 Q12 Penalty to Blue. Look at definition of “kick”.  
 Q13 Choose which end to defend OR kick off.  
 Q14 Try.  
 Q15 Try.

### **STRADDLING – NRL OFFICIALS TRY TO MAKE SENSE OF IT ALL**

The NRL Sideline Officials recently visited the “straddling” laws in an effort to build a consistent interpretation of the Laws. Have a look at their findings and give me some feedback as to what you think.

- *“If a defending player **catches the ball on the full** regardless of being totally within the in-goal area, straddling the in-goal and touch in-goal or the in-goal and dead ball line or being totally touch in-goal or over the dead ball line a **20m restart** would be the result in all cases.*
- *If a defending player **touches or catches the ball on the full** with one foot in the in-goal and one foot in touch the ball will be **waved back**. If the ball is bouncing then it will be considered to be in touch where it crosses the touch line by the kicking team.*
- *If a defending player **touches or catches the ball on the full** after in has crossed the touch line first with one foot in the in-goal and one foot in touch in-goal the ball will be **waved back** in all cases.*
- *If a defending player **touches or drops the ball** while straddling the in-goal and touch in-goal or the in-goal and dead ball line a **goal line drop out** would be the result in all cases.*
- *If a defending player being totally touch in-goal or over the dead ball line reaches into the in-goal area (ie the hands past through the pane of glass) and **touches or drops the ball** this will be considered straddling and a **goal line drop out** would be the result in all cases.*
- *If a defending player being totally touch in-goal or over the dead ball line and does not reach into the in-goal area (ie the ball past through the pane of glass) and **touches or drops the ball** this will not be considered straddling and a **20m restart** would be the result in all cases.*
- *If a defending and attacking player are contesting the ball as it passes over the touch in-goal line or dead ball line and the ball **strikes or touches** the defending player then the shadowing rule should be considered. In all other cases the above should still apply ie has the ball and player passed through the pane of*

*glass or not. If so a **20m restart** will apply if not a **goal line drop out.**"*

This is the way that straddles will be dealt with in the NRL this year. The following is another suggestion that several Law changes will solve the problem.

Change 1

*Notes on Page 21 Dead Ball line restarts. (Straddling)*

*Should a kick from general play be made dead by a defending player straddling the dead ball line or touch in-goal line, play will restart with a goal line drop-out. Except where the ball is caught on the full. (See Section 8 Law 2(c))*

Change 2

*Glossary*

*Straddling - is where a defending player who has one or both feet on or beyond the touch in-goal or dead ball lines touches the ball which is still in the playing field.*

Change 3

*Section 8*

*2. The game is restarted with an optional kick from the centre of the 20m line if:*

*(c) a defending player, in his in-goal, takes a kick in general play from an opponent on the full. (This also includes where a defending player has one or both feet on or beyond the touch in-goal or dead ball lines)*

*I think all these changes or additions need to be made in order to cover all possible scenarios.*

Addition

*General Play - Definition in the Glossary needs to include "Optional Kick"*

*GENERAL PLAY refers to all aspects of play after a match has been started or re-started by a Place Kick, Drop-Out, Optional Kick, Penalty Kick, Free Kick or Scrum."*

This is a difficult area as the Law itself is not totally clear on the subject. If it is possible to clear it up, let me know and I will lobby the ARL.

**NRL DEVELOPMENT CD VERSION 2**

Those of you who have visited the ARLRA website to see this excellent resource will be delighted to know that the NRL Athletic Performance Manager Klinton Hoare, has added a lot of valuable information on

cardiovascular conditioning for Rugby League match officials. They include generic 8 week cardio and strength training programmes, NRL performance parameters and expectations and a number of new drills to run. Also there are a number of downloadable files attached. On top of that, there are some 23 gym exercises complete with lengthy explanations, description of muscles exercised and video clips of the exercise. Altogether a brilliant production.

I think that the best way to distribute the CD will be via a CPD session for Level 2 coaches. We will try to get a copy out to all Associations but the point is to use the information correctly and safely.

### **LAWS QUIZ #3**

See attached.

In the meantime, if you won't change, don't stop others doing it.

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ARLRA PARTICIPATION COMMITTEE CONSULTANT  
ARL LAWS COMMITTEE MEMBER  
NSWRL PREMIER LEAGUE HEAD COACH  
ARL SCHOLARSHIP AWARD WINNERS MENTOR  
ARLRA MEMORANDUM EDITOR  
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### NRL QUIZ #3 2006

- Q1 "A" Team kicks off and the ball lands in the field of play and then hits the corner post.
- Q2 A" team kicks off. The ball travels 10 metres forward and is then blown back and goes into touch on A's side of halfway after landing in the field of play.
- Q3 A defending player in possession runs into a referee in his own goal area. He drops the ball which is fallen on by an attacking player who claims a try.
- Q4 A ball in the in goal area not in possession of a player touches a referee or touch judge and play is irregularly affected.
- Q5 "A" player kicks the ball on tackle 3 from general play on the full to the B player standing on the touch line who knocks the ball on and it lands in the field of play.
- Q6 "A" player kicks the ball from a penalty kick. The ball in flight crosses the touch line then swerves back in field and drops on the touch line 30 metres further down field.
- Q7 An attacking player attempting to score a try is forced touch in goal. The touch judge waves his flag to indicate that the player has gone touch in-goal but the referee believes that the player had grounded the ball in goal first.
- Q8 The five eighth passes the ball to the inside centre who accidentally knocks the ball forward with his hands or arms. The outside centre comes from behind him and catches the ball before it hits the ground.

- Q9 The five eighth passes the ball to the centre who accidentally knocks the ball forward. It rebounds off the goal post back into his hands. He regathers the ball and dives over to claim a try.
- Q10 The five eighth passes the ball to the centre who accidentally knocks the ball on in the field of play 5 metres from the goal line. The ball goes over the dead ball line.
- Q11 An attacking player knocks on in the field of play and the ball eventually rolls into the in goal area where it is made dead by a defending player.
- Q12 A halfback puts the ball into their scrum and as he does so a centre from team B encroaches beyond the 5m line. "A" team wins the ball from the scrum and is tackled by the B centre.
- Q13 After being set, a scrum wheels so that both sets of forwards are reversed. The lock forward detaches himself and picks up the ball after it emerges correctly.
- Q14 "A" team is awarded a penalty kick 3 metres from "B"s goal line. An "A" player kicks from a point drawn through the mark. The ball goes forward and is then blown back and enters touch 1 metre behind the mark.
- Q15 "A1" kicks the ball towards "Bs" 20 metre line. Player "A2" who is in an offside position in front of "A1" attempts to follow the kick and is obstructed by a B" player between the halfway and the 20 metre line.