



## **MEMORANDUM MS02/07 TO ARLRA REFEREES' COACHES**

**29 March 2007**

### **LAWS QUERY- PLAYER DISTRACTS KICKER**

There have been a few rumbles about this one from the last memo. I wrote to Stuart Cummings at the RFL and sought his opinion as well as Richard Johnston from the QRL. The QRL people were seriously thinking of withdrawing from the Commonwealth over the issue.

Stuart indicated that he would always have simply given the kicker another kick, as would I, but concedes that according to the Law, you can advance the mark and that you would not have to kick for goal as it is a new penalty. He wrote:-

*"I would have always just given him the kick again but the laws do state that it is illegal to distract the kicker. Section 15 Law 1 (e), "A player is guilty of misconduct if he DELIBERATELY and continuously breaks the Laws of the Game", or (i) "behaves in any way contrary to the true spirit of the game". In both cases would the penalty not be awarded where the misconduct took place and because it was a further case of misconduct they would not have to kick at goal."*

We truly are an International game.

### **THE BEAR HUG**

We must be doing something right when the coaches come up with different strategies to slow the play the ball. There are some teams that have resorted to the bear hug. It will generally involve a second movement after the tackle has been completed where the tackler wraps his arms around the ball carrier and rises with him before completely releasing him. It is affected on a ball carrier who is on his stomach or hands and knees and prevents a super quick play the ball. As it is happening in the NRL it won't be long before we see it in suburban grounds and in the bush. So be vigilant in identifying the problem.

### **"LEGS IN" TACTIC**

Another tactic used by some clubs is to give the tackled player no room in which to get to his feet. The marker stands very close to the player who wishes to play the ball and pushes his knees forward so that they make contact with the ball



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&/or the other player's arms or body. Often the ball is dislodged and is unfortunately missed by the officials.

Once a player is tackled, he must be immediately released and not touched again until the ball is in play. So the marker has in fact breached the Laws of the Game, albeit technically. He should be penalized.

### **LEARNING TO USE IMAGERY – [www.mindtools.com](http://www.mindtools.com)**

A strong and potent image will be far more effective and “real” than a weak one when presented to the appropriate nerve pathways in your brain. Images can be made more real by –

- Using all your senses in an image. Touch, smell, sound, taste, and body position should be combined with visual imagination to create highly “real” images.
- Observing detail of sensations such as the feel of the ball when carrying it on to the field, the texture of the Referee's jersey, the smell of linament, the smell of the players' sweat, the crowd sounds and the shape of the ground at which you officiate. These sensations should be observed in detail in reality and then incorporated into imagery later to make it more vivid.
- Imagining yourself **within** your body feeling and sensing all going on around you rather than looking on at yourself from a remote position. If you imagine yourself within yourself, then the image is bound to be more connected, realistic and involved than a remote view.

It is best to start gently so that the basic skills can be fully learned in a low stress environment. This means that you can be more confident of the effectiveness of these skills when you need to put them to the test.

The experts tell me that you should start using only 5 minutes a day, early in the morning when your senses are probably at their keenest. The number of minutes can be increased as time goes on. Try increasing to 15 minutes per day, perhaps more the day before a major event.

Similarly, start using imagery in a quiet, relaxed environment in which there are few distractions. Slowly experiment with using it in increasingly disturbed situations until you are comfortable with using imagery in the most distracting environments.

It is important to use imagery systematically. Get in the habit of practicing techniques/decision making/delivering cautions etc **in your mind** before executing them in practice and of using communication techniques and stress

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management strategies in imagery routinely. As David Jay says, “perfect practice prevents ... etc”. An habitually routine use of imagery to practice stressful situations will bring its benefits almost automatically when you are under stress in a match.

## **FEEDBACK**

I know its early days yet, but I am after some feedback on the more “philosophical” style of newsletter. We need to lift our performance and to do so we probably need to enter uncharted waters, such as those in our brain. (No offence, I’m sure there is none taken). As coaches we need to be introducing our staff to new techniques and methods. Try using imagery with them. If it works with our elite athletes, I’m sure that it will help us as well. And another thing.

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

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