



# Extra Time

The official newsletter of Capital Football Referees

Issue 2

March 2008

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## Welcome to Extra Time for 2008

Welcome everyone to the first issue of Extra Time for 2008 and another exciting year of football in the Capital, especially to our new referees who are reading Extra Time for the first time.

I hope that during the year you will notice a few improvements to how Capital Football provide our service to referees. 2008 will see the roll out of various initiatives arising from the recruitment and retention forum last year as well as from the Referee Standing Committee. The most obvious change that our senior referees will notice is the reduction in membership fees for the year, but perhaps the most exciting program for the year is that of the Referee Academy (see story on page 4). The effects of the Academy may not be felt straight away but I'm sure you will all agree that it will prove to be a great investment for the future of refereeing in Canberra.

Capital Football is also pleased to announce that Marsh Insurance has come onboard as the sponsor of the Referee Academy. This sponsorship will provide the Academy participants and coaches with uniforms for the year.

This month we launched the Capital Football website referee login section (for more information see page 5). This is now the official website for Capital Football Referees replacing Canberra.ausref.com. For all the latest news and information please keep an eye on the website.

Good luck to everyone in their pre-season matches over the next month.  
Daniel Murphy, Referee Administrator

## Meet a Referee

Each issue we will ask a referee some hard hitting questions to help you get to know your fellow referees and solve the world's problems.

This month we meet referee and Capital Football Junior League Manager **Alasdair Grocock**

**How long have you been Refereeing?** *12 years in total, but in two stints*

**What's your refereeing career highlight?** *Being the referee in last years Div 3 Grand Final*

**If you could change a law what would it be?** *I would allow thermal shorts to be any colour, I would also like to see a trial of having two referees similar to Futsal*

**If you could be any Capital Football Referee who would it be?** *Joe King (aka Ned Sparkes), he always kept control and communicated well with the players*

**Who won the 1992 Melbourne Cup?** *What a Nuisance won the '85 cup but I'm not sure who won in '92 (Subzero won the 1992 Cup)*

**What would you do with your last \$5?** *I would donate it to charity, I'm that sort of guy!*

If you would like to be next month's "Meet a Referee" please send an email titled "Meet a Referee" to [refadmin@capitalfootball.com.au](mailto:refadmin@capitalfootball.com.au). Any referee can participate and each months referee will receive a very special prize.



**MARSH**  
Australia





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## Coaches Corner

Welcome to a new season. It was nice to see most of you at the Annual Seminar two weeks ago – I hope some of the information and discussion has already improved your refereeing. I would like to take this opportunity to remind you of some of the preparatory things I expect from you as a professional.

1. When you go to a game, be there **at least 30 minutes before kick-off** for a senior game (45 minutes for all Premier League games - men's or women's) and be **neatly dressed** in appropriate clothes to the level of fixture. Tracksuits are only appropriate if there is no changing facility at the ground and turning up fully or partly kitted out in uniform is not acceptable. None of this is negotiable and people who don't do as they are asked will be required to explain themselves to the Standing Committee.

2. Your authority begins from the moment you arrive, however, **be polite** when you meet with managers, coaches and other officials. Try and cooperate with them – it could make your whole day easier.

- talk to the Club officials wearing Capital Football team monitor fluorescent vests – we are very slack about this – ask them to carry out specific duties CF/ you require.
- talk politely to the players about jewellery, bike pants, colour clashes, quick free kicks, etc. **Do not** emphasise what rules you are or are not going to enforce (e.g. “this week I will be watching shirt pulling” – this creates a rod for your own back).

3. Find your team-mates (assistants and referees) and introduce yourself and greet them properly especially if you do not know them. If you are all neatly dressed and look like a team then you can take them with you to check the ground. If not, change into uniform and then check the ground

4. When you are checking the ground don't just look at the grass. Be proactive check all of the following:

- Markings
- Posts and nets – nets should have no holes near the posts and be secured to the ground. Moveable posts must be secure and on the goal line (I know that should be obvious but it isn't always checked).
- Corner flags and quadrants
- Technical areas if there are any
- Bench areas – on open fields insist they are both on the same side – easier for the refereeing team to manage
- Sprinkler heads, potholes, etc
- Anything which is permanently sub-standard should be reported to CF.

5. Before you go out for kick off:

- Talk to your team and give/listen to instructions carefully
- Make sure you get on to the ground in time for the scheduled KO time – 3 or 4 minutes late is not acceptable – you need to be on the ground 5 mins early so pre-match checks/formalities can take place.
- The whole team should be introduced to the Captains so the R and ARs should be there at the centre for the coin toss.
- Shake hands with your team before you go to your position.
- Maintain eye contact where possible for the rest of the game.

The refereeing is hard enough, the preparation is often completely overlooked.

Enjoy your season and may all your decisions be 100% correct!

Clive Mackillop, State Coach



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## Junior Referee Seminars

Seminars for all Junior referees wanting to register for 2008 will be held on the 5<sup>th</sup> of April at Radford College and 13<sup>th</sup> of April at Marist College.

Referees will be required to attend one of the sessions on either day. Referees may attend the session on the date that is most convenient and rsvps are not required. These will be the only opportunities to attend a seminar this year and it is compulsory to attend a seminar in order to register for 2008.

### Seminar Details:

Dates/Locations: 5/4/08 Radford College  
13/4/08 Marist College

Times: Session 1 0845-1030  
Session 2 0945-1130  
Session 3 1045-1230

### Registration:

- Only cash and cheques will be accepted as payment, **credit cards will not be accepted**
- Fees for 2008 are:
  - \$80 for referees over 18 years old
  - \$60 for referees under 18 years old
  - \$20 for non active referees
  - Free for Capital Football Life Members
- Please bring your FFA number

Please bring: Pen, whistle, flags, cards, hat, sunscreen, joggers/running shoes

Uniforms will also be available for sale at the seminar

## Latest News

Congratulations to Allyson Flynn on being appointed to the Algrave Cup in Portugal to be held in late February and early March. The Algrave Cup is an annual Women's Football Tournament held in the Algrave region of Portugal between 12 of the best Women's football nations.

Also Congratulations to Ben Wilson on being appointed to the A-League Grand Final between the Central Coast Mariners and Newcastle Jets. This is Ben's third A-League Grand Final in a row, and he joined his World Cup team mates Mark Shield and Nathan Gibson for the match.

Ben also sat down with Capital Football's Chris Gottaas recently to speak about the Grand Final and being a FIFA Assistant Referee.

To watch the entire interview visit [www.channelvision.com.au](http://www.channelvision.com.au)





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## Capital Football Referee Academy

Capital Football Referees is pleased to announce the creation of the Marsh Insurance Referee Academy for 2008 and beyond. The Academy is designed to help develop promising young referees in their late teens and early twenties the make to step from refereeing junior matches to men's and women's league matches.

This year nine referees from around Canberra will participate in the academy receiving intensive coaching and appointments to Premier League 16s and 18s as well as Capital Football Academy matches. It is hoped that the participants in the Academy will also go onto represent Capital Football at the Boys and Girls national championships.

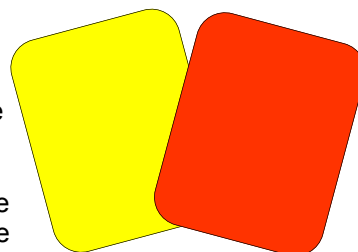
It is also worth noting that similar "Talent Acceleration Programs" that have run in the ACT produced the likes of FIFA Referee Ben Williams, A-League Assistant Gavin Martin and World Cup Assistant Ben Wilson, so the future could be very bright for the class of 2008.

The 2008 Marsh Insurance Referee Academy participants are; Dominic Aungles, Leon Harris, Jack Hatton, Sean Lewis, Zoe Power, Joel Rivers, Greg Taylor, Brock Winkler and Luke Withell.

## Referee Uniforms

Capital Football Referee uniforms and equipment are available from the Capital Football Office at Unit 2/3 "Football House", Phipps Close in Deakin.

Please note that uniform and equipment purchases are only available by appointment. To make an appointment please contact the Referee Administrator at [refadmin@capitalfootball.com.au](mailto:refadmin@capitalfootball.com.au) or 6260 4000.



Uniform price lists are available from the Capital Football Referee website or from the Referee Administrator.

## Upcoming Events

Date	Event	Time	Location
5 April	Northside Junior Seminar	0845-1230	Radford College
13 April	Southside Junior Seminar	0845-1230	Marist College
19/20 April	Senior League Kick Off		Various
3 May	Junior League Kick Off		Various

## Interested in Refereeing Futsal?

Capital Football Futsal are offering abridged Futsal refereeing courses for outdoor referees wanting to gain Futsal accreditation. Referees will be given course material and the Futsal Laws of the Game to complete and read, and will be able to do a one night course instead of the usual four night course. A course is planned for the end of March (details TBC).

If you are interested in completing the course please contact Allan Ward on 6297 3335 or 0438 629 733



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## Capital Football Referee Website

This year [www.capitalfootball.com.au](http://www.capitalfootball.com.au) will be the official website for Capital Football Referees replacing [Canberra.ausref.com](http://Canberra.ausref.com), with all the latest news and information regularly updated. The website also has a login section exclusively for referees containing forms and reference documents.

To log into the Referee section:

- Visit [www.capitalfootball.com.au](http://www.capitalfootball.com.au)
- Hover your cursor over the "Referee" button
- Select "Referee Login"
- Once the "login to referees area" page has opened enter your email address and click "login"
- A link will then be sent to your email address allowing you to view the login section of the website
- If an email does not arrive within 15 minutes please try to login in again
- If it doesn't work for the second time please contact the referee administrator

Please also note:

- It may take up to 15 minutes for the email to arrive
- The email may arrive in your junk/spam folder
- The email link will only be active for 24 hours
- If you have two email addresses your primary email address on your registration form will be used on the website. If you would like a second email address or a different address added please contact the referee administrator
- If you change email address please contact the referee administrator, otherwise you will not be able to access the website

Please note that only referees registered for 2008 will be able to access the website. Please also allow up to a week after registration before login onto the website. If you require a document but are not yet able to login please contact the referee administrator at [refadmin@capitalfootball.com.au](mailto:refadmin@capitalfootball.com.au)

## Inside Refereeing- Essentials to Good Refereeing

Capital Football is pleased to announce that it will be hosting a seminar "Inside Refereeing- Essentials to Good Refereeing" free of cost for all female referees in the ACT and surrounding region.

With a number of special guests including 2007 Women's FIFA World Cup Final Referee Tammy Ogston (pictured), A-League Assistant Referee Gavin Martin and FIFA Assistant Referee Allyson Flynn, the seminar will provide a chance to have an intimate discussion on issues around refereeing football, women in sport and what it takes to become an elite referee.



This is a once in a lifetime opportunity to help develop your refereeing skills and confidence on and off the field. All female referees from juniors to senior are encouraged to attend. The seminar will be held on the 10th of May at the AIS Gold Room.

If you would like to attend please contact the Referee Administrator at [refadmin@capitalfootball.com.au](mailto:refadmin@capitalfootball.com.au) or 6260 4000