



CDSRA Newsletter

February 2011 <http://www.cdsra.ca>

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If you have any events, stories, or other information that you would like to share in the CDSRA Newsletter, please e-mail any of the CDSRA executive for inclusion.

Thank You Members

Thanks to all members who filled out last month's on-line survey. Your opinions and guidance have been a great support as we work to improve the CDSRA.

Upcoming Advanced Referee Training (ART) Classes

The next two ART classes are specifically designed to prepare members for the upcoming outdoor season. Survey responses have indicated that the classes be more catered to upgrade candidates and to those looking to improve their CSF rating.

February 15, 2011 – Upgrade Expectations and Preparation
(the Rose Kohn Arena meeting room, 7 p.m.)

March 15, 2011 – Nutrition and Fitness Preparation
Hosted at *Athlete Factory*, (off Blackfoot Trail near the new location of the Calgary Farmers Market) <http://www.athletefactory.net/contact.html>
This course will be instructed by *Athlete Factory* Head Coach Paul Balsom .

April 5, 2011 – Annual General Meeting (Rose Kohn Arena meeting room)

April 19, 2011 –Outdoor Refresher Course (Rose Kohn Arena meeting room)

Upcoming Elections and Annual General Meeting

On April 5, 2011 the CDSRA will host our Annual General Meeting. One part of this meeting is the election of the members of the executive committee. Currently the CDSRA executive is as small as it has been in recent memory. There are three vacant positions to be filled (Vice President, Elected Director (1), and Appointed Director (1)). The committee meets the first Thursday of every month. For more information on these positions (and how to apply), please contact President Terry Day, tnlday@shaw.ca

CDSRA on Facebook

Any members interested in joining the CDSRA on *Facebook* need to contact the administrator of the CDSRA website for access to the site. Join our group and see the many features the CDSRA has to offer. There are discussion groups, videos, pictures, and much more.

PASL games

The Professional Arena Soccer League (PASL) started their season December 31, 2010. This semi-professional league has 15 teams based in cities across North America. The three Canadian teams are Calgary United F.C., the Edmonton Drillers and the Winnipeg Alliance.

Next Calgary home game is Sunday February 13, 2011, @ 3:00 p.m. Games take place on the West field of the Subway Soccer Centre. Sunday's game is a double-header against the Winnipeg Alliance. Tickets are \$10 apiece and available at the door.

The CDSRA has purchased one pair of season tickets. An e-mail competition before each home game, will be our method of ticket distribution. Keep an eye on your in-box for a chance to win and see the best indoor soccer in Canada.

Old Referee Uniforms

How many of us have old referee uniforms that we don't wear anymore??? Nik Rasula has connections that will distribute your old uniforms to needy referees in third-world countries (Mexico, Columbia, etc). If you have anything to contribute, please contact Nik at nrasula@gmail.com. He will arrange a pick up and get your old uniforms to someone in need. Donations can also be made at any ART class.

Provincials and Players Equipment

As we are getting nearer to the indoor provincials that will be hosted in various locations across the province on March 18-20 for youth and March 25-27 for seniors, we as referees need to make sure that we are consistent in our applications of the laws of the game and tournament regulations regarding equipment. When you get appointed to any provincial competition or any other tournament, be sure that you are aware of any differences in applications of regulations that are specific to the competition. The article below will highlight some differences in how different states apply law 4 for different levels of competitions.

What Do I Put Over a Right Arm Cast to Play Soccer?

Famous soccer players who have played with a cast on their right arm include Chelsea forward Didier Drogba, who represented his home nation, the Ivory Coast, in the 2010 World Cup. Drogba wore a soft cast under a long-sleeved shirt in the wake of an injury days earlier. England forward Gary Lineker wore a soft cast in the 1986 World Cup and poured in six goals. If you have the misfortune to break your arm, you need to know what you can put over the cast to allow you to return safely to the field.

The National Federation of State High School Associations requires a right-arm hard cast to be covered on all surfaces with high-density, closed-cell polyurethane no less than ½ inch thick or an alternative similar material. A physician needs to sign a medical release, and the player needs to provide the release to the referee at the field. Vendors of [sports](#) medicine equipment sell kits containing sheets of foam to cover casts; the foam meets the federation standards.

If you are not a high school player, you should familiarize yourself with possible obstacles to returning to the field while you are wearing a cast. Law 4 of the Laws of the Game promulgated by FIFA, the international governing body of soccer, states

that the referee must inspect and approve clothing or equipment other than basic equipment. U.S. Youth Soccer, with 3 million youth players, permits players with casts to take the field if the cast cover is inspected and approved by the referee.

Youth soccer leagues in certain states, including Texas and Wisconsin, prohibit players with casts from playing altogether. According to AsktheRef.com, these states do not allow referee discretion, based on concerns that the cast can severely injure other players. Also, the American Youth Soccer Organization, with 650,000 youth players, does not allow players to practice or participate while wearing a cast or splint; removal of a cast or splint at the field or nearby will disqualify the player.

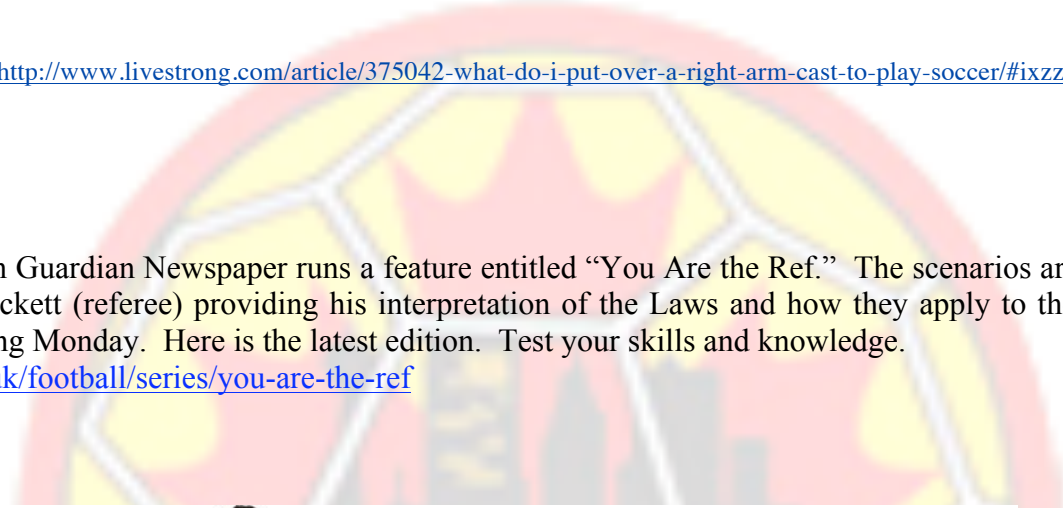
If wearing a cast is permitted, the referee will need to approve the type of cast covering. Typical coverings in addition to foam include bubble wrap, carpet, an elastic bandage or, if you are unprepared, a T-shirt and tape. While often used, bubble wrap may cause the right arm to sweat too much in hot weather. In addition to a covering, state soccer referee associations may follow Vermont's example and require a medical release or a doctor's note allowing you to play with a broken arm -- more likely to be granted to a field player than a goalkeeper. Further, you must agree not to use the cast in a way that is dangerous, especially near the heads of other players. A referee may remove a player who swings the cast around like a club.


Read more: <http://www.livestrong.com/article/375042-what-do-i-put-over-a-right-arm-cast-to-play-soccer/#ixzz1DrkkmSPU>

You Are the Ref

Every Friday, the London Guardian Newspaper runs a feature entitled "You Are the Ref." The scenarios are presented on Friday with Keith Hackett (referee) providing his interpretation of the Laws and how they apply to the situations presented, on the following Monday. Here is the latest edition. Test your skills and knowledge.

<http://www.guardian.co.uk/football/series/you-are-the-ref>



YOU ARE THE REF  by Keith Hackett and Paul Trevillion

1 It's a crucial late penalty. The opposition fans behind the goal try to put the taker off - so the attacking side's players, on the edge of the box, try to do the same to the keeper. Do you intervene?

2 A winger, racing in from the corner, nutmegs the last defender but has to run off the pitch to get past him. The keeper sees this, stops playing and shouts for a free-kick, but the winger plays on and rolls the ball into the unguarded net. What now?

3 It's an attacking free kick inside the area. Defenders line-up on the goal-line - but so do the attackers, just in front of them. As the ball is struck, the attackers scatter and, in the confusion, it flies into the net. The defenders are furious, saying they were impeded and couldn't see. What do you do?

