

WELCOME

DECEMBER 2021



Hello and welcome to the December edition of the Norfolk County FA Referees' Bulletin. I hope you are all well and enjoying your refereeing.

COURSES

FDC COURSE

At the beginning of November, Mike Inder and myself welcomed 24 new recruits to The FDC to begin their training.

So far this season we have recruited 102 Referees from across 5 courses and already 29 of the 102 have completed their first 5 matches and qualified as either a Youth Referee or Level 7 Referee. Well done to all who have completed a course and also completed matches.



Our immediate focus is to continue supporting our new recruits through the conversion process, but plans are in place for further courses to run in the new year. We actually have an ever-growing waiting list of people interested in taking the course, so watch this space!

A big thank you also to Ashley Tyne and Mike Inder for their support on delivering the courses.

REMINDER

SOCIAL MEDIA

Social media is a large part of 21st century life, with everything from political news, to football videos, to personal thoughts instantaneously available at the touch of a button. This has changed the world of refereeing and the accessibility of referees, so the below guidance is in place to offer some best practice on using social media.

- Good news, positive stories and support of colleagues is encouraged; we can all play a part in raising the profile of refereeing.
- Once something has been said or posted, be prepared to be accountable for it.
- Avoid commenting on clubs, players, or incidents that you have been involved in.

- Fellow referees and observers, at any level, are considered as colleagues. Remember this when commenting on football. Again, avoid negativity but support and praise is encouraged.

Remember, if you wouldn't say it in a press conference, don't put it on Social Media!

FAKENHAM RA

ALL THINGS NORFOLK REFEREEING

Thank you to Fakenham RA for inviting me to their meeting on Friday 12TH November to talk all things Norfolk Refereeing. Congratulations to Victor Petri for being awarded the Chairman's Award for his outstanding service to the branch.



If other RA's would like myself or members of Norfolk FA to attend their meeting, please get in touch!

CPD

EAST REGION CPD

As you should be aware, we have joined forces with Cambridgeshire FA and Suffolk FA to launch a CPD programme for referees within the East Anglian Region.

Sessions are being held online via Microsoft Teams on the first Monday evening of each month and all registered referees will receive an email each month to register to attend.

If you missed the sessions, please see below what was delivered:

October CPD delivered by Suffolk RDO, Alan Dale covered Dealing with Inappropriate Behaviour

November CPD delivered by Norfolk RDO, Harvey Newstead covered Penalty Area Decisions

A MESSAGE FROM ROBBO

SUNDAY APPOINTMENTS

There is no local football for two Sundays:

26th December and 2nd January.

David will be having a break over the holiday period, but he will get the appointments done for Sunday 9th January before Christmas. He will also be on holiday from 16th January to 2nd February, so he will be looking to get well in advance with appointments. Therefore, could all Referees please update Pitchside Refs calendar for January ASAP!

FITNESS

SESSIONS

With the demands on referees increasing every season, there is an even greater need to be 'fit for purpose'. Here are some session ideas which you could try on your own or with a group.

High Intensity Pitch & Speed & Sprint Training

More sessions can be found [HERE](#).

SIN BINS

GETTING IT RIGHT

We are regularly getting queries around Sin Bins. Please remind yourself of the Sin Bin process so you ensure you are getting it right on match day.

There is an online guide which you can complete [HERE](#).

HOW DO YOU FIND YOURSELF IN THE SIN BIN?



Players will only go in to the sin bin for dissent cautions



For use of words or gestures questioning or undermining the ref's decisions



EXAMPLES OF DISSENT

- Shouting at the ref
- Questioning ref's ability
- Slamming the ball in to the ground
- Sarcastically clapping a decision

DURATION OF A SIN BIN



For matches of 90 minutes, players spend 10 minutes in the sin bin



For matches of all other lengths, players spend 8 minutes in the sin bin



If the sin bin period has not expired at the end of:
 1st half: Continues into 2nd half
 2nd half: Continues into extra time
 Extra time: Player can participate in penalties

THE MATCH DAY PROCESS



Dissent



Dissent caution: Ref issues a yellow card and directs the player to the touchline



Player can't be substituted until period expires and not if all subs have been made



Whilst in the sin bin, if the player commits a yellow or red card offence they can't take any further part in the game and can't be substituted



If the player commits a 2nd dissent caution and has already been booked, they will take no further part in the game and can't be substituted



If the player commits a 2nd dissent caution and no other offences, they will receive a 2nd sin bin. After which they can't take any further part in the game but can be substituted



If the player commits a yellow card offence on the field of play in addition to a period in the sin bin, they will continue to play



Ref decides when player returns to play

FOUL AND ABUSIVE LANGUAGE IS STILL A RED CARD OFFENCE!

DBS

ENSURE YOU HAVE THE CHECKS

Safeguarding children is everyone's responsibility. As a referee you have a responsibility to make the game as safe and enjoyable for everyone.

If you are aged 16+ and officiate in Youth football (including Academy games) you **MUST** have a valid,

in date DBS Certificate. Lasting for a three year duration, a disclosure certificate costs just £10.

Please contact Harvey Newstead to start your DBS process via the whole game system.

RESPECT THE REF

CAMPAIGN

The FA's Respect The Ref campaign aims to showcase who referees are as individuals to make players, coaches and spectators think twice about abusing them.

The campaign is based on the insight that if you knew a bit more about refs, who they are, what they go through, and how important they are - maybe you would think differently about them.

The Respect The Ref campaign focuses on referees and their day jobs, to humanise the individuals and show a different side to them.

You can read more about the campaign at:

[Respect the Ref | England Football](#)



SUPPORT

REFEREE SERIOUS CASE SUPPORT POLICY

Fortunately, serious incidents involving Match Officials are very few and far between, but if you are subject to an assault, physical contact or serious threat whilst officiating, we have a support policy in place to provide you with the care and assistance that you need.

Full details of the policy can be found in the document [HERE](#).

MIDWEEK REFEREEING OPPORTUNITIES

THURLOW NUNN YOUTH LEAGUE

Recently we have had many enquiries regarding midweek refereeing opportunities. Another Refereeing opportunity available to you is the Thurlow Nunn Youth League which play their matches midweek.



If you are interested in joining this League and officiating midweek, please email Referee Development Officer Harvey Newstead.

U18 ARMBANDS

WEAR YOUR GREEN ARMBAND



All our U18 Referees have been provided with a green U18 Armband. The purpose of the initiative is to raise awareness of young referees in the game and enable them to be identified when they are officiating to help improve the environment that they are refereeing in.

Therefore, if you are U18, please be reminded to wear your Green Armband.

REFEREES' ASSOCIATION

JOIN YOUR RA

The RA aims to enhance your experiences and inspire you to achieve your refereeing goals. Offering online training materials, insurance cover, and national meetings, the RA is represented in Norfolk by five regional branches.



These groups hold monthly meetings combining in-service training opportunities with social interaction.

On our website [HERE](#) you will find the contact details for the Norfolk RA, as well as the five local branches spread around the county. Please contact them if you are interested in joining.

REG

REFEREE ENGAGEMENT GROUP

Whether you have a refereeing concern, a matter that you think could improve your refereeing experience or you have a new idea of how we, as your Norfolk County FA Referees Department, can support you better has a match official, please let us know [HERE](#).

MENTAL HEALTH CHAMPION

CALLUM PARKE

If you have a mental health problem and would like to have a confidential conversation, then please first contact Callum at norfolkrefmhc@outlook.com or visit the **NORFOLK REFEREE MENTAL HEALTH HUB**.

CONTACT

WORKING HOURS

Please be reminded of the Referees' Department working hours.

Working hours (Mid-August to Mid-May)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Harvey	9am-5pm	9am-5pm	9am-5pm	9am-5pm	9am-5pm		
Ryan	9am-11am		8am-3:30pm	8am-3:30pm	8am-3:30pm	8:30am-12:30pm & 5pm-6pm	
David	7am-9:30am	6:30am-9am	6:30am-9am	9am-11:30am	6:30am-9am		7am-3pm

INFO

MATCH OFFICIALS BOOKLET



The answer to 90% of the questions we're asked, lies in this guide. We love to talk to you; but help us by checking here first!

Download it NOW by clicking the link [HERE!](#)

WORKFORCE

THANK YOU

A Big thank you must go to everyone who is out officiating and covering matches for Ryan & David. We appreciate everything you do in sometimes challenging circumstances.

A big thank you must also go to all our Observers, Coaches & Mentors for their support so far this season as without them we would not be able to support and develop our match officials in the County.

The Norfolk Referee Department wish you all a very merry Christmas and a happy and prosperous New Year!



As a Referee Department, we are very much looking forward to working with you all in 2022.



**HAVE A GREAT MONTH OF REFEREEING
NORFOLK FA REFEREES DEPARTMENT**