



WESTMORLAND COUNTY FA UNDER 18 REFEREE HANDBOOK



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INTRODUCTION

Welcome to the world of refereeing at Westmorland County Football Association for the 2023/24 season.

Its is great to have you on board for this season and this handbook will give you all the useful information you need when refereeing this season.

This handbook will give you information on,

- Referee Academy Training
- Referee Promotion
- League Information
- Referee Appointments
- Safeguarding
- Useful Contacts



KNOW YOUR RIGHTS IN FOOTBALL

YOUR RIGHTS:

- You have the right to feel safe on and offline;
- You have the right to healthy relationships and appropriate boundaries;
- You have the right not to be bullied, harassed or intimidated;
- You have the right not to feel uncomfortable or unsafe;
- You have the right not to be discriminated against because of your age, gender, gender reassignment, ethnicity, sexual orientation, marital status or civil partnership, faith, ability or disability, pregnancy and maternity.

WHAT YOU CAN DO:

- Tell an adult you trust at home, school or college or at football;
- Contact your County FA on Safeguarding@WestmorlandFA.com;
- E-mail safeguarding@TheFA.com, or speak to a Designated Safeguarding Officer Peter Leonard 07759 850420
- Contact the NSPCC for free 0800 800 5000 or Childline 0800 1111 or visit their website for more information;
- If someone is in immediate danger dial 999 to speak to the Police;
- Set up privacy settings for your online profiles;

HELPFUL ORGS:

NSPCC: [nspcc.org.uk/what-you-can-do/report-abuse](https://www.nspcc.org.uk/what-you-can-do/report-abuse)
Childline: [childline.org.uk](https://www.childline.org.uk) Helpline: 0800 1111
CEOP: [ceop.police.uk/ceop-reporting](https://www.ceop.police.uk/ceop-reporting)
ThinkUknow: [thinkuknow.co.uk/14_plus](https://www.thinkuknow.co.uk/14_plus)
ChildNet: [childnet.com/young-people/secondary](https://www.childnet.com/young-people/secondary)
Samaritans: [samaritans.org/how-we-can-help-you](https://www.samaritans.org/how-we-can-help-you)
Helpline is open 24 hrs a day: 116 123
Stonewall: [stonewall.org.uk/help-advice](https://www.stonewall.org.uk/help-advice)
Stonewall Youth: [youngstonewall.org.uk](https://www.youngstonewall.org.uk)
YoungMinds: [youngminds.org.uk](https://www.youngminds.org.uk)
DisrespectNoBody: [disrespectnobody.co.uk](https://www.disrespectnobody.co.uk)

Click the image to download
FA Know Your Rights

KEY CONTACTS

JMP Foodservice Westmorland Football League

John Higgins

E-mail - ref.wfla.appointments@gmail.com

Mobile - 0734289507

Kent Valley Junior Football League

Peter Leonard

E-mail - peter.leonard@westmorlandfa.com

Mobile - 07759850420

Lancaster and Morecambe Services To Youth League

Jeanette Morgan

E-mail - netty.morgan@btinternet.com

Mobile - 0716249665

Westmorland County FA / Kendal College Sport U18 League

Peter Leonard

E-mail - peter.leonard@westmorlandfa.com

Mobile - 07759850420



INITIAL SUPPORT TO YOU....

After completing your initial referee course, we will work with the local leagues to support you in finding some games to referee.

We will also support you by appointing a referees mentor to watch you within your first **FIVE** games.

When you've been appointed to your first games, check the competitions rules and make contact with the home team and your mentor.

Also double check the mileage and inform the club before hand how much it will be.

LEAGUES

MATCH FEE

JMP Foodservice Westmorland League	£25.00
Kent Valley League	£25.00
Lancaster & Morecambe League	£25.00
Lancaster & Morecambe League (under 12's)	£20.00
Under 18 League	£22.00

You may also be appointed to a Westmorland County FA competition game. These games always take precedence. We will provide all the details when appointed.



DONALD SHEPHERD REFEREE ACADEMY

THE DONALD SHEPHERD REFEREE ACADEMY IS A TRIBUTE TO A FORMER REFEREE. DONALD SERVED THE COUNTY FOR MANY YEARS



The Donald Shepherd referee academy was set up to help support young referees and promotion candidates in the Westmorland County FA.

We meet once a month at Dallam School and sessions are led by Peter Leonard (level 4 referee, WCFA) & Jeremy Simpson (SG2, championship referee)

The session starts with on the pitch practical work. These are small fitness sessions ran by Jez and Pete.

Following this we meet inside and do a small theory based session looking at clips from all different games across the country and discuss incidents and good practices.

As an under 18 referee your parent will receive a monthly e-mail to book on the sessions.

At least twice a season we have special guest speakers from the PGMOL speaking to us.

PROGRESSION PATHWAY

As a registered referee at the The Westmorland FA you can opt into the promotion pathway at anytime.

The promotion pathway gives you the chance to the gain more experience, be coached during your games and most of all progress.

Promotion has a set criteria outlined in the packs, but includes

- Attending FREE training events
- Online modules
- Laws of the game exams



Click the YouTube Logo to see how to progress



Click the image to download
Y1 to Y2 Promotion Pack



Click the image to download
L7 to L6 Promotion Pack

THINGS TO REMEMBER! (TOP TIPS)

We're sure you'll have remembered from your course , but this page gives you a gentle reminder of what you might need in your kit bag for the coming season.



Referee Whistle.... Its good to have a spare!



Black shirt, shorts and socks



football boots



Water or a suitable drink



Cards and notebook, plus pencil / pen



Assistant referee flags



Two stop watches

Its also a good idea to have your under 18 referee armband in your bag incase you want to use it



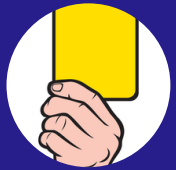
AFTER THE GAME

After a good game a football the only thing you should be doing is looking forward to the next one!

However, sometimes, games do require disciplinary action or misconduct reports.

This can be done online using the Whole Game System.

Please use this to submit the following



Any Yellow Cards to players or technical area occupants



Any Red Cards to players or technical area occupants



Any incidents in your game that you feel needs the attention of the County FA





GOOD LUCK FOR THE 22/23 SEASON