

Lake View
Athletics
Soccer Officials
Handbook



Fall 2017 Edition

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Lake View Athletics Welcome

To: All Interested 2017 Soccer Official Candidates

From: David Rousseau, Officials Director – Fall 2017 Soccer

The 2017 Fall Soccer Season is fast approaching, with the player combines and registration to play this fall already underway. We will once again be looking for game officials for our 2017 Fall Soccer Season. Officials will be selected based on competitive application. We are looking for ALL interested applicants to apply for this PAID position. **Applicants need to be a minimum** of 12 years old BY August 1st 2017 (*Interested adults, especially those certified by US Soccer or NFHS, should also apply.*) and have or be able to obtain their OWN INDIVIDUAL e-mail address/account by the training date. Applicants in the same family can (and should if, until hired the primary person checking the e-mail is a parent) use the same e-mail account established for the Manage Your League application website (most likely a single e-mail address) to apply, but each candidate will need to furnish their own (or at least 1 for each child if parent e-mail accounts will be used) for the assigning software used. For those aware of sports assigning software and possibly even those in the officiating community, we utilize Arbiter Sports for our assigning. If you already have an Arbiter Sports account or had one in the past, **you will use the same e-mail/account you already use or used for Arbiter Sports**, and we will invite you to join our group. ALL APPLICATIONS WILL BE REVIEWED AND CONSIDERED, but should we receive more applications than spots we have available, preference will be given to (in the following order) certified applicants, veteran applicants, and applicants at least 14 years of age. Again, this is only if the number of applicants so requires.

I would like to thank you for considering applying to officiate for us. If there are any questions not addressed in this handbook, please feel free to reach out to me. I will do my best to address your questions and concerns.

Cheers,

David Rousseau

Officials Director – Fall 2017 Soccer
Lake View Athletics, Inc.

Lake View Athletics Soccer Officials FAQ's

Refereeing soccer for LVA - Is It For You?

As soccer referees, new and old, we have all answered this question at some point in our careers to young aspiring sports enthusiasts interested in learning more about the game or making some extra cash. We'll gladly talk your ear off about how we take pride in what we do, practice and train to perfect our skills, study and stay up on latest law changes, have assessors come watch us and tell us what works and what doesn't, ask for feedback from fellow referees who work with us, and that it is a great way to be around the game and make some extra cash.

Regardless of why we do this, our referees officiate between 1 and 3 games per week at various age groups, given their skill level and experience. We are out there in the sun, clouds, rain, snow, hot, and cold, expected to provide the best service we can. We deal with nice people, not so nice people, and everyone in between. We are expected to keep a cool head while others may lose theirs, even if it is at a decision we make. We need to be able to think quickly on our feet and not be afraid to tell someone, even if they are older than us, that we have had enough.

To be able to do this job, you need to be able to handle stressful situations, think fast and make firm decisions, and make sure you can use body language to convey a message. If you make a call in a game, you need everyone to be able to see it, hear it, and understand it just by the way you show the call. If a player questions you, you need to give them a firm answer. If a coach confronts you or causes problems during the game, you need to be able to respectfully tell them stop or send them away. If you are happy and excited, let your body and facial expressions show it. If you are upset, make sure everyone knows. If you have these qualities, read on!

How do I apply for a soccer referee position for the upcoming season?

We accept applications on line beginning in May for the upcoming season and close them in July. Training takes place during the month of July and August, and our season opens mid-August. We close the season at the end of September or, if need be due to make-up games, the 1st week in October. Applications are to be completed on-line. Qualified applicants will be contacted for a brief interview, of which the purpose is to judge the maturity, ability to communicate, and overall character of the applicant.

What happens after I am interviewed? How will I know if I will referee for LVA this year?

After your interview, your application and interview will be reviewed and a decision will be made as to whether or not we feel you will be a good fit for our organization. If you are a good fit, you will be contacted to inform you that you are a candidate for this season's Soccer Referee Roster, as well as the steps you need to take to secure a spot on the roster. There are limited spots available, so please understand that if you weren't selected, it's not that you were not liked or not a good candidate, it is simply that there were possibly more experienced officials returning from previous seasons that qualified for this year's roster or the hiring committee felt you might not be ready for such an endeavor. Also keep in mind that even if you are a returning applicant, if you do not meet the criteria you may not be added to this year's roster. If you are not selected this year, PLEASE APPLY AGAIN! We re-evaluate EVERYONE each year!!

What qualifies me to referee for LVA this year?

After you have been informed of becoming a candidate for this year, you will be required to complete the following steps to move from being a Candidate to being an Active Soccer Official for 2017 (based on your experience):

If you are a CURRENTLY CERTIFIED Grade 8 USSF referee OR HIGHER, you will need to:

- If you officiated during the 2017 travel season, you must provide proof through an 'Arbiter Game Schedule' printout or official assessment ***if it is not already known to us that you officiated travel soccer during the summer season.***
- If you did not officiate during the 2017 travel season, you must provide your medical exception from your SRA stating you are on medical leave and eligible to return the next season, or complete the USSF physical fitness test that lasts about an hour and is detailed in this handbook under “Lake View Athletics Soccer Official Fitness Test”
- Have internet access and possess your own individual e-mail address that is checked daily and used as your log-on for our assigning and scheduling software.

If you ARE NOT CERTIFIED, REGARDLESS OF YOUR EXPERIENCE, you will need to:

- Complete the USSF physical fitness test that lasts about an hour and is detailed in this handbook under “Lake View Athletics Soccer Official Fitness Test”
- Complete our 9-hour training course, to be held this year the evening of July 21st 2017 and the morning / afternoon of July 22nd 2017.
- Have internet access and possess your own e-mail address that is checked daily and used as your log-on for our assigning and scheduling software.

Upon successful completion of everything above, you will be offered a spot on the 2017 Soccer Referee Roster. This is your offer to work LVA games for league established game fees. If at any time during the season you decide you no longer wish to officiate for us, or if we decide that you do not or no longer meet the criteria we need, either you or LVA may remove your name from the roster for this year.

What equipment do I need?

Certified referees are expected to possess and utilize their own equipment. Any colored jersey is fine as long as you have at least 1 yellow jersey, and that if you choose to wear the other colors it does not conflict with the players or the goalkeepers. Non-certified referees who only officiate for us and do not own their own JERSEY (top shirt) will be loaned a JERSEY (shirt top) for a **loan deposit of \$25.00. Losing the jersey, failing to return it, or damaging it beyond reasonable wear and tear will result in forfeiture of the deposit** to purchase a new jersey. If you wish to buy your own, information is available. We will request your size at the time of your application to ensure we have something that looks and fits professionally.

ALL REFEREES, certified or not, MUST have their own **BLACK** shorts, knee length or **shorter**, their OWN BLACK SOCKS (3 stripe version, U.S. Soccer Referee logo version (top cuff crest or middle-of-shin flag version), or solid black soccer socks are acceptable), shoes that function well in dry, hard conditions or soft, wet, or muddy conditions, and a working **WRIST WATCH** (notice how it doesn't say mobile phone or egg timer) with either time up (stopwatch) or time down (timer) capabilities. We WILL NOT supply this equipment.

Whistles and lanyards will be provided to all new LVA referees. You will have an option of a whistle with a ball (pea) inside or a pealess FOX 40 Whistle. Certified referees (new and returning) will be treated to a variation of the Fox 40. Referees will also be provided with 1 flip coin and 1 card set. Returning referees will be expected to use card sets and whistles previously given to them.

What if I have more questions regarding applying or officiating?

If you are inquiring about an exception to any of these things, it is recommended you apply in a future season, as exceptions to the qualifications will not be made, even for returning referees. Game fees will be made available before the start of the season. Game fees are comparable to the game fees given to certified referees when they officiate a travel-level tournament in the summer season.

Qualification Summary

- 1. I am or will be at least 12 years old by 1 August 2017**
- 2. I have my own e-mail address that is different from any friend or relative who may already be using the ArbiterSports assigning software**
 - a. If I do not have my own e-mail address, or one that differs from a friend / relative already using it for ArbiterSports, I am able to obtain one and use that as my e-mail address**
- 3. I am either certified under USSF / US Soccer, OR I am willing and able to make the mandatory training clinics that will be held at the Burke Road Lake View Fire Station #1 Classroom on 21 July 2017 in the evening and 22 July 2017 from the morning to the afternoon, including an on-field training session.**
- 4. If I want to be considered for assignments during the Lake View Athletics Championship Series, I will pass the modified FIFA Fitness Test**
- 5. I have my own weatherproof digital wrist watch with either a stopwatch or timer function, and I know how to use it / how it works.**
- 6. I have a pair of black soccer socks meeting the requirements above.**
- 7. I have or will acquire my own pair of black shorts (preferably with pockets) that meet the requirements above**
- 8. I have suitable shoes that will enable me to run in any weather and field condition, including rain, snow, grass, dirt, and mud.**
- 9. I am willing to be respectful, be responsible, and do the right thing**
 - a. I will arrive on time at the correct location for each and every game**
 - b. I will check my e-mail and ArbiterSports every day**
 - c. I will work hard and do my best for each and every game**
 - d. I will be firm, fair, and respectful in each and every game**
 - e. I will carry out FIFA's Fair Play initiative in each and every game.**

Important Dates, Times, and Locations

Mandatory Classroom Training Clinic @ Lake View Fire Hall #1, Burke Rd.

- 21 July 2017, 5:30 PM – 9:30 PM
- 22 July 2017, 10:30 AM – 3:30 PM

Mandatory On-Field Training Clinic

- 22 July 2017, 3:45 – 5:00 PM @ Burke Road Athletic Complex

Modified FIFA Fitness Test for Championship Series Eligibility

- 29 July 2017, 5:30 PM @ Frontier Central Senior High School Track
 - Date is tentative pending board member and track availability!

Lake View Athletics Soccer Official Fitness Test

Lake View Athletics, Inc. will be *requesting* all soccer officials to complete the FIFA Fitness Test with modified timing intervals. The interval and recovery timing periods have been modified to lower the difficulty. This will help those with a relatively decent fitness level have success in the exam while also being a reliable tool at indicating physical fitness ability. **However, the test will only be required of those officials wishing to receive mentor positions, upper level one-man games, championship series assignments, and any “semi-final” or “final” match assignments.**

There are a few criteria that can exempt you from the fitness test requirement:

1. You have completed or will complete a US Soccer sanctioned fitness test in 2017 (Pro test OR US Soccer test administered by a SRA).
2. You are currently playing on a Premiere or Elite-Level youth or adult amateur team and were active on the roster for 2017
3. You are a US Soccer certified assessor OR a BWNYSRU mentor (waives requirement for mentor positions only)

Test #1: Repeated Sprint Ability

- Participants will complete six (6) consecutive 40 meter sprints followed by a 90 second recovery walk back to the start line after each sprint
- Participants will be given a 1.5m running start before timing begins
 - Each sprint must be completed in 8.0 seconds or less
 - If a participant falls or trips, they are given an additional sprint
 - If a participant fails one sprint out of the six, they are given one more attempt immediately after the sixth sprint
 - If a participant fails two sprints, the test is a fail.



Figure 1: Repeated Sprint Ability Test Diagram

There is a ten-minute recovery period before beginning the second test. This period should be used to re-hydrate, stretch, adjust clothing, and mentally prepare for the second test.

Test #2: Interval Test

- Participants will complete a total of ten (10) consecutive laps totaling 4000 meters
- A lap consists of four 75 meter runs with four 25 meter recovery walks as follows:
 - Start with running 75 meters in 22 seconds
 - Follow with walking 25 meters in 22 seconds
 - This process is repeated three times to complete one lap
- The walking segment will be marked by cones 1.5 meters on each side of the 75 meter marks
- If a participant fails to reach the walking area in the prescribed time, they are issued a warning
- If a participant fails to reach the walking area for a second time, they fail the test.
- A diagram is provided detailing this test.

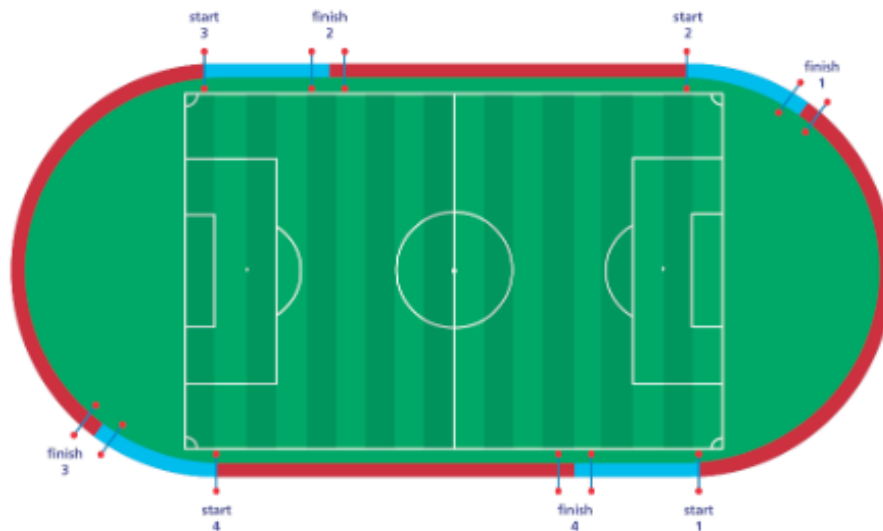


Figure 2: Interval Test Diagram

It is recommended that candidates practice this exam before the exam date to become familiar with the format and determine their fitness level and ability. A written training program is available for those needing help in achieving this goal.