



The Flag and Whistle

Newsletter of the Soccer South Bay Referee Association

June and July, 2011

P.O. Box 10466, Torrance, CA 90505

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www.ssbra.org

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Assignor: Bill Cook Training Director: Larry Stern At Large: Vince Del Monico

GENERAL MEETING: JUNE 28, 2011

The meeting was kicked off with a very important message: we need to make sure we're properly dressed for games. This means no long pants. It also means having at least three different uniform color shirts in the event that you have to change because of a color conflict.

New members then introduced themselves and we were reminded that dues are due July 1, 2011. Warren then discussed the SSBRA assigning system. Our website contains the history of games assigned back to 2003. Members are concerned that this may pose a liability after awhile and have asked that we purge older assignments so that they are not publicly available. A consensus was reached that we purge all game assignments that are older than two years. Warren will be working on this.

A few refs discussed the new Beverly Hills league: good skill, good competition, and a friendly atmosphere. All in all, the new league has not presented very many problems and the games are fun.

Warren then told the members about the rankings committee. The members change every year. This year, the ranking committee members are: Ralph Quiros, Barry Gibberman, Larry Stern, and Steve Brandon. They will be meeting soon.

Larry wasn't at the meeting but will be planning a new member clinic for the end of the summers.

We then got a very early reminder about high school soccer. Those interested in reffing at the high school level, here's the training schedule:

- 1st session: October 4 or 6 (must attend one of these meetings)
- 2nd session: October 18 or 20 (must attend one of these meetings)
- For all NEW high school refs: you must also attend a Saturday session and complete a take home written test (takes about 3 hours)

Lee is one of the board members for high school. He reminded everyone that you have to do the training to get the games. It was also noted that there generally is no conflict between the scheduling and reffing of high school and non-high school games.

Manny donated items for the raffle and had some goodies at the meeting for sale as well, including: devastator whistles at \$8 a piece and socks at two for \$10.

Steve then took the mic, and told us there were no checks yet and that he's waiting on checks from Manhattan Village. Steve did say that a partial check for the spring no-shows will be processed and sent out soon.

He then told us that he's paid the liability insurance for SSBRA. We purchase our liability insurance through a broker out of Bakersfield, so the carrier changes according to who has the best deal. One member asked the approximate percentage of the SSBRA dues that goes towards paying the liability insurance. Steve answered that, on average, the liability insurance works out to be about \$10.00 per member. He also explained that the liability insurance covers any game you've been assigned by SSBRA – not just the CSL games. Also, as far as CSL games are concerned, CSL provides liability insurance that covers referees as well. So, SSBRA's insurance works as a supplemental insurance for referees. But note, the insurance only covers liability if you're sued. It won't cover your medical costs in the event that you are injured.

Remember, the SSBRA liability insurance only covers games that you've been assigned by – or through – SSBRA. So, if an assigned game ends up in a forfeit and the players there want you to ref a "friendly," that "friendly" won't be considered a SSBRA assigned game – and you won't be covered by SSBRA's liability insurance – because the assigned game resulted in a forfeit.

Steve then reminded everyone that dues are due by July 1, 2011. They are \$60.00 and can be deducted from any tournament checks you receive over the summer. If you tell Steve you want him to deduct your dues.

Vince then took the floor and reminded everyone that we need to bring at least 3 different color jerseys to all games. This is mandatory. You must have at least 3 different color jerseys. The board recommends that you have at least the following color jerseys, in the following order: Gold, Blue, and Red. After that, Green and then Black. It's got to the point where the board is considering sending members to games to make sure referees have at least three different jersey colors. If it turns out that you don't have them, you won't be assigned games. You can get a SoccerOne jersey from Manny for \$20.00. If you wear a hat at SBS games, make sure it's plain black with no writing and wear it properly – i.e. not backwards or sideways.

Next, Vince told us that he's been talking to Dennis at SBS and he's made it clear that:

- All players must wear shin guards AND
- All players must have player cards

Only Dennis can waive these requirements.

Also, keep in mind, SSBRA does not ref friendlies – not at SBS or anywhere else. Gabriel recommends that the board should write a letter to Dennis clarifying this position.

Vince then reminded us that all reports must go to Vince. But, don't write him a letter, just a simple who, what, when, where, and why on a USSF match report form will suffice.

Ralph didn't have anything to say.

Bill also didn't have much. He just said we should get ready for August and September tournaments. Things are going to get very busy in August. Bill reminded us that tournaments have shorter game lengths and pay less per minute than CSL so don't expect the same amount of money from tournaments as CSL. Also, regarding forfeited games, Bill told us that the leagues/tournaments determine the results. On your report, just write "suspended the game." The tournaments and leagues will determine the outcome of a forfeit. Finally, as "carnageddon" was approaching, Bill reminded all refs to give themselves plenty of time to get to games on the July 16, 2011 weekend.

Then Gabriel took over to teach us about "Waiting and See" (the May 2011 Cal South instruction). Gabriel started by informing us that the "wait and see" instruction is primarily directed AR's for example, when calling offside.

With regard to offside, keep in mind that just because the player is in the offside position, does not mean that an offside offense has been committed. With this, he reminded us that an offside position is when a player in his attacking half of the field is nearer to the goal than the ball and the second to last opponent. But also keep in mind that being in the offside position is not an infringement and is not an offside offense.

So, with this in mind, offside is an offense when at the moment the ball is touched/played by a teammate, the player in the offside position is – in the ref's opinion – involved in active play by:

- Interfering with play
- Interfering with an opponent
- Gaining advantage by being in that position

If neither of these happen, then there is no interfering with play and there is no offside offense.

Also, remember, there is no offside if a player receives the ball directly from:

- A goal kick
- A thrown in
- A corner kick

And remember the restart after an offside infringement is an indirect free kick at the place of the infringement.

Regarding the "wait and see" when determining if an offside offense has been committed, both the Ref and the AR must wait for active participation by the person in the offside position. So, both the Ref and the AR must wait for the player in the offside position to either:

- Interfere with play
- Interfere with an opponent
- Gain an advantage by being in that position.

Interfering with play occurs when the person in the offside position plays or touches the ball passed or touched by his teammate. Keep in mind, if its obvious the player in the offside position is going to play or touch the ball you don't have to wait till he – for example, runs 30 feed and actually touches the ball to call the infringement.

Interfering with an opponent occurs when the player in the offside position clearly makes a gesture or movement that distracts or deceives an opponent. It also occurs when the player in the offside position prevents an opponent from playing or being able to play; or when that player clearly obstructs the opponents line of vision or movement; or makes a gesture which, in the ref's opinion deceives or distracts his opponent.

Gaining an advantage occurs when the player in the offside position gains an advantage from being in that position. For example, he gets a rebound off a shot that was made by his teammate. At this time, great discussion was had over what happens if a ball is deflected off a defender. Remember, if the defender is in control of the ball and somehow it gets to the player in the offside position – the ball was played off the defendant and thus, there is no offside infringement. This prompted debate over what it means for the defender to be in control. Following the meeting, Gabriel pulled up Gil Weber's position on this. Here it is:

Q: If a player kicks the ball to clear and shanks it backward to an offside player, is that an infraction? are we calling players offside when the defense misplays a ball?

A: If the defender lunges at the ball in desperation and shanks it to an opponent in offside position then it's offside.

However, if instead of playing the ball with control the defender takes a big swing at it and spins the ball to an opponent in an offside position then there is no offside. The defender misplayed the ball "with control" if you get my meaning. Therefore no offside.

“Wait and see” applies because the referee should delay his look at the AR to see if there was an offside infringement because the AR will have to wait and see if the player in the offside position becomes involved in active play.

In the event that a goal is scored but the AR saw an offside infringement, the correct signal is to stand still (“stand at attention with flag at side and down” from the 2010-2011 guide to procedures), let the ref see you, and you two then discuss.

In conclusion, the AR needs to wait and see whether the player in the offside position is engaged in active play by either: (1) interfering with play; (2) interfering with an opponent; or (3) gaining an advantage from being in the offside position. The Ref has to permit time to look at the AR to make sure the AR has had time to determine if the player in the offside position has been engaged in active play. This may require multiple looks at the AR or may require a delayed look at the AR.

WHAT THE BOARD'S BEEN UP TO:

Board Meeting: June 22, 2011

- New applications reviewed and approved.
- Problem refs discussed and action to take discussed
- Crossroads adult games/alumni - lots of fun
- Gabriel Goldsman – he's doing our monthly CSL training
- Ranking meeting - July 7th is the meeting date!
- Discussed Proposal to offset dues

- What is the revenue potential?
- Would it create revenue conflict for SSBRA?
- Would it look tacky for SSBRA
- Dropped for a lack of interest.
- Status of Citrus Cup payment
 - Bill and Steve have emailed Leo, but no response.
 - Requested Treasurer to advance fees to referees
- Spring Cup fees: Still waiting for payment - Bill was told that check was in process
- Treasurer report and 2012 budget
 - Budget notes break-even for year.
 - Biggest expense is insurance.
 - Discussed if dues need to be raised. Deemed not necessary with 50% cash reserves compared to annual operating expense.
 - Next biggest expense is for website. Lee seems to be keeping website updated. Warren has also been working with Felipe on assigning software changes.
 - Steve made motion to accept 2012 fiscal budget; motion made and accepted.
- Is games data purge necessary?
 - How many years need to be retained?
 - Decided to retain data history for 3 years
- Warren will be gone after monthly meeting thru mid August.
 - Will be available for board meeting in late July
 - Need to pick restaurant location; W's China Bistro chosen. Week of July 25th will be meeting date.
- Ralph speaks
 - Passed by Aviation and referees wearing long pants.
 - Issue noted in monthly but members not listening.
 - Non enforceable situation since SSBRA has no fashion police.
 - Board to start observing 7v7 games and report to Bill. Member to be notified by Bill that if pants or other inappropriate gear is worn they will no longer be assigned 7v7 games.
 - Bill needs to note that 3 colors required (gold, red, blue) for games especially during tournaments.
 - Electric flags.
 - Do we get another set for Aviation and leave with SBS? Becomes liability issue for SBS.
 - Issue died for lack of interest
- Bill speaks
 - Nothing major to add
 - No tournaments until August which will be busy. September has a few tournaments as well.
 - UCLA Business School confirmed tournament with SSBRA
 - Beverly Hills may have more games/dates
 - No info or update for Mexican/American tournament
 - Status of new league replacing CSL still undetermined. League starts July 1st. Potential new/different rules re subs, referees needing Cal South ID card, payment of ref fees by home team in some games, split fees in others. Fields have to be acquired, rules clearly defined, referee fees determined by each referee association. Home team submits results electronically, so no more match reports. Uncertain as to when they will go to referee associations for referees.
- Larry speaks: nothing to mention currently.
- Vince speaks
 - Does he have authority to tell members if in appropriate gear they will not be assigned games. Board decided he does have authority.
 - Ralph asked if member application needs to be revised to note 3 shirt color requirement. Board determined Pika to include 3 shirt color requirement in every Flag & Whistle!!!

- Ralph asked about SBS player card status. Based upon communication with Dennis at SBS, no card no play and only allowed to play with Dennis' approval not staff approval.
- Pika replacement speaks - nothing from Pika to say!
- Steve speaks, again!
 - Do we waive Rudy Chavez's 2012 dues again
 - Unanimously approved by board!!!
- Other
 - Vince may have to resign board position due to health reasons. More to follow after his upcoming doctors appointment.
- It's 9:45 and we met Pika's adjournment deadline!!!!

Board Meeting Following General Meeting

- Gabriel = didn't accept instructor check for the evening's meeting so SSBRA will waive his dues
- New applications = all accepted.

Board Meeting: July 20, 2011

- No new apps
- Problem referees discussed and action to take discussed
- Uniforms at SBS games – board members are going to start going to game to make sure referees are wearing proper uniforms
- Ref magazine – article re “How to Advance as a Ref” – Warren talked to the guy writing it about general information for referees
- Data purge: Warren to delete data that members want purged – cost effective for SSBRA because free if Warren does it
- North HS meeting permit – WH to get it
- Ranking committee – meeting July 27, 2011
- Raffle cost – someone asked if we're spending too much on the raffles, Steve says he generally spends \$50/month. There was a lot last meeting because we hadn't had a raffle for three months
- Warren told us about dates that he'd be gone in August
- We discussed the potential dates and location for the August board meeting
- Ralph – not much other than Referees have to be motivated to do a good job and that motivation comes from within
- Bill
 - August is a busy month
 - New league has been in contact with Bill about refs for new league – looks positive – probably be another assigning system to work with – more details to follow
 - CSL scheduled to raise ref fees this year
- Larry – having a problem with training = being able to get all instructors at the same time
 - Because it's tough in the summer to get everyone together so may try and hold the new clinics in September – schedule them for Saturday mornings so people can then do afternoon games – trying for 2 clinics in September
- Vince
 - Regarding Jewelry and SBS, Vince has talked to Dennis regarding this. Dennis says that he will leave the decision of whether it is safe to play with jewelry that is taped up to the discretion of the referee.
 - BUT, keep in mind, SSBRA's position is that **taping is NOT sufficient and taped jewelry is NOT safe and thus, taped jewelry is not allowed**
 - The bottom line is that Dennis will back our referees up so if our refs say no jewelry, then Dennis will back them up

- **The Board's position re Jewelry:**
 - o No jewelry – not even taped – is acceptable
 - o This is in full compliance with FIFA law
- Steve
 - o June 30 , 2011 – end fiscal year: \$4,415.80
 - o Now we're getting dues in too
 - o We had a lot of dues waivers last year because of the new member incentive program – which over the years will become dues paying members
 - o Also, we didn't budget for the extra SSBRA patches which we got this year

Tips for staying fit on the field:

Methods For Maximizing Flexibility

Wednesday, June 1, 2011

By Dev K. Mishra, M.D.

We tend to think of young athletes as naturally flexible but in truth athletes of all ages can improve performance for sports by maximizing flexibility. In very simplistic terms, think of your muscles and tendons as elastic structures like rubber bands.

A stretchy rubber band is generally capable of greater motion and power than a cold, stiff rubber band. You want your muscles and tendons to be as long and flexible as possible, which usually leads to better strength, power, speed, agility, and even lower injury rates.

But there is considerable debate about what the “best” and safest method is to improve flexibility for young athletes. Back in the 1960s and 1970s we started every practice session with a series of stretch-and-hold moves (called “static stretches”), and then went on to activities involving movement. But over the past several years the pendulum has moved the other way. It's now known that “flexibility” is much better and safer through exercises done with movement, called “dynamic stretching.” We also know that it's harmful to stretch a cold muscle.

Here are some general guidelines for dynamic stretching that can be useful in most sports and age groups:

1. Start with a 3-5 minute easy jog. The purpose of this part of your activity is to get the body warmed up and reduce risk of injury. As I said above, don't move to stretches without doing a warm-up first.

Depending on the sport and your environment you could also do a line-to-line jog, a lateral shuttle run, and backward running.

1. Move next into dynamic stretching. There are many, many different types of dynamic stretches. Coaches of different sports will have their favorites for their sport, so what is outlined here is a very general guideline:

- A. Straight-leg marching -- for hamstrings and glutes.
- B. Butt-kicks -- for quadriceps.
- C. Forward shuffle with hip rotation -- for groin/adductors.
- D. Scorpion cross-over stretch lying on your back -- for lower back and hip abductors.
- E. Handwalks -- for shoulders, core abdominals.

If you'd like to see some photos of a simple version of dynamic stretching for adults take a look at the Core Performance website. The folks at Core Performance refer to this phase as Movement Preparation and you can get a good idea of the types of movements we're talking about above. (I have no relationship with Core Performance, I just really like what they do.) For soccer players, I highly recommend the Santa Monica Sports Medicine PEP program.

And finally, old-fashioned static (stretch and hold position) stretches can be done as part of the cool-down after activity.

Static stretches haven't disappeared completely, they just come at the end of the training session rather than right at the beginning. There are literally hundreds of ways to do static stretching, and many sport-specific stretches. Here's a bare minimum of stretches that target most of the muscle groups. For each of these you want the kids to hold for about 30 seconds and do 2 or 3 repetitions of each stretch.

1. Upper-body stretches
 - A. Across body shoulder stretch
 - B. Triceps back-scratcher stretch
2. Lower back stretch
 - A. Rocking on all fours
3. Lower body stretches
 - A. Calf/Achilles stretch
 - B. Quadriceps stretch -- standing
 - C. Figure four hamstring stretch
 - D. Inner thigh/adductor stretch
 - E. Hip flexor stretch

Right now you might be saying "this would be a lot better with pictures and more detailed descriptions ..."
And you're right! So I encourage you to take a look at Core Performance and the PEP program.

(Dev K. Mishra is the creator of the SidelineSportsDoc.com injury management program for coaches. He is an orthopedic surgeon in private practice in Burlingame, Calif. He is a member of the team physician pool with the U.S. Soccer Federation and has served as team physician at the University of California, Berkeley. This article first appeared on SidelineSportsDoc.com.)

To Tuck or Not to Tuck?

The official word from Cal South

PLAYER UNIFORMS

Question:

It appears that during the "regular" season there are only a handful of referees that still require a player's shirt to be tucked in at the beginning of the match. Virtually all matches at higher levels do not seem to worry at all about this. I feel almost alone in this area - why do we still require this if so many (the majority) don't give it a second thought?

Answer:

In the past custom, tradition, and safety required that players keep their shirts tucked in and their socks pulled up and generally maintain a professional appearance. However, nowadays the uniforms are cut differently by the manufacturers and the jerseys are clearly meant to be worn outside the shorts. It is time for us referees to catch up with modern fashion and learn to live with it.

SSBRA
TREASURER REPORT
June 28, 2011

The Checking and Savings accounts were reconciled to the Western FCU bank statement for the month of May 2011. In addition, the Petty Cash, Postage Stamps and Referee Advances accounts were balanced as well.

SSBRA dues paid thru May 2011 total:

| SSBRA 2011 Dues | | |
|------------------------|--------------|-------------|
| | Count | Fees |
| Regular Dues | 144 | \$ 8,639.00 |
| Dues Owed | n/a | \$ 1.00 |
| Youth Referees | 24 | \$ - |
| Honorary Members | 9 | \$ - |
| Waived Dues | 5 | \$ - |
| New Member Waivers | 11 | \$ - |
| Prior Year Carry Over | 26 | \$ - |
| Totals | 219 | \$ 8,640.00 |

The cash and related account balances as maintained by the Quicken database are summarized below.

| SSBRA Cash Balances | | |
|----------------------------|-------------|-------------|
| | 5/31/2011 | 6/27/2011 |
| Checking | \$ 1,546.83 | \$ 1,061.41 |
| Savings | 7.49 | 7.49 |
| Petty Cash | 76.00 | 76.00 |
| Stamps | 15.40 | 26.84 |
| New Member Deposits | (225.00) | (325.00) |
| Totals | \$ 1,420.72 | \$ 846.74 |
| Advances: | | |
| Manhattan Beach | \$ - | \$ 2,730.00 |
| MB Pmt Error | 464.00 | 232.00 |
| Total Adv. | \$ 464.00 | \$ 2,962.00 |
| Checking | \$ 2,010.83 | \$ 4,023.41 |
| Savings | 7.49 | 7.49 |
| Petty Cash | 76.00 | 76.00 |
| Stamps | 15.40 | 26.84 |
| New Member Deposits | (225.00) | (325.00) |
| Adj. Totals | \$ 1,884.72 | \$ 3,808.74 |

During May payments for the Manhattan Beach 7v7 Spring 2011 season and Eagles tournament were made and are summarized below:

SSBRA
TREASURER REPORT
June 28, 2011

Manhattan Beach - Cks Issued 05/01/2011

| Games | 84 | |
|---------------------------|--------------------|-----------|
| | \$ | Cks |
| Referee Fees | \$ 2,436.00 | 28 |
| Assingor/Coord. Fees | \$ 210.00 | 1 |
| Treasurer Fees | \$ 45.00 | 1 |
| Postage | \$ 11.00 | n/a |
| SSBRA Payment Totals | <u>\$ 2,702.00</u> | <u>30</u> |
| Billed to Manhattan Beach | <u>\$ 2,730.00</u> | |
| Net SSBRA Surplus | <u>\$ 28.00</u> | |

Eagles - Cks Issued 05/01/2011

| | \$ | Cks |
|----------------------|--------------------|-----------|
| Referee Fees | \$ 3,476.00 | 30 |
| Assingor/Coord. Fees | \$ 228.00 | 1 |
| Treasurer Fees | \$ 40.00 | 1 |
| Postage | \$ 8.80 | n/a |
| SSBRA Payment Totals | <u>\$ 3,752.80</u> | <u>32</u> |

Lastly, other significant events for the month were as follows:

- \$2,278.50 was paid to Zahler insurance for SSBRA's referee insurance renewal with **no** increase in premium over 2010's payment.
- \$730.00 was spent on SSBRA's annual meeting at Lamppost pizza which is well below last year's amount of \$1,005.00.

As always, an Income and Expense Comparison by Category for 2010 vs. 2011 has been attached.

Respectfully submitted,

Steve Brandon

Steve Brandon
SSBRA Treasurer

Inc/Exp Comparison by Category - YTD
7/1/2009 through 5/31/2011

6/21/2011

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| Category | 7/1/2009- 5/31/2010 | 7/1/2010- 5/31/2011 | Amount Difference | % Difference |
|-----------------------------|------------------------|------------------------|----------------------|-----------------|
| INCOME | | | | |
| Int | 4.41 | 0.42 | -3.99 | -90.48 % |
| MEMBERS | 6,715.00 | 4,859.00 | -1,856.00 | -27.64 % |
| NSFINES | 315.00 | 210.00 | -105.00 | -33.33 % |
| TOTAL INCOME | 7,034.41 | 5,069.42 | -1,964.99 | -27.93 % |
| EXPENSES | | | | |
| Uncategorized | 0.00 | 0.00 | 0.00 | INF |
| BANK | 438.97 | 89.98 | 348.99 | 79.50 % |
| Financial Review | 0.00 | 200.00 | -200.00 | INF |
| GAMES - ADULTS | 53.00 | 65.00 | -12.00 | -22.64 % |
| 7 v 7 | -29.72 | -194.12 | 164.40 | -553.16 % |
| TOURM | 3,436.39 | 53.36 | 3,383.03 | 98.45 % |
| TOTAL GAMES - ADULTS | 3,459.67 | -75.76 | 3,535.43 | 102.19 % |
| GAMES - YOUTH | 244.00 | 308.64 | -64.64 | -26.49 % |
| TOURK | -4,468.84 | 534.64 | -5,003.48 | 111.96 % |
| TOTAL GAMES - YOUTH | -4,224.84 | 843.28 | -5,068.12 | 119.96 % |
| INSURANCE | 2,953.74 | 2,949.26 | 4.48 | 0.15 % |
| MEET | 2,221.87 | 2,178.80 | 43.07 | 1.94 % |
| POSTAGE-PRINTING | 179.88 | 172.68 | 7.20 | 4.00 % |
| RECOGNITION | 100.00 | 0.00 | 100.00 | 0.00 % |
| REIMBURSE | 715.00 | 261.00 | 454.00 | 63.50 % |
| Supplies | 208.06 | 136.79 | 71.27 | 34.25 % |
| Tax Notices | 408.71 | 382.11 | 26.60 | 6.51 % |
| TEL | 396.00 | 396.00 | 0.00 | 0.00 % |
| Training | 744.87 | 1,254.37 | -509.50 | -68.40 % |
| UNIFORMS | 0.00 | 614.13 | -614.13 | INF |
| WEBSITE | 585.00 | 1,105.00 | -520.00 | -88.89 % |
| TOTAL EXPENSES | 8,186.93 | 10,507.64 | -2,320.71 | -28.35 % |
| OVERALL TOTAL | -1,152.52 | -5,438.22 | -4,285.70 | 371.85 % |

REMINDERS

PHONE NUMBER(S) TO KNOW

| | |
|--------------------------|----------------|
| Soccer Phone Line Number | (310) 316-0808 |
|--------------------------|----------------|

GAME ASSIGNMENT LINKS

| | |
|-----------------------|---|
| SSBRA Assignment Link | http://ssbra.org/list.php |
| CSL Assignment Link | http://www.coastsoccer.com/referees/ |
| Spring League | http://www.schedulesetc.com/soccer/referee/default.aspx?id=ss11 |
| Spring Cup | http://www.schedulesetc.com/soccer/referee/default.aspx?id=ss11cup |

PROCEDURES TO REMEMBER

| | |
|-------------------------------|---|
| Forfeits: Game Fee Collection | <p>For any State/National Cup, Spring League or CSL game when there is a forfeit or a no-show, we DO NOT collect game fees from either team.</p> <p>Instead, Bill files a no-show report with the League and the League pays SSBRA and SSBRA reimburses the referees.</p> |
|-------------------------------|---|

HELPFUL LINKS

| | |
|--------------------------------|--|
| Cal South Website for Referees | http://www.calsouth.com/en/referees/ |
| South Bay Sports Rules | http://www.southbaysports.com/rule.asp (go here to select the rules that apply to the day/league/venue you're refing) |
| Manhattan Village Rules | http://www.ssbra.com/html/competitions/mb7.html http://www.ssbra.com/html/competitions/mb7/7on7-Laws-of-the-Game.pdf |

UNIFORM REMINDERS

Referees must carry at least **three different color** jerseys to all games. The board recommends the following:

- **Gold**
- **Blue**
- **Red**

Should you wish to bring more, the board recommends, in order of preference:

- **Green**
- **Black**