



# Newsletter of the South Bay Soccer Referee Association

## Serving the Soccer Community since 1976



Written by: Jonny Joseph  
Edited by: Alan Siegel

August 2023

### **Notes from the Board**

We have just 2 weekends before the opening weekend of the 2023 - 2024 season – are you ready?

What will it take for each of us to be ready for this new season? Here are a few ideas (not everything):

- Ensuring inclusion on Cal South's USSF Registered Officials List (ROL) – look out for that SafeSport Expiration/Renewal notice,
- Get fit and/or lose weight, i.e., get in shape,
- Make sure your uniform inventory is complete, looks good and still fits you, and
- Check that all your equipment is in order, do your shoes still fit comfortably, can they handle another season?
- Review the IFAB Laws of the Game (have you received your SBSRA copy of the 2023-2024 book yet?) and the rules of the various leagues we serve,
- Communicate with our assignors; Gabriel and Veto, regarding your game preferences and preferred quantity of games on game days,

We have begun to get referee match fee updates from the various leagues with some very good increases from some. We expect to get confirmation/updates of all referee match fees shortly, so please make sure you download our updated Referee Game Fees Schedule on our website after September 1, 2023.

While a good number of our members have returned for this new membership year and we have already accepted a few new members, we are anticipating more games than the prior year and we need to recruit more members. Our existing members are best suited to do this so it is up to all of us to contribute to that effort. In particular, we have huge potential to increase our female membership (see **Cal South Female Referee Initiative** below) and we are hopeful that we can grow that sector of our membership this year.

We have mentioned the outstanding accomplishments of our group of referees who were selected and participated in the USYS Regional and National Tournaments. For those of you who may have missed the last Cal South Referee Training Webinar, two of our members, Nacho and Servando, did an outstanding job in sharing their experiences at these tournaments and providing their insight on videos which were shown. The good news is that all past Cal South Referee Training Webinars are available for viewing on the Cal South website!

We are now in our second year of providing referees for the LA Galaxy futsal program – youth and adults. Games are played from Monday to Friday at the LA Galaxy Center on Maple Avenue in Torrance and pay more than \$1/minute for single-referee matches. If you have not been futsal trained and would like to referee these games, please contact Jonny ([President@sbsra.org](mailto:President@sbsra.org)) by August 31. If there is sufficient interest, we will host training for members to become USSF certified

#### **Board of Directors**

**President:** Jonny Joseph    **Vice-President:** Steve Morgan    **Secretary:** Kiku Annon  
**Treasurer:** Bruce Ashton    **Member-At-Large:** Stephen Resnick    **Assignor:** Gabriel Goldsman



for futsal.

## **New Member Incentive Program**

Remember, we have a New Member Incentive program whereby you can enjoy a year's membership with no dues payable for any new member you recruit when they pay for their second year of membership. We are anticipating a very busy fall season. With huge demand (of many games) we need additional supply (of referees). We created a flyer ([https://sbsra.org/wp-content/uploads/2023/05/Ref\\_Recruiting\\_Poster.202305.pdf](https://sbsra.org/wp-content/uploads/2023/05/Ref_Recruiting_Poster.202305.pdf)) for us to hand out at the fields. These are also available on our website. Print them out, insert your information at the bottom of the flyer (so you get credit from the Association) and take them with you to the fields to hand out.

## **Cal South Female Referee Initiative**

As announced recently, Cal South's Referee Committee is launching its "Female Development Initiative." This initiative is a program dedicated to the female referee who is seeking support or to advance their referee license.

With this program being focused on female referees, Cal South will be hosting a series of instruction dedicated to females in the referee community via Zoom (and some in person), along with mentoring sessions during State/National cup and other local tournaments. Also planned is an all-female mentor camp in Ojai in June 2024. Many of our guest speakers, mentors and coaches will include current and past female FIFA, PRO and National officials.

Our hope is that the participants in the program will share with their association what they have learned and inspire not only other female referees, but everyone in their association.

So female members in our association (of all ages and experience levels), please be aware of the program [application form link](#).

**Female referees, please be on the lookout for an email from Cal South inviting you to attend our program kickoff meeting being held on September 28<sup>th</sup> at 7pm via Zoom. [Register Here](#) . We will use this time to share the program details and answer any questions there may be.**

With your support, we will have the best female referee program in the nation.

If you have any questions, please contact Penny Rehm @ [prehm@calsouth.com](mailto:prehm@calsouth.com) or 951.315.5023.

## **Professionalism**

### Match Reports

Our referee duties do not end when we blow the final whistle. We usually need to complete a match report. This is mostly in the form of a printed document provided by team managers. We need to be aware of league requirements and ensure we comply with them.

In particular:



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**SBPSL games**, complete the Line-Up Cards with match result, misconduct, and all other information requested. Ensure the names and jersey numbers of carded players are legible. Retain the SBPSL ID card of all players and Managers sent off. Submit completed Line-Up Cards **to John Moody** (jmomoods@verizon.net) **and our Member-At-Large** by email on the same day as the game, by attaching a scan (in PDF format, preferably) or a picture of the report. **Please ensure the report is legible before sending it!** **NOTE** – there are a number of great scanning Apps available for use on smart phones from which one can email the pdf directly to any contact.

In cases which require misconduct reports, members are reminded to send the misconduct reports to our Member-at-Large and the applicable assignor and **not to any leagues**.

For more details about the completion of any match reports and the reporting requirements for all of our leagues, please visit our Competitions page at <https://sbsra.org/competitions>.

## Availability and Blocks

All members have an obligation to minimize the number of times we decline games after we are assigned.

As independent contractors, we all are entitled to accept assignments wherever we can get them. However, in fairness to all assignors, Gabriel and Veto here, and others elsewhere, we are all requested to block the days that we are unavailable to the applicable assignor(s) ahead of time. Choosing which association/league/organization we want to work for on specific days is perfectly fine. However, waiting to see which games you are assigned and then declining the less favorable ones is simply **not acceptable**.

The extra work it creates for the assignor is more than most of us can imagine. **Please block ahead of time!**

## Honesty

Our assignors' jobs are complex, and they spend a significant amount of time assigning games each week. Periodically, we have members turning back games (declining after receiving the assignment) for various reasons. A common reason is games from another assignor that the member prefers. In many of these cases, we learn about the other assignments and know that any reason given for turning back our association's games is not the truth!

This is not acceptable. Please pick up the phone and call the assignor to discuss your situation. They will work with you to make you happy and will not deny you the opportunity to referee a "better game."

## Supplemental Reports

Due to ongoing challenges, we continue to provide the following guidance for all members:



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Please be reminded that whenever we have serious situations, a supplemental report is required:

- The **USSF Supplemental report form**, [on the SBSRA website](#), must be used (**NOTE – we no longer use the Cal South report form**),
- The report is required to be prepared ASAP, **within 24 hours** for **all serious situations**, including:
  - **Red cards;**
  - **Serious injuries** (paramedics called, player taken to emergency room/hospital), attended to by the trainer; or,
  - **Game terminations**, etc.,
- Take a **copy of the Match Report** to assist you with preparing the USSF incident report,
- Use **simple language** and include the **facts of the incident** only:
  - **When** – date and time, point in the match;
  - **Where** – venue and specific location on the field;
  - **Who** was involved? The player’s name, number and team; and,
  - **What** happened? Don’t speculate, just note what you saw.

Note, there is no “**Why**.” It is not our job to speculate on why someone did what they did, and we should not include a diagnosis of the injury, even if we have the ability to do so.

- **Do not use abbreviations**, only use **language in the Laws of the Game** to describe the applicable misconduct.
- **Call the Assignor**, after any game that requires a supplemental report, so he is informed when the league calls him.
- **Submit the supplemental report** to our Member-At-Large (MAL) and the applicable Assignor (who assigned the game) who will review the report and possibly suggest edits. **Do not submit supplemental reports to any leagues.**
- Following submission of the incident report to the MAL, please call him/her to ensure it has been received if you have not received an **acknowledgement of receipt within 2 hours**.
- **Following review and approval** of the report by the MAL and Assignor, the **Assignor submits the final report** to the applicable league.
- **If you have kept ID cards** (which may not be required for all red cards), the card(s), together with copies of the match report and supplemental report must be sent to the applicable league administrator **by the end of the first business day (likely Monday)** following the game.
- The **importance of this process** cannot be stressed strongly enough! These reports are really needed by the leagues and everything we do needs to **reflect on our professionalism** as individuals and as a referee association.

At the July Membership Meeting, we went through two supplemental reports – the original draft submitted, and the final report sent to the league after edits were made with the assistance of certain Board Members. To assist members further, we have attached the two versions of the reports. It needs to be noted that the report as submitted contained some additional details that we anticipated this league would expect to be included in the report. Accordingly, we have also attached a third version which is more concise but contains all of the necessary information that we should provide most leagues. If you have any questions or need further guidance, please contact Stephen Resnick who would be happy to spend time with you to assist with this very important function.

## **Rule Change**



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For those doing SBPSL games, please note their change of definition for a slide tackle to:

- To protect players from serious injury, in Division 48 and 58 slide tackling is not permitted when an opponent is within playing distance. This does not apply to the goalkeeper in his own penalty area.

The restart can be an Indirect Free Kick (dangerous play) **or** a Direct Free Kick and **may** be accompanied by a Yellow Card or Red Card, depending on the severity of the challenge. Note – a tackle with one knee on the ground is **not necessarily** a slide tackle, and the goalkeeper, when outside the penalty area, is considered like any other player.

## Training Opportunities

The following training opportunities are coming up and all members are encouraged to attend as many of these as you are able.

You may sign up at any time for all future Cal South courses, at no cost, at

<https://cysa.affinitysoccer.com/eventmanager/public/calendarlist.asp?calguid=&eventtab=current>

### CORE Training at North High

The next CORE training session at North High is scheduled for September 19 on the usual third Tuesday of each month.

### **What is CORE?**

Center of Referee Education (CORE) is a program established by the Cal South State Referee Committee (SRC). It is open to all USSF certified referees. It primarily consists of lectured meetings for referees who are ambitious to rise to the elite level of Cal South refereeing or just want to be better in the field. Occasionally, physical trainings on the field will be added to selected training sessions.

Referees attending this event are expected to come prepared with items customarily taken to the field on match days (i.e., whistle, cards, flags) as well as material for classroom (i.e., current IFAB Laws of the Game, Considerations for Match Analysis, paper and pen).

While these trainings are for referee self-development, please note that Regional or Grassroots Elite certification or recertification require referees to attend at least 5 CORE trainings per year. The same requirement applies to instructors and assessors.

In addition, to become a full member of SBSRA, all members are required to attend one CORE training to be exposed to this wonderful program and opportunity to enhance one's skills and learning.

### New Referee Training at North High

Do you want a year's **free membership dues** of SBSRA? Do you know of anyone who wants to be a referee?



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Please let them know of the next opportunity to attend Cal South’s next New Referee Training at North High School at the same time as the CORE training each month.

Ensure they include your name on their SBSRA New Member Application, <https://sbsra.org/association/nma/> so you can benefit from our New Member Incentive (NMI) program.

## New SBSRA Member Training

This training is required for all new SBSRA members to become full members of our association. All referees, both those new to refereeing and those with prior referee experience are required to attend so we can share all the details of how to maximize your enjoyment and experience as a referee in **our organization**.

We are close to recording this presentation and it will be available on demand very soon.

In addition, under the leadership of our assignor, Gabriel, we are launching a new members’ training program to provide all new members with the knowledge and confidence to begin their refereeing career. The vast majority of new members will not be assigned to games until they have completed this training. The first one was held on August 24, 2023.

## Cal South Monthly In-Service Webinar

[CLICK HERE TO REGISTER FOR OR TO VIEW THESE WEBINARS](#)

Please be reminded that after viewing the presentation, live or recorded, one must take the Review (Quiz) to receive In-Service Training credit.

### Other Cal South Offerings - 2023 - National Referee/ Regional to National Upgrade only

Candidates need to register for your selected courses on the Cal South Referee Website under the “Classes & Clinics offered” tab:

(<https://cysa.affinitysoccer.com/eventmanager/public/calendarlist.asp?calguid=&eventtab=current>).

### **Fitness Tests - (at Fedde Middle School in Hawaiian Gardens) – TO BE CONFIRMED**

Monday September 18            6:00pm to 9:30pm

Sunday December 10            9:00am to 12:00pm

## **Two Person (Whistle) Referee System**

IFAB and USSF prohibit the use of the two-person referee system. While many of us may use this system for high school and middle school games, it may not be used in any USSF-sanctioned games that we do. If you have any doubt, please **DO NOT USE THE TWO-PERSON REFEREE SYSTEM** unless you have been assigned by one of our Assignors to be on a two-person referee crew.

Conversely, if you have been assigned as a **TWO-PERSON REFEREE CREW** for **non-USSF-sanctioned games**, please honor the assignment regardless of what your assigned partner may say. If there is an issue, please contact the appropriate assignor, Gabriel for weekend games and Veto for



weekday games.

## **Monthly Referee Quick Tip**

As the season is about to begin, we have two vital Quick Referee Tips to share:

- Hydrate – don't wait until game time! Start 24 hours ahead of time. Choose your drink wisely. Water and drinks that replenish vital nutrients usually work best for most of us. Avoid diuretics, e.g., drinks with significant amounts of caffeine.
- Sunscreen – it's no secret that we are experiencing warmer weather year after year. Hopefully these conditions will help to inspire us all to apply sunscreen to all exposed skin to protect it against the sun's powerful rays. If you are out for multiple games as we usually are, remember to reapply periodically throughout your time out there.

Please take care of yourselves!

For more information on skin care, please read the Center for Disease Control (CDC) article at the end of this newsletter "Sun Safety/Seguridad del sol."

Do you have a quick tip to share? If so, please email it to [President@sbsra.org](mailto:President@sbsra.org).

## **From the Office of the Treasurer**

Please be reminded:

- 1) **Home/Mailing Address Changes** - Provide the Treasurer with your change of address at the same time that you make the change in Arbiter,
- 2) **Checks** – please cash these in a timely manner,
- 3) **Forfeits** - Notify the applicable Assignor and the Treasurer within 24 hours of forfeited games. This way we can ensure the applicable league is billed for the ref fees that would have been paid on the field and that the referees are paid the fees owed to them,
- 4) **W-9 form** – Every member is required by Federal law to provide a W-9 form (<https://www.irs.gov/pub/irs-pdf/fw9.pdf>) to the Treasurer. We have included this as a requirement in our Returning Membership Application process for the 2023 – 2024 season. We are required to keep these forms for at least 7 years after you cease to be a member. Simply providing your SSN is not sufficient. Please cooperate so as not to place your Treasurer and the Association in jeopardy.

## **Monthly Membership Meetings**

To maintain our high standards of refereeing, the Association provides two vehicles to share information and instruction with our members – this *Flag & Whistle* monthly newsletter and our monthly membership meetings. Please try to attend the meeting and read the newsletter every month - this is how we share important information with all of our members.



## The Flag & Whistle



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### **Approval of Minutes**

Included below are the July General Membership Meeting Minutes for approval by the Membership at our next meeting.

### **Next Meeting**

The next Monthly Membership Meeting will be on **Tuesday, August 29, 2023, starting at 7:03pm** at our regular location at the North High School Cafeteria.

We look forward to seeing you there!



**SBSRA General Membership Meeting**  
**Minutes**  
**July 25, 2023**

**Board Members in Attendance:** Jonny Joseph (JJ), Steve Morgan (SM), Bruce Ashton (BA), Gabriel Goldsman (GG).

1. The meeting was called to order at 7:07pm.
2. Approval of June 2023 Meeting Minutes – Alan Siegel made a motion to approve the minutes, seconded by Larry Savell and approved by acclamation.
3. Monthly Training – JJ introduced Lee Eichenbaum from Cal-South who spoke about New Law Changes. The key takeaways included:
  - a) Nothing consequential until Law 11, which adds “deliberate” to the law. Attacker cannot be offside when ball is *deliberately* played by a defender. Lee showed video clips with examples. He also recommended website [www.footballrules.com](http://www.footballrules.com) which has an alphabetical listing of IFAB Law-related topics.
  - b) Lee also called up our Juan Rodriguez and recognized him for being an AR on a National USL Quarterfinal match. Lee showed a clip of a situation that occurred during this match and Juan explained what went wrong leading to a confrontation between multiple opponents.
4. Treasurer’s Report:
  - a) Financial Statements for the Year Ended June 30, 2023 – BA presented the financial statements, which were displayed on the screen for all to see and made some comments regarding the amounts for the prior membership year. The reports and commentary are included on our website with prior reports for members to review.

It was pointed out that billing increased \$50,000 this year despite less games billed as JJ had shared at the prior month’s AGM. Julie Nourayi asked why there were so few tournament games this year. JJ & GG explained that our own Cerritos Tournament was cancelled, and that the overall tournament climate has changed - fewer tournaments and fewer games per tournament. Both JJ and GG cautioned members NOT to accept games for assignors/associations of which we are not members.
  - b) Membership Dues Owed – BA reminded members that the grace period for the receipt of dues payments ends on Monday of the following week. After that date a \$20 late fee is assessed. Game fees for games refereed in July are deemed late as they are only paid in August. Members unsure of their dues status should contact BA for clarification.
  - c) Forms W-9 Needed – all members must provide the Treasurer with a completed and signed W-9 Form, no exceptions!
  - d) Address Changes – whenever members change their addresses, they need to make the change in Arbiter for assigning purposes and inform the Treasurer to ensure checks are mailed to the new address. We continually have members change their Arbiter address without notifying BA.
5. President’s Report
  - a) Overdue Receivable – at last month’s meeting we reported that we had a long outstanding receivable that we were having trouble collecting, although referees were paid their match fees in May. Thank you to our member Craig Breitman for writing a strong letter to the customer who responded that they will take care of it. They have until July 31 to make the payment, or else...
  - b) Members Leaving the Area – the Board received an inquiry about a partial dues refund from a member who will be leaving the state within a few months of the start of the membership year.

The Board approved a policy to refund  $\frac{3}{4}$  of the membership fee to any members who leave the state during the first  $\frac{1}{4}$  of the membership year.

- c) Futsal Referees – we have been providing futsal referees for over a year now and we would like to determine if we should do another training for those members who are not yet certified for futsal. A show of hands indicated there was not enough interest amongst those uncertified members in attendance to do so. We will inquire of all members to determine if there is enough interest to do a futsal certification class. In addition, we will do a refresher for all futsal referees.
- d) Board Meeting – July 2023 – the following matters, in addition to other items presented tonight, were discussed:
  - i. Renewal of Arbiter subscription for a slight increase (\$25) over the prior year,
  - ii. Novice Referees – we are seeing an increase in novice referees wanting to join the Association. While we have an obligation to accept any referees who are on the USSF Registered Officials List, we also cannot, in good conscience, send them out to referee without any preparation. The Board decided to create a Novice Referee Training Program that all novices will have to complete before being assigned to any games. This will not apply to referees with appropriate prior experience, e.g., AYSO cross-certifications with Advanced or National badges. This program will be led by our Training Director and Assignor starting in August.
- e) New Member Introductions – JJ invited new and prospective members to introduce themselves. New members included Kailen Clabaugh, Kelley Kirkpatrick, Jamie Stewart and Ray Wiliani.
- f) Other – JJ announced that we have the 2023-2024 Law Books for all those who elected to receive a printed copy on their NMA or RMA forms and can pick them up after the meeting. The Member-at-Large could not make the meeting so we did not have SBSRA badges for new members.

6. Vice President’s Report

- a) ROL Update and Safe Sport

7. Secretary’s Report (given by JJ in KA’s absence)

- a) SBSRA Membership Report
  - i. RMAs Approved – 99
  - ii. Membership Dues Paid/Game Fees Withheld/NMIs – 109
  - iii. Forms W-9 Received - 112

6. Assignor’s Report:

- a) Cal South Update – Most entry level classes will be virtual with more expectations of associations. Oscar Mota will be the new assignor for State Cup, assisted by Rick Rehm and Gabriel Goldsman. State Cup referee fees will increase to \$2.50 per minute and CalSouth will request the most qualified referees for State Cup (Referees to have at least a full year of experience).
- b) Game Expectations for the Next Few Weeks. We will have tournament games over the next three weekends (12-13 LA Galaxy, 26-27 Thousand Oaks Classic) and Labor Day Weekend (Simi Valley Invitational).
- c) CORE Training – Previously the training sessions consisted of two parts – one on the field and one in the classroom. GG explained that for multiple reasons, most future training will consist of classroom sessions only.
- d) Both JJ and GG asked members to start ramping up their conditioning in preparation for the upcoming heavy tournament and regular season schedules. In particular, JJ suggested that all members read the article on heat stress in the July Flag & Whistle and train in the heat to be ready.

7. Member-At-Large Report (given by JJ in SR’s absence).

- a) Supplemental Reports Case Study – JJ displayed a recent supplemental report submitted to the Member-at-Large and Assignor and invited members to comment on it. Following membership

discussion of this first draft, the final report submitted to the league was shared on the screen for members to discuss further. Key takeaways included:

- i. Members were reminded to read the guidance and direction included in each month's Flag & Whistle and on our website.
- ii. Report preparers must always bear in mind:
  - Take a picture of team rosters to assist with report preparation later,
  - Reports primarily are intended for the applicable league,
  - Limit report to the relevant facts observed,
  - Use language as found in the Laws of the Game,
  - Keep reports concise, just focus on the facts of the incident,
  - DO NOT include referee discussions or disagreements.

9. Meeting adjourned at 9:00pm.

# Sun Safety

[https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)

Skin cancer is the most common cancer in the U.S. Too much sun can cause skin cancer. [This video](#) explains how to protect your skin from the sun.

Spending time outside is a great way to be physically active, reduce stress, and get [vitamin D](#). You can work and play outside without raising your skin cancer risk by protecting your skin from the sun.

Most skin cancers are caused by too much exposure to ultraviolet (UV) light. [UV rays](#) are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells.

Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. In the continental United States, UV rays tend to be strongest from 10

a.m. to 4 p.m. daylight saving time (9 a.m. to 3 p.m. standard time).

The [UV Index](#) forecasts the strength of UV rays each day. If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun.

## How to Protect Your Skin from the Sun

### Shade

You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside - even when you're in the shade.

### Clothing

When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing is certified under international standards as offering UV protection.

### Hats

For the most protection, wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen, or staying in the shade.

### Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

“Sunscreen isn't an all-protective force field. It is intended to be combined with other sun- safety approaches.” Get [The Truth About Sunscreen](#) in this blog post.

## Sunscreen

Put on broad spectrum [sunscreen](#) that filters out both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Don't forget to put a thick layer on all exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options.

Sunscreen is not recommended for babies who are 6 months old or younger. The [U.S. Food and Drug Administration](#) recommends keeping infants out of the sun during midday and using protective clothing if they have to be in the sun.

**SPF.** Sunscreens are assigned a *sun protection factor* (SPF), which is a number that rates how well they filter out UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with SPF of 15 or higher.

**Reapplication.** Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off.

**Expiration date.** Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Its shelf life is shorter if it has been exposed to high temperatures.

# Seguridad del sol

[https://www.cdc.gov/spanish/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/spanish/cancer/skin/basic_info/sun-safety.htm)

El cáncer de piel es el tipo de cáncer más común en los Estados Unidos. Tomar demasiado sol puede causar cáncer de piel. [Este video](#) explica cómo proteger su piel del sol.

Pasar tiempo al aire libre es una gran manera de estar físicamente activo, reducir el estrés y obtener [vitamina D](#). Usted puede trabajar y jugar afuera sin aumentar su riesgo de presentar cáncer de piel al protegerse del sol.

La mayoría de los casos de cáncer de piel son provocados por la exposición excesiva a los rayos ultravioleta (UV). Los rayos UV son un tipo de radiación invisible que proviene del sol, las camas bronceadoras y las lámparas solares. Los rayos UV pueden causar daño a las células de la piel.

Es importante protegerse de los rayos UV todo el año, no solo durante el verano. Los rayos UV lo pueden afectar en días nublados y frescos, y se reflejan desde superficies como el agua, el cemento, la arena y la nieve. En la parte continental de los Estados Unidos, los rayos UV son más fuertes entre las 10 a. m. y las 4 p. m. durante el horario de verano (9 a. m. a 3 p. m. hora estándar).

El índice UV pronostica la intensidad de los rayos UV todos los días. Si el índice UV es de 3 o más en su área, protéjase la piel de una exposición excesiva al sol.

## Cómo protegerse la piel del sol

### Sombra

Usted puede reducir el riesgo de daño solar y cáncer de piel quedándose en la sombra debajo de una sombrilla, un árbol u otro tipo de protección. La mejor forma de protegerse la piel es mediante la aplicación de un filtro solar o el uso de ropa que lo proteja cuando esté al aire libre, incluso en la sombra.

### Ropa

Cuando sea posible, use camisas de manga larga, y faldas y pantalones largos, los cuales pueden proveer protección contra los rayos UV. Si no es práctico ponerse este tipo de prendas, trate de ponerse una camiseta o una salida de baño. La ropa fabricada con una tela de tejido muy cerrado ofrece la mejor protección. Una camiseta mojada ofrece

menos protección contra los rayos UV que una seca, y los colores oscuros pueden ofrecer más protección que los claros. Algunas prendas de vestir, certificadas bajo estándares internacionales, ofrecen protección contra los rayos UV.

### Sombreros o gorras

Para obtener una mayor protección, póngase un sombrero de ala ancha que le cubra la cara, las orejas y la parte de atrás del cuello. Una tela de tejido muy cerrado, como lona, funciona mejor para protegerle la piel contra los rayos UV. Evite los sombreros de paja con orificios que dejan pasar la luz del sol. Un sombrero oscuro puede ofrecerle más protección contra los rayos UV.

Si usa una gorra de béisbol, también debe protegerse las orejas y la nuca con prendas que cubran esas áreas, aplicándose un filtro solar o permaneciendo en la sombra.

### Gafas de sol

Las gafas de sol protegen los ojos de los rayos UV y reducen el riesgo de cataratas. También protegen la piel delicada alrededor de los ojos de la exposición al sol.

Las gafas de sol que bloquean los rayos UVA y UVB ofrecen la mejor protección. La mayoría de las gafas de sol vendidas en los Estados Unidos, independientemente del precio, satisfacen este estándar.

# Supplemental Report - First Draft as Submitted by Referee



## U.S. Soccer Federation Referee Program Referee Report

Complete and submit this form to the appropriate competition authorities (e.g., local league, tournament director, cup coordinator, etc.) as directed. If needed, and in addition to the U.S. Soccer Referee Report, the U.S. Soccer Supplemental Referee Report can be used for instances of referee assault, referee abuse, dismissal of team officials, sending-off offenses, serious injuries, game abandonment or other substantial occurrences.

Home Team:   A   Score:   3    
 Away Team:   B   Score:   4    
 Association/League:   XXX    
 Division/Age Group:   YYY    
 Game Number:   ZZZ    
 Game Date:   7/2023    
 Referee:   CenRef    
 Assistant Referee 1:   ARef1    
 Assistant Referee 2:   ARef2    
 Fourth Official:   n/a  

Cautions/Yellow Cards:

Name	Pass/ID Number	Team	Misconduct Code
#3 <u>A</u>	late arrival by player, also AR1	<u>A</u>	YC, no shinguards
#22 <u>A</u>	n/a, team roster incorrect	<u>A</u>	YC, unsporting behavior
#8 <u>B</u>	#8,GK	<u>B</u>	YC, careless
#22 <u>B</u>	view submitted roster to <u>leagu</u>	<u>B</u>	YC, dissent
#3 <u>B</u>	view submitted roster to <u>leagu</u>	<u>B</u>	YC, unsporting behavior
#13 <u>B</u>	view submitter roster to <u>league</u>	<u>B</u>	YC, unsporting behavior

Send Offs/Red Cards:

Name	Pass/ID Number	Team	Misconduct Code

Reporter Name:   CR   Report Date:   7/2023    
 Phone Number:   (310) CAL-LNOW    
 Email Address:   CR@email.com

# Supplemental Report - First Draft as Submitted by Referee



## U.S. Soccer Federation Referee Program Supplemental Referee Report

Complete and submit this form, along with a U.S. Soccer Referee Report, to the appropriate competition authorities (e.g., local league, tournament director, cup coordinator, etc.) as directed for the dismissal of team officials, sending-off offenses, serious injuries, game abandonment or other substantial occurrences. For instances of referee assault or referee abuse, complete and submit this form, along with a U.S. Soccer Referee Report, to the appropriate competition authorities (e.g., local league, tournament director, cup coordinator, etc.).

Home Team: A Score: 3  
Away Team: B Score: 4  
Association/League: XXX  
Division/Age Group: YYY  
Game Number: ZZZ  
Game Date: 7/2023

### Statement:

76th minute **ARef2** said a close by spectator on B touch line, dark brown shirt, Adidas logo hat, made a statement with regard to a recent play.

**ARef2** asked the spectator keep his comments to himself.

The spectator responded "You are a fucking asshole, and a son of a bitch."

**CRef** engaged in a lengthy discussion with **B** Manager, requested he control his touchline.

**B** Manager stated he did not know the spectator, who then moved much closer to the halfway line, and onto the running track.

**B** refused to dispel situation.

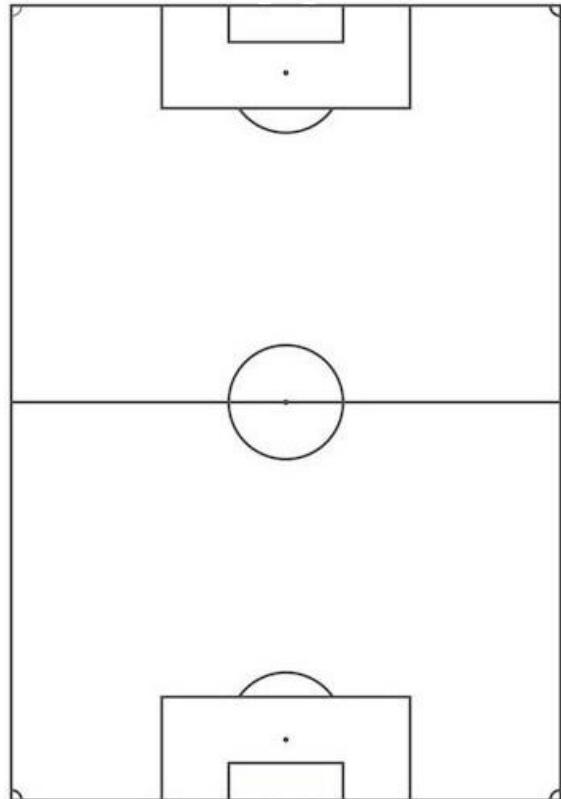
**CR** then resumed play.

Spectator then stated to **ARef2** "...you only chose to not call offside since myself and players are black, and you're racist."

**ARef2** allowed the comment to stand.

89th minute, same spectator, disagreed with a non-offside call, told **ARef2** "...will see you after the game"

**ARef2** chose to show a flag at waistline, without consulting CR, screamed for team captians, then when asked if we could conclude



Reporter Name: CR  
Phone Number: (310) CAL-LNOW  
Email Address: CR@email.com

Report Date: 7/2023



# Supplemental Report - Final to Meet the Requirements of the Applicable League

## U.S. Soccer Federation Referee Program Referee Report



Complete and submit this form to the appropriate competition authorities (e.g., local league, tournament director, cup coordinator, etc.) as directed. If needed, and in addition to the U.S. Soccer Referee Report, the U.S. Soccer Supplemental Referee Report can be used for instances of referee assault, referee abuse, dismissal of team officials, sending-off offenses, serious injuries, game abandonment or other substantial occurrences.

Home Team:	A		Score: <u>3</u>
Away Team:	B		Score: <u>4</u>
Association/League:	XXX		
Division/Age Group:	YYY		
Game Number:	ZZZ		
Game Date:	7/2023		
Referee:	CenRef		
Assistant Referee 1:	ARef1		
Assistant Referee 2:	ARef 2		
Fourth Official:	n/a		

**Cautions/Yellow Cards:**

Name	Pass/ID Number	Team	Misconduct Code
OD	#3	A	Dissent
JL	#22	A	Unsporting Behavior
EB	#9	A	Unsporting Behavior
BO	#8	B	Unsporting Behavior
CD	#22	B	Dissent
NU	#3	B	Unsporting Behavior

**Send Offs/Red Cards:**

Name	Pass/ID Number	Team	Misconduct Code

Reporter Name:	CRef		Report Date: <u>7/2023</u>
Phone Number:	(310) CAL-LNOW		
Email Address:	CR@email.com		

**Supplemental Report - Final to Meet  
the Requirements of the Applicable League**

**U.S. Soccer Federation Referee Program  
Supplemental Referee Report**



Complete and submit this form, along with a U.S. Soccer Referee Report, to the appropriate competition authorities (e.g., local league, tournament director, cup coordinator, etc.) as directed for the dismissal of team officials, sending-off offenses, serious injuries, game abandonment or other substantial occurrences. For instances of referee assault or referee abuse, complete and submit this form, along with a U.S. Soccer Referee Report, to the appropriate competition authorities (e.g., local league, tournament director, cup coordinator, etc.).

Home Team:	A	Score:	3
Away Team:	B	Score:	4
Association/League:	XXX		
Division/Age Group:	YYY		
Game Number:	ZZZ		
Game Date:	7/2023		

**Statement:**

In the 76th minute AR2 reported to CR that a close by spectator on **B** touch line made a statement with regard to a recent play. AR2 asked the spectator to keep his comments to himself. Spectator responded "You are a fucking asshole, and a son of a bitch." At this point CR engaged in a lengthy discussion with **B** Manager, requesting he control his touchline.

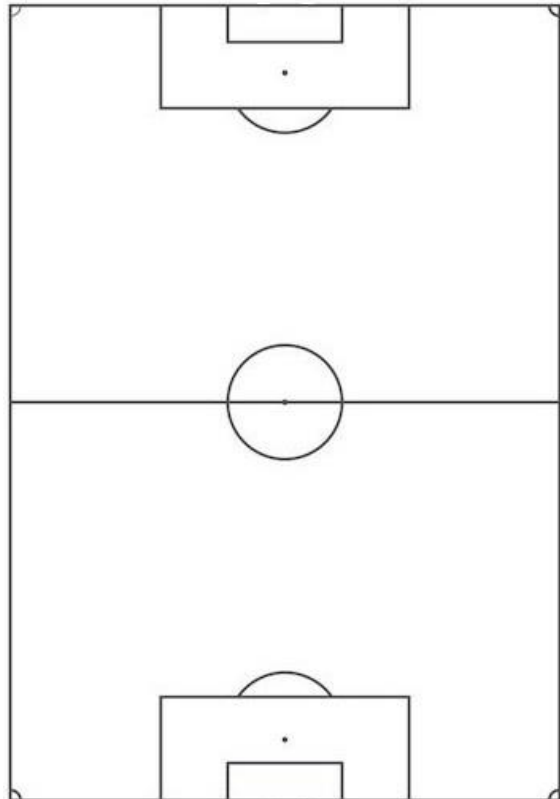
**B** Manager stated he did not know the spectator and refused to assist with the situation. CR noted that after this, the spectator moved much closer to the halfway line, and onto the running track.

Following resumption of play, spectator stated to AR2 "...you only chose to not call offside since myself and players are black, and you're racist." AR2 ignored the comment.

In the 89th minute, the same spectator, disagreed with a non-call for a potential offside situation and told AR2 "...will see you after the game"

AR2 entered the field and called loudly for team captains with no response. CR consulted with AR2 if the final minute could be completed.

RC terminated the game in the 89th minute as officials felt the environment was unsafe following multiple verbal threats from a spectator, which the applicable team refused to address.



Reporter Name:	CRef
Phone Number:	(310) CAL-LNOW
Email Address:	CR@email.com

Report Date: 7/2023

# Supplemental Report - Final Typical to Meet the Requirements of Most Leagues

## U.S. Soccer Federation Referee Program Referee Report



Complete and submit this form to the appropriate competition authorities (e.g., local league, tournament director, cup coordinator, etc.) as directed. If needed, and in addition to the U.S. Soccer Referee Report, the U.S. Soccer Supplemental Referee Report can be used for instances of referee assault, referee abuse, dismissal of team officials, sending-off offenses, serious injuries, game abandonment or other substantial occurrences.

Home Team:	A		Score: <u>3</u>
Away Team:	B		Score: <u>4</u>
Association/League:	XXX		
Division/Age Group:	YYY		
Game Number:	ZZZ		
Game Date:	7/2023		
Referee:	CenRef		
Assistant Referee 1:	ARef1		
Assistant Referee 2:	ARef 2		
Fourth Official:	n/a		

**Cautions/Yellow Cards:**

Name	Pass/ID Number	Team	Misconduct Code
OD	#3	A	Dissent
JL	#22	A	Unsporting Behavior
EB	#9	A	Unsporting Behavior
BO	#8	B	Unsporting Behavior
CD	#22	B	Dissent
NU	#3	B	Unsporting Behavior

**Send Offs/Red Cards:**

Name	Pass/ID Number	Team	Misconduct Code

Reporter Name:	CRef		Report Date: <u>7/2023</u>
Phone Number:	(310) CAL-LNOW		
Email Address:	CR@email.com		

# Supplemental Report - Final Typical to Meet the Requirements of Most Leagues

## U.S. Soccer Federation Referee Program Supplemental Referee Report

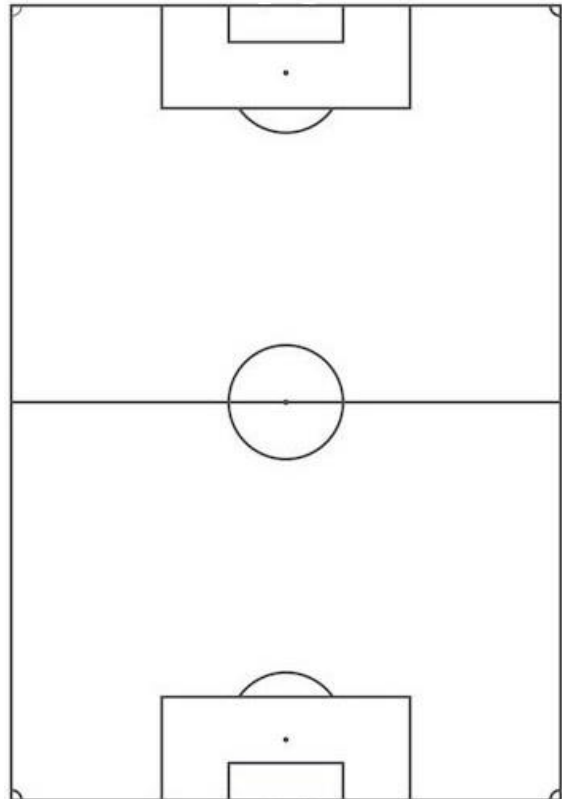


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Home Team:	A	Score:	3
Away Team:	B	Score:	4
Association/League:	XXX		
Division/Age Group:	YYY		
Game Number:	ZZZ		
Game Date:	7/2023		

### Statement:

CR terminated the game in the 89th minute as officials felt the environment was unsafe following multiple verbal threats to AR2 from a spectator, which the applicable team refused to address.



Reporter Name:	CRef	Report Date:	7/2023
Phone Number:	(310) CAL-LNOW		
Email Address:	CR@email.com		