

# Ref-O-Gram

Winter 2001

## ***Report from the Officiating Committee***

On behalf of the Officiating Committee, I would like to wish everyone a Happy New Year. The Committee still does not have a Chairperson, so the Committee members will continue to work together to make sure that everything gets done on time and that all questions are answered.

Now that we are well into the season, I think it's a good time to review the evaluation process. The changes that were made to the structure were that Level 1 and Level 2 officials are required to get at least one maintenance evaluation or upgrade evaluation every **two** years. Level 3 and Level 4 officials will still be required to get a maintenance or upgrade evaluation per year. If you are having difficulty obtaining this, you must send a written request to the Officiating Committee to review.

During the Whitby Tournament, the Officiating Committee hosted a Community Evaluators Clinic. We welcome the following new evaluators, who may evaluate up to a Level 2A:

|             |               |              |           |              |              |
|-------------|---------------|--------------|-----------|--------------|--------------|
| Central:    | Rob Drury     | 905-655-3488 | Southern: | Jeff Evans   | 905-884-7328 |
| Eastern:    | Dan Cockburn  | 613-733-5739 |           | Bob Huygens  | 519-653-9823 |
|             | Kim Longfield | 613-389-4189 |           | Pat Turcotte | 905-765-6955 |
| North West: | Kevin Bradley | 705-549-7205 | Western:  | Lucky Clark  | 519-672-5009 |
|             |               |              |           | John Martin  | 519-742-8218 |

Provincial Championships: We're pleased to announce that Chris Bradt will be the Director of Officials for the "AA" Championships in Whitby March 11-14. The Director of Officials for the "A" Championships hosted by West Ferris March 15-18 will be named soon.

Your officiating membership card should be included in this issue of the Ref-O-Gram. If your card is incorrect, please contact your Regional Co-ordinator. If you have questions or concerns on any officiating matter, your Regional Officiating Co-ordinator will assist you.

***Karen Meek***  
***Officiating Committee Liaison***

### **Regional Officiating Co-ordinators**

**Central** Karen Meek 705-953-9271

**Eastern** Mario Periard  
Pager: 613-364-1512

Home: 613-446-5009 Work: 613-446-5896  
Cellular: 613-277-6197 (answering machine)

**North East** Ken Lajeunesse 705-983-4126

**North West** Stephanie Renda 807-767-7535

**Southern** Carol Liscombe 905-768-5911

**Western** Jeff Clark 519-642-0564

### **Movin' on??**

Please remember to advise the ORA if you're moving. Let them know at

1185 Eglinton Avenue East,  
Suite 705,  
North York, ON, M3C 3C6

Phone: 416-426-7204

Fax: 416-426-7359

E-mail: [ontring@interlog.com](mailto:ontring@interlog.com)

## Regional Information

### **Central Region**

It's hard to believe, but we are already into the second half of the season. Hope everyone had a good Christmas and a Happy New Year.

I was quite happy with the turn out for the Level 2/3 Clinic. In our region alone we had 15 people take and pass the course. Congratulations to all of you.

Since that time, we have been busy doing evaluations and would like to congratulate the following officials on their newly achieved upgrades:

|                |    |                  |    |
|----------------|----|------------------|----|
| Stacey Fertile | 3C | Mike Geeson      | 3C |
| Kelsey Missons | 3C | Bonnie Falkowski | 2B |
| Amy Murray     | 2C | Russ Parsons     | 2B |
| Dan Bartley    | 2C | Amanda St. John  | 2C |

Hard work and dedication do pay off. Keep it up. I know there are a few more of you who are ready or are very close. Give us a call. Let's get you moving.

Regionals are being held in Ajax this season. I will be looking for some new faces this year. Let's hope you're one of them.

Last, but not least, Robert Drury attended the Evaluators Clinic in January and is now one of our newest Community Evaluators. I thank Rob for taking time out of his weekend and for helping us out in Central Region.

See you around the arenas.

***Karen Meek 705-953-9271***

### A Letter to the Officiating Committee

I just completed reading the latest Ref-O-Gram (*Fall 2000*), which as usual was very well done. I took particular note of the story of the two "geezer" referees.

It sounded very familiar, and should have, since I was one of the referees (it was 8 minutes, not 5). I would rather have my name mentioned than be referred to as a geezer, though in Ted's case it's true.

*Joe Keyes, Mississauga*

**Letters are always welcome; please be brief, as letters under 200 words are more likely to be published. The Editor reserves the right to edit for length and clarity and to ensure that he appears in the best light.**

**Before you throw the envelope away, take out your membership card!**

## OVERTIME GAMES

It's the last day of the tournament and you have been chosen to do a final game. At the end of regulation time, the game is tied. Now what do you do?

First, you should call the captains of both teams to the timekeeper's bench, inside the referees' crease. Explain to them that you are going to flip a coin. The Home team calls it in the air. The winner of the toss gets the free pass to start overtime and the loser gets the choice of ends.

The time clock should be set to the same time used in regulation play (15 or 20 minutes) and any penalties not expired at the end on the 2<sup>nd</sup> period must be served. If there is no winner at the end of an overtime period, the teams switch ends. There is no need for another coin toss.

It's important that our officials are consistent in these procedures.

### Overheard at the rink

*On ice after a goal:*

"I scored! I scored! I can play! I'm not just a pylon!"

*In the stands at a Novice game:*

"Is there a rule that the player getting a rebound has to skate around the goal before she can shoot?"

*From a leather-lunged fan:*

"Good hit, Michelle!...Aw, c'mon, ref, whaddya mean 'Body Contact'?!?"

### What bugs you most when you work a tournament?

How about:

1. Closing the arena after the last game and having to get up early the next day for the first game.
2. Working with the same partner all day.
3. Having one game on and one off, then having to go back on again.
4. Having a ref-in-chief who doesn't believe in locking the dressing room door because it's too much bother with so many refs coming and going, and having someone steal your wallet.

Any more?

## Mental Training For Referees

In training elite athletes a great deal of effort goes into training them mentally as well as physically. This type of training can help officials improve, too.

### *Pre-Game Routine*

The purpose behind developing a pre-game routine is twofold: to help you relax by getting rid of outside distractions while encouraging you to focus on the game at hand. All officials can develop their own routines; young officials in particular should make it fairly detailed. One routine might look like this:

- 30 minutes before leaving home: check equipment.
- 30 minutes before game time: arrive at arena; find ref's room; store equipment.
- 20 minutes before game time: find partner, start to dress, use facilities (worst feeling in the world if you don't).
- 10 minutes before game time: start stretching before putting skates on to help you feel warm and help prevent injuries.
- 5 minutes before game time: put on skates & helmet; ensure your whistle will sound the same as your partner's.
- 2 minutes before game time: be at gate ready to go on when the Zamboni gets off ice.

Complete your warmup by skating, checking nets, gates and ice as you go, looking for improper equipment, jewelry, etc.

- 30 seconds before game: game sheet check and ring placement.

### *Complete Breathing*

Complete breathing is a great way to relax. It can be used before a game to get yourself settled or even before you go over to talk to that 40 year old coach who is acting like a child. Complete breathing just means taking a complete breath and controlling how you let it out.

First, you must make sure you're taking a complete breath. Hold your left hand on your upper stomach and your right hand on your upper chest and take a deep breath. Notice which hand is moving. If you are taking a complete breath, it should be your left hand, because it means that you are using your diaphragm. Once you can control where you're taking the breath in, try to slow down the release of the air. Count to four on the inhale and then to four on the exhale. Once this is mastered (it's harder to do under pressure than you would think) try taking four seconds to breathe in and eight seconds to breathe out. This simple process can be used anywhere and takes only a few seconds to feel in complete control (physiologically, it does great things for your body too).

### *Self Talk*

Do you ever make a call and then regret it? Does that call then become the centre of attention causing you to make more poor calls? It happens to almost all of us. Self talk will help us get away from this more quickly. (if you're older like me and the coach thinks you're talking to yourself he'll often think there's no point in him talking to you, too.) Self talk is using key words to help you stay focussed.

Examples could be as follows:

| <u>Problem</u>  | <u>Self talk</u>    |
|-----------------|---------------------|
| lack of hustle  | GO ! GO ! GO !      |
| missed penalty  | GET THE NEXT ONE !  |
| positioning     | GO HARD!            |
| losing momentum | SKATE ! or STRIDE ! |

### *Pre-planned Response*

Every referee at some time or another is going to have to talk to an irate coach. Why not plan your response before it happens rather than live in dread of it happening? You would have to decide what you want to do, but if you have it pre-planned you will feel more in control of yourself and the situation.

On the whistle after you feel you must do something you could do the following:

1. Stop completely and look at the bench.
2. Skate slowly to the bench using the deep breathing exercise.
3. Put your hands up in front of your chest, palms to the coach in a non-threatening gesture
5. Go to the end of the bench away from the coach.
6. Quietly ask the coach to come to the gate. (make him get off the bench)
7. Quietly ask if he would like to ask a question and if he does quietly give your explanation
8. Once you have given your answer skate back to your position and start the game. You may want to switch sides with your partner.

### **Rob Evans**

*(Editor's note: Rob Evans, Chairman of Southern Region, is a Level 2C official and a Community Evaluator. Rob is working on his Level 3 Coaching qualifications and instructs at Coaching Clinics.)*

## Six on six, anyone?

Saw an interesting situation at a recent tournament: six skaters for each team and no goalies. The Blue team was trailing late in the game and had six skaters on. While White had the ring, a delayed penalty against Blue was signaled, so White pulled their goalie. White scored and Blue started the free pass with 6 skaters and the goalie on the bench again. Again, the same thing happened; a delayed penalty on Blue, White goalie pulled, 12 skaters, empty net goal.

## **It's in the Book**

In the first minute of the game you report a goal and the timekeeper tells you that he forgot to start the clock. Now what do you do?

*See Case M11 on Page M-3 of the Case Book for the correct response and how you and your partner should have ensured that the clock starts properly.*

During play, you notice that a player has lost her neck protector. What do you do if (a) her team has the ring or (b) the opposing team has the ring?

*See Case 11 on Page 11-4 of the Case Book.*

You stop play because a player kicked the ring with the point of the skate blade (either at the toe or the heel). What do you signal?

*See Case M4 on Page M-1 of the Case Book for the correct signal. Other signals not pictured in the Officials Rules are described in the last chapter, "Mechanics".*

The latest Case Book incorporates the Official Rules and is a valuable resource for all officials. Get your copy for only \$17.00 from your Regional Officiating Co-ordinator or from the ORA office.

## **"Minor officials for this game are..."**

Far too often, problems with the time clock or the score sheet delay or interfere with games.

Recent examples I've seen: 1. The clock reads 15:00 at the start of the game, but the buzzer sounds in 15 seconds. 2. The scorekeeper records goals and penalties opposite the names of the players, instead of sequentially, as they are reported. 3. Penalized players are allowed out at the wrong time, often when their team has more than 2 penalized players.

How can you prevent such situations? How about: (a) Talking to the minor officials before the game, to gauge their capabilities. (b) When reporting the first goal or penalty of the game, watching the scorekeeper to ensure proper entries on the score sheet. (c) explaining penalty expiries in multiple penalty situations to the minor officials, to the penalized players and to the coaches.

## **ORA Staff changes**

Mike Beaton, Technical Director for the past few years, succeeded John Smith as Executive Director when John retired last spring. Chris Flood, the new Technical Director, started his job in the New Year. Lucy Figaro-Harris continues as administrative

assistant, helping to keep Mike and Chris on the straight and narrow..

## **An evaluator's viewpoint**

In evaluating Level 1 and Level 2 officials, I seem to be writing the same comments frequently, such as "Hustle!" and "Lead the play".

Selling your calls or selling yourself as an official is a lot easier when you look and act competently.

The first judgment of an official on the evaluation form is "Appearance". On a long-form evaluation, the evaluator may comment on the referee's sweater, skates & laces, pants, helmet, grooming and fitness.

You may look good if you check yourself in the mirror in the dressing room, but how do you look to others when you're on the ice?

Do you look alert, with good posture, or do you stand with your hands in your pockets or with your shirt cuffs pulled down over your fists, looking cold?

Do you skate lackadaisically, as though you don't really care about the game (after all, it's only a bunch of Novice B's) or are you putting effort into the game, both mentally and physically, no matter what the level of play or the tempo of the game?

Players are expected to work hard to perform well; we expect the same of referees.

**TM**

## **Odds & Ends**

The ORA website, [www.ontario-ringette.com](http://www.ontario-ringette.com) has current tournament listings, the ORA Operating manual and other information of interest, including links to many related websites...Ringette Canada's website is [www.ringette.ca](http://www.ringette.ca)...An authority is someone who can tell you more about something than you really wanted to know...I notice more ringette referees using Shin-tites, elastic shinguard retainers, to keep their pant cuffs from riding up over their skate tops...During the Whitby tournament, when the evaluators' clinic was held, one ref asked her partner during a stoppage, "Who are all those people in the stands with clipboards?"...

**Do you have comments or suggestions  
for future Ref-O-Grams?**

**Additional things that bug you when  
you're working a tournament?**

***Please contact the Officiating Committee or Ted  
Moritsugu, Ref-O-Gram Editor, c/o ORA.***