

# Leicestershire Society Of Rugby Union

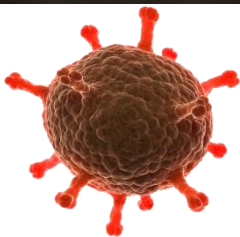
## Referees Newsletter:



In the September edition:



Society AGM and New  
Committee



Covid and where  
we stand



EOM Training



WE ARE MODERN –  
LSRUR APP



Loughborough  
University

Society collaboration  
with Loughborough  
University



Curry Nights



Meeting our MODO  
(match observer  
development officer)

## Society AGM

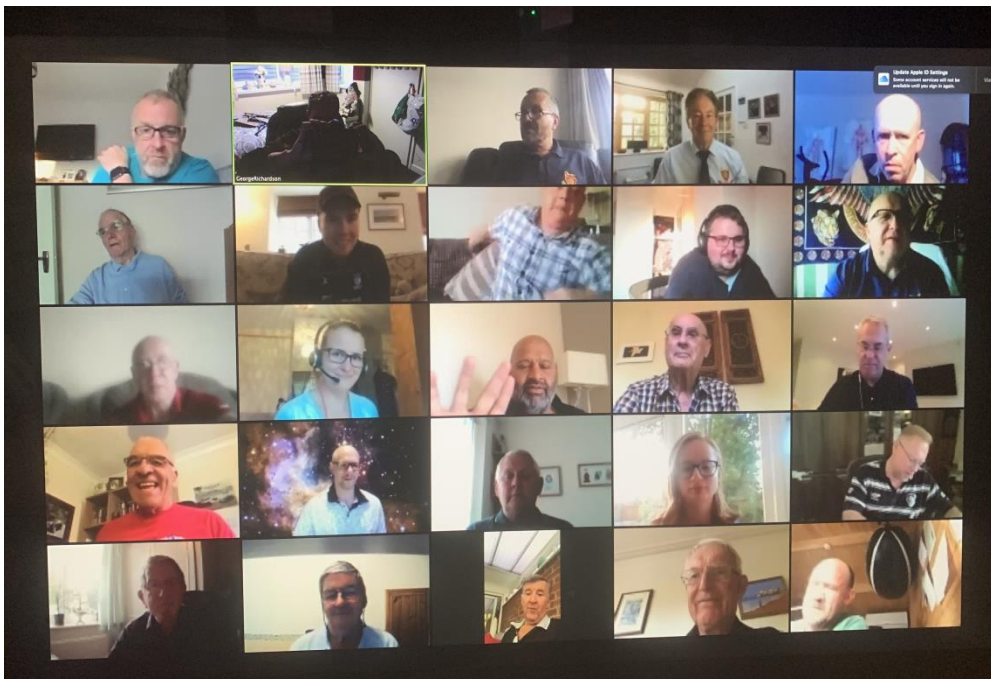


The society AGM was a great success with a large number of referees attending and voting for the relevant roles. We would like to say a special thank you to our honorary secretary John Hill for organising and setting up the meeting. Having a range of ages from 18 – 80 really shows the depth within our society.

The AGM was ran very effectively and officially but it wouldn't be a true Leicestershire society AGM without its comical moments and mis-haps. This ranged from missing invites, people turning in late, having the volume off the meeting, phones ringing mid meeting and of course our own president supporting the fashionable look pictured top right.

Just remember; if you are only going to get half dressed for a zoom meeting, it is probably not the best idea to forget this, get up and walk to the back door so that the whole society has a brief look at your briefs. The whole meeting broke down into laughter and we had to have a short pause so that everyone could contain themselves.

Please find on the next page our committee for the season 20/21





## LSRUR Officers & Committee members

**Mark Elliot**



Chairman and  
Appointments  
Secretary

**Kerrel Wills**



President and re-  
appointments  
Secretary

**Jenny Renton**



Honorary Treasurer

**John Hill**



Honorary Secretary

**Cliff Hawkins**



Recruitment Officer

**Andrew Forsythe**



Data Officer

**Peter Bower**



Grading Officer

**Duncan Chandler**



Sunday  
Appointments

**Louis Maserella**



Mid-week  
Appointments

**George Richardson**



Promotions and  
Training Officer

**Geoff Blackburn**

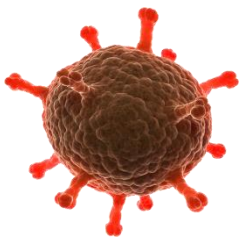


Match Observer  
Development Officer

**Rob Knapp**



Exchange  
Appointments



Covid and where  
we stand - Still no  
bloody rugby.

We have now moved to stage D in the return to play. However, although this has an affect on what clubs can do during training. This has no change on what we can do as officials. Please see the officials guidance below if you are to get involved with your own rugby club. On the next page you will see what clubs can now do in training.



England  
Rugby

**MATCH  
OFFICIAL**



## STAGE D MATCH OFFICIAL GUIDANCE

### SYMPTOM SELF CHECK

- DO NOT LEAVE  
HOME IF YOU HAVE:
- A HIGH TEMPERATURE
  - NEW PERSISTENT COUGH
  - LOSS OF OR CHANGE TO YOUR  
SENSE OF SMELL OR TASTE

**ARRIVE CHANGED  
FOR ACTIVITY WHERE  
POSSIBLE WITH OWN  
CLEARLY LABELLED  
WATER BOTTLE**

**CONDUCT ALL  
BRIEFINGS AND  
EQUIPMENT CHECKS  
OUTDOORS**

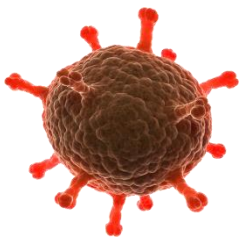
**FOLLOW SOCIAL DISTANCING  
GUIDELINES OUTSIDE OF  
GAME TIME INCLUDING  
DRINKS BREAKS  
(INCLUDING IF SANCTIONING  
IS REQUIRED)**

**CARRY OUT THE  
COIN TOSS  
YOURSELF  
AVOID SHOUTING  
WHERE POSSIBLE**

**MAXIMUM  
CONTINUOUS  
ACTIVITY  
DURATION  
OF 15 MINUTES**

FOR FULL DETAILED GUIDANCE VISIT [ENGLANDRUGBY.COM/CORONAVIRUS](https://www.englandrugby.com/coronavirus)





## Covid and where we stand – Still no bloody rugby.

Clubs are now able to Ruck, Tackle and do line outs. However, scrums and mauls are not allowed. Please see official guidelines and guidance below as there are stipulations on each element. It is not your job as a club appointed referee to enforce this but I would recommend making sure all club coaches are aware of the current regulations when taking part in a session.



### STAGE D - ADAPTED CONTACT RUGBY ACTIVITY

#### THE DIFFERENT TYPES OF RUGBY ACTIVITIES AND WHAT IS/ISN'T PERMITTED DURING TRAINING SESSIONS.

**TOTAL TIME OF ALL CONTACT ACTIVITY MUST NOT EXCEED 15 MINUTES PER SESSION**  
**ALL CONTACT ACTIVITY MUST BE CARRIED OUT IN SMALL GROUPS (MAXIMUM 6 PLAYERS PER GROUP).**



#### RUCK

- Maximum 2 v 2 players in a ruck (ball carrier and tackler, plus 1 v 1 on their feet over the ball).



- No team game play activity.



#### LINEOUT

- Unopposed lineout drills.

- Lifting of a jumper (under 16 and above only).

- Ball thrown to a catcher.

- Reduce the time the front lifter and a jumper are face to face in lineout set up to under 3 seconds.



- No opposed jumping.



- No maul to be formed after ball secured.



#### TACKLING

- Tackles at the waist or below only.

- 1 v 1 tackles only.

- Small group activity, preferably with players working in pairs for the entire activity.

- Use of tackle bags, shields and pads that are cleaned and sanitised after each player use.



- No upright tackles.

- No tackling above the waist including trying to hold the ball carrier up or prevent an offload.

- No team game play activity.



- No equipment such as tackle pads, bags and shields to be used by multiple people without cleaning and sanitising.

- Coaches must NOT hold pads or shields or bags for age grade players.



#### SCRUM

- None



- No scrum practice allowed, including use of scrum machines, sleds and unit practice.



#### MAUL

- None



- No maul practice activity allowed, including from a lineout.





## Society Training

With there being a new law of social gatherings coming into play on Monday 14<sup>th</sup> September. There will only be training in person for the development squad. However, I will doing EOM training sessions VIA Zoom for all of the society. This will be filmed/recorded and then posted for all to view.

I have also set up a youtube chanel where I will make training videos and post on there so that everyone within our society can still learn and get better in their own time. Details for this will be posted within the next few weeks for all members.

I would like to personally thank Mark Elliot, Andrew Forsyth and John Hill for running the Interval training at Nanpantan, crossfit at Hinkley/Burbage and Cycling in East Leicestershire.

When training continues we will have use of a few new venues that I have sourced. We will be using Loughborough University (details on next page) as well as the Leicestershire Training Offices.

Loughborough University are one of the leading rugby universities in the country and are also the leading sports university in the world. Due to the high intake of students that play sport, a number of these students do not get the opportunity to play in one of their seven BUC's/National League sides.

So that the University can provide sport for all they also run an Inter mural Sport programme (IMS) which gives opportunity for all those not selected for the BUCS teams to play competitive rugby. As a result of this programme the University also provide student referees for the games. This will majorly be a sole referee but will move into teams of three during final stages. This penultimate competition ends with a game between the BUCS 4's and an All-stars side selected from the IMS Programme.

Mark Elliot and George Richardson met up with two representatives from Loughborough university and discussed how we can benefit each other. We have decided that a collaboration between the two societies would be a huge benefit to both parties. The students are going to join the society and pay the membership in return for coming to our end of month meetings. They will also be invited to all of our development squad meetings so that they gain valuable training and experience. If they want more experience they can also referee local games for us.

To make things easier for the students we have decided to hold our development squad meetings at the university so that they can all make the meetings comfortably. They will provide us with a room that will accommodate all our referees and theirs.



## WE ARE MODERN – LSRUR APP



Every year the society spends a small fortune on producing booklets that contains all information that a referee of club may need to know about their referee or the society. However, with information regularly changing, the booklet would regularly have information in it that was out of date or incorrect.

The Society has produced an App that will contain all the information that the booklet had including: Referee details, club details, next fixtures, previous fixtures, committee details, clubs details, current and past presidents etc...

The app will be completely secure and is currently being tested by a number of committee members. This will save the society money and be able to keep all information completely up to date.





## Curry Nights

LSRUR Curry Club – formed 2016

Membership – about 30

Outings – 5-6 per season

Meet – Usually at the parcel yard but you are more than welcome to join at the designated curry house.

Thackeray's Ode to Curry

### ***Poem to Curry***

– William Makepeace Thackeray (1811 -1863)

Three pounds of veal my darling girl prepares,  
And chops it nicely into little squares;  
Five onions next procures the little minx  
(The biggest are the best, her Samiwel thinks),  
And Epping butter nearly half a pound,  
And stews them in a pan until they're brown'd.  
What's next my dexterous little girl will do?  
She pops the meat into the savoury stew,  
With curry-powder table-spoonfuls three,  
And milk a pint (the richest that may be),  
And, when the dish has stewed for half an hour,  
A lemon's ready juice she'll o'er it pour.  
Then, bless her! Then she gives the luscious pot  
A very gentle boil – and serves quite hot.  
PS – Beef, mutton, rabbit, if you wish,  
Lobsters, or prawns, or any kind fish,  
Are fit to make a CURRY. 'Tis, when done,  
A dish for Emperors to feed upon.





## Curry Nights

A delightful example of 19th Century food porn poetry with big onions, little minxes, savoury stews and hot pots. Possibly not as PC as it should be, but it was written 150+ years ago by an Englishman born and initially raised in Kolkata by parents both with ties to the East India Company, Thackeray wrote about what he knew well – curry. Just a little something to amuse you.

Those of you whom have attended our curry nights will know of the fun we've had. I love my curries, as my physique normally shows. The best bit about curry, is that we are blessed with Leicester (and Leicestershire) curry houses – there are not a lot of places in the UK that boast such an abundance of spicy temptation.

***So why did we start the LSRUR Curry Club?*** – fellowship and to provide a forum for referees to genuinely talk about the ups and downs of their games on a Saturday afternoon. What have we got from them, friendship, advice – pretty much whatever those in attendance can help with – but most of all fun!

We are always looking for new curry club members (there's no fee to join, just a sense of humour required). Once we are through the melee that is Covid, I'll be looking to chair some more events on a Saturday evening, in Leicester, so please feel free to come along.

Next planned event – social distanced curry following training on a Wednesday night at Burbage RFC – more than likely the first Wednesday in October 2020.

Andrew Forsythe  
Curry/Social Secretary



## Meeting the match observer

### **What is your role within the Society?**

I am the Society Assessor Development Officer, although the title could be changed to Society Match Observer Development Officer, as we are now called by the National Panel

### **What does an Assessor do at Society Level?**

Provide quantifiable data for the Referee and coach to work on

Judge Referee's knowledge and application of the Laws

Judge Referee's Management skills

Achieve agreement/ acceptance from the Referee on comments made

Protect the RFU's and Society's reputation

- By ensuring high standards are maintained

Comment on the level of game that the Referee is capable of managing

- Based on a snap shot of that game

Try to improve the Referee's performance (on and off the field)

Identify Referee's strengths and weaknesses + opportunities/ threats

Prioritising future development

Keep up with changing trends in play

Referee MOTs at lower levels

Coach Referees (offering solutions/ guidance) at lower level

### **What is the information from an assessment used for?**

Identify the areas for development to the Referee - and where applicable to their Coach/Mentor

Providing quantifiable data gives a clearer picture of what are the Referee's strengths/areas for development

Provide comment/recommendations to The Grading Committee at the bi-annual reviews

## Meeting the match observer



### **How many Assessors are there within Leicestershire?**

We have three Match Observers on the National Panel (only 15 MOs in the Country) – John Haggart, Mike Jones and myself.

There are four Society Assessors – Don Hope, David Wells, Lance Sullen and John Carr.

We also have a number of Coaches who very kindly offer their services, Duncan Chandler, David Edkins, Mark Elliott, Nick Houghton and Kerrel Wills– we are extremely grateful to them.

### **What does the game day schedule look like?**

I aim to arrive at the Ground 90 minutes before the game (for senior games) and one hour before for lower level games. I introduce myself to the Referee and the Coaches/Administrators. When the Referee is ready to talk, I ask a few questions on their refereeing experience. I also enquire if there is anything that they would like me to especially focus on. I also try to ascertain if they have done their homework on the two teams (eg position in the League, previous encounters, etc.) - having already done my own enquiries. After a few minutes of general chat I then leave the Referee, so that they can concentrate on the match, but not before having asked if I can listen in to the pre-match briefing with the players; and if they have qualified Assistant Referees, to also sit in to that briefing as well. We also agree a time and place for the post-match debrief. In the interim before the match, I watch how the Referee prepares mentally and physically for the game and how they interact with the players, captains and coaches.

I seek a quiet spot 30 minutes before the game to prepare myself mentally for the match. I arrive 10 minutes before the game starts at the most convenient spot to watch the game. I stay behind the official barrier (unless the crowd is too large).

Immediately after the game, I analyse my data and prepare notes for the debrief. When the Referee is ready (their decision), we find a quiet spot (to avoid distractions) and go through the debrief, hopefully in a non-threatening manner. Thereafter we relax, but I am still watching how the Referee interacts with players and other officials, their general demeanour and how they are dressed (including pre-match and during the game).



## Meeting the match observer

### **Why did you decide to assess – and how long have you been assessing?**

I had been refereeing for 29 years with 5 Societies (due to my Company moving me around) -with Yorkshire, French Federation (rising to level 2), Leicestershire, Somerset and Hong Kong. I tore a hamstring badly during the Hong Kong Sevens. As I lay out being examined I thought, you're 56 years old still doing senior rugby, give up now whilst you are still winning and move on. Over the rest of the weekend, I was invited to join the two International Assessors at the tournament, to give my opinions on the performances of the Assistant Referees, which I really enjoyed. I was keen to retain some form of hands on role to maintain a close involvement with the game. So I immediately decided to assess. When I returned to the UK I joined Warwickshire Society for two years and learned the basics of assessing. Upon moving back to Leicestershire in 2003, I decided to assess seriously. With encouragement and guidance from John Haggart, after two years I was invited to join the Midland Group and in 2008 I joined the Nation Panel, where I still officiate, with free weekends assessing at local level.

### **If you want to be watched by an Assessor, how do you do it?**

At most Members Meetings, I ask that if anyone requires assessing they should let myself or Peter Bower know. This can be done at any time. Those with Coaches/mentors could also ask them to approach us. We try to assess every Referee at least once during a season.

### **If you want to become an Assessor or help out, how do you do it?**

Initially approach myself, any of the Committe or other Assessors. I will then meet with them to explain what is involved. Information/ guidance sheets will be provided. They will then be invited to join either myself or one of the other Assessors to shadow them before/during/after games. Gradually, the collection of data will commence. Eventually they will be sufficiently experienced to be lead Assessor (under supervision) during a game. If they show the required aptitude and skills they will then join the team.



## Meeting the match observer



### **What would you expect an Assessor to wear before during and after the game?**

Like Referees, the Assessor is at the match representing the Society. Therefore they should be suitably attired. I always wear a white shirt, Society tie, blazer, smart trousers and smart shoes before and after the match. Then, dependent on the weather, I will add a waterproof (Society) jacket, weatherproof trousers and boots during the game. Assessors will be provided with new waterproof jackets this coming season. We also provide weatherproof clip boards to all Assessors.

### **Best advice to any Society Referee that is going to be watched by an Assessor?**

Arrive at the ground at least one hour before the game

Do your homework on the two teams

Look smart before/during/after the game

Use your pre-match time effectively – warm up, meeting Officials and pre-match briefs – avoid getting sucked into non-relevant discussions – focus on your upcoming game

Ensure that you appear confident/organised during pre-match briefings.

Make sure that you have identified TJs before the match.

Try not to be nervous during the game. Don't overcompensate with more penalties than you would normally give

Make the de-brief a two way discussion – be honest and listen.

Stay at the clubhouse after the match to mix with

players/captains/coaches – it is an ideal opportunity to keep learning – and explain earlier decisions.

# Leicestershire Society Of Rugby Union

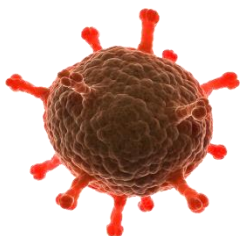
## Referees Newsletter:



With thanks:

I would like to personally thank Andrew Forsythe and Geoff Blackburn for there help in making pieces for the newsletter as it is really appreciated.

In the October edition:



Covid and where we stand? Hopefully some bloody rugby!



Youtube chanel



WE ARE MODERN –  
LSRUR APP



Society online kit shop



Meeting one of our own?