

# TOUCHLINE



For The Members Of The Tri-County Soccer Referee Association

July 2009

Number 172

## To Schedule

### Games Call

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Editor:

Rick Rehm

For Membership information call 909-598-3500

## From The Prez!

By Rick Rehm President TCSRA



## Membership Meeting Tomorrow Night July 9th

Our monthly membership meeting is Thursday July 9th, we will not have the Live scan people there, we will make arrangements to have the Live scan people at our September membership meeting. We have many members that are on vacation during July so September will be a better time.

We will have our AGM in August at the Roundtable Pizza, because of budget cuts at Cal Poly we were unable to use the meat lab, so bring your family to the August meeting and have some pizza and soft drinks on us.

If you are interested in running for a position on the board please contact our Secretary Michael Raycraft. The Executive Board will be running for reelection

Lewis will have checks at the meeting we have been paid been paid up to date for everything we have done in the past (Coast spring league no-shows and single game fees, Glendora league and the Legends Cup). If you are owed for anything make it to the meeting to get your check from Lewis.

Jeremy will have something interesting for training so make sure you attend.

Support our meeting place remember that referees receive a 10% discount just let the cashier know you are with the group.

# Training Time

By Jeremy Swan, TCSRA Training Officer

## Hydration July Update!!!

### **Hydration: Preparation and Warning Signs**

Forget about every other question that you have about nutrition until you've figured out how to stay hydrated. Being smart about hydration can separate good performance from great performance.

You are mostly water. In fact, if you took the water out of a 180-pound lean body, there would be about 55 pounds left. Because your muscles, your brain, your blood and sweat are mostly water, your body doesn't work like it should when it is not properly hydrated.

You don't think as clearly, your endurance is compromised and your heart works harder.

When you're severely dehydrated, sweating stops and your body overheats. The result is fatigue, weakness, dizziness, and collapse, or worse. In fact, every year, deaths in young healthy athletes are linked to severe dehydration.

### **Sweat It Out**

Sometimes you don't even see sweat, like when you swim. But you sweat whenever your body heats up from working out. Sweat is your body's cooling system. Evaporation of sweat from your skin cools you down.

When you sweat, you lose fluid from your body. That fluid must be replaced, and replacing fluids takes a plan.

### **Dehydration: A shortage of fluids in the body.**

#### **Don't Rely on Thirst**

You might be thinking, "What's the big deal? Won't drinking when I'm thirsty guarantee that I'm hydrated?" Surprisingly, no. During exercise, for reasons not totally understood, humans don't drink enough to prevent dehydration. You need to drink before you're thirsty and keep drinking after you no longer feel thirsty.

#### **Drink It In**

Forget about the old rule of drinking 8 glasses of water per day. You probably need more than that on most days. Counting how many glasses you drink is only one way of keeping track of what you need. A better way of making sure you're hydrated is to check your body weight before and after practice. For accuracy, weigh yourself in minimal clothing if there's privacy, and afterwards, change out of the sweaty clothing before you weigh. The weight lost during practice or competition is not fat, it's fluid loss.

One pint of fluid weighs one pound. To replace the fluid, drink one pint of fluid (Gatorade or water) for every pound you lost. (One pint = 16 ounces = 500 ml = ½ liter). It is critical to replace this as quickly as possible. Before your next workout, your weight should be back up to normal.

If you can't check your weight, pay attention to your body for signs of dehydration. Your mouth should not be dry. Your urine should be lemon-colored most of the time.

More than one episode of dark yellow urine is a warning sign that you don't have much reserve. (Exception: Vitamin supplements can turn your urine yellow-orange, even if you are hydrated.) Loss of appetite, stomach aches, and muscle cramps can be other warning signals of dehydration.

### **When?**

Drink before, during and after working out. Drink a pint or so of fluid a few hours before exercise. This will help make sure you are hydrated and give you enough time to urinate if you need to beforehand.

Keep drinking during exercise. And don't worry about getting too much fluid. If you're sweating, your body needs a constant supply.

Your stomach might gurgle, but your body will absorb and use the fluid. Feeling sick and cramping have been blamed on too much water when in fact, stomachaches and muscle cramps are usually signs of not drinking enough fluid.

Drinking fluids after workouts is extremely important. Even when drinking fluids during a workout, many athletes become dehydrated.

Athletes working out in the heat for several hours can lose 10 pounds. That's more than a gallon of water.

Hydration Tip: Keep your hydration source full and in plain sight so you remember to drink it.

### **What Should I Drink?**

Your body needs water. But remember water comes in all sizes, shapes and colors. Milk is 90% water. Juice and most soft drinks are 89% water, sport drinks are 94% water, and even pizza is 50% water. And it all counts. Nearly everything that passes your lips provides water for your body, and in fact, research shows that most hydration happens at meals from the combination of food and beverages. *Laws of the Game and Guidelines for Referees*

#### **Current Text**

When an offside offense occurs, the referee awards an indirect free kick to be taken from the position of the offending player when the ball was last played to him by one of his team mates.

If a defending player steps behind his own goal line in order to place an opponent in an offside position, the referee must allow play to continue and caution the defender for deliberately leaving the field of play without the referee's permission when the ball is next out of play.

#### **New Text**

When an offside offense occurs, the referee awards an indirect free kick to be taken from the position of the offending player when the ball was last played to him by one of his team mates.

**Any defending player leaving the field of play for any reason without the referee's permission shall be construed to be on his own goal line or touch line for the purposes of offside until the next stoppage of play. If the player leaves the field of play deliberately, he must be cautioned when the ball is next out of play.**

*USSF Advice to Referees: The new text more explicitly describes how referees are to consider the location of a defender off the field when deciding if an attacker is or is not in an offside position. A defender who is off the field with the referee's permission (and thus cannot freely return to the field) is not included in determining where the last and second to*

Research also shows that we tend to drink more if the fluid is flavored and if a variety of fluids are available. Gatorade and water are two excellent sources for hydration.

### **Keys to Hydration**

When you have figured out how to stay hydrated, especially when you sweat heavily, you have accomplished the single most important performance-enhancing aspect of nutrition.

***Water is your most important nutrient.***

### **Outline for Heat Illnesses**

Source: USOC Sports Medicine Division

Heat illnesses are common problems for both athletes and non-athletes in hot, humid weather. Heat Cramps, Heat Exhaustion, and Heat Stroke start from similar circumstances: poor adjustment to hot weather and relative dehydration. These conditions can be severe and need emergency medical attention. All are preventable if certain procedures, such as time to adjust to heat, adequate fluids, and normal dietary electrolyte intake, are followed.

### **Heat Cramps**

#### **Cause**

Inadequate adjustment to hot weather, heavy sweating; decreased blood levels of electrolytes; fluids and electrolytes not adequately replaced; unreplaced weight loss from previous workout/day.

#### **Clinical signs and symptoms**

Muscles in arms, legs, and/or abdomen spasm uncontrollably, accompanied by heavy sweating.

#### **Treatment**

Drink fluids; gently stretch and massage cramped muscles; rest in cool environment; apply ice to cramped area; watch for breathing or heart problems.

#### **Prevention**

Maintain adequate fluid intake by replacing sweat losses: 15-30 minutes before exercise, drink 16 oz. of fluid; during exercise, drink 8oz. every 15 minutes; and after exercise drink 16 oz. of water/electrolyte drink (i.e., PowerAde, Gatorade) for every pound of body weight loss; increase fitness; wear light colored and/or lightweight (i.e. mesh) clothing; do not use alcohol, coffee, caffeinated drinks, or soda pop for fluid replacement.

### **Heat Exhaustion**

#### **Cause**

Long exposure to hot and/or humid environment; heavy sweating; fluids and electrolytes not replaced adequately; unreplaced weight loss from previous workout/day.

#### **Clinical signs and symptoms**

Skin cool, pale and moist; heavy sweating; headache; dizziness; poor coordination; mental dullness; enlarged pupils; nausea; vomiting; fatigue; weakness; thirsty; small urine volume (bright yellow color); possibility of unconsciousness.

#### **Treatment**

Stop activity; rest in a cool area; sponge with cool water; drink water if conscious (replace weight loss with 16 oz of fluid for each pound of body weight); watch for breathing or heart problems; refer to physician attention if recovery does not occur quickly.

#### **Prevention**

Maintain adequate fluid intake by replacing sweat losses; 15-30 minutes before exercise drink 16 ounces of fluid, during exercise drink 8 ounces every 15 minutes, and after exercise drink 16 ounces of water-electrolyte drink (i.e. Powerade, Gatorade for every pound of body weight lost; increase fitness; wear light colored and/or lightweight (i.e. mesh) clothing; do not use alcohol, coffee, caffeinated drinks, or soda pop for fluid replacement; allow time for rest and cool down.

### **Heatstroke**

#### **Cause**

Body's temperature control system stops working.

#### **Clinical signs and symptoms**

Hot, dry and red skin; no sweating; rapid pulse; confusion; dizziness; unconsciousness; rectal temperature as high as 104°-106° Fahrenheit.

#### **Treatment: Medical Emergency!**

Immediate emergency cooling (e.g. cool room, put body in tub of ice water, ice cloths with a fan blowing on skin) and transport immediately to hospital; check temperature; watch for breathing or heart problems (may need CPR)

#### **Prevention**

Maintain adequate fluid intake by replacing sweat losses; 15-30 minutes before exercise drink 16 ounces of fluid, during exercise drink 8 ounces every 15 minutes, and after exercise drink 16 ounces of water/electrolyte drink (i.e. mesh) clothing; do not use alcohol, coffee, caffeinated drinks, or soda pop for fluid replacement; allow time for rest and cool down.

Sources: ICSN, International Center for Sports Nutrition

USOC, United States Olympic Committee – Sports Medicine Division

USSF, United States Soccer Federation – Sports Medicine Committee

*(Thanks to Mark Stein, ATC, for his help with this project.)*

*1991 United States Olympic Committee (revised November 1999)*

### **Water Content of Common Foods and Drinks**

*Prepared by the U.S. Olympic Sports Medicine Division and the International Center for Sports Nutrition. 1999 U.S. Olympic Committee*

### **USOC Medical Emergency Procedures**

Heat Illness Guidelines

**Recognition**Heat Cramps

Musculature spasm of extremity and abdomen  
Heavy sweating  
Core temperature normal or slightly elevated

Heat Exhaustion

Cool, moist, pale or flushed skin  
Headache and dizziness  
Strong, slow pulse  
Weakness, confusion, and fatigue  
Nausea, vomiting

Heat Stroke

Usually, hot, dry, flushed skin  
Headache and dizziness  
Strong, slow pulse  
Heavy sweating, thirst  
Fluid and electrolyte depletion  
Enlarged pupils  
Possible unconsciousness

**Management**Heat Cramps

Cease activity and remove from heat  
Rest and drink cool fluids  
Monitor for change in symptoms

Heat Exhaustion

Cease activity and remove from heat  
Sponge with cool water  
Slowly administer cool fluids orally if conscious  
Monitor for change in symptoms

Heat Stroke

Activate EMS  
Remove wet clothing and sponge with cold water  
Monitor symptoms  
Remove from heat

**Referral**Heat Cramp/Heat Exhaustion

Contact consulting physician if complications occur or symptoms do not resolve

Heat Stroke

Activate EMS

**Follow Up**Heat Cramp/Heat Exhaustion

Maintain adequate fluid intake, adequate rest and cooling periods, acclimatize to environment, physician release if indicated

Heat Stroke

Physician release to activity  
Maintain adequate fluid intake  
Adequate rest and cooling periods  
Acclimatize to environment

**Notify Head ATC or designee and appraise of situation**

**Notify the emergency contact of the patient if they are a minor**



## From The Assignor

By Bob Karmann USSF Assignor

# SUMMER HEAT IS ON!



June was rather cool but July is making up for it with the heat. The only good thing is we have no tournaments this month to bake our referees. I am working on an adult league or tournament for August. Nothing concrete yet but I will e-mail everyone if I get things finalized. Please make good use of this time off as Coast Soccer League will be here in a short time. I am told they have added over 300 teams this year. I know of at least one club in our area that is doubling in size due to the merger of another club from outside our normal Coast assign-

ing area. We will have more games than ever before that should more than make up for the lack of summer tournaments. Now is the time to go through your soccer gear and replace those items that are missing, worn, torn or faded. Remember, appearance adds to your professionalism.

Lewis will have some huge checks this meeting. We have been paid up to date for everything we have done in the past (Coast spring league no-shows and single game fees, Glendora league and the Legends Cup). You must be at the meeting to get your check from Lewis. If you are on vacation and will miss the meeting, you will have to make arrangements with Lewis to get your check.

I am starting a list of those referees that want to upgrade this year. The CSL fall season will have some U19 matches in our area for those seeking upgrade to 6 or 7. If you need an amateur men's match for upgrade to 5 or 6, let me know so I can contact those involved with those leagues to help you.

One last thing, please go into your CSL assigning program now to be sure your user name and password still work. If you are new or did not do CSL matches last season, let me know so I can set you up with them. Their fall assigning website is: [www.coastsoccer.com/referees](http://www.coastsoccer.com/referees).

# 2009 Tournaments & Important Events

## Mark your Calendars

Irvine Winter Classic	January 10 & 11
Legends Cup	January 17 & 18
DBWV Shootout (Winter)	January 24 & 25
Irvine Spring Classic	March 14 & 15
DBWV Shootout at the Ranch	March 20, 21, 22
Irvine Memorial Classic	May 23 & 24
Legends Classic	June (date to come)
Irvine Summer Classic	June 20 & 21 and 27 & 28
Wolfpack Invitational	July 11 & 12
Slammer's Futbol Classic	July (date to come)
Oaks Classic	August 1 & 2
Pats Cup	(date to come)
Capistrano Cup	(date to come)
West Coast Futbol Classic	August 16 & 27
Orange County Kickoff Classic	August 22 & 23
Blues Cup	August 30 & Sept. 1

**The Monthly Membership Meeting Is  
Thursday July 9th**

**At 7:30 P.M.**

Round Table Pizza

2488 Foothill Blvd.

La Verne, CA

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