

March 2007

The next Society meeting will be held at our usual venue, Holtwhites Sports and Social Club, Kirkland Drive, Enfield on Thursday, 15 March 2007. The guest speaker is Ken Coniam, former Referees' Secretary for Herts FA and also a FA Licensed Instructor.

There was some confusion in the last magazine about the date of the February meeting – sorry about that!

The Society Quiz Evening was held as scheduled on Saturday, 24th February, at Holtwhites S&SC – a pleasant evening was enjoyed by a good crowd of members and friends. Society member, Gary Moore was the question master, ably assisted by his colleague, Kevin. Well done, boys! Tony Ward's wife, Sheila and her helpers provided the excellent refreshments.

The newspapers, TV and the other media had a ball following the unsavoury scenes in this year's Carling Cup Final, watched by millions around the world. Players from Arsenal and Chelsea landed themselves and their managers in big trouble with the FA when they brawled during the game and three players were sent off. The unflappable Howard Webb, and his Assistants handled themselves impeccably when the furore blew up and deserve every credit, in what could well have turned out to be a much more serious situation than it eventually was. A pity such a good game will be remembered for the wrong reasons, but I think Webb did all referees, and football in general, a big favour!

The ongoing dispute between North Middlesex Referees' Society and the Middlesex Referees' Association has taken a backward step. Secretary, Robin Jagot and Gary Cobden explain the latest situation elsewhere in this edition.

Peter Dace has spoken with Auditor, Brian Langstone, whom readers will know has been in Harefield Hospital. Peter reports that Brian is now home again after heart surgery. Peter has also talked to Life Vice-President, George Basten, who is waiting to undergo surgery very soon. We send our continued good wishes to George and Brian for a speedy return to good health.

Secretary Robin Jagot is back to his usual ebullient self, following a recent brief, but painful, visit to hospital.

Due to Robin's absence at the February meeting, it was left to Chairman, Tom White to compile the minutes of the meeting, which are elsewhere in this issue.

Society member and Football Referee, Paul Taylor, was the special guest at the February meeting; a report on Paul's presentation, which was thoroughly enjoyed by everyone present, is included in the magazine.

At its meeting in Manchester early in March 07, the International Football Association Board (IFAB), the guardian of the Laws of the Game, set down criteria for all future experiments involving goal-line technology. The board also received a presentation from Adidas/Cairos and the FA Premier League on two different systems – more in next month's magazine or on the NMRS /FA website.

Contributions for the April 2007 issue of the magazine to the Editor by Thursday, 29 March, please.

February's Guest Speaker – Paul Taylor

To warm applause, Vice-President, Peter Dace, introduced our special guest, Football Referee and member of the Society, Paul Taylor.

Restarts – Problems and Solutions

If we get it wrong, what can we expect to happen? Opinions varied: we can 'wind up' spectators; frustrate players; annoy everyone in the technical area, and give the Assessor cause to comment adversely. Advice: 95% of Refereeing is "basic" and if we get that right we will be ready for the challenging 5%. We shouldn't let re-starts become any part of our 5%.

Can Restarts affect our Assessment – a list of likely scenarios here?

Application of the Law – yes

Overall Match Control – a poor approach could affect it

Management of Stoppages – definitely

Teamwork – can colleagues assist more?

Alertness/Awareness – yes – can we identify the situation?

Positioning – yes

Fitness/Work Rate – the fitter we are the better the positioning

Restart Situations Which Cause Problems

Kick offs attention to detail: the initial kick off gives the first impression. Problems can be players in the wrong half; by the ball, so do we care? If we are out wide we have a better chance of seeing/ detecting and being proactive?

Solution: Kick off to begin each half: stay close to the ball and remind players.

Kick off following goals – if we linger can we add to the frustration of the players?

Use eye contact and a discreet wave of the hand.

Goal Kicks – problem, what problem?

Time wasting – getting the ball back into play and the goal keeper who can't make up his mind which side of the goal to take the kick from? If we 'smell' a problem: we should remind the 'keeper, when we're close, that we are watching him. And when the kick is given, we should try retreating slowly to the halfway line, again to remind him. Also we should talk to 'moaning opposition' and advise that we are aware.

Offside – if the game is flowing – agree with Assistant not to be too fussy over where the ball should be. If the match is feisty we can slow the pace down; we can use offside to our advantage. And we should show we are in control of every situation.

Throw Ins – when players 'pinch' yards they can frustrate the opposition, cause frustration in the technical area, and it is easy for an assessor to spot. It also winds up nearby spectators. Usually 4 players in a game take the majority of throw ins. We should work with them early in the game and get them to work for us. Problem throw in areas – close to each corner flag. If we make throw ins easily recognisable, it will be appreciated by players, and show we are in control.

Free Kicks – the nearer to the attacking goal the more crucial the re-start procedure. Problems – attacker will try to take advantage and get a better position of the ball and 'steal' yards. They will also fake re-start to cause encroachment. Defenders will slow the re-start in order to organise themselves and will purposely not retreat 9.15m.

Continued

Solutions – we should take control of the ball, and keep our eyes on it – and be in close proximity to the re-start until we feel comfortable to move on. Again we should be proactive, talking to players and advising them what is happening.

Corner Kicks – in the opinion of our guest, the most difficult restart in terms of the number of players in a confined space, with the referee having to view separate sets of players. Are we looking for physical contact before the ball is played? Yes!

Solutions – be proactive early in the game. In open play are we demonstrating early recognition of 9/5s aerial challenges and letting the players know that we are aware. Are we reading the team tactics, both attacker and defender? We should also be looking for off-the-ball challenges ie ‘blocking’. And how are we using our Assistants? Almost all free kicks from corners go in favour of the defender – would a few penalties get the message across?

Don't be Static – we should be in a starting position and vary our position to suit.

Penalty Kicks – in the past 18 months the accurate application of the Law has been widely discussed and reviewed. Do we care, or is it just a hassle? How are we managing encroachment and are we proactive before the kick is taken? Are we content with the position we take? What about our Assistants – can we help them prior to the kick? Do we talk to the goalkeeper before the kick is taken? Are we strong in law implementation – or are we looking for an easy life?

Dropped Ball – who ‘agreed’ non-contested dropped balls and what happened to the old-fashioned dropped ball? Do all teams give the ball back fairly? Will a team with an injured player continue to attack then expect the opposition to kick it out if they lose the ball? It places attention on the referee.

Solutions – if players are doubtful play a contested ball – they enjoy it! But we should manufacture at our peril – let the players decide – and only the referee drops the ball! We should be proactive, letting all in the vicinity know what's going to happen.

Multi Ball – not usually in junior football. The away team perceive it will be delivered unfairly – even if they use the system at home. Are we aware of slow returns to the away side, ball is cleaned/new ball only to home team, multi ball system can disappear, and the quality of returned balls can differ.

Solution – find out if multi ball will be used and if we say we will be watching out will it antagonise the home team and alert the away team? Get the 4th official to monitor and discuss at half time. We should not be afraid to stop – without a warning!

Summary – Prevention is better than cure, be proactive at restarts and Talk/Communicate/Manage. We will avoid unnecessary problems and it will enhance our overall match control.

Key Points – we should review our approach to re-starts. Have assessors advised us? We should always be aware of events. Following our analytical review we can put our improved performance into practice.

Managing Restarts with Players –

Don't do it *to* them.

Manage situations *with* them

Treasurer Gary Cobden, proposed a vote of thanks to Paul for his comprehensive and entertaining presentation, which was responded to in the usual manner. He then presented our guest with a copy of the 50year History of the Society.

Diary of a 'working' Referee 1 December 2006 – 28 February 2007

Perhaps for my own vanity, but hopefully to help fill the Editor's otherwise blank pages, I have often submitted statistics of my journeyman Refereeing career. However, due to recent poor weather I have started to wonder in how many more games I would have officiated over these past 35 seasons had all my matches been played in covered stadia. Indeed when I come back to this world (although I have no immediate plans to leave) I will choose to play Squash, Badminton and Table Tennis (Editor please note a possible rival) so when I awake on match days I will have no interest in the weather forecast.

2006

Dec 2	O Woodhouseians v O Camdenians	Game played
3	QPR u-10 v Gillingham	Rained off
6	Chesham v Northwood Capital League	Rained off
9	Latymer v O Aloysians	Game played
10	Spurs u-10 v West Ham	Game played
11-20	Working in Canada	Unavailable
23	No game to be found	
24	..	
30	..	
31	..	

2007

Jan 6	O Owens v O Bealonians	Rained off
7	QPR u-13 v Oxford United	Rained off
9-31	Watching cricket in Australia	Unavailable
Feb 3	Enfield OG v Queen Mary College	Game played
4	QPR u-9 v Gillingham	Game played
7	Leyton v Enfield Capital League	Frozen pitch
10	O Tollingtonians v UCL Academicals	Snow on pitch
11	Spurs u-10 v Southampton	Snow on pitch
14	Ware v Leyton Capital League	Rained off
17	Spurs u-16 v Watford	Game played
18	Date offered to local youth league	No response
21	Bishops Stortford v Maldon Town	Rained off
24	Went to see Walsall v Barnet	Unavailable
25	QPR u-12 v Rushden & Diamonds	Rained off
28	Borehamwood Youth v Stevenage	Game played**

** Despite heavy rain on the day, the game was only played as we were on an astro surface. I was immaculately assisted by the ever-youthful Percy Brown and Vince Yeudall.

Net result – 3-month period. 7 games played total fee income £198 – Insufficient to feed the small Daces. Remedy? Guidance appreciated.
Peter Dace



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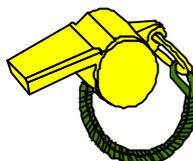
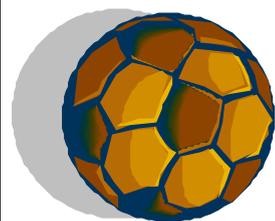
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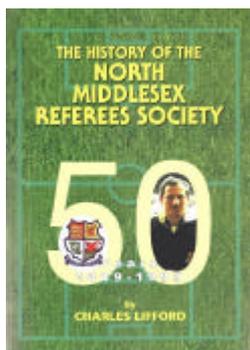
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50th Anniversary Book

In 1999, the Society celebrated its 50th Anniversary. To celebrate this, the Society published a book charting its history over the years including profiles; facts; and photographs. The book was written and compiled for the Society by Charles Lifford.

If you would like to purchase a copy of this book - **NORTH MIDDLESEX REFEREES SOCIETY - A CELEBRATION OF 50 YEARS FOOTBALL** - contact **Society Treasurer, Gary Cobden**, on 01992 469153 or by e-mail –

treasurer@northmiddlesexreferees.org.uk

FITNESS

Everything that happens in a game depends on fitness and it is impossible to referee at a high level without a corresponding level of fitness. Furthermore, the modern game is making even greater demands on each referee the trend will not be reversed. Fitness, however, does not only involve physical fitness - it also involves mental fitness. It is impossible to determine exactly where physical fitness ends and mental fitness begins. It is also impossible to know the influence, which a referee's physical state has upon his mental state and vice-versa. It can, however, be stated with certainty that there is an influence and interrelationship between a referee's physical and mental state. Do not make the mistake of concentrating solely on physical fitness to the exclusion of mental fitness.

Before one can understand how to achieve fitness for refereeing, one must understand the causes and effects of fatigue.

What, therefore, causes fatigue?

- 1) Movement: running, jogging etc.
- 2) Work to overcome inertia.
- 3) Mental concentration and tension.

1) Movement- running, jogging etc.

All running contributes towards fatigue. The running undertaken by a referee is of an unrhythmic nature, some fast, some moderate and some slow. There is some doubt as to how much running a referee does during the course of ninety minutes football. It was measured that the referee was once measured as covering a distance of seven miles during a Premiership match approximately 25% of this distance was covered at speed. Even if many facts are only roughly correct, and then we can accept that one-mile is covered on average every twelve-thirteen minutes. This is still only moderate in comparison with an athlete's performance. Is this an unfair comparison since there are so many other factors, which contribute towards the total fatigue of a referee?

2) Work to overcome inertia.

This is work done to overcome the resistance of one's own body weight i.e. stopping, starting, turning etc. The hardest thing to do physically once one has started running is, not to continue running, but to stop, turn and run in a different direction. If, in addition, the referee has to run through mud or spongy grass, the physical effort is greater.

Unrhythmic running (that is running at varying speeds) is more tiring than paced running. But unrhythmic running, punctuated frequently by work to overcome inertia is even more tiring. This is surely the type of work a referee has to undertake. But, as far as fatigue is concerned, that is not the whole story.

3) Mental concentration and tension

There is no doubt that mental concentration is tiring. Anyone who has attended a meeting will agree and appreciate that fact. The simple process of sitting around a table concentrating on what people are saying or doing is tiring. Driving a car for several

Continued

Fitness – continued

hours is tiring. Those efforts are nothing by comparison with the referee who is constantly required to assess each situation, always trying to think ahead and assess the next move or situations. Also, there is the added tension, which inevitably surrounds every important game and raises a referee's desire, even anxiety, to do well and invokes in him a fear of failure. This is another cause of fatigue and may well be a greater drain on a referee's energy than any of us know. It is a combination of these three factors, which causes fatigue in referees, but what are the effects of fatigue?

a) A decrease in work-rate.

As a referee gets tired, he will not only undertake less work (i.e. cover less ground) but he will also cover the ground less quickly. The moral behind this fact is that referees will officiate when fatigued and therefore they must practice when fatigued. Also, since a referee must learn to adjust his performance in accordance with his physical limitations, he must still be efficient within that limited capacity. Failing to make this adjustment will lead a referee to attempt the impossible and be totally inefficient.

b) Decrease in Powers of judgement

As a referee gets tired, so his judgement begins to falter. He will be slow to see things and to assess situations. Eyesight deteriorates with fatigue. This factor is likely to affect the higher class of referee more since he is more likely to suffer when the edge is taken off his performance.

c) Decrease in technical performance.

It follows, almost without saying that if a referee suffers a decrease in judgement, he is likely to suffer a decrease in technical performance. His control of the game is likely to deteriorate.

d) Decrease in powers of concentration.

Of course, we all know that it is more difficult to concentrate when we are tired. The efficiency of a referee depends largely on his concentration on the task he has to perform. What, then, is the object of training for referees? Fitness is the capacity to delay the onset of fatigue. A referee, therefore, as he becomes fitter gets fatigued less quickly. It inevitably follows that a fit referee will be more efficient than an unfit colleague. This leads to one fundamental question: How does one delay the onset of fatigue? The answer is that referees must work to achieve fitness levels and this can only be done in accordance with the principles of 'overload'. Working in overload can be defined as doing a little more this week (or this session) than one did last week (or session). It should be understood that a referee's level of fitness is unlikely to remain static for very long. He will either become more or less *fit*, thus the onset of fatigue will either be quicker or slower. By doing the same amount of work each week, a referee cannot improve his fitness. At best, you will only retain a level of fitness.

Continued

Fitness - continued

So if you think you are fit, you can get fitter. If you are not fit, work hard to become fit, it will add a whole new dimension to your game and that can assure you that your games will be that more enjoyable. Some players will even notice and admire your ability to move around the field of play.

Training on your own requires much dedication and self-motivation. If this is too difficult, then consider training regularly with your colleagues, why not form a group, it could be even fun?

Observer

In The Beginning - The first set of rules for the game. CAMBRIDGE 1848

1. The club to be known as the University football club.
2. At the commencement of the game, the ball shall be kicked off from the middle of the ground. After every goal there shall be a kick off in the same manner.
3. After a goal, the losing side shall kick off, the sides changing goals, unless a previous arrangement be made to the contrary.
4. The ball is out when it has passed the line of the flagpost on either side of the ground, in which case it shall be thrown in straight
5. The ball is “behind” when it has passed the goal on either side of it.
6. When the ball is behind, it shall be brought forward at the place where it left the ground not more than ten paces, and kicked off.
7. Goal is when the ball is kicked through the flag posts and under the string.
8. When a player catches the ball directly from the foot, he may kick it as he can without running with it. In no other case may the ball be touched with the hands, except to stop it.
9. If the ball has passed a player and has come from the direction of his own goal, he may not touch it till the other side have kicked it, unless there are more than three of the other side before him.. No player is allowed to loiter between the ball and the adversaries goal.
10. In no case is holding a player, pushing with the hands or tripping up allowed. Any player may prevent another player from getting to the ball by any means consistent with this rule.
11. Every match shall be decided by a majority of goals. These were the first coded set of rules to the game. Ed.

The above was taken from ‘YOU MUST BE JOKING REFT!!!’ the Cheshunt and Waltham Cross Referees Society magazine.

Minutes of the North Middlesex Referees' Society meeting at Holtwhites Social Club Thursday, 15 February 2007

Paul Taylor, our guest speaker, was introduced and welcomed to the meeting. Apologies were given for Robin Jagot our Secretary who has been ill but we are glad that he is feeling better and just needs to take things easy for a while; so best wishes to Robin.

Peter Dace gave an update on Brian Langstone and George Basten two of our colleagues who are unwell. We wish them both a speedy return to good health.

Gary Cobden reminded us about the quiz to be held on the 24th at Holtwhites Sports and Social Club, Enfield; we would be glad of your support.

With nothing further to report, there was a short break before Peter Dace introduced our guest speaker Society member and Football League Referee, Paul Taylor, who took the floor for an excellent evenings talk.

Gary Cobden was called upon to give a vote of thanks to Paul, and Tom White presented our special guest with our 50 Year History as a memento of his visit to North Middlesex.

**Tom White
Chairman.**



Caustic Comment!

First spectator: "Why should referees be kept 300 ft under ground?"

Second spectator: "I don't know. Why should they?"

First spectator: "Because deep down they are very nice people."

From The Chiltern Referee.



Tall Story?

A lawyer defending a man accused of burglary tried this creative defence:

"My client merely inserted his arm into the window and removed a few trifling articles. His arm is not himself, and I fail to see how you can punish the whole individual for an offence committed by his limb."

"Well put," the judge replied. "Using your logic, I sentence the defendant's arm to one year's imprisonment. He can accompany it or not, as he chooses."

The defendant smiled. With his lawyer's assistance he detached his artificial limb, laid it on the bench, and walked out.

From the AFA Argus

Middlesex County Football Association County Cup Appointments

Premier Cup - Third Round

Edgware Town Reserves v Hillingdon Borough Reserves	Steve Conway [R]
Edgware Town Reserves v Hillingdon Borough Reserves	Steve Reuter [AR]
Brook House Reserves v Wealdstone Reserves	Steve Conway [R]
Brook House Reserves v Wealdstone Reserves	Ricky Deller [AR]

Senior Charity Cup – Second Round

Wembley v Kingsbury Town	Michael Mackey Jnr [R]
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Senior Charity Cup – Third Round

Wingate and Finchley v Harrow Borough	Peter Smith [R]
Wingate and Finchley v Harrow Borough	Peter Jago [AR]

Senior Challenge Cup – Semi-Final

Wingate and Finchley v Northwood	Peter Jago [AR]
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Middlesex County Football Association Youth County Cup Appointments

Under 16 Harold Whiddon Cup – Semi-Final

Hayes Youth U16 v Bedfont Eagles U16	Stan Rosenthal [R]
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Under 15 Jimmy Dyson Cup – Semi-Final

Lea Valley United U15 'A' v St Josephs Youth '88 U15 'A'	Steve Wildgoose [R]
Lea Valley United U15 'A' v St Josephs Youth '88 U15 'A'	Steve Reuter [AR]
Lea Valley United U15 'A' v St Josephs Youth '88 U15 'A'	Nicolas Nicolaou [AR]

Under 14 JN Smith Cup – Semi-Final

Park View Rangers U14 v Ridgeway Rovers U14	Michael Mackey Jnr [R]
Park View Rangers U14 v Ridgeway Rovers U14	Barry Kyriacou [AR]
Park View Rangers U14 v Ridgeway Rovers U14	Richard Martin [AR]

The Society would also to congratulate the following members who have been appointed to Middlesex County FA Cup Finals this season:-

Jeff Ritson Senior Youth Cup

Staines Town U18 v North Greenford United Youth U18	Steve Conway [AR]
Staines Town U18 v North Greenford United Youth U18	Ricky Deller [RO]

Under 18 Sunday Senior Challenge E P L Greig Cup

Hillingdon Borough Youth U18 v Hanwell Town Youth U17	Paul Watts [R]
Hillingdon Borough Youth U18 v Hanwell Town Youth U17	Steve Wildgoose [AR]

Under 16 Harold Whiddon Cup

Whetstone Wanderers Youth U16 'B' v Hayes Youth U16	Steve Reuter [R]
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Womens Junior Cup

Barnet FC Ladies Reserves v Wembley Lionesses	Barry Kyriacou [AR]
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Senior Challenge Cup

Wingate and Finchley or Northwood v Hendon or Hayes	Peter Smith [AR]
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Senior Charity Cup

To be decided	Michael Mackey Jnr [AR]
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Junior Trophy

Broadfields United Vets or British Airways B v British Airways A	Pat Walsh [AR]
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Sunday Intermediate Cup

St Nicholas or BAA Heathrow v Currans Irish Sporting Club or Linton	John Stockman [AR]
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REFEREE'S LIABILITY IN LAW - by Observer

There is a disturbing trend where players having been injured by deficiencies in pitches, appurtenances and players' equipment have attempted to sue councils who, in turn, have/are attempting to sue the referee. So where do we stand? How can we protect ourselves and where do our responsibilities lie in Law and Football Law?

The three areas, which we should concern ourselves with, are:

1. The pitch.
2. The appurtenances.
3. Players' equipment.

The key to our liability in Law depends upon a Referee having TAKEN REASONABLE STEPS TO ENSURE THE SAFETY OF PLAYERS. This, as a consequence, means that firstly we should know what our powers and responsibilities are in Football Law and secondly, that we discharge our duties.

The pitch MUST BE INSPECTED, which means that we need to be at the ground in sufficient time to inspect it - at least 45 minutes before kick-off. Many referees turn up too late to do this and the "Green side up" referees are running unnecessary risks. Potholes, mole hills, excessive stones/ flints, natural debris/glass, metal stakes, coke tabs and drain covers are examples of what could be found on ANY pitch.

Also, it needs consideration and rather than trotting out the usual stuff, beware of hard and bumpy pitches, cracks, mud-filled pot holes, frozen or icy pitches etc.

Is there a danger from falling objects, i.e. tree branches, advertising boards and even stand rooves?

Appurtenances like goal posts and crossbars are they fixed upright and won't fall over, are the crossbars attached?

Some goal posts have hooks to which the net is attached - are they facing the field of play inviting potential injury?

Corner flags - are they the right height? Some goal posts are fixed upright by wedges - could a diving keeper land on one? Are the pegs on the nets dangerous? Finally, players' equipment. Since the players' safety is paramount, there can be no compromise on jewellery and shin guards. Look for ear rings, rings, necklaces and nose studs. Do not permit the wearing of neither glasses nor hard arm or hand plaster casts.

Do not assume that all knee and leg supports are safe.

Don't forget to check the substitutes when they come on!

So lees then look at how all this should be done and offer some practical advice if all is not found to be well.

1. Inspect pitches on your own, the only alternative is with appointed officials.
2. Don't get pressurised into accepting anything that you consider unsafe.
3. If a fault can be corrected then have it corrected before play starts and check it has been done, before the kick off.
4. If you are not happy, call it off
5. Stop the game and check if anything comes to your attention.

Continued

REFEREE'S LIABILITY IN LAW - continued

All referees should stand together on these issues, *if a* game has been called off on the local recreation ground, then tell all the other referees on adjacent pitches, so that if pitches get swapped then play doesn't take place on an unsafe pitch.

Perhaps the County Football Associations should constantly remind local leagues in writing explaining the position and the referees concerns.

So remember, all these measures are designed to protect the players - it's for their benefit not yours. If necessary use them to assist with inspecting the pitch.

Until the liability issue has been 'tested' by the Football Association, then ensure that **YOU TAKE ALL REASONABLE STEPS**; then you will not be open to criticism. In the meantime, if you do face a liability problem, contact your society secretary immediately as he can help.

Your Game Your Say

The FA is developing a new strategy beneath the elite professional leagues that will modernize the national game over the next six years, towards the London 2012 Olympics.

In the largest public consultation in the Governing Body's 143-year history, The FA wants to engage the views of as diverse a range of participants as possible.

The consultation will seek to improve the game, which is the focal point every week for over 1.5 million people in 123,000 teams across the country.

The FA is currently hosting a national online consultation, consisting of 10 different questionnaires, targeting adult players, coaches, referees, parents and teachers, as well as those whose involvement until now has been more recreational.

"This is a personal invitation to help The FA in its quest to shape the future of football and to challenge our thinking on what The FA needs to do to keep developing the game" said The FA's Director of Football Development, Sir Trevor Brooking.

So far 9,000 people have completed the survey and the top 4 emerging priorities are:

Tackling abuse towards referees

Tackling behavior of parents and spectators

Providing Financial Support for grass-roots clubs

Improving the quality and access to training, changing and playing facilities.

The FA will deliver its new grassroots strategy in spring 2007. To have your say, visit www.TheFA.com/YourGameYourSay for more information.

From The FA website