



CAMBRIDGE UNIVERSITY AND DISTRICT RUGBY REFEREES' SOCIETY

CONTACT

KEEPING YOU IN TOUCH

RUGBY CENTRE STAGE

OCTOBER 2015

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REMEMBER CORE VALUES

Teamwork
Respect
Enjoyment
Discipline
Sportsmanship

THOUGHT FOR THE MONTH

**Change is the law of life.
And those who look only to
the past or present are
certain to miss the future.**

John F. Kennedy

DATES FOR YOUR DIARY

Tuesday, 13th October 2015
Training Meeting
at Shelford RUFC
7.30 pm
Topic: "You need Hands"
Better Referee Signals
(Pages 190 – 204 of Law Book)

Friday, 15th April 2016
Annual Dinner and Ladies
Night at Christ's College
More details to follow

Visit
CUDRRS website
www.cambsref.co.uk

CAPTURING THE HEADLINES

As the opening match of Rugby World Cup 2015 drew near, our sport was in the spotlight and featured extensively in the press and on TV with headlines like

Rugby, the world's most expensive sport

Rugby World Cup organisers hope new safety rules will broaden sport's appeal

Jonathan Thomas, former Wales international, retires due to epilepsy

Rugby players brought in to teach inner-city children discipline, teamwork and resilience

The first claimed that the 2015 Rugby World Cup was the most expensive sporting event in history. The average price of a normal ticket was more than £104. That compared with £94.40 for the Football World Cup in Brazil and £87.48 at the London Olympics in 2012.

However, some tickets were as cheap as £7 for children in pool games but more than half of all tickets cost more than £100.

This Rugby extravaganza was so attractive that tickets for the opener between England and Fiji at Twickenham were quoted at £826 on one unofficial website.

RWC 2015 is set to be the biggest of the eight held so far with at least £1 billion expected to go straight to the British economy. World Rugby will take huge revenue from it and fans will be treated with some superb international rugby action.

Despite the growing buzz around the RWC, the game is beset by its reputation as a brutal contact sport. Many parents are reluctant to let their children take part as CONTACT has reported previously.

The 2015 tournament will be the first World Cup to be played using the new scrum engagement protocol of "crouch, bind, set" introduced to reduce the incidence of catastrophic injury. It was developed at the University of Bath and was featured on the BBC's *The One Show*. They used scrummaging machine measuring equipment similar to that we used in the Laws Laboratory. They found the same results as we did in our research utilising the power of the "Blues" pack.

The force of impact when the packs hit the machine was one ton. In real play, an equivalent force is exerted by the opposing pack which means front rows' necks and shoulders have to cope with two tons impact each scrum. The introduction of the "hit" call on engagement introduced at the professional level was a mistake.

The "big hit" in the tackle has also led to fears about concussion when giant sized players these days collide at pace. Hence, the current emphasis on the need for greater safety over head injuries and concussion.

It was reported that Jonathan Thomas, capped 67 times for Wales, had been forced to retire from rugby on medical advice. In 2014, he was diagnosed with epilepsy thought to be from multiple head traumas that led to a degree of brain injury. Bigger, Faster, Stronger = more Serious Injury potential.

But we referees know that Rugby is a wonderful sport to be a part of and can be played safely with competent and caring officials in charge of games. Better Refereeing brings not only Better Rugby but Safer Rugby. That's what we are about.

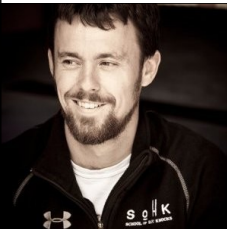
There is a new Government initiative in which leading rugby players will be sent to inner city schools under a scheme to help solve the problem of Britain's disadvantaged youth. They are to teach discipline, teamwork and resilience.

Education Secretary Nicky Morgan said it would reach 17,000 UK children and "All young people can learn from rugby – it teaches you how to bounce back from defeat, how to respect others and how to work together". (continued)

CAPTURING THE HEADLINES (continued)

The Education Secretary announced that more than £500,000 will be allocated to the project which will see rugby coaches from 14 professional clubs going into schools across the country. It will also provide a training course for almost 500 children not in education employment or training (NEET).

Will Greenwood appeared on **The One Show** with the safer scrummaging clip. Seeing him and thinking about the Government's idea for Rugby in schools reminded me of Will's involvement with our member, Jack Lewars, in the School of Hard Knocks. It is shown on Sky Sports TV.



Jack is Director of Operations with this ground-breaking charity that uses sport and other challenging activities to teach life-changing values and lessons. These enable participants to take positive and definite steps towards employment or further education.

Its courses also address issues of physical health, emotional wellbeing, anti-social behaviour, crime and citizenship. The charity has recently established 'SOHK for Schools' which seeks to help vulnerable children realise their potential and stay engaged in education.

Jack appeared in Series Eight filmed in Cardiff and shown in August and September.

My surfing on the net revealed this statement about Jack that made me associate it with refereeing. "Jack is a great example of how volunteering can benefit you at any stage of your career".

How true that is of those who decide to become a referee and continue a career in Rugby, especially those in CUDRRS. Volunteers all and dedicated to do a "professional" job without any financial incentives and content to contribute to making Rugby the joy it is when played for fun.

THE SPIRIT OF RUGBY - 2015 RWC EXPERIENCES

Steve Johnson

This year, my best friend came over from Japan to see a couple of the Japanese games. He is arguably one of the greatest people in Japanese rugby history. He still loves the game although he has been weakened by 2 strokes, and needs help as a disabled person. The thing that overwhelmed us was the incredibly kind helpfulness of the staff of the RFU and RWC. At our first game in Brighton, we were carefully taken to our seats, and cared for.

At the second game we attended in Gloucester, we entered the gate furthest from our seats. The volunteers there quickly found us a wheelchair. They took us round the stadium to our seats, which was really kind considering how small the ground is and how crowded it was. Amazingly, immediately after the game finished despite all the other things they had to do, they appeared and wheeled us back to the entrance. They were even prepared to take us all the way to the car park but we could manage on our own.

My friend had kicked a penalty goal in the narrow 6-3 loss to England in 1971. A couple of days prior to his return to Japan, he told me he was desperately keen to see the pitch once again to re-live the memory. Since they were due to fly out the day after the England – Wales game I thought it impossible, but staff from the RWC organization made a full stadium visit possible. He had the most pleasant hour of his trip here. Everyone at the stadium was so kind, attentive and helpful, especially considering the night before! It made his trip.

Among this kindness from complete strangers, it made me wonder (chicken and egg) – is it that rugby is full of naturally wonderful people, or is it that rugby makes people wonderful because of its (hard but) honourable ethos?

The South African supporters in Brighton (who could scarcely have been more shaken) were generous in their post-match chat and conversation with their Japanese counterparts. There was much handshaking and consolation from the Scottish supporters in Gloucester.

Mail Online 2nd October 2015

Rugby World Cup 2015 still on track to make attendance history despite being the most costly major sporting event for fans. A total of 982,924 paying fans have been to RWC matches after 20 games

That's an average 49,146 per match at the halfway point of the pool stage and 94.51 per cent of capacity.

Editorial comment: The core values of Rugby are being upheld. Discipline on the field has been exemplary. The respect that players are showing the referees is markedly different from that shown by soccer players at the football stadiums used as venues for this tournament.

There have been no reports of crowd trouble. Opposing supporters mix in friendly rivalry and are prepared to acknowledge good skilful play and courage whichever team shows it. The Millennium Stadium rose to applaud the spectacular Fijian try scored by Niki Goneva against Wales after some sensational broken play running and Georgia's try against the All Blacks.

"Rugby embraces a number of social and emotional concepts such as courage, loyalty, sportsmanship, discipline and teamwork" says the Playing Charter. So far so good. The RWC 2015 is living up to Rugby's traditions which hopefully will encourage more people to participate in our game.

IN MY VIEW

Mike Daniel

Most of us are probably watching the RWC from the comfort of our chairs in front of a TV screen. A senior member shares some random thoughts on the RWC based on what he has viewed.

1. How nice to see the Japanese have realised the way to stop anybody running is to tackle around the legs ! It appears to have spread to some other teams too thank goodness.
2. Throwing into the scrum is woeful. I can't recall seeing a ball won against the head. It certainly isn't a fair contest and I understood referees were enjoined to see that law was applied properly.
3. Throwing the ball at the lineout is at least straight but it is always down the thrower in's line and not down the line of touch and rarely do we see it penalised.
4. Bodies on the floor at a breakdown ?
5. At kicks ahead, off-side players often make no attempt to get back onside they just stand there....? materiality !

We know it is a different game at that level but it really makes a mockery of the law book and, I suggest, makes refereeing at local level more difficult.

Editorial comment: I share Mike's disappointment that the IRB referees are not insisting that the ball is thrown in straight at the set pieces. Roman Poite gave me hope when he penalised Wales at the first scrum for a crooked feed in the match against Uruguay. However, Law 20.6 (d) has continued to be ignored ever since. Maybe the refs have concentrated on the engagement and there appears to be fewer problems. It was good to see the Canadian pack win good quick ball via channel 1 against France. It is still possible to hook even if the ball is not thrown down the middle line. Credit the referees for speeding up the release of the ball at the breakdown. They have been strict with hangers on. We can learn from watching these top level officials and I commend their communication skills. Their hand signals are clear and their words concise. Copy and make Mike Bragg happy.



IN MY VIEW

Steve Johnson

Can we referees be turned off a team? I was interested in Lawrence Dallaglio's comment – "England probably got on the wrong side of the ref." I personally don't think that happened. Every referee would have blown the whistle as Jerome Garcès did. I certainly did not see any additional irritation on his face but it does raise the question – DO we allow teams to get on our wrong side? Should we? Or should we be on the side of the angels? Should we say to the captain "Your team is beginning to irritate me – sort them out?" I think the answer is yes, but I'm open to opposing opinions.



Editorial comment: Law 6.A.4 (a) The referee must apply fairly all the Laws of the Game in every match.



That's the official line emphasized on referee training course. The three core principles of refereeing are "Safety, Equity and Law".

But referees are humans not robots and they have similar limitations and emotions as players and coaches. They make mistakes but not deliberately.

To err is human and referees would not be human if they sometimes got pi..ed off my moaning, cheating or disrespectful teams or coaches. Then as Mae West said "To err is human, but it feels divine."

CONTACT nor **CUDRRS** could ever advocate that biased decision making is ever acceptable not even in the most trying of circumstances.

However, players, coaches, parents, supporters and club administrators are best advised not to forget the importance of a referee to their games. Before criticising the referee, they should stop and consider whether they could have done a better job or whether the

reality is that the referee is simply human like the rest.

Referees are often those more mature characters that turn up to make Saturday afternoons, Sunday mornings or weekday afternoons enjoyable. They do not want hassle just respect and disciplined behaviour.

Players, coaches, parents, supporters and club administrators would do well to remember the humanity of match officials and not be surprised nor outraged if they get a taste of their own medicine. But biased? Never!!!!

HALT! WHO GOES THERE?

Last month in the report about the September meeting, **CONTACT** referred to a suggestion that CUDRRS should consider allowing coaches to participate in the post match assessment of its referees. In the email accompanying the newsletter, members were asked to comment on the idea as Management Group deliberated on how to respond. No one did but Steve Johnson makes some salient points about school matches and coaches. See below.

Since the meeting addressed by Steve Drawbridge and Cy Philp, our President and Chairman have been working on producing some guidelines for referees and assessors respectively regarding their pre- and post- game responsibilities. It is hoped these will be available during October.

Friend or Foe? The relationship between players, coaches and officials in all sports is difficult at best. There is conflict of interest and as professionalism has spread in Rugby the relationship between coaches and officials seems to have got worse at lower levels in the Community Game. Coaches and players disagree with the referee's calls and usually they incur the wrath of spectators. The participants will never agree on every call. If that was the extent of the disagreements between players/coaches and officials stopped it might be nothing to get worked up about.

But what if the relationship between the two parties is antagonistic? That cannot be good for the game. There is often a tension apparent between coaches and officials before the game begins. Why do coaches (mostly former players) have distrust of officials? Are those in the coaching fraternity given a "bad press" by senior referees in forewarning young officials about what to expect? Does the culture of each group breed this hostility?

These questions are addressed in an article on the web <http://drjaymartin.com/hostility-coaches-officials>. Dr Martin examines the issue from both the Coach's and the Referee's perspectives. Although based on soccer, his research produced this list of *A Referee's Perspective of What Coaches Should Understand About Referees*.

Do you share these views?

1. Officials feel the match should be decided by the teams playing soccer in a fair, safe and exciting manner with as little need for official intervention as possible
2. The officials job is to be firm, but fair, and keep "cheating by the teams equal", which is very difficult
3. Officials do not care who wins the game. There is no reason to favour one side over another.
4. Officials will allow the game to flow by giving advantage only when player safety and game control are not compromised.
5. Officials understand that fouls are not always equal. Some teams foul persistently to offset superior opponent skills or lack of discipline.
6. Officials understand that players (and coaches) may dissent as much as when a call is correct as when it is incorrect and will be tolerant if the game continues in a positive manner
7. Officials do not give cards to players; players earn cards for reckless or careless play that has no other purpose than to disrupt play or injure an opponent
8. Officials have a very difficult decision in when to give the first card. Not all fouls against your team merit cards; not all of your teams' fouls are immune from cards.
9. Officials understand that coaches have legitimate arguments. But when picking battles coaches should not dissent trifling stuff. Who cares about a throw in at midfield with the score 4-0?
(Or a slight forward pass by a team losing 30 - nil)
10. Officials have bad days. Objective and respectful feedback, or even silence, is a better way to help the official refocus and get better.
11. Officials appreciate it if when they do a good job and give an effort, coaches remember their name and understand that the "third team" on the field has also had a good game.

DEALING WITH PEDAGOGUES

Steve Johnson

Some teachers who coach rugby consider themselves (rightly?) to "know it all." As complete controllers of their environment in the classroom, they are rarely challenged. Consequently they often find themselves in the unwanted position of "referee's adviser." Actually, most of us teachers are pretty good about keeping quiet, but some do generously give referees their opinion. Since they are coaching young players, it is not good when their often stentorian voices ring round the pitch. Even worse when we referees have to go and tell them to kindly shut up or go elsewhere. The season has barely started, and I have heard this said already.

May I suggest a way to pre-empt such a scenario? I wonder if - either before the game starts and if there is a suspicion that the coach might be a "talker" or at the first outburst/comment - we say to the teacher "Please encourage your players as much as you want, but please don't make any comments about my control of the game."

As a semi-joking aside, you might even add: "I might miss a few things, but I AM neutral, and I'll miss them for both teams."

Might even be a useful pre-match comment to make in briefing skippers and coaches in the adult game.

BITS AND PIECES

Mini-rugby – the New Rules of Play (NROP)

Steve Johnson

On Sunday 13th September, I held a session with coaches of mini-rugby players to look at and (try to) interpret the New Rules of Play. The session was held at Shelford Rugby Club, and I think we came away with a better understanding of these new rules. If anyone in CUDRRS is due to referee at the Under 11 or Under 12 age groups, the rules are in the RFU website – go to the main page, then click on Governance, and find the New Rules therein. There are new rules for the Under 13 age group too, but they have not been included in Governance yet.

I'm in the process of writing them up, and should you need a copy, please let me know.

Management Matters

David Tyrell

Your officers are busy designing new kit for the 2016-7 season – orange and navy.

We are hoping to arrange another Yo Yo fitness test in December to allow those that did the last one a chance to show improvement and give others the chance to try it.

Mileage rate remains unchanged at 40 pence per mile. Planning for our Annual Dinner and Ladies Night is well advanced and a guest speaker has been booked. Note the date shown on the front page.

Age gap

John Hanlon

Yesterday, (20th September), the youngest and the oldest active refs in the Society, **Luigi Murton** and **John Hanlon** teamed up to referee the U14s Tens tournament at Saffron Walden. The age difference was 56 years. Luigi was the faster of the two. (Editor adds "And in case there is any doubt, Luigi was the younger too")

Incidentally I think Luigi looks a good prospect keep your eye on him.

Assessments and Gradings and Training and Development Managers to note

A turn up for the book

Steve Johnson

At the September meeting, we had a presentation by Cy and Steve from Newmarket in which they identified club expectations of referees. They were very candid.

One of the matters they covered was the time the referee should arrive at the ground. We were told that we should turn up 90 minutes before the game is due to start. I would add a caveat in respect of school matches.

If you are due to referee a school match and arrive 90 minutes before kick off, you would be a very unpopular person indeed. Unlike in clubs, teachers have 101 things to do at the end of school on Saturdays.

The last thing they need is an extra worry. In some cases, the players may still be in class an hour and a half before kick off.

I would suggest that when responding to the text of a confirming teacher, CUDRRS referees ask the question, "What time would you like me to be there?" Schools may request different times, but at least there will be clarity on both sides.

RFU provides help to referees

David Tyrrell

I will put the links given in the attached email on the website but please add them to next edition of **CONTACT**.

Michael D Patz, RFU Match Official Development Manager wrote to Referee Society & Federation Secretaries

"The Rugby World Cup is upon us and we are looking at better ways to use technology to communicate and support the development of match officiating across the whole game. Working with The Professional Game Match Official Team, led by Tony Spreadbury, we have been given unique access to game clips, which have been subject of a review process and annotated to provide guidance and clarity on law application.

It is really important that we not only share this resource within the match officiating community, but that we make the coaches and players we officiate, aware and where possible give them access, to ensure the whole of the game knows what to expect and there are no surprises.

Link: [RFU Championship Clips - weekend 1](#)

Link: [RFU Championship Clips - weekend 2](#)

Should you or anyone you know, have any questions in relation to law application or guidance, please contact our dedicated e-mail service: Laws@RFU.com.

Editor's Note: Law 8 — Advantage is the best in the book. Playing advantage makes for a better referee. Taking advantage of the above support, makes for an even better referee. Don't waste it, take it.

LOOK AFTER YOUR HEALTH

Are you eating well? What's your diet like? Need advice? Here's some from England Rugby

England Performance Nutrition

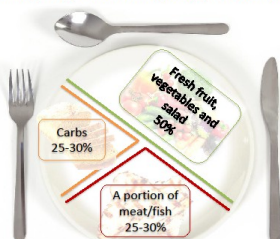


Considerations for Referees

via Paul Wilson

A balanced diet

A Balanced diet is the baseline for your nutrition – this should be manipulated depending on: (1) Performance goals, (2) Individual goals.



(1) Pre-Game

Make sure the body has enough **carbohydrates stored (glycogen)**. The stored carbohydrate is the predominant fuel used during matches

Approx. **6g.kg BW** is enough to **fully** store your body of carbohydrates (e.g. 80kg referee = 480g)

These foods should come from **white foods**, more **sugary snacks** and **easily digested** sources.

i.e. White pasta, bread, fruit juices, flapjacks, potatoes, white rice, muesli, granola, couscous

At breakfast you need to **replace** liver glycogen lost during sleep. This is about **100-110g of carbohydrates**.

Simple and easily digested carbohydrates are absorbed and stored quicker, which makes them ideal for a game day breakfast.

i.e. cereal, fruit juice, chocolate milk, toast/bread, pastry and fruit.

At this point, you should be **fully glycogen loaded**. It is **important** to keep your **blood sugar levels high**

Sip/consume small amounts (mouthfuls) of **high sugary drinks/foods** every **30 minutes**

i.e. jelly babies, wine gums, sports drinks, energy gels, energy bars.



(1) During Game & Post Game

Following a match it is important to follow a rule of 3 R's – replenish, rehydrate, rebuild

The two hours following a match are the most important for optimal recovery.

Maintenance of recovery stage.

During the match, and at half-time try to consume more **high sugary snacks**. A mouthful whenever possible.

Replenish your glycogen stores – consume **~1.2g.kg BW** every hour for 2-3 hours after the match. These should be easily digested, sugary **carbohydrates**.

Rehydrate – sip **water** little but often. Monitor the colour of your urine and try to keep it as clear as possible.

Rebuild – consume **~30 g of protein** within 2-3 hours of finishing the match.

For the next 24 hours, eat approx. **4g.kg BW of carbohydrates**, **~25g of protein** every 3 hours and monitor hydration status.

It is important to monitor this stage and manipulate if required. i.e. match intensity was greater than usual, increase these amounts slightly etc.



(2) Tailoring Through Training

Gainers

For those looking to build muscle mass, it is **important to be in a continual calorie surplus**

You need **protein every meal/snack**, equating to **0.3g.kg BW (~25-30g)**

Carbohydrate intake depends on the amount of exercise you do on the day. Aim for **4-5g.kg BW** and manipulate depending on exercise in the day. **Be smart and choose 'slow release' options** (brown rice, brown bread, sweet potato options).

Maintainers

For those looking to maintain body weight and muscle, it is important to adequately match the demands of your day.

You need **protein every meal/snack**, equating to **0.3g.kg BW (~25-30g)**

Carbohydrates should follow the rule of 'Only consume if you know you're going to use it'. Generally this would be about **3g.kg BW**, however manipulate depending on daily exercise load.

Losers

For those looking to lose body fat and maintain muscle mass. Very important to maintain **protein** intake. **Every meal/snack**, equating to **0.3g.kg BW (~25-30g)**.

Only consume carbohydrates when necessary. To lose fat mass, generally, you need to be in a **calorie deficit**, this we can do by dropping carb intake. Aim for **~2.g.kg a day**, manipulate depending on daily exercise load.

"6 meals a day . Eat every 3-4 hours . Eat to your own Goals"



(2) Tailoring - Summary

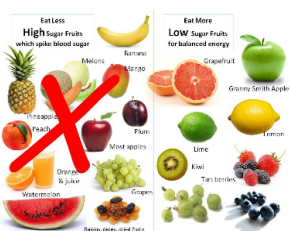
A balanced diet is the baseline for your nutrition



Never sacrifice vegetables/salads. Manipulate calorie intake from carbs. Make sure protein intake is consistent.

How to cut

Fructose as a sugar does not cause a high spike in insulin and therefore is not the 'main' contributor to fat gain. However, it is still sugar and can create fatty liver disease.



Be SMART

If you are a **weight 'loser'** be smart and choose fruits that are low in fructose and sugar. This is a way of **manipulating your carb intake**.

Try to pick fruits that are **similar in colour** but with **lower sugar levels** i.e. a peach for a grapefruit.

This way, you are ingesting less sugar, but are still ingesting similar vitamins and minerals.

Weight 'maintainers' and 'gainers' try to pick smarter options. However, this is not as big a problem for you. Just monitor your intake.

Snacks for travelling

Protein



Carbs



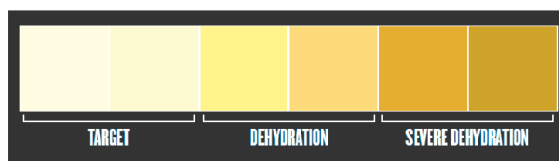
Hydration



1 from each section

Hydration

Monitor your urine colour regularly



Performance =

This is where performance will be at its best. Sip water little but often to maintain.

Performance =

Performance may or may not be effected. Consume ~200 ml of water and then continue to sip little but often.

Performance =

Performance is effected. Headaches, nausea and ↓ in concentration. Drink ~300-500 ml within half an hour and then sip little but often. Monitor urine closely.

MEANWHILE, BACK IN THE REAL WORLD

Tale of the Century

Behind every score, there is a story. The score of 105-3 to Ely against Newmarket has one in a match where the defeated scored first within two minutes but did not lead for long. Ely fielded a strong team and looked well drilled. They went on to score fifteen tries, all converted, which almost wore out referee **Rowan Kitt's** pencil. He sent out an SOS for more note paper at half time.

Rowan is still involved in Rugby World Cup duties so he imagined this local derby was akin to an international encounter. It - ELY versus the All Blacks gave him the feeling of a RWC tie.



Newmarket's tale of woe began because they were unable to put out their strongest side.

Several of the first team regulars were injured and matters made worst when injuries to their front row added to the misery.

They played half the match two players short and lacked the ability to create any kind of platform either at the set pieces or breakdown.

Coach Steve Drawbridge said that despite the score line he felt the squad had improved since the previous week when they lost by 53 - 0 to Thetford in their opening game

"The team are bound to feel disappointed but I believe we have the resolve to bounce back".

Steve faces a tough job to lift the spirits of his squad but the Jockeys are a club with the commitment and determination to succeed.

It is also a club which has over the years provided CUDRRS with dedicated members none more so than evergreen (and black) **John Hanlon**. Jim Townsend, Ken Hart, John Taylor, Jim Paxton, Jamie Stafford, Paul Tapley and Cy Philp served both Society and club.

The only way is up from here. **CONTACT** wishes them well and all our affiliated clubs too!

The morning after the night before

It's Sunday 3rd October and I'm not feeling at all good. The fairytale of another RWC triumph for England ended in misery and we woke up to read press headlines like

England Down and Out

End of the World

England were not ready, not clever and not good enough

England put to the sword

We let the country down, says captain

"Winning is what matters most – especially for a nation with the most players and best finances in world rugby. And England have been found wanting. They have failed." That's how **Planet Rugby** summed it up.

E- mails from my friends in Australia only added to my disappointment. Fortunately, my Welsh friends were not at church to rub further salt in to my wounds. But they will be there next week. There's no escape.

The Wallabies were sharper, stronger, smarter and swifter. The England pack could not dominate and became dominated. The Aussies contested the breakdown. We did not. They supported the ball carrier better. They kicked away less possession. England's reliance on brute force is an ignorant way to attempt to break through tight, tackling defences these days. There are lessons to be learned. Criticism is easy, finding the right solution less so.

What will be the effect of this swift departure from the tournament be on the hoped for growth in English Rugby that the RFU has invested so much money in banking on the international side's success? Will the RFU empire rise or fall? Anyone going to get the sack? Is there any need for CUDRRS to step up it's recruitment activities now?

At the end of the day, life will go on and so will our Community game. CUDRRS will still have a job to do and continue to provide better refereeing for better rugby. Straight throw ins, set scrums steady, ball in and out. Yes!

Back in church, I was cheered up by these words of Pope John Paul II referred to in the homily. In his address "Towards the New Millenium," he had said "**Let us remember the past with gratitude, live the present with enthusiasm and look forward to the future with confidence**".

They are very appropriate words for us in CUDRRS to bear in mind as we celebrate our past 70 years existence, turn out competent referees throughout this current season and prepare for whatever is to come in the next one.

To England - Remember the words of Disraeli "There is no education like adversity"

To the French, Scottish and Irish members of the Society –Good luck for the next rounds.

To Mike Arbuckle, "The drinks are on you" if New Zealand retain the cup.

To our friend Wayne Barnes, "You could be doing the Final".

REASONS TO LOVE RUGBY - REFEREEING

Some of you may have already visited the website **Intheloose.com**. If you have, you may have seen this article

11 Reasons Why You Should Start Playing Rugby in 2015

"Now obviously many of you are probably already playing regularly. However if you're not, here are eleven epic reasons why you need to start playing rugby now..."

1.To do something epic

Who wants to tell their grandkids they sat and watched TV every Saturday afternoon when they're 90?

Rugby's a great way of creating some epic stories that you can re-count for years.

2.To feel invincible

OK, maybe not quite invincible (you usually hurt like hell after a game) but for that moment when you make a huge hit or clear line break it will feel like nothing can stop you....apart from maybe that huge prop!

3.To hang with your friends

Rugby's one of the finest sports in the world for developing long lasting friendships. Wherever you end up in the world you know there's a community waiting for you down at your local rugby club **(or refs society)**.

4.The tours

They may only come along once a season, however nothing quite compares to the rugby tour.

Just remember though, what goes on tour, stays on tour!

5.Stress relief

Life can get pretty stressful at times, and there aren't many better ways to relieve a bit of that stress than battering the hell out of each other on a rugby field for 80 minutes. **(unless it's refereeing)**

6.Because why the hell not?

What the hell else are you going to do on a Saturday afternoon? Clean the house? Go shopping? Hell no!

Get your arse down to the rugby club now or regret it forever. **(or become a CUDRRS referee)**

7.To stop being a lazy ass

Outside of rugby most future and past players don't do an awful lot of exercise. So get your lazy ass off the couch now and stop being such a fat b.....d! **(try the Yo Yo fitness test)**

8.For the sense of achievement

If you haven't played in a while it's pretty unlikely you're going to end up running out at a World Cup anytime soon, however nothing quite beats the feeling of a victory, especially for the fourths!

9.Don't miss out

If you're contemplating playing rugby then it's pretty likely at least some of your friends already play.

Make sure you don't miss out on those epic stories, get involved now!

10.To switch off from the world

When you're out on the rugby field absolutely nothing else matters for those 80 minutes, so make the most of the opportunity to switch off for a while! **(but not if you are refereeing a match)**

11.Because it's Rugby

Let's face it, rugby is awesome! What other reason do you need to start playing (again)?

Stop pussyng around and just do it! **(Rugby needs more referees)**

What other reasons are there for people to start playing rugby?"

Playing rugby is awesome that's for sure. There's lots of reasons to love about playing the game.

Refereeing can be equally as awesome for many of these same reasons. There is a natural reluctance to switch from playing to taking up the whistle. But without referees no game will take place. With the RWC likely to lead to more people wanting to play, CUDRRS will need to recruit more referees. Are you on to it?

Our sales pitch can be delivered with honesty giving assurance that these reasons to play also apply to refereeing.

Playing, coaching and refereeing can each provide challenges which if met bring satisfaction, fun and friendship.

We are all in this together. Enjoy!!!!

CONTACT is compiled and edited by Michael Dimambro, Honorary Member of CUDRRS and member of this family since 1975. Contributions from all in the Society and its customers are welcomed and invited.

Please send your comments, views etc by email to:

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It would be great to hear from members near and far about their hopes for the future of Rugby post RWC 2015.

Readers are asked to share this newsletter with non members who might be interested in knowing more about our Society. SMACs are asked to forward CONTACT to officials of the clubs they are assigned to.