



CAMBRIDGE UNIVERSITY AND DISTRICT
RUGBY REFEREES' SOCIETY
Formed 1946

CONTACT
KEEPING YOU IN TOUCH

BETTER REFEREEING FOR BETTER RUGBY

SEPTEMBER 2016

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THOUGHT FOR THE MONTH

Maturity is when you stop complaining and making excuses and start making changes.

DATES FOR YOUR DIARY

Tuesday 6th September 2016
Special General Meeting
Shelford RUFC at 7.30 pm
and
Law changes presentation

ELRA Level 2 courses
available for booking
2nd & 9th October 2016
@ Cambridge University RUFC

12th & 26th February 2017
@ Old Cantabrigians RUFC

APPOINTMENTS

Please contact our
Appointments Manager
Thomas Northcote
by using this email address
cudrrsappoints@gmail.com

Visit
CUDRRS website
www.cambsref.co.uk

UP AND RUNNING

HIGHER, FASTER, STRONGER

Surely, the magnificent efforts of Team GB in the Rio 2016 Olympic Games have inspired all sports people in the UK. Whether you're involved in sport for money as a professional or for fun as an amateur, you can't help but admire their triumphs.

Once again our elite athletes have rewarded the nation handsomely for its faith in their ability and for the financial investment made in them and their support staffs.

They have shown that with total dedication, commitment and effort, it is possible to achieve great things and realise your full potential. Blood, sweat then tears of joy.

Professional performance demands a professional approach and that has costs not only in money. Whether medal success compensates well enough for the sacrifices made by the athletes and their families is a matter of choice and judgment.

We should feel justifiably proud of Team GB made up of English, Welsh, Scots and Northern Irish working together and showing the world what we can achieve when we do so. Talk of independence should now be scotched.

The Team GB tag could be applied to CUDRRS. Interpret this as Team Getting Better and you have a link with us and our mission statement, Better Refereeing for Better Rugby. We aim to achieve this without lottery or government money but with all the dedication, commitment and effort amateurs can realistically afford.

Training every day under expert guidance is not what we would wish to put ourselves through, yet there are other things we can learn from Team GB's approach to their sports. For instance, each of us could ask ourselves these three questions.

Can I become better? Do I want to become better? How do I become better?

The first two question our potential and desire. If the answers are Yes, then the third requires a plan. Our Society has a Development Action Plan that takes us through to 2019. Management Group draws up an annual plan of action based on it. Some of our match officials have Personal Development Plans and receive Society support in fulfilling them. Sharing experiences and knowledge is our teamwork.

The new season is up and running but there is still time for all to plan to achieve a particular something by the end of it. Maybe a one level upgrade. Maybe to get fitter. Maybe to attend more monthly meetings. Maybe simply to referee better than last season. What's yours? Whatever it may be, **CONTACT** wishes you success.

Handbooks and law books have been distributed and hopefully read thoroughly. Law changes should have been studied and our President's request for us to remember the values of Teamwork, Enjoyment, Respect, Discipline and Sportsmanship taken on board. To that we should add the Olympic motto of **Citius, Altius, Fortius** which for CUDRRS means setting higher goals, getting quicker to the breakdowns and becoming stronger in numbers.

President Evans in his Foreword to this season's handbook says he has yet to see a big influx of new participants post RWC 2015. The 2003 RWC triumph failed to do so and neither did the 2012 London Olympic Games. The Rio Games is not expected to do differently apart from an initial surge of starry eyed youngsters.

The future of Rugby, hopefully to be featured in future Games, depends on giving youngsters the best the sport has to offer, fitness, fun and friendship, backed by competent officiating that maintains their interest and participation into adulthood.

Major tasks for CUDRRS in 2016-17 are to sustain its excellent service of providing quality refereeing from Under 13's upwards and to respond positively to any increased demand for it in schools should Rugby be added to the curriculum.

Now all say "I am Team CUDRRS". Let's go GB, let's go!

Editor

VOICE YOUR OPINION

A research study is being carried out to further explore the concept of abuse within rugby union and cricket from a match official's perspective and evaluate whether the core values of teamwork, respect, enjoyment, discipline and sportsmanship, which have historically defined both sports, are still part of the sport's ethos in today's society.

Dr. Tom Webb, Senior Lecturer in Sports Management and Development is the researcher from the University of Portsmouth and with a colleague is administering this survey on the experiences of rugby union referees around England. They want to reach as many referees as possible and for it to be representative in a number of areas of the country and wrote to Alasdair Bovaird, Chairman of Cambridgeshire RFU, seeking help.

Dr. Tom said he would be very grateful if he could see his way clear to sending the survey out through his contacts/ distribution lists and/or post the link on the relevant websites. He wants as many referees as possible at as many different levels as possible to complete the survey and to voice their opinions. Hence Alasdair contacted CUDRRS

The survey can be found on - <https://portsmouth.onlinesurveys.ac.uk/rugby-referees>

You have been invited to contribute because of you are an active member of either a rugby union referee society or an active member of a county association of cricket officials within England.

Taking part in this research is entirely voluntary. It is up to you to decide if you want to volunteer for it. The web-page describes the study in an information sheet. If you agree to take part, you will then be asked you to consent to taking part and filling in the study questionnaire will imply consent.

The questions asked are not confined to your experiences of abuse but relate to personal circumstances, referee training and development and future intentions.

If you wish your voice to be heard, then this is an opportunity you might like to take.

SUNDAY PRAYER

Offered up by John Hanlon and Alun Bedding that CUDRRS referees appointed to matches on Sunday will use this email address to contact them - cudrrssundayfixtures@gmail.com

TRUE LOVE

I mentioned in the last issue of **CONTACT** that Mrs D and I had celebrated our Golden Wedding Anniversary in June. According to Shakespeare, the course of true love never did run smooth and one of my Australian friends drew my attention to this story. It may well be a tall one but note the Italian connection.

St. Peter's Catholic Church in Adelaide have weekly husbands' marriage seminars.

At the session last week, Giuseppe said he was approaching his 50th wedding anniversary. The priest asked him to take a few minutes and share some insight into how he had managed to stay married to the same woman all these years.

Giuseppe replied to the assembled husbands, "Wella, I've tried to treat her nicea. Spenda da money on her but besta of all is, I tooka her to Italy for our 25th anniversary!"

Impressed, the priest responded, "Giuseppe, you are an amazing inspiration to all the husbands here! Please tell us what you are planning for your wife for your fiftieth anniversary?"

Giuseppe proudly replied, " I gonna go backa and picka her up."

Believe this if you like!

RECOGNISING EFFORT

Many people contribute to the success of CUDRRS. Each season someone who has made a significant contribution worthy of recognition for their efforts is rewarded with the Peter Eveleigh Trophy. Invariably, the winners of this have been officers of the Society who have more opportunities outside the field of play to establish their claim.

So **CONTACT** poses this question to its readers. Should an award be instituted to recognise each season the improvement made by one of our match officials which advances our mission for better refereeing?

The introduction of such an award requires wide consent and confidence that it will achieve its aim.

We need to be sure that the scheme will be sufficient incentive to match officials to develop their skills and commit the time and physical and mental effort. And what form should the award take? It needs to be valued so that the recipient will say "I had to work hard and it was a challenge but it was well worth it".

How the eventual winner is determined could be left to the Management Group or a panel of senior members or by a method suggested by our readers. Please comment on this "suggestion" to **CONTACT**.

Is this a runner or not? Do you have any other ideas for achieving better refereeing for better rugby?

NEWS FROM DOWN UNDER

“Provincial rugby's new laws get tentative thumbs up from coaches”.

That's the headline on the Rugby Heaven page of the STUFF co.nz website. Read all about it on <http://fw.to/4Wz1pnZ>

More tries and faster game play for provincial rugby, thanks to new breakdown rules.

Our recently recruited correspondent, Roger Drew, referred this article to **CONTACT**. He wrote “A few unions have been playing ‘variations’ on these during the club season...but the whole country will now be exposed to this.

The lad in the interview is Angus Mabey... he is the Auckland current number One.

(Mike Arbuckle was once in this position when he was with the Auckland Rugby Referees Association)

We have another ref doing the NPC and he will probably be on the SEVENS circuit later this year.... Name is James Doleman (so watch out for him). Another Auckland lad in the NZ wider training squad is from the UK, who I also coach ... his name is Richard Loten (reffed in and around Manchester before coming to NZ).

Have just had Richard Timbrell (Bristol & RFU) staying at home who has enjoyed his stay... and will catch-up with him again in Dubai in December for the Sevens, along with approx. 60 refs from around the world & ref-coaches.

(Richard was the Bristol Society's Most Improved Referee in 2015)

Olympic sevens has been a good advertisement ... fantastic for FIJI, first ever medal.

Well that's news from down-under for this week...we have had our club finals, now just age-grade and schools left before rep-season starts... Cheers. Roger.”

From the moment rugby moved away from rucking, the breakdown has gradually become a convoluted mess. The mad scramble to steal and protect possession often leaves fans, players, coaches and, yes even referees, at odds with each other.

Taranaki coach Colin Cooper is confident the new trial laws will make provincial rugby better. These are the variations that apply

LAW 15: THE TACKLE

1. The tackler must release the ball carrier then re-join the tackle behind the midpoint to play the ball.
2. The first arriving defender may play the ball as long as they are on their feet, and prior to the breakdown being formed.
3. Players off their feet are out of the game!

LAW 16: THE BREAKDOWN (PREVIOUSLY RUCK)

1. A breakdown is formed when an attacking player is over the ball on their feet
2. At this point an offside line is in place.
3. The breakdown offside line for defenders is the hindmost foot.
4. Players joining the breakdown must do so from behind the offside line and join behind the midpoint of the breakdown.
5. Players joining the breakdown must bind onto any player, using their whole arm.
6. Players must be on their feet for the duration of the breakdown.
7. A player may be in the halfback position and remain behind the hindmost foot offside line
8. A player in the halfback position may lift the ball from the breakdown.
9. Once the ball emerges from the breakdown it has ended.

BATTLE OF THE BLUES

This time it was not Light v Dark Blue but Fiji v Great Britain. Two Old Blues coached the finalists in the inaugural Rugby Sevens at the Rio 2016 Olympics. They were Ben Ryan ('95 and '96) and Simon Amor (2000)

Congratulations to the smiling Ben who directed Fiji's winning performances. His side blew GB away by 43-7 with a breathtaking display. It was Fiji's first ever Olympic medal. He was made a Companion of the Order of Fiji.



The serious looking Simon Amor deserves praise for putting his team together only shortly before the Games.

They travelled to Brazil having barely played together.

This mattered little as the four nations of England, Wales, Scotland and Northern Ireland came together under the Team GB banner to great effect. They beat New Zealand, South Africa and Argentina on the way to the final.

It was a pity the four UK soccer associations could not match this collaboration.

FITNESS OR FATNESS

Are you looking for an excuse to miss out on the Yo Yo test or not to adopt a training regime that will get you as fit as possible for refereeing for CUDRRS? If so, you might consider making an appointment with this Chinese doctor. Apologies for accent affected text. Tim O'Connell, ex Shanghai, can interpret for any of you who have trouble.

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Heart only good for so many beats and that it. Don't waste on exercise. Everything wear out eventually. Speeding up heart not make you live longer. It like saying you extend life of car by driving faster. Want to live longer? Take nap.

Q: Should I reduce my alcohol intake?

A: Oh No. Wine made from fruit. Fruit very good. Brandy distilled wine. That mean they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Grain good too. Bottom up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have body and you have fat, your ratio one to one. If you have two body, your ratio two to one.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of one. Sorry. My philosophy: No pain...good!

Q: Aren't fried foods bad for you?

A: YOU NOT LISTENING! Food fried in vegetable oil. How getting more vegetable be bad?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Oh no! When you exercise muscle, it get bigger. You should only be doing sit-up if you want bigger stomach.

Q: Is chocolate bad for me?

A: You crazy?!? HEL- LO -O!! Cocoa bean! Another vegetable! It best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming good for figure, explain whale to me.

Q: Is getting in shape important for my lifestyle?

A: Hey! 'Round' is shape!

Well, I hope this has cleared up any misconceptions you may have had about food and diets and remember:

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride!!

AND.....

For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

- 1. The Japanese eat very little fat and suffer fewer heart attacks than Brits.**
- 2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Brits.**
- 3. The Chinese drink very little red wine and suffer fewer heart attacks than Brits.**
- 4. The Italians drink a lot of red wine and suffer fewer heart attacks than Brits.**
- 5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Brits.**

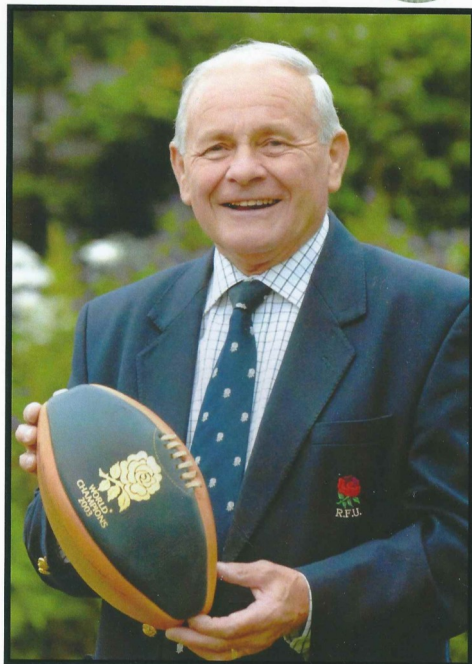
CONCLUSION: Eat and drink what you like. Speaking English is apparently what kills you !!!

FIT AND ACTIVE



Early birds Paul Wilson and Thomas Northcote in action at Grantchester Road for the two pre-season matches between Cambridge and Bishops Stortford.

HAPPINESS IS A GAME CALLED ...



100th President of Rugby Football Union



..Rugby Union and is exemplified by this photo of the late Brian Williams. "Happy are those who play Rugby" could become a ninth beatitude.

The death of Brian Williams, the 100th President of the RFU, was reported in the last edition of **CONTACT**.

This brought these responses from some of our long serving members who like me, knew Brian and of appreciated his contribution to Eastern Counties Rugby over decades.

Nick Pett

Sorry to read about Brian. A good man.

Gordon Wallace

Just returned from holiday and read your piece about Brian who I knew as an opponent at Ipswich YM and then as a fellow referee for the Suffolk society. Very sad news.

Malcolm Watson.

Really nice piece about Brian Williams - a true gent of the game, who will be greatly missed!

Representing CUDRRS (self appointed), I went to this funeral service in St Andrews Church, Rushmere, Ipswich.

Malcolm also attended as did CUDRRS member Andy McKee who had played rugby with Brian for Ipswich YMCA.

Nine presidents of the RFU were in the congregation and Jason Leonard opened the service with the reading, *All is Well*. The first lines of this are

"Death is nothing at all.

I have only slipped away into the next room.

I am I, and you are you.

Whatever we were to each other, that we are still"

The friendships we make through Rugby are precious and some remain life long. In the past two years we have said our goodbyes to members Bryan Mallyon and Jamie Stafford and Shaun Gadsby (Cambridge RUFC) taken from us too early in their lives. We still remember them with affection and respect.

This is not intended to be a morbid piece of writing but is a reflection about the best of the values we derive from playing Rugby. The hundreds that attended Brian's funeral is testimony to the fellowship that Rugby engenders and the respect in which those who serve the game with self sacrifice and distinction are held.

There is more to life than Rugby and playing it for fun at grassroots level is a good balance between pleasure and purpose. Helping others to observe fair play, according to the laws and in a sporting spirit, to enjoy running, carrying, passing, tackling and scoring as many points as possible is a worthy purpose and worthy of respect and thanks. Most times as referees we get it. "Three Cheers for the Referee" makes it all worth while.

The service included the hymn that is top of the Twickenham charts, *Swing Low Sweet Chariot*. The congregation sang it with fervour and pride which I felt sent a message to all those Rugby friends we have lost.

*If you get there before I do,
Comin for to carry me home
Tell all my friends I'm comin to
Comin for to carry me home.*

Whilst we are still able to, let's go on making friends, have more fun and become better at refereeing.

Vivat et floreat CUDRRS!!

CONTACT is compiled and edited by Michael Dimambro, Honorary Member of CUDRRS.

Contributions from all in the Society and its customers are welcomed and invited.

Please send your comments, views etc by email to:

michael.dimambro@ntlworld.com or telephone **01223 564459**.