

# THE PEA SHOOTER

The Newsletter of the South Sydney District Rugby League Referees Association



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## Renewed spotlight on Safeplay code



Recently published articles in Sydney Newspapers have thrown the spotlight back on the ARLs Safeplay code. Both articles suggest that even the

slightest bump to the head of a junior footballer may lead to serious brain injury. While both articles urged caution, they did mention the great inroads football codes have made in recent years to prevent such injuries.

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The first article in the Saturday Telegraph on June 2<sup>nd</sup>, drew on the results of an American study of 2500 retired NFL footballers. The University of North Carolina study published in the American College of Sports Medicine journal claimed that former athletes who recalled one or two concussions were one-and-a-half times more likely to be diagnosed with depression.

Professor Ian Hickie, director of the Brain and Mind Research Institute at Sydney University said that, "new science was showing brains were not fully developed until post-adolescence meaning repeated brain injuries could leave lasting damage and teens and young adults should avoid high-impact sports." He went on to say, "there is no doubt even minor head injuries increase your risk of developing a range of mental health problems."

Dr James Donnelly, head of psychology at Sydney Children's Hospital Randwick is calling for standard baseline testing in all junior rugby sports as well as elite levels. This would involve testing a child before they commenced playing and then testing them again when a head injury occurred and comparing the results.

On the 23<sup>rd</sup> June, the Saturday Telegraph reported the findings of an Australian study that showed even mild to moderate bumps to the head in children and teenagers can cause brain damage and symptoms similar to attention deficit hyperactivity disorder (ADHD). Medical experts said the findings are a warning for parents and said public hospitals should be implementing more thorough screening techniques for all head injuries.

Victorian University's Dr Steve Saflekas who authored the report said the majority of children and teenagers studied had sustained their injuries during accidents in the home, or on the school playground or sporting field.

Using a state-of-the-art testing usually only used in elderly people with dementia, he found even the students who had mild bumps did not recover as well as expected when tested up to six months later. "The brain is very fragile and even with mild head injury there is significant damage of neurons – even just a bump to the head with no unconsciousness."

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For us, these studies should serve as a reminder why the safeplay code is so important. We should continually refresh ourselves on the different elements of the code and diligently police any indiscretions when they occur.

Copies of the Safeplay code are available by request to the Secretary.

**/. /. /. /. / REMINDER \. \. \. \. \**

The next meeting of the Association will be held on Tuesday 31<sup>st</sup> July at 7.00pm in the Annex of the Swordfish Restaurant at Souths Juniors.

It is important that all members attend this meeting as it is our last formal meeting of the year.

An election will be held for the vacant position of Hon. Secretary at this meeting.

## New Hoodie's have arrived.

As promised at our last General Meeting, the Association has made arrangements to purchase an off-field jacket for all active members.

The Executive had hoped to make these available earlier in the season as temperatures first began to dip but they had to explore all options for funding these. In the end, it was decided that these would be paid for by the Association.



The 'Hoodies' will provide members with added warmth as they travel to and from their appointed grounds. It will keep them warm between games and will allow them to display a professional appearance to the wider junior league. These are not designed for wearing on-field, anyone requiring an on-field wet weather jacket should notify the Assistant Treasurer, David Shape at [davidmsharpe@hotmail.com](mailto:davidmsharpe@hotmail.com)

'Hoodies' will be distributed at our next meeting on Tuesday 31<sup>st</sup> July. Those who are unable to attend that meeting can make alternative arrangements to collect theirs by notifying the Ass. Secretary, Andrew Wheeler at [awheel10@postoffice.csu.edu.au](mailto:awheel10@postoffice.csu.edu.au)

A big thank you to our former secretary, Chris Anson for his efforts in organising these professional looking garments. We hope that they serve our Association for many years to come.

## Finals Pay Schedule

Grade	Semi Finals		Grand Finals	
	Centre	Line	Centre	Line
A	120	60	140	70
A/R	95	50	120	60
21	80	40	90	45
19	60	30	80	40
17	50	25	60	30
16	45	20	50	25
15	40	20	45	20
14	35	18	40	20
13	30	15	35	15
Mod League	20	13	25	13
Mini League	19	13	20	13

## Great day had Go Karting

What began as a fairly ominous looking day, turned into another successful Go Kart Challenge. The weather at Kingsford was wet and windy and looked threatening, however after emerging on the western side of the M5 Tunnel, the weather was bright and sunny. While there was no real threat of rain at Minto, the dry track soon had water flowing in areas, unleashed by our less able drivers running into the safety barriers, which doubled as reservoirs.

Fortunately, despite the adverse track conditions, we had fewer injuries than last year. The winner of the Final Race was Josh Milston. Daniel Makk was awarded the Safest Driver. On points, the winner of the Senior Referees Division was Dale Weekes, very closely followed by Taylor 'Turbo' Deland-Cleveland, with 3<sup>rd</sup> place going to Chris Anson. In the Junior Referees Division, the winner was Troy 'Tricky' Smith, who would have won last year if he wasn't injured. 2<sup>nd</sup> place went to Tim Foley and 3<sup>rd</sup> place to Matt Rossleigh, both of whom finished the same last year. Thank you to all who attended and made the day so great.



## Congratulations to David Sharpe

The Association extends its congratulations to David Sharpe on being graded as a touch judge with the NSW Rugby League. David made the move from the Central Coast to South Sydney a few years ago, to pursue his dream of being graded. David joins Jason Higgins, David Munro, Adam Neale, Rod Lawrence, Gavin Badger, Paul Simpkins, Steve Nash and Andrew Zapantis as graded Souths referees.

David has served for a number of years on the Executive of South Sydney Referees as Assistant Treasurer and was responsible for establishing our sponsorship with Blades. He has also been instrumental in developing a training culture at Souths, having taken over from Joe Griffith last year. We wish David all the very best in his graded career.

# Social Calendar

## Tuesday 7<sup>th</sup> August - Mini/Mod Grand Final Appointments Dinner

The first of our Appointment Dinners will be held on Tuesday night 7<sup>th</sup> August, downstairs at the Maroubra Junction Hotel, commencing at 6.30pm. The purpose of this dinner is to recognise those referees who have been appointed to officiate the Mini League Grand Finals and to announce the Mod League Grand Final referees. A buffet dinner will be served following the formalities and there is no charge to members and their families for the night. It is important that members who will be attending, notify the Social Secretary David Field of the numbers attending from your family. Please notify David before 31<sup>st</sup> July by emailing him at [footyfieldrl@hotmail.com](mailto:footyfieldrl@hotmail.com) or phoning him on 0411 612 536.

## Tuesday 4<sup>th</sup> September - International Grand Final Appointments Dinner

Like the first dinner, this is free to members and their families. This dinner will announce all the International Rules Grand Final referees, touch judges and in-goal officials. The highlight of this night is the announcement of the much coveted A Grade Grand Final appointments. Timings will be the same as the first dinner and members may RSVP for both nights at once if they wish.

Congratulations to Life Member Neil Lewis and his wife Gloria on celebrating their 45<sup>th</sup> Wedding Anniversary on the 2<sup>nd</sup> June. On behalf of Souths Referees, we wish both of them many more years of wedded bliss.



## STATE OF ORIGIN JOKES

Did you hear that the Post Office has had to recall their latest stamps? They had pictures of QLD NRL players on them. People couldn't figure out which side to spit on.

Q. What do you have when 100 QLD fans are buried up to their necks in sand? A. Not enough sand.

Q. What's the difference between QLD and a jet engine? A. A jet engine eventually stops whining.

Four surgeons are taking a coffee break.

The first one says, "Accountants are the best to operate on because when you open them up everything inside them is numbered."

The second surgeon says, "Nah, librarians are the best; everything inside them is in alphabetical order."

Third surgeon says, "Try electricians. Everything inside them is colour-coded."

The fourth one says, "I prefer QLD fans. They're heartless, spineless, gutless and their heads and bums are interchangeable."

Q. You're trapped in a room with a tiger, a rattlesnake and a QLD fan. You have a gun with two bullets. What do you do?

A. Shoot the QLD fan - twice.

The **PEA SHOOTER** will be published every month during the League Season to keep members informed about important matters. We would welcome contributions from members such as web links, reviews etc. Please send all contributions to David Field at [footyfieldrl@hotmail.com](mailto:footyfieldrl@hotmail.com) by the end of each month.

The **PEA SHOOTER** will be published the week prior to each general meeting and emailed to all on the email list and for those who don't have internet access a hardcopy will be available at each general meeting.



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