

Hertfordshire FA Referees - July Update 2026

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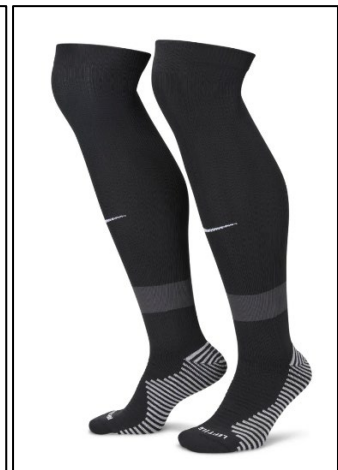
Useful links

County FA Cup Rules	https://www.hertfordshirefa.com/cups-and-competitions/rules-and-documents/
FA DBS Applicant Guidance	https://www.thefa.com/-/media/cfa/hertfordshirefa/files/referees/documents/
Herts FA Referees Store	https://referee-equipment.com/collections/hertfordshire-fa
Instagram	https://www.instagram.com/hertfordshirefa.referees/
LOTG	https://www.theifab.com/
My Account	https://myaccount.thefa.com/
Referee Secretary's	https://www.thefa.com/-/media/cfa/hertfordshirefa/files/referees/
Referee Portal	https://referees.thefa.com/
Referee Portal Guidance	https://grassrootstechnology.thefa.com/support/solutions/folders/48000702010
Safeguarding renewal	https://learn.Englandfootball.com/courses/safeguarding/



11. REFEREES' UNIFORMS

- (a) All Match Officials in Competitions under the jurisdiction of The Association and Affiliated Associations must wear uniforms comprising a plain shirt which shall be almost entirely black with a white or black collar and black shorts. Socks will be black; the sock top will be black, white or the colour of the shirt or its collar. Affiliated Associations may give permission for Referees to wear non-black shirts in a Competition which the Affiliated Association organises and/or sanctions. The shirt(s) must be almost entirely of a single colour. Where a Competition appoints neutral assistant referees, only one non-black coloured shirt is permitted; the colour must be designated and competition rules must ensure that the match officials can wear black or the designated colour without clashing with the Players.
- (b) Headgear may be worn in extreme weather conditions. It must be plain black and not restrict the vision of the Match Official.
- (c) The following Competitions may be exempt from (a) above, on application to The Association subject to the conditions below:
- WSL and WCH;
 - The Premier League;
 - EFL; and
 - Competitions with Step 1 List, Step 2 List, Step 3/4 Leagues and Step 5/6 Leagues Status.



We have a premium referee store by A&H International
[Hertfordshire FA Referees Store](#)

Featuring A&H International that are one of two traders that has the correct badge artwork and dimensions approved by Hertfordshire FA.

The FA has a current partnership with Nike as the title manufacturer for all of our performance teams and match officials. As such, all match officials operating within The FA's remit will be expected to wear Nike kit. County FA's are only in a position to promote Nike referee kit in line with the central contract and The FA's long-term commercial agreement. But Match officials are free to wear what they choose to, that is in line with Referees Uniform regulation.

Hertfordshire FA County Cups & Appointment Notifications

Information on your contacts and competition rules that we have in place for the season are listed below.

- Joe Karram Joseph.Karram@hertfordshirefa.com, appointments lead for the Senior Competitions.
- Chris Geelan Christopher.Geelan@outlook.com, appointments lead for the Saturday Competitions.
- Peter Parkins Peter.J.J.Parkins@outlook.com, appointments lead for the Sunday Competitions.*
- Frank Van Der Wens Frank.VanDerWens@outlook.com, appointments lead for the Boys Competitions.
- Adam Marsh Adam.M.Marsh@outlook.com, appointments lead for the Women & Girls Competitions.

Chris, Peter, Frank, and Adam shall be primarily involved in co-ordinating and appointing you to County Cup matches so with any issues regarding any appointments that you may have, they shall be your point of contact, but please remember, as are most of our committee, that they are operating as volunteers, so please consider the time that they may need to liaise with you as smoothly as possible.

Notification of Appointments

Senior Competitions will be available via the Full-Time notification system, and these will be released on 22nd of every month (or the first working day afterwards). Any after these are likely to be re-arrangements.

Saturday Competitions will be available via the Full-Time notification system, and these will be released in the week that is at least two weeks prior to the fixture. Any after these are likely to be re-arrangements.

Sunday Competitions will be available via the Full-Time notification system, and these will be released in the week that is at least one week prior to the fixture. Any after these are likely to be re-arrangements.

Boys Competitions will be available via the Full-Time notification system, and these will be released in the week that is at least one week prior to the fixture. Any after these are likely to be re-arrangements.

Girls Competitions will be available via the Full-Time notification system, and these will be released in the week that is at least two weeks prior to the fixture. Any after these are likely to be re-arrangements.

Womens Competitions will available via the Full-Time notification system and these will be released in the week that is at least two weeks prior to the fixture. Any after these are likely to be re-arrangements.

Withdrawal from Appointments

If you have to withdraw from an appointment, you must contact the appointment lead of the competition.

***For Sunday Competition appointments, match officials should contact their primary league appointment officer in fixtures that are prior to the quarter, semi, and final competition rounds.**

Post-match Administration

Discipline reports and Referee reports are to be completed using methods that are not completed in Full-Time. Therefore, discipline reports are to be submitted to the County FA using Referee Portal and Referee reports should be completed as per your competition directives.

Rules of the Competitions

<https://www.hertfordshirefa.com/cups-and-competitions/rules-and-documents>

Should you have any alternative queries regarding the county cup, please get in touch with us at Hertfordshire FA Competitions competitions@hertfordshirefa.com.



The “Order of Precedence” of appointments

9. APPOINTMENTS

- (a) Registered Referees shall not officiate in any Competition, which is not sanctioned, or match in which unaffiliated clubs compete.
- (b) The “Order of Precedence” of appointments, whether as a Referee or Assistant Referee shall be as follows:
 - (1) The FA Challenge Cup Competition and The FA Women’s Challenge Cup Competition (Fourth Round Proper onwards);
 - (2) The Premier League, WSL and The FA Women’s League Cup;
 - (3) EFL, Step 1, Step 2 List competitions and WCH;
 - (4) The FA Challenge Trophy Competition;
 - (5) The FA Challenge Vase Competition;
 - (6) Affiliated Association Cup Competitions;
 - (7) The FA Youth, FA County Youth Challenge Cup Competitions and The FA Women’s Challenge Cup (prior to Fourth Round Proper);
 - (8) Step 3/4 Leagues, the Women’s National League and Cup (Tier 3/4), Inter League Cup and FA Sunday Cup;
 - (9) Step 5/6 Leagues (including selected Step 7 divisions);
 - (10) Senior County Leagues (men’s game) and Regional Leagues (tier 5/6) (women’s game);
 - (11) Intermediate County League;
 - (12) County Junior Leagues (men’s and women’s); and
 - (13) All other competitions, including Youth Competitions.

** Affiliated Association appointments only take precedence over National League System, The FA Youth and FA County Youth Challenge Cup Competitions appointments if the appointment is in the Affiliated Association’s nominated Senior Cup Competition or in the Semi-final and/or Final of any other Affiliated Association Competition whether the appointment is as a Referee or an Assistant Referee.*

*** Fourth Officials where appointed do not form part of the Order of Precedence and usually do not take precedence over an active appointment.*

- (c) Referees must attend personal hearings when required to do so. At Step 3/4 Leagues or above Match Officials’ appointments already received, take precedence over requests to attend personal hearings. On receipt of notification of a personal hearing Referees must close the date with all appropriate competitions.
- (d) Where release from an appointment is required to enable a Referee to take a more senior appointment at least four days’ notice must be given to the relevant Affiliated Association or competition by the association or competition requesting the release. Where fewer than four days’ notice is given, The Association or Competition must obtain permission from the Affiliated Association or Competition for the Referee to be released.

Hertfordshire FA



- (e) Once The Association or an Affiliated Association has appointed a Match Official if, subsequently, the match is postponed, abandoned or results in a draw and the rearranged fixture is then scheduled to take place less than four complete days from the date of the original match, The Association or Affiliated Association appointment will take priority over any other appointment already accepted by the Referee from a competition lower in the order of precedence, unless The Association or Affiliated Association waive their right to the services of the match official so appointed.
- (f) “Fourth Officials” are appointed to certain rounds of FA Competitions, Premier League, EFL and National League matches and associated Competitions. The duties and responsibilities of the Fourth Official are detailed in the Laws of the Game and in the Competition Rules. Such appointments form part of the Order of Precedence within the Competitions listed above.
- (g) Reserve Assistant Referees may only be appointed in FA, Premier League and EFL Competitions, with the approval of The Association. They have no duties other than to replace an official who is unable to officiate.
- (h) With the exception of appointments made by The Association, Referees must obtain permission from their Parent Association (or County Association), or The Association in order to officiate in matches outside the United Kingdom.

League Referee Secretary's

Youth Leagues	Appointments	Officer	Email	Phone
Hertfordshire Girls Football Partnership League	Saturday	Adam Marsh	refsec.hgfpl@gmail.com	07852125745
Herts Youth League	Saturday	Andy Ellis	refs@hertsyouthleague.co.uk	07530612366
Mid Herts League	Both	Kate Melia	saturdayrefs@midherts.com	07769209699
Royston Crow Youth Football League	Sunday	Mark Howard	mark.howard50@yahoo.com	07790791949
Southern Counties Floodlit Youth League	Midweek	Dean Carney	that.caddington.ref@outlook.com	07460482266
Watford Friendly League	Sunday	David Huckle	dave.huckle4@gmail.com	07960933301
West Herts Youth League	Sunday	Adam Marsh	whylrefsec@gmail.com	07852125745
Saturday Adult Leagues	Appointments	Officer	Email	Mobile
Herts Senior County League	Saturday	Ben Lester	ben_lester@hotmail.co.uk	07742214371
Spartan South Midlands Football League	Saturday	Chris Geelan	c.geelan@ssmfl.co.uk	07414226047
Combined Counties League	Saturday	Geoff Knock	geoff.knock@btinternet.com	
Sunday Adult Leagues	Appointments	Officer	Email	Mobile
Bedfordshire & Hertfordshire County Women's Football League	Sunday	Adam Marsh		07852125745
Berkhamsted Sunday League	Sunday	Peter Hazel	pete.hazel@btinternet.com	07740537486
East Herts Corinthian League	Sunday	Mary Hickford	runcie2004@yahoo.co.uk	07795461644
East Herts Corinthian League	Sunday	Rikki Woolford	rikkiwoolford@hotmail.com	07967284926
Eastern Region Women's Football League	Sunday	Dean Carney	that.caddington.ref@outlook.com	07460482266
Hertfordshire 1961 Sunday Football League	Sunday	Paul Mott	paul.motty@googlemail.com	07748299775
Hitchin Sunday League	Sunday	Peter Parkins	peterparkins@msn.com	07780514003
Watford Sunday Football League	Sunday	Brian Stansell	bstansell@btinternet.com	07889513530
Weston Homes North West Essex Sunday League	Sunday	Navin Sood	navin.sood@rocketmail.com	07912523906

FA DBS County Applicant Guidance

Initiating a DBS check

Go to <https://myaccount.thefa.com/>, login, click on Safeguarding along the top. Then click on **START DBS**

1. A green signpost will appear saying DBS check initiated, an email with further details will be sent to you
2. You will receive an email from KnowYourPeople - Account Activation
3. Please read and follow the instruction provided to activate your account with your email and password
4. Once you have successfully activated this you can then logon using your email and password; you will be emailed a verification code which you will need to complete your login.

Initiating a DBS process; guidance on how to initiate this is also shown via this video

[DBS Guidance | 1c. Initiating a DBS as a Referee](#)

Complete the application process; guidance on how to complete this is shown via this video

[DBS Guidance | 2. Completing the application](#)

USING A PASSPORT, DRIVING LICENCE, AND BANK STATEMENT WORKS BEST.

Once you reach the payment stage you should select the 'Referee – Grass Roots Referee (u18)' role and the cost should automatically adjust to reflect the appropriate fee that match officials should be using.

If you see the below messages (images), you are required to arrange verification with a verifier

New DBS Application ● Awaiting ID Verification The DBS applicant has failed online digital ID verification. Offline verification is required by a verifier role from the organisation.	What happens next? Your application will be processed after you have taken your ID documents to your organisation to be verified. Your organisation will be informed once the application is complete.
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What happens next and/or support?

You should monitor your progress at; <https://myaccount.thefa.com/> and click on Safeguarding along the top then check New DBS Application.

Guidance & Useful Links: <https://help.fadv.com/s/thefa>

Telephone: 0115 969 4953

Email: support@knowyourpeople.co.uk

How much does it cost / how to pay?

Volunteer fee:	£11.00	to be paid to while completing the application
Non-volunteer fee:	£65.00	to be paid to while completing the application

Use of DBS Enhanced Disclosure information by The FA

By completing an online DBS Enhanced Disclosure application, the applicant is allowing The FA to have sight of any criminal record or non-conviction information that is held and released by the Police via the DBS process. This information may include outstanding prosecutions and relevant allegations of criminal behaviour. In line with the DVS Code of Practice, The FA may disclose this information to those involved in making a suitability decision. The FA may use this information to help decide on your suitability to be involved with children or vulnerable adults in football.

Hertfordshire FA DBS Verifiers

The following people support Hertfordshire FA if completing an offline verification service for referees and club welfare officers registered with Hertfordshire FA is required.

- The verification process only takes ten minutes, but you must make a face-to-face appointment
- Verifiers can only verify qualifying documents (which are listed in the Know Your People site where you register for a FA DBS certificate). They must be the original copy, not a photocopy of your documents.
- Other Organisations DBS certificates are not valid for football

Hertfordshire FA Staff – The County Ground, Letchworth Garden City

Chloe Tate

Chloe.Tate@hertfordshirefa.com

Chris Geldart

Chris.Geldart@hertfordshirefa.com

Emma Thomas

Emma.Thomas@hertfordshirefa.com

Owen Baker

Owen.Baker1@hertfordshirefa.com

Lilly Michael

Lilly.Michael@hertfordshirefa.com

Joseph Karram

Joseph.Karram@hertfordshirefa.com

Seb Hutchinson

Seb.Hutchinson@hertfordshirefa.com

William Hungerford

William.Hungerford@hertfordshirefa.com

From the Hertfordshire Girls Football Partnership League

Michelle Chandler chanfamm@aol.com

Referees only located in St Albans

From the Royston Crow League

Mandy Collings MandyCollings@rcyfl.co.uk

located in Stotfold

From the Watford Friendly League

Anna Hamilton-Watson childwelfare@harpendingcolts.com

located in Harpenden

Chris Armond chairman@berkhamstedraiders.com

Referees only located in Tring,
Hemel Hempstead, Berkhamsted

Clare Biddle secretary@knebworthfc.co.uk

Located in Knebworth,
Stevenage areas

Emma Tucker broadhallyouthcwo@gmail.com

located in Stevenage

Heather Fish cgcwelfare@gmail.com

located in Rickmansworth, Watford,
Croxley, Chorleywood areas

Lisa Tollervey l.tollervey@icloud.com

located in Letchworth Garden City

Supplementary Guidance Note on Offensive / Abusive Language involving discriminatory comments

If a Match Official witnesses an offence

If a Match Official hears any offensive or abusive comments which include any reference to race, ethnic origin, colour, nationality, religion or belief, gender, sexual orientation or disability they must:

- Dismiss the offending player or technical area occupant from the field in accordance with Law 12.
- Make full notes of the exact words used as soon as possible. This includes the next stoppage in play.
- Complete full notes of the incident immediately after the match (i.e. prior to leaving the changing room).
- The notes should be retained by all the Match Officials.
- As well as submitting an Extraordinary Incident match report, the Referee should immediately inform their referee appointments officer.

If a Match Official is made aware of an alleged offence

If a Match Official is made aware of allegations or hears comments from participants or non- participants relating to comments involving race, ethnic origin, colour, nationality, religion or belief, gender, sexual orientation or disability they must:

- Make full notes of any discussions as soon as possible. This includes the next stoppage in play. The Football Association encourages players to report any such incidents to the Match Officials as soon as possible. Match Officials may become aware of incidents which they themselves have not witnessed during the course of a game. If this occurs the Referee should ensure that full notes of the incident are made at the time. Again, this may involve discussions with other members of the refereeing team.
- *Shortly after the conclusion of the game the referee should then (subject to the note below) invite the person who made the allegation, accompanied by a member of their club, into the referee's changing room. The referee should confirm with the player the exact words used in the allegation so that there is certainty on exactly what is being reported. The referee should ensure that there is an appropriate environment in the changing room for a discussion of this importance.*
- *Following this meeting the referee should then invite the person who is the subject of the allegation, again accompanied by a member of their club, into the changing room. The referee should advise this player of the nature of the allegation. If the player makes any comments these should be recorded. Again, the referee should ensure that there is an appropriate environment in the changing room.*

If an incident occurs and the match officials do not feel suitable security infrastructure is in place we would not expect the referee to put themselves in a position which may impact on their safety.

Therefore the sections in red, although ideal, may not be appropriate or advised.

Fundamentally it is important that (a) the referee does not defer responsibility for taking notes regarding the incident until the end of the game; it must be recorded then and (b) you submit an Extraordinary Incident report following the game, irrespective of whether the discriminatory language/behaviour was heard by the referee or reported to the referee.

It is also important that when a Match Official has been made aware of an allegation of discriminatory behaviour that they have not heard themselves, they should also observe and include in their report the behaviours of all involved.

If a Match Official is advised of an allegation after the match

Where a Match Official is advised of an allegation after the match they should ensure that full notes of the allegation are made prior to leaving the changing room.

- The notes should include timings and as be as accurate as possible including reported speech
- The notes should document all participants in attendance at the meeting or meetings
- The notes should be retained by the Match Officials
- As well as submitting an extraordinary match report the Referee should immediately
- inform their referee appointments officer
- Match officials are strongly advised not to make any comments to the media regarding any aspect of an allegation of this nature.

Post-Match Reporting

It is incumbent upon the match referee to report any discriminatory behaviour as part of their misconduct reporting process following the game.

Any offence which has been heard, seen or any allegation made (irrespective of its origins) must be reported as an Extraordinary Incident following the game.



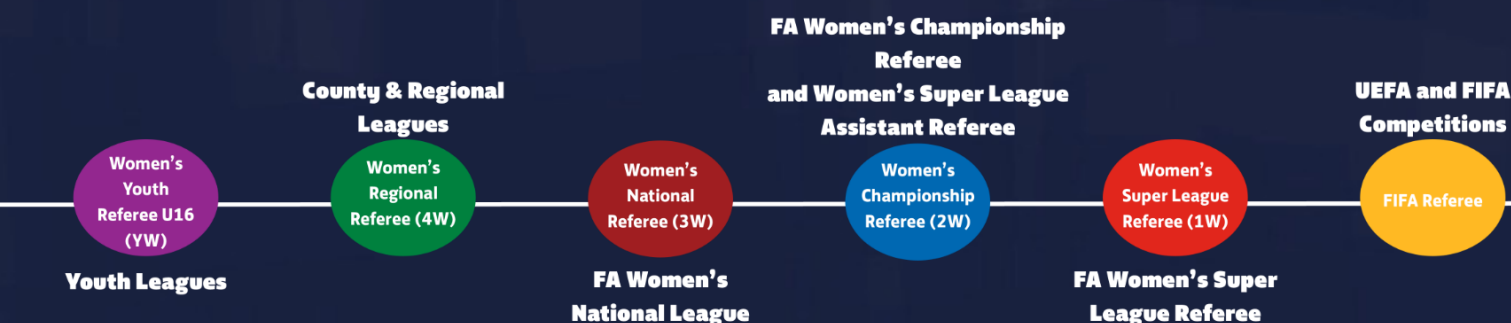
FOR ALL

MEN'S GAME REFEREE PATHWAY



FOR ALL

WOMEN'S GAME PATHWAY



Hertfordshire FA Referee Progression Pathway

Want to progress on the grassroots referee pathway?

Opportunities are available to referees to enter the promotion scheme in order to progress to the next level of the game and beyond.

The FA Regulation

Referees must apply for promotion in writing to their Parent Association should they wish to be considered for promotion. The Parent Association may charge promotion candidates an administration fee (the sum to be determined from time to time by The Association); the administration fee will be refunded to a candidate who completes the promotion process, regardless of whether or not they are promoted.

All selections must be made as part of a quarterly review process taking place on 31st October, 31st December, 28th February, 31st May each year.

To be apply for promotion on your current level please can in touch with your FAN, name, and date of birth by writing to referees@hertfordshirefa.com.

All promotion candidates will receive a FA Competition nomination.

Level 5 to 4 Nomination Criteria

- Be a Level 5 Referee as of the 1st July and have applied for progression by the 30th June or as of the 1st of January and have applied for progression by the 9th January
- Referee a minimum of 15 open age matches seasonally or annually
- Complete a minimum of 15 Assistant Referee appointments seasonally or annually
- Successfully complete a fitness test during the period 1st June 2025 to 20th September or 1st December to 28th February
- Have received 4 observations via the County FA during the period 1st July to 31st May or 1st January to 31st December and achieve an average observation mark of 71.5
- Attend a Level 5 to 4 national face-to-face development day hosted by The FA
- Complete The FA Refereeing 5-4 Promotion Induction Module
- Complete online CPD modules via the LMS platform by the end of the release month
- Complete Laws of the Game tests via the LMS platform by the end of the release month

Level Y1 to Y2, Y2 to 7, 7 to 6, and 6 to 5 Promotion Criteria

- Level 6 Level 6 must referee 25 adult games
- Level 6 officials must Assistant Referee a minimum of 5 games
- Level 6 officials must complete 3 progression CPD events
- Level 7 officials must referee 25 games, a minimum of 10 games in open age football to meet the requirements of the progression pathway
- Level 7 officials must Assistant Referee a minimum of 5 games
- Level 7 officials must complete 2 progression CPD events
- Level Youth 1 officials must referee 20 games (U14 and below)
- Have received 2 Match Day Coaches via the County FA
- Pass a Laws of the Game examination

Hertfordshire FA Observer Scheme Appeals Process

A robust, transparent and equitable appeals mechanism is a critical part of any observer scheme, ensuring both the integrity of the observation process and Match officials are asked to take note of the appeal mechanism as described below.

Appeal Criteria for level 5 to 4 & 4w to 3w

There are two criteria under which a match official may appeal an observer report:

1. The observer is incorrect in Law.
2. The written text does not significantly reflect the mark awarded.

In order for appeals to be accepted, match officials must:

1. Submit the appeal within 7 days of the observer report being submitted to Joe Karram Joseph.Karram@hertfordshirefa.com
2. Be specific and detailed as to which criteria the appeal relates, providing sufficient supporting narrative to assist the appeal.

All appeals will be acknowledged with the match official and observer within 24 hours. The Match Observer is not involved in any part of the appeal process. Appeal outcomes will be communicated within 10 days of receipt of the appeal. The initial communication will be via email, but match officials will also have the opportunity for a one-to-one follow-up call for further explanation and consideration upon request. Where the outcome has decided to amend the mark originally awarded by the observer, the change will be made, and a new report will be delivered to you.

Use of Match Footage

Whilst match footage is not generally permitted as part of the independent appeals process, it may be used in exceptional circumstances to support appeals where the match observer is considered to have made a clear, obvious or factual error in relation to a match changing situation. For this purpose, only official club footage will be considered. By way of reminder, match changing situations are limited to:

- Penalty kick/no penalty kick
- Sending off (including the issuing of a second yellow card)
- Mistaken player identity (sending off or second yellow card)
- Goal/no goal decision – where the referee has been required to make a meaningful decision

Void Reports

Where an observer report is submitted that is considered to fall seriously short of the quality required to maintain the integrity of the scheme or is impacted by other factors that may call into question the scheme's credibility, consideration will be given to voiding the report. In such cases, with the agreement of the Football Development Officer (Referees), the report will be removed from all considerations. In all cases where reports are voided on quality judgement, additional guidance will be provided to the respective match observer.

The decision of all appeals and void report outcomes is final.

Thunderstorm Guidance for Grassroots Football

26 February 2024

Purpose

The purpose of this guidance is to set out the steps that should be taken in the event of a thunderstorm to protect the safety of participants in grassroots football.

This document does not purport to provide guidance on thunderstorm safety outside the context of grassroots football. When assessing whether weather is unsafe and/or what to do, participants should always refer to the latest Met Office guidance: see <https://www.metoffice.gov.uk/> and <https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/health-wellbeing/stay-safe-in-thunder-and-lightning>.

Scope

This document applies to all participants in grassroots football and applies at all times and in respect of any relevant outdoor activity, including training and matches.

Planning

It is the responsibility of all participants to regularly check weather forecasts prior to a match and/or training.

It is the primary responsibility of the home team to consider possible contingency plans in the event of the weather becoming unsafe, e.g. could the activity take place in a safe indoor location?

It is the primary responsibility of the home team to consider whether there is an area where people could safely shelter in the event of unsafe weather (e.g. a safe indoor location).

Responsibility

It is the responsibility of the match official to determine whether a fixture should be postponed, cancelled or abandoned due to a thunderstorm. This decision should, where possible, be taken in consultation with the two teams and discussed prior to kick-off.

In the case of training or other relevant activities, it is the responsibility of the person with overall authority to organise and run the event to decide whether to postpone, cancel or abandon the session (e.g. the manager or coach).

When to postpone, cancel or abandon?

Where it is considered likely that the weather will make an event unsafe (e.g. through thunder and lightning, or extreme winds and rain), the activity should be postponed and/or cancelled.

If the weather becomes unsafe after an activity has begun, the activity should be postponed and/or abandoned and all participants should seek shelter (e.g. in a safe indoor location) until the weather has become safe.

Weather conditions must also be considered when participants are leaving an activity.

Where possible, decisions to postpone or cancel should be taken at the earliest opportunity so as to limit the impact on participants.

Any decision to postpone, cancel or abandon should be taken with the safety of participants being the top priority.

Consequences of postponement, cancellation and/or abandonment

In the event that a fixture is cancelled or abandoned due to a thunderstorm, the consequences of this shall be dealt with in accordance with the applicable competition rules.

In the event that a fixture or other activity is postponed and resumes upon the weather becoming safe, the match official and/or person with overall responsibility to organise and run the event should assess the safety of the pitch, as debris or rain may mean it is unplayable.

Emergency

If someone is hit by lightning, call emergency services / 999.

Before approaching to help, please check that there is no further danger to yourself or the casualty.

It is safe to touch someone who has been struck by lightning and provide them with First Aid.

You may need to move them to a safer area out of the storm if lightning strike is still a risk.

Check to see if there are signs of life as soon as possible and if the person is not breathing normally, start cardiopulmonary resuscitation (CPR), apply an automated external defibrillator as soon as possible and continue until help arrives.

Disclaimer

This document does not purport to provide advice on health and safety issues and The FA accepts no liability in this regard.

Participants should at all times follow the applicable government guidance (see link above) to ensure their safety in the event of a thunderstorm.

SIN BINS

Temporary Dismissals - otherwise known as 'sin bins' - are mandatory for acts of dissent across all of grassroots football.

HOW DO YOU FIND YOURSELF IN THE SIN BIN?



Players will only go into the sin bin for dissent cautions



For use of words, gestures, questioning or undermining the referee's decisions



EXAMPLES OF DISSENT:

Shouting at the referee, questioning the referee's ability, slamming the ball into the ground and sarcastically clapping a decision

DURATION OF A SIN BIN



For matches of 90 minutes, players spend 10 minutes in the sin bin



For matches of all other lengths, players spend 8 minutes in the sin bin



If the sin bin period has not expired at the end of:
1st half: Continues into the 2nd half
2nd half: Continues into extra time
Extra time: Players can participate in the penalty shoot out

THE MATCH DAY PROCESS



Dissent



Dissent caution: Referee issues a Yellow Card and directs the player to the touchline



Whilst in the sin bin, if the player commits a Yellow or Red Card offence they are sent off and can not be substituted



A player can only return to the field of play with the referee's permission at a stoppage in play



If a player receives a second Yellow Card for any type of offence, they will be shown a Red Card and dismissed from the field of play

Sin bins only apply to a player's first Yellow Card. If they receive a second Yellow Card they are dismissed from the field of play.

Offensive, insulting or abusive language and/or actions is still a Red Card offence!

FA REFEREEING MENTAL HEALTH CHAMPIONS



WHO ARE THE MENTAL HEALTH CHAMPIONS?



Mental health champions are volunteers from across the refereeing community who provide a supportive, empathetic and non-judgemental listening space for match officials who may be experiencing pressing worries or concerns.

The champions provide a safe and confidential environment for all referees to explore their thoughts and feelings and if required help you find professional support.

HOW DO I CONTACT A MHC?

Scan the QR code or complete the short [form](#) so that a champion can reach out at a time that works for you both. All information will be kept securely and confidentially*.



If you would prefer to use email to request support please email, refereeingmhchampions@thefa.com.

WHO SHOULD I CONTACT IF I NEED IMMEDIATE SUPPORT?



This scheme is not suitable for people needing urgent support or experiencing a mental health crisis. In case of an emergency please reach out to the following organisations.

- ♦ Samaritans. Phone 116 123
- ♦ Shout. Text 'SHOUT' to 85258
- ♦ NHS. 111 or 999.

I AM U18 WHO CAN I CONTACT?

If you are aged under 18, please call 0800 111 to talk to Childline (please note that for safeguarding reasons, the FA Refereeing Mental Health Champions can only support colleagues aged 18 or above).

*In rare cases, we will need to break confidentiality if we feel you are at risk of harm to yourself or others.



The Football Association's commitment to support Match Officials who are victims of abuse, threatening behaviour, physical contact or assault.

We understand that incidents of abuse, threatening behaviour, physical contact or assault (attempted or actual) can affect an individual's mental health, sense of well-being and have wide ranging negative impacts not only on that individual, but on others around them.

We are incredibly sorry that you have been the victim of such an offence. No Match Official should be in fear that they could be a victim of such behaviour. We will support you and we will thoroughly investigate any allegations and wherever possible, raise charges against those who commit such offences.

In recognition of the potential impact on Match Officials who are victims of abuse, threatening behaviour, physical contact or assault (attempted or actual), the FA partner with Sporting Chance to offer support.

In addition to this provision of support to you, we are investigating the allegation that has been made as per the appropriate FA Rules.

The Support Available

This offering, which will be delivered by Sporting Chance, offers you mental health and emotional well-being services. Sporting Chance operate through a national network of therapists, counsellors, and psychiatrists. The preferred method of support is face-to-face meetings/counselling, located within 45-minutes travel of where you live. However, in cases where this is not possible the support can be delivered via virtual platforms.

Your therapist will be qualified and experienced in supporting you to deal with the impact of abuse, threatening behaviour, physical contact or assault (attempted or actual).

Although there is rarely a one-size-fits-all approach, the general outline of the support will be as follows:

- You will have access to between one and six counselling sessions, with extra sessions considered on an exceptional basis.
- The sessions will begin with an assessment of how the incident has affected you, followed by a confidential and safe talking space with a skilled therapist.
- The session will then focus on assisting you in contextualising the incident in the context of your broader life.
- This will be followed by teaching on self-care.

Whilst you are receiving this offer as the investigation into the incident/s commences, this will not be the only time the support is offered. The County FA will again offer this support when the disciplinary matter concludes but should you feel this support would be beneficial retrospectively you remain eligible to access the offer.

The treatment episode is a specific intervention intended to offer targeted support and a space for learning for the individual directly affected. As such, one intervention (of up to six sessions) will be offered in any rolling 12-month period.

If it would be helpful to speak with someone to better understand the offer or you would like to access this support, then please call 07780 008877 between 9am and 5pm on a weekday. Alternatively, you can email support@sportingchanceclinic.com or your County FA will gladly talk through and explain the support on offer.

'THE MENTAL HEALTH PEOPLE FOR PROFESSIONAL SPORTSPEOPLE'

Honorary Life President: **Tony Adams** MBE.

Patrons: **Sir Elton John, Kate Hoey MP, Lee Dixon, Tony Smith, Sir AP McCoy, Dame Kelly Holmes**

The Sporting Chance Clinic is a registered charity in England and Wales. Charity No.1085817.

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Hertfordshire FA Referees Contact Details

The County Ground
Letchworth Garden City
Hertfordshire
SG6 2EN
Hertfordshire FA Referees referees@hertfordshirefa.com

County Cup Appointment Leads

Chris Geelan
Appointments lead for the Saturday
Competitions
Email: christopher.geelan@outlook.com

Peter Parkins
Appointments lead for the Sunday
Competitions
Email: peter.j.j.parkins@outlook.com

Frank Van Der Wens
Appointments lead for the Boys
Competitions.
Email: frank.vanderwens@outlook.com

Adam Marsh
Appointments lead for the Women & Girls
Competitions
Email: adam.m.marsh@outlook.com

Hertfordshire FA Referees Recruitment, Retention & Development Committee

Ian Corner (Chair)
Richard Dowden (Secretary)
Andrew Braithwaite
Charlie Willson
Colin Sherwood
Russell Jones

Hertfordshire FA Staff

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