

AdABL Newsletter – Nov. & Dec 2025

Dear Referees, here we go again for another edition of our Newsletter! On this edition we ask you to please take some time to read the **informations about your availabilities for the games & the Social Media Guidelines**. And as the end of the year comes fast, safe the dates for the Mid-Season clinics.

Social Media Guidelines

To protect neutrality and professionalism, all referees and commissioners are reminded of the following rules when using social media:

- Social media is a great tool to promote basketball, but **use common sense** when posting.
- **Do not post or comment about clubs**, national teams, the federation, or other basketball organizations to avoid any suspicion of bias.
- **You are responsible** for what you publish. Consider how your message may affect fellow referees.
- **Posts are permanent!** Even deleted messages may already have been seen or saved.
- The public **associates you with AdABL and the referee community**, even on personal accounts, so your words may appear as representing the organization.

Always think before posting and choose your content and images carefully, whether during the season, on- or off-court.

i Information about Nominations & Availabilities

Nominations always come 10 days prior the following Weekends and include the Gameday Weekend **& the following week until Friday!**

IMPORTANT: Don't forget to add your unavailabilities or add your available Weekdays on time.

Deadline LBBL Referees: Monday before the following Weekend

Non-LBBL Referees: Tuesday prior the following Weekend.

If you cannot attend a game:

1 or more Days before the game

MAIL: org@flbb.lu

With following informations:

GAME NUMBER - DATE - TIME - PLACE

Less than 4h before the Game

NO SMS / WhatsApp

Phone Call +352 661 48 18 76



Save the Dates!



Mid-Season Clinics

- **05/01/2026 18h30-21h00** - Mid-Season Clinics for **LBBL Elite Group – Coque Amphitheatre**
- **11/01/2026 08h00-12h00** - Mid-Season Clinics for **LBBL Elite Group - Heffingen (E-Test & Practical Test) + IOT & 3PO**
- **24/01/2026 09h00-12h00** - Mid-Season Clinics for **All Referees – Coque Amphitheatre + Gymnase: Basketball Knowledge with Ken Diederich (Elite Group from 10h00)**

Information - Payment of referees

When there is **no official of the club present in the gym** to pay you or there is no cash available.

Please send your **signed bill to org@flbb.lu** in order to guarantee your payment.

A payment via Payconiq is up to your choice.



Interested in Wheelchair Basketball Refereeing?

We are want to organize a Wheelchair Basketball Referee Training Course.

The plan is to organize a session with an experienced instructor from Germany.

If you are interested in joining or want more information, please contact **Julien Malané**.

Your feedback will help us decide and plan the training and **you could travel with Luxrollers and will be able to officiate games in Germany for example.**



⏮ Flashback - Workshop with S. Altfeld

Our workshop with Sebastian Altfeld was a great success!

Interactive, eye-opening, and full of practical tools.

Our Elite & Selected referees learned how **emotions arise automatically**, how to manage our own **“monkey mind”** and **how to stay calm and focused** when pressure rises.

Sebastian guided us through key topics such as:

- Performing under pressure and recovering from mistakes
- Better decision-making tools for the court
- Conflict management using the Onion Model
- Mental cool-down techniques to close a game and reset properly

A big thank you to everyone who joined and contributed strong minds make strong referees!



Thanks again for being a part of
the AdABL community.

Warm regards,

The AdABL Committee



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Instagram: [luxadabl](https://www.instagram.com/luxadabl)