



Level 2 Referee

PRE-COURSE GUIDE

REFEREE FITNESS

A. The Foundations of Good Fitness

1) Physical Fitness

- a) Referees fitness is Running
- b) Running for touch Referees is in the main an Aerobic exercise. This means running with the use of oxygen.

2) Energy Systems

The human body has three energy systems. The Referee uses all three systems.

The Energy Systems are:

a) **The Aerobic System**

This system uses oxygen as main fuel source. This allows the Referee to run for long periods without tiring e.g. 30 minutes. Training runs of 20 minutes or more are required to increase the efficiency of the Aerobic System. This system is used for approximately 80% of a Touch match.

b) **The Anaerobic Lactic System**

This system does not require oxygen. It uses carbohydrates only as fuel. During the activity lactic acid is produced by the body, which causes the performance to decrease. This system will only allow the Referee to run for between 10 seconds and 2 minutes. This system is used for approximately 8% of a Touch match.

c) **The Anaerobic Alactic System**

This system does not require oxygen. It uses the energy stored in the body cells (mainly in the muscles). As a consequence this system will only last for a short period of time and will only allow the Referee to run for up to 10 seconds. This system is used for approximately 12% of a Touch match.

Each system will require a separate training routine however it is not until a **sound aerobic base** is formed that the anaerobic systems can be trained and improved. This sound aerobic base will maximize the ability of the Referee to recover following the use of the anaerobic systems.

A sound aerobic base will assist the human body to resist fatigue

3) The Brain

Increased levels of fitness will mean more oxygen transported to working muscles and the brain via the blood stream. Therefore an unfit Referee will not have a clear mind when faced with high physical demands and as a consequence will not be able to think clearly to **make the best decisions**.

4) Fitness Goal Setting

Fitness levels are personal and will be influenced by the level of competition the Referee is striving toward.

As the Referee advances toward higher levels of competition more time will need to be devoted to physical conditioning and preparation. A 12 month training program is considered both necessary and the norm for a Referee striving to excel in National/International competitions.

B. A BASIC FITNESS PROGRAM

To enable the Referee to achieve the minimum performance levels in the field of play it will be necessary for the Referee to adopt a fitness programme. The programme would incorporate;

1) Pre Season (Foundation Phase)

- a) A period of between 6-8 weeks minimum training (running for the Referee) is required for a fitness program to be effective. Concentration on the aerobic system over this period will increase aerobic efficiency and build endurance.

The general principles of pre season training are;

- (i) Train (run) a minimum of three (3) times per week for a period of six (6) to eight (8) weeks.
- (ii) Train (run) for a period of thirty (30) minutes or longer to increase aerobic efficiency.
- (iii) Train (run) at 70% intensity. **Train but do not Strain.**
- (iv) Continue this approach progressively until you are able to train (run) for a period of one (1) hour or longer. At this point a reasonably efficient aerobic base has been formed. Some interval and speed work training can now be introduced in preparation for the Touch season e.g. anaerobic training.

2) During the Season (Competition Phase)

- a) Training must be done in relation to the commitments a Referee may have with matches.
- b) Try to train once or twice a week for at least 45 minutes to maintain your aerobic efficiency. It is vital that the aerobic system does not deteriorate as the Touch season unfolds.
- c) Practice match skills such as whistle, signals, running techniques, shuttles, and carry out agility to maintain sharpness. Carry out and specialized training to increase speed.

3) Off Season

- a) Rest/relax.
- b) Allow any problems/injuries to heal. Seek medical advice where necessary.
- c) Carry out gym work to improve leg strength.
- d) Participate in a different sport/activity. Try to maintain a reasonable aerobic base.
- e) Review Touch rules, Technical publications and course information in preparation for the following season.
- f) Plan ahead for the next season. Set and re assess if necessary you're personal goals and your personal training programme.

C. THE WARM UP

1) Pre Match Warm Up

Warm ups should be carried out 15 - 20 minutes prior to a match.

a) Why should the Referee warm up?

- (i) To increase the Blood Supply to the muscles therefore increasing muscle heat which improves flexibility and reduces risk of injury to the muscle?

b) How should the Referee warm up?

- (i) Run for approximately 5 - 10 minutes at easy pace to increase the breathing rate and therefore the heart rate.
- (ii) Adjust to the conditions to keep warm (wear a tracksuit if it is cold).
- (iii) Carry out a Stretching routine - never stretch prior to a warm up routine.
- (iv) A warm up including a stretching routine should take place as close as possible to the commencement of the match. This is a good time to carry out field inspection and cone/marker placement.

2) Stretching

a) **The benefits of stretching are;**

- i) To help prevent muscle injury.
- ii) To help prevent muscle soreness.

b) **Key areas requiring stretching are;**

- i) Ankles and Achilles tendons.
- ii) Calves and hamstrings.
- iii) Quadriceps, hips and groins.

Whilst emphasis is placed on the legs the upper body should not be ignored.

c) **Basic rules for stretching are;**

- The stretching routine should take **10 - 15 minutes**.
- ii) **Stretch gently**, do not bounce or jerk.
- iii) Stretching should have a tight feeling but **not be painful**.
- iv) Each stretching position should be held for at **least 30 seconds**.
- v) Stretching routines should be carried out both **before and after** competition.

3) Post Match

Following the match a cool down should be carried out consisting of a short run and a gentle routine of stretching exercises. This will aid the Referee by helping remove lactic acid and therefore helping eliminate muscle soreness.

The warm down is especially beneficial when the Referee has long intervals between matches e.g. in a tournament situation.

NUTRITION

1) The Diet

- a) Good nutrition forms the Foundation for physical performances.
- b) A Balanced diet is required.

2) Digestion

- a) After a heavy meal food digestion can take up to 1/3 of our blood supply therefore reducing blood available to our muscles which require that blood for oxygen and glycogen supply.

So if the Referee eats food that takes 3 hours to digest and it is consumed 1 hour before a match the Referee will not have their normal amount of energy supply available and therefore will not be able to perform to their best.

- b) Some foods are recommended in preference to others in that the digestion time for certain foods is much less than that of others e.g.

"fresh fruit takes 1-2 hours to digest"

Whereas food containing a large degree of fat/oil will take much longer and should be avoided.

3) Water

- a) A lack of water will cause Dehydration which will impair performance.
- b) When you feel Thirsty you are dehydrated and it is now too late to reverse the affect.
- c) To avoid dehydration consume water at Regular Intervals and in small quantities. Ensure you have your water bottle at all matches and consume water even if you do not feel thirsty.

TEAM COMPOSITION

1) Number of Players

A team consists of a maximum of Fourteen players, no more than Six of who are permitted on the field at any time.

2) Mixed Team Composition

In mixed competitions;

- a) The maximum number of male players permitted in the field by any one team is Three (3).
- b) The minimum number of male players permitted in the field by any one team is One (1).
- c) Male players may interchange with female players provided the allowable Mixed Ratio is maintained.
- d) During Extra Time the allowable mixed ratio continues .

3) Key Points

- a) A team to commence play and continue for the duration of the match must **not have less than four** (4) players.
- b) If a mixed team cannot comply with the allowable mixed ratio **because of injuries caused** during the match, the male/female ratio can be varied at the discretion of the Referee provided both team captains are consulted and that they agree.
- c) If a team plays with **more than six (6) players or exceeds the allowable mixed ratio** the advantage rule should be applied by allowing the non offending team if they are in possession of the ball to continue until the next dead ball or stoppage.

Ruling;

A penalty is awarded to the non offending team at the position of the ball at the time the offence is first identified.

SUBSTITUTION

1) Key Points

- a) Substitutes are not permitted to voluntarily remain off the field.
- b) Substitution procedures shall not delay or hinder play.
- c) At any time that the ball is dead players may interchange at will and do not have to wait for substitutes to arrive at the substitution box.
- d) Players must enter play from an onside position.
- e) Players may use the full length and width of the substitution box. Interchanging players do not have to make physical contact.
- f) If players do not use the interchange procedure correctly the advantage rule should be applied by allowing the non offending team if they are in possession of the ball to continue until the next dead ball or stoppage.

Ruling:

A Penalty should be awarded 5m in-field from where the subbed player left the field or substituting player entered the field, whichever is the greater advantage to the non-offending team.

2) Role of the Referee

The sideline Referee **must communicate** with substitutions to ensure the correct player numbers and mixed ratios are adhered to in the field and that proper interchange procedures are followed.

Prior to any Penalty being awarded the Referee would have applied the following:

- communication to correct any problem.
- verbal warning to the offending player/captain.
- penalise the offending team.
- sin bin the offending player should the offence re-occur.
- send the offending player from the field for the remainder of the match.

COMMENCEMENT AND RECOMMENCEMENT OF THE MATCH

1) The Toss

- a) Team captains are to toss a coin under the supervision of the Referee. Usually the host team captain will toss the coin whilst the visiting captain will make the call.
- b) The winning captains' team **will receive possession** for the commencement of the first half and the captain will then have a choice of:
 - i) Direction for the first half.
 - ii) Substitution Box for the duration of the match.

The loser of the toss has no choice.

- c) Prior to the recommencement of play after half time, teams shall change direction and the team that lost the toss shall recommence play with a tap at the centre of halfway.

It is important for the Referee to supervise the toss to ensure that the Captain winning the toss receives all of their options

2) Match Duration and Full Time

- a) The match is ended at the expiry of **Full Time** and when the ball next becomes **Dead**.
- b) Should a **Penalty** be awarded during this period following expiry of full time, then it is to be taken.
- c) If a Penalty is taken following the expiry of full time, the match ends at the next touch or dead ball.

3) **Key Points**

- a) The Referee is to **encourage fair play** at all times and insist that the ball be returned to the mark without delay, however the Referee must also instil confidence into the players that they will not be disadvantaged by this action and no unfair advantage will be given to the attacking team. The Referee will commence play only after reasonable time has been allowed for teams to complete interchange procedures and ample warning given to players/teams that attempt to delay play.
- b) Following the awarding of a touchdown or the awarding of a penalty the ball **must be returned** to the mark without delay.
 - i) If, following the awarding of a touchdown there is a delay in the returning of the ball and it is caused by the team that has just scored the following ruling applies;

Ruling:

A penalty is awarded to the non offending team (which is the defending team) ten (10) metres forward of the centre of halfway.

- ii) If the delay is caused by the defending team the following ruling will apply;

Ruling:

A penalty is awarded to the non offending team (which is the team that has just scored) at the centre of halfway.