



**Level 2 Refereen Course
Pre-Course Questionnaire**

Complete all questions on this paper. Make sure these are done before you attend the course and bring the paper with you.

PART A – LEVEL 1 KNOWLEDGE

A1. What are the dimensions of a Touch pitch?

A2. What is the recommended size of a Touch ball?

A3. According to FIT rules, how long is a match?

2 x _____ minutes halves with a _____ minutes interval at half time

A4. Which referee should mark a try on the scorecard?

A5. If a player steps over the sideline, what would your ruling be and where would the mark be?

PART B – TEAM COMPOSITION & SUBSTITUTION

B1. How many players are in a touch team?

B2. What is the allowable ratio for a mixed team in six a side competition (out of drop off)?

B3. If a penalty is awarded for 7 on the pitch, where is the mark for the tap?

B4. When can a substitute leave the interchange zone to enter play?

PART C – FITNESS & NUTRITION

C1. What is Referee fitness is mainly about what form of activity?

C2. Running for touch Referees is in the main an _____ exercise. This means running with the use of oxygen.

C3. The foundation phase consists of running aerobically for a period of how many weeks?

C4. For the Referee to maintain their aerobic fitness level during the season, it will be necessary to run aerobically once or twice a week for a period of how many minutes?

C5. What type of diet is required to form a good foundation for physical performances?

C6. What is the name given to the condition you are in when your body has a lack of water? How does the body make you feel when you are in this condition?

C7. How often should you drink (water!) to prevent this condition from arising?

PART D – WARM UP

D1. Why should the referee warm up?

D2. Before stretching, the referee should do what?

D3. What are the two main benefits of stretching?

D4. A post match cool down stretching routine will do what?

PART E – COMMENCEMENT & RE-COMMENCEMENT OF MATCH

E1. Why is it important for the referee to supervise the toss?

E2. What does the captain winning the toss get?

E3. When does the match end?

E4. What should you do when you call a penalty in the last play of the match?

END OF PRE-COURSE QUESTIONNAIRE