

What do expect from the Referees?

“Reading the game” –
General expectations from the
referees



EHF Competence Academy & Network

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REQUIREMENTS

- You have been knowing for a long time now what we expect from you in the said matters:
 - Physical conditions
(cooper test/shuttle run test)
 - Theoretical knowledge
(IHF Playing Rules, EHF Regulations)
 - Language knowledge (English)
(Ability to communicate in this language)
- In more details:



- **Sportsmanlike body shape**
- **Physical fitness**
- **Running pathways (the way to move)**
- **Clear hand signals**
- **Clear whistle signals**
- **Neutrality**
- **Knowing the rules of the game**
- **Ability to use the rules in complex situations**



- **Behave in a presentable and gentle way inside and outside the court**
- **Be able to communicate in different ways**
- **Self-confidence**
- **Self-control, respect, also under stress**
- **Team-spirit (Referee couple system – not two referee system)**



Knowledge of the Rules

- Knowledge of the rules is the basis
- It is a must to understand the rules
- The right use of the rules makes the difference



„THE RESPONSIBILITY OF THE REFERES DURING THE MATCH FROM THE PERSPECTIVE OF THEORY AND PRACTICE “

- ✓ REFEREEING THE MATCH IN ACCORDANCE WITH THE RULES OF THE GAME,
- ✓ AS MUCH AS POSSIBLE LESS TO INTERFERE IN THE DYNAMICS OF THE GAME AND NOT TRY TO BE IN THE CENTER OF ATTENTION,
- ✓ CREATE FAVOURABLE ATMOSFERE DURING THE GAME AND THEREBY CONTRIBUTE TO A BEAUTIFUL SPORT EVENT,
- ✓ AROUSE „PEACE“ IN THE PLAYERS.



- What do we usually expect from the referees?
 - Formal factors:
 - Early arrival to the venue and a determined approach to the match preparation (introduction and handshake, warm up, checking the match conditions...);
 - Presenting a positive personality and the ability to communicate;
 - Keeping away from the contact with people involved prior to the match (representatives from the club, coaches, players, managers);





REFEREES :

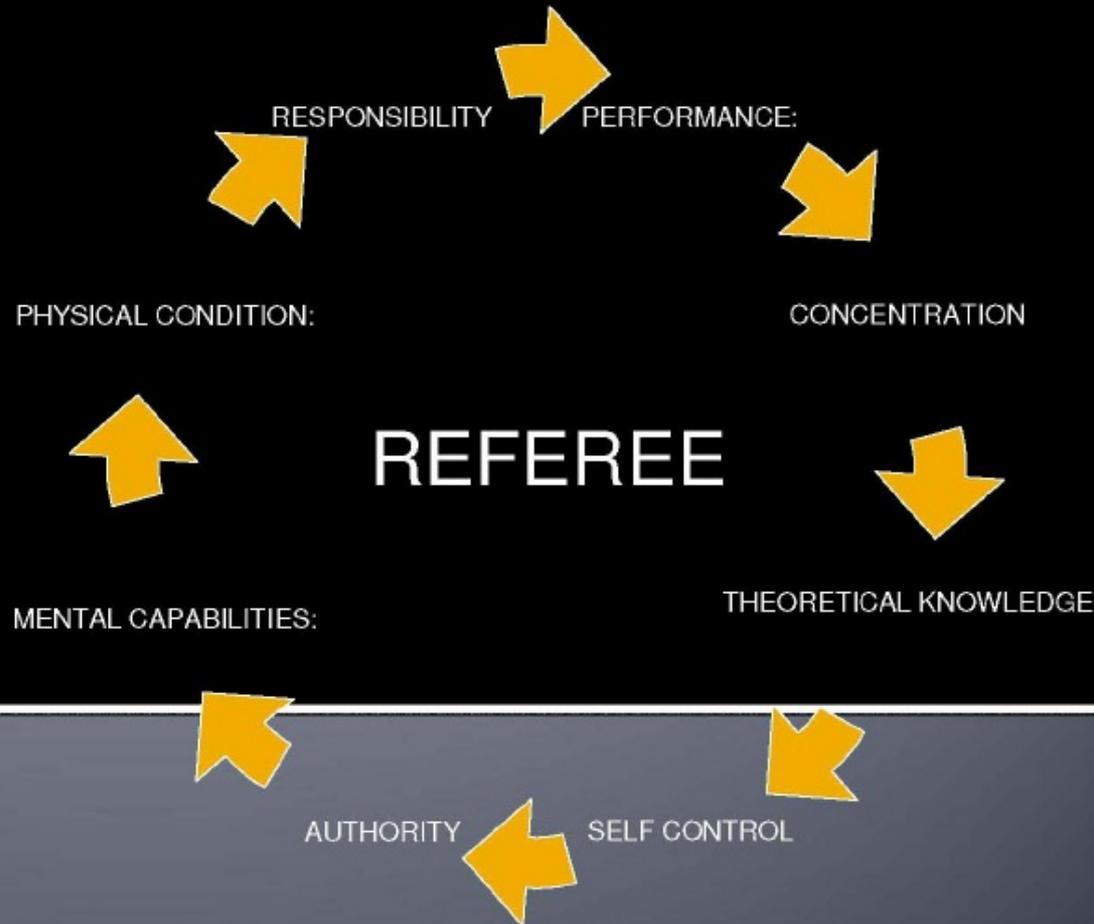
For the duration of 60 eventful minutes, referees are making decisions that directly affect players', coaches', clubs', and national teams' destinies in the blink of an eye.

For the referee is important:

-Theoretical Knowledge

- Mental capabilities

-Physical condition





RESPONSIBILITY :

Handball referees have a lot of responsibility. They are not only responsible for conducting matches in accordance with the Rules of the Game but also play a big part in the game themselves.

- Integrity,
- Prudence,
- Composure
- Good physical fitness



FINAL RESULT OF THE GAME



PERFORMANCE:

A referee's performance depends on his:

- Knowledge of the Rules
- Mental and physical capabilities.



- Concentration
- Responsiveness,
- Appearance on court

REFEREES THEREFORE HAVE TO PREPARE THEMSELVES JUST AS THOROUGHLY FOR THEIR ASSIGNMENTS AS THE PLAYERS!

PHYSICAL CONDITION:

Handball has changed significantly in recent years. Matches have become:

- faster
- more dynamic
- more attractive



REFEREES MUST
TO ENABLE THIS

Today, the main focus is on developing:

- strength
- speed
- speed endurance
- aerobic endurance



PHYSICAL CONDITION
OF REFEREES



REFEREES CANNOT BE EXCHANGED WITH SUBSTITUTES LIKE PLAYERS
AND THEREFORE REFEREES CANNOT TAKE A REST DURING A MATCH !

MENTAL CAPABILITIES:

Referees must count on basic psychological and emotional characteristics like addition to the physical and the technical aspects.

- **Emotional control**
- **Security**
- **Level of attention and concentration**
- **Self-criticism**
- **Mind is open to learning**
- **Tolerating frustration**
- **Perseverance**
- **Self-discipline**



The referees are exposed to the pressure by spectators, trainers and athletes. Sometimes even to political and economic interests, but the referee cannot lose his head, he needs to show **authority, respect, good communication and self control**. These attributes are the embodiment of a referee.

THE REFEREES JOB DEMANDS A MENTAL STRENGTH AND AN EXTRA DOSE OF DEDICATION TOWARDS THIS ACTIVITY !



EMOTIONAL CONTROL :

In all sporting environments the competition itself generates a wealth of emotion:

- anxiety
- doubt
- anger
- exertion



However, it is possible to control all of these emotions and improve its influence in regards to sport benefits

How ?

With training including relaxation techniques, breathing, visualisation and working with negative thoughts .



SECURITY :

Security or self-confidence - is the conviction that someone will be able to successfully execute the task and to produce the expected result.

- Pressure → Doubt If referees are not prepared

- The high number of decisions taken in a game → Possibility of error When the decision is taken there is no point of return

-If we continue to think about that decision , → Possibility of new error

→ it would not be possible to continue in the rest of the game, as all thoughts would be centred upon the decision in question.



The referee must be able to feel secure that the decision taken was in accordance with the action observed at that moment, from the angle where the action took place and with the certainty that the concentration was here and now.



– Decision making during the game:

- **Objectivity** when making decisions – a decision of the referees should be similar in similar situations for both sides. Refraining from taking sides in all aspects.



- **Validity** of refereeing – all the decisions have to be taken according to the rules of the game and refereeing rules.



EHF Competitions



- **Consistent** refereeing – decisions have to be consistent throughout the match. The criteria should not be changed during the match (even when changed for both teams). The line of refereeing.

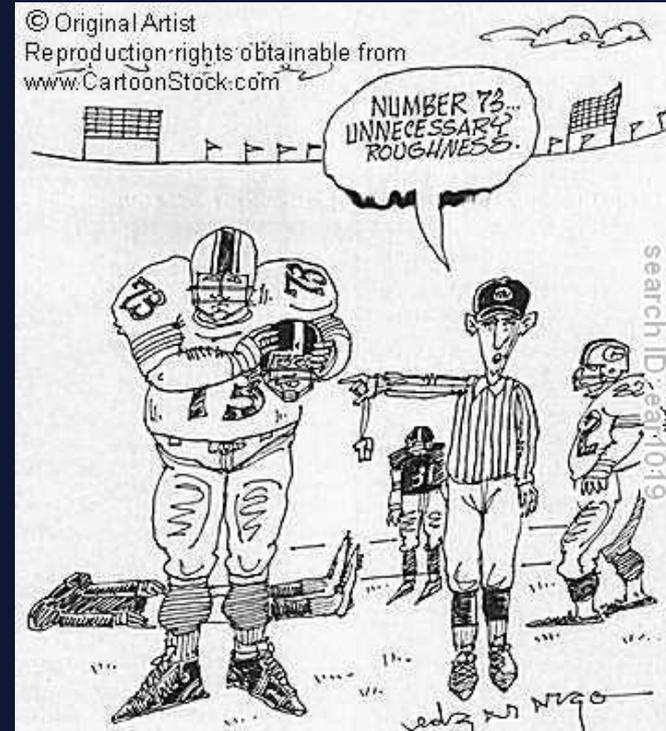


- **Reliability** of refereeing – all the referees have to make similar decisions in similar situations. The evaluation of a situation should never be different from different refereeing pairs. **Ideally**, certain situation should be viewed without significant differences between referees, coaches and players.
- Common education – rule interpretation in different countries or areas – everywhere the same.



– **Protection of the players** from the rough play and injuries. Confident referee can contribute to more responsible behaviour of the players;

– **Invisibility** – referee should never be in the front picture (body language). The roles in the match (sports event) are pre-set and cannot be changed.



- Willingness for common education;
- Knowledge of the contents of handball game and methodology of training in handball. Quite a few people are in two roles. This increases the possibility for professional communication.



- The ability of rational and calm analysis of individual uncertain situations during half time and after the match;
- The ability of accepting the moderate protests and admitting the mistake. It can work as a neutralization of tension;





LEVEL ATTENTION AND CONCENTRATION :

This is why the **level attention and concentration** are fundamental characteristics.

By improving concentration



more security will be obtained in relation to where the attention was focused at the moment the decision was taken.

If at the moment of the decision the attention was elsewhere,



doubt will be cast upon the sanctioned situation



And when this doubt occurs, the actions of the person who took the decision also come under scrutiny: communication signals, tone of voice, style of whistle; others will detect this and thus problems are generated therefore.

Closely related to this issue is the correct physical training, since fatigue generates problems of attention and concentration.





TOLERATING FRUSTRATION:

By simply being human, **the possibility of error exists**. The important thing is **not to focus on the error**. Bad feeling after making a mistake should not be the primary thought for the entire week. Once a mistake occurs the important thing is to think that **“in the next match it will not happen”**. To be able to face adversity also requires a mental strength.

PERSEVERANCE AND SELF -DISCIPLINE

Go hand in hand, since to complete something with the necessary motivation

- motivation
- discipline
- constancy



- physical training
- technical training
- mental training



It is essential that in spite of errors made that perseverance in the task and best performances remain fundamental as this is what the exigencies of the sport demands today.

- **Communication!**
- ✓ Who is wrong?!
- ✓ Coaches who don't know the rules?!
- ✓ Referees who don't feel the game?! 😊



- *Partnership in managing of the game.* The referees and the coaches – each from their position – manage the game. In doing this they can either help or obstruct each other.
- For example: coach gives an opportunity to a young, motivated and inexperienced player. The referees then assess his play more strictly than the action of more experienced and well known player...
- In contrast, coaches have to stop and control unjustified protests of their players. Players have to learn to think of the game and not of the refereeing.



- „Really appreciate the referees who are willing to clarify certain decisions during the match. This helps me very much to be able to transfer information to the players“ (Kenny McClain).
- „As a mentor I often advise referees that it's not necessary to feel too much pressure during the match. I know it's not easy but this is not the battle for life and death, it's only the game. Do not take events personally. After the match leave all the negative emotions on the pitch“ (Don Lewis).
- „My goal is to make a perfect referee performance. If I'm not 100% fit it's better not to enter a playground. I owe this to the players. I realize that I can't refereeing without mistakes, but I should always give my best and finish a match with a sense that I was honest referee“ (Phil Garcia).



- „As a coach I've never performed „the perfect game“. This I also don't expect from referees. But I reasonable expect consistency and communication through the entire match for both teams equally.“ (Pat Moran).
- „Referees please do not „teach“ coaches how to lead/train their players. Remember this are their „children“... .“ (Barry Mano).



Part II

IHF RULES OF THE GAME – SELECTED TOPICS



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- Entering the goalkeeper's area (6-m line fault):
 - In attack:
 - In shot at the goal:
 - Take-off fault;
 - Touching the floor in the goalkeeper's area before releasing the ball – with or without the foul;



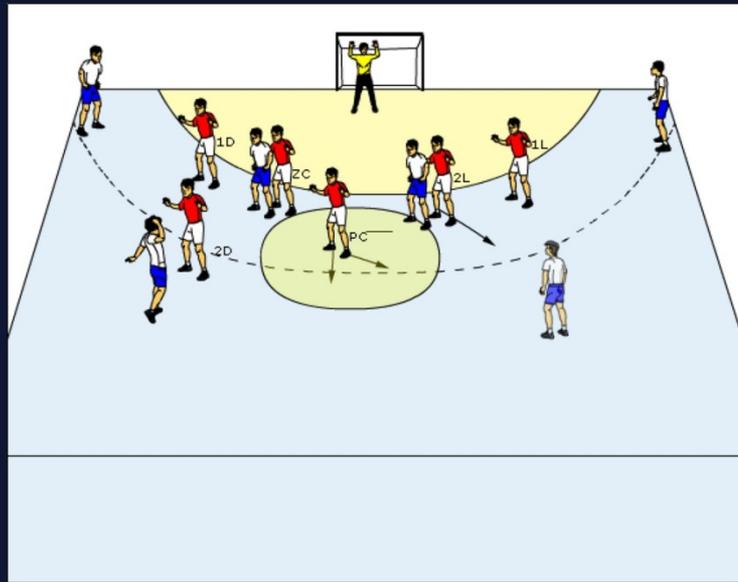
- Using the goalkeeper's area when entering to the line of the area;
- Fighting for the rebound ball at the line of the goalkeeper's area – the ball is rolling or is in the air.



- In defence:
 - When obstructing the entering attacker:
 - Back players – the time of entering of the defence player, before or during the foul?
 - Wing players (running in the goalkeeper's area behind the player without contact);
 - Pivot player – before and after receiving the ball;



- Blocking the shots with the jumps of defending players from the goalkeeper's area;
- Particularities of the defence play in certain zone defence systems – e.g. CH in zone defence 3:2:1.



- Passive play:
 - Situations that lead to the decision on passive play;
 - Playing after the warning signal for the passive play;
 - How many passes?
 - How many passes after a free throw?
 - The influence of the result;
 - The influence of the additional attack (e.g. after suspending a defender for 2-min. at the passive play warning signal or after the shot and save from the goalkeeper – attackers regain the possession of the ball) on the referee's judgement about the length of attack – additional warning?
 - Player less or more in the attack – maintaining the same criteria;



- The influence of the match model of individual teams onto the decision of the referee about the timing of the warning signal for passive play. Coaches often feel that referees give a signal earlier when the teams play quick game. Psychological impression that occasionally they play longer.
- The influence of the changing of the players in defence and the attack onto the decision about the warning signal.



- Foul in attacking play:
 - Criteria for the decision about the foul in attacking play:
 - Typical and clear situations:
 - Jumping on the defender,
 - Holding or restraining the defender (usually line player),
 - Run into the defending player, standing still at the time of attacking run;



- Unclear situations:
 - Blocks (usually line player) – when a block is not in line with the rules of the game?
 - Run of the attacker into a defending player, who is moving – who was first in place?
 - Defender in the goalkeeper's area.
 - Fouls when controlling the ball – holding and pulling the defender!
- Provoking the fouls when attacking – theatrics.



- Can a defender move or does he have to stand still?
- Positioning of the defender in the moment of body contact;
- Movement of the attacking player;



- Advantage:

- In what situation leave the advantage?

- Feeling for the advantage!

- Attacker, who is being stopped with the foul, also breaks the rules – e.g. steps!

- Advantage and penalty: e.g. when player perform unsuccessful shot on goal under foul – 7-metre or 9-metre throw?



- Particularities:
 - Steps – sensitivity for correct decision;
 - Intercepting the ball with a foot – shoot or pass;
 - Dangerous fouls for the opponents health;
 - Throw off after a goal – allowing a quick execution, but according to the rules;
 - After a goal player remain lying on a floor?!





Thank you very much for your
attention and good luck!



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