

WHAT DO WE EXPECT FROM THE REFEREES

EHF REFEREE COURSE
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THEORETICAL KNOWLEDGE

- Good understanding of the rules and regulations
- Good knowledge of the rules
- And of course how you implement the rules in the game and in different situations
- always read over and over the rules. For sure every time you read the rules, you will find something that you might forget or do not remember.

GOOD PHYSICAL CONDITION AND ABILITY

- Good physical condition is very important during the game. Having a good physical condition your heart rate is lower, and you can be calm during the whole game. Especially in close games and during the last minutes which our decision are very crucial
- Aerobic exercise is very important (running, swimming, biking, or even ball games) 3-4 times per week is the ideal.

PHYSICAL AND LOOKING APPEARANCE

- ▣ Good shape
- ▣ Decent Weight
- ▣ Good Appearance

Its very important that players, officials, delegates, spectators to watch a referee with good appearance.

DURING THE GAME

- ▣ NEUTRALITY
- ▣ IMPARTIALITY
- ▣ Implement of the rules
- ▣ Fair play
- ▣ Respect
- ▣ Try to make as much as possible the minor mistakes
- ▣ Justice for the teams
- ▣ The best team **must Win**
- ▣ **Very Important- Referee during the game is not the star. The players are**

DURING THE GAME

- ▣ Be in a good psychological condition during the whole game.
- ▣ Try not to have external influence regarding decisions (officials, coaches, spectators).
- ▣ Remain calm during the game

PREPARATION

- ▣ Prepare before the game (study teams, tactics, habits of players) if we have the ability to do it..
- ▣ Psychological preparation
- ▣ Referees / timekeepers / delegates team work

AFTER THE GAME

- ▣ To watch the game and analyze it
- ▣ Try to avoid same or similar mistakes for the next game
- ▣ Try to improve in areas that you might need improvement.

SUMMARY

- ▣ Always refresh rules knowledge
- ▣ Practice and train to remain in a good condition.
- ▣ Watch as many games as possible in order to realize and understand different situations during the game

THANKS FOR YOUR ATTENSION