



EUROPEAN HANDBALL
FEDERATION



12th Referee Candidates Course in Drammen, Norway

What do we expect from Continental Referees?

used and extended by
Helmut Wille/EHF Lecturer
made by Dragan Nachevski
Chairman of the EHF TRC
and Peter Hansson
(EHF Lecturer - SWE)

European Handball Federation

First of all

- ❑ In fact – this is not a course
- ❑ It is an examination to secure that you have reached the necessary level

Some advice

- You all are here because you are good referees
- Do not try to change your base for refereeing
--- *"to try to show too much"*
- Do not try to show all you can within a short time so you will be too much in focus
--- *"the game is the main point"*
- But your moving paths, body language and skill to interfere in the right moment with the right decision will count for your game leading from the very first second to the last minute

GAME MANAGEMENT

However

- Your capacity to improve during these days is an important "signal"
- Be sure, we are here to give you advices to improve
- Good matches on a high level will give you the very best chance to convince us about your performance

REQUIREMENTS

- You have been knowing for a long time, now what we expect from you in the said matters:
 - **Physical conditions** (Shuttle run test)
 - **Theoretical knowledge** (IHF Playing Rule, 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 of the game 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 (Two referees === One couple)

» to continue

In more details:

- Constantly good ("high") performance throughout longer periods – gives trust
- Acceptance from players and officials acceptance earned by good refereeing
- Problem solving capacity (not only in rule situations)
- Ability to make decisions
- Ability to stand criticism (listen and learn)
- Understanding of the importance of continuous self development

Knowledge of the Rules

- Knowledge of the rules is the basis
- It is a must to understand the rules and make an understanding decision from the upcoming situation
- The right use of the rules makes a difference to Good Management of the Game

What is right ? What is wrong?

Is this STEP OVER ???

Yes, everyone will say !!!



Find the right balance in your decisions !!!

Don't get the
small



Get the **BIG**

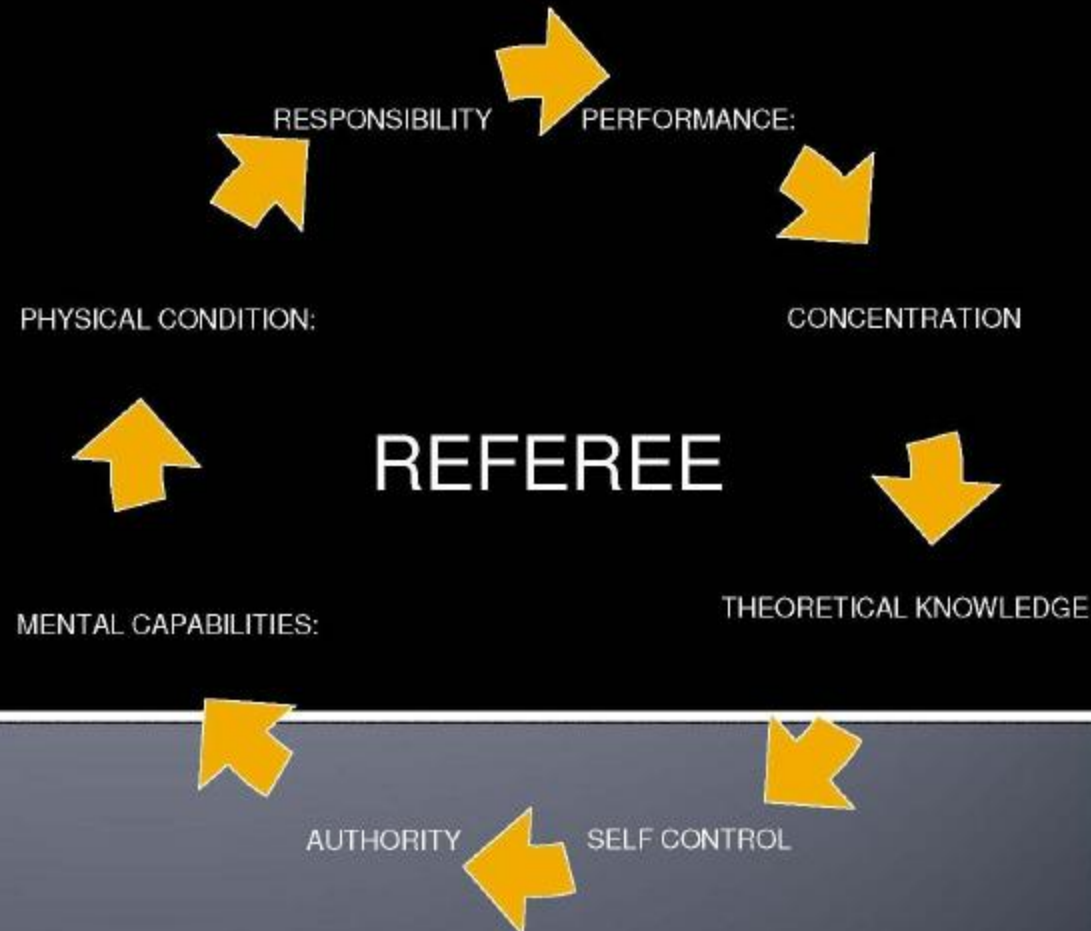


REFEREES :

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.

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.



SELF-CRITICISM:

Self-criticism is related to the possibility of seeing yourselves and being able to detect the errors and the successes of the performance.

Self-criticism means also being able to recognise the **errors** in order to **emphasise them** and to be able to **work on them**, in order to **improve in areas where for instance the referee lacks training** and is not confident enough to engage with more experienced referees with the aim of facing these doubts.

OPEN TO LEARNING:

Another advantage is to be open to learning, to continue with the **referee education**, by becoming **qualified** and **looking for new experiences** that leads to **better performances every time**.



Sometimes believing that one already knows everything, all has been learned, written and/or said can close the **possibilities for growth**. There is always room for improvement.



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.



Playing time

The playing time on average ?

1:17,20

Minimum 1:15,23

Maximum 1:22,13

The 1st half is shorter

between 00:35,21 and 00:40,33

The 2nd half

between 00:38,43 and 00:42,12



Run distances

The average run distance of the referees amounts per play?

4795 metres

Minimum 4100 / Maximum 5748

Split for two half times

2418 metres

2344 metres

Run speed

The average run speed amounts?

7 km/h

Minimum 5,5

Maximum 8,5

1st half

7,2 km/h on average (min. 5,6 bis max. 8,9)

2nd half

6,8 km/h on average (min. 5,4 bis max. 8,1)



Heart rate

on average

145 heartbeat/min [Minimum 135 – max. 164]

1st half

148 [135 bis 170]

2nd half

144 [128 bis 162]

The heart frequency with a referee hardly deviates from that of a player.

For the whole playing time 80% of the individual max. heart frequency are claimed on average.



last but not least

- The better a referees fitness, the less mistakes are being made.
- Also the warm up before the match starts is important.
- Here is one example how to do the warm up 😊

