

GRAB YOUR WHISTLE

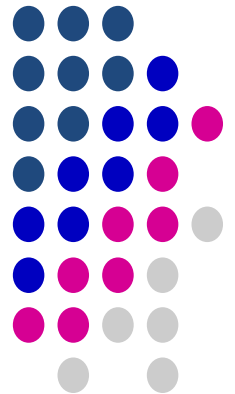
'REFEREE TIPS'

Technical



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REFEREE DEVELOPMENT PROGRAMME

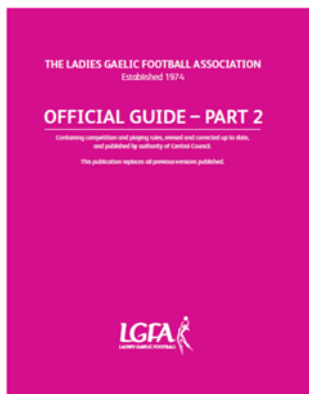
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Rules

Knowledge of the rules is essential for all referees.

The Ladies Gaelic Football playing rules are available in a variety of formats either on print or to be downloaded. Both the Playing Rules Book and Official Guide Part 2 are available on our website www.ladiesgaelic.ie or can be requested from our office on 01 8363156.

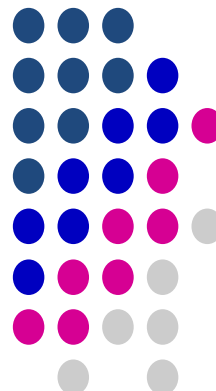


Application of the Rules

As mentioned above it is extremely important that you, as a referee, are knowledgeable of the rules but it is also essential that you can apply these rules when officiating at a match. Every referee can read a rule from the book but do you know what that foul looks like to penalise it in a game? The following are some questions you need to ask yourself to ensure you can apply the rules properly:

1. Do you know the rules?
2. Can you identify the fouls when they happen on the pitch?
3. What do these fouls look like?
4. What is the punishment for the foul identified?

Knowledge of the above answers will assist a referee to become consistent which is a key indicator of a good referee.





Decision Making

One of the key characteristics of expert referees is that they make decisions in an apparently effortless, intuitive manner.

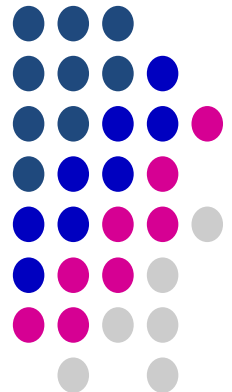
Call what you see - what you didn't see didn't happen! It is better to skip a call because you didn't actually see it happen than it is to make a call based on circumstantial or third party evidence unless you were alerted by a fellow official (umpire, linesperson).

Training Decision Making

- ⇒ Simulation of games/sessions in structured exercises (video based/real life)
- ⇒ Learn to identify critical cues which requires simulation exercises to train perception of pattern recognition
- ⇒ Review prior experiences and identify where decisions were needed
- ⇒ Novice referees should analyse situations of experienced referees and decisions they took at certain times

Tips

- Know the rules
- Know the language of the sport
- Master the signals and employ them properly
- Understand the games rhythms and strategies
- Be in proper position
- Remain calm
- Concentrate and focus on *essential* elements
- Work closely with fellow officials



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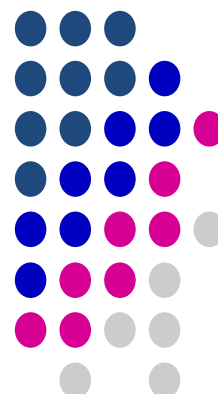
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Signals—Scores

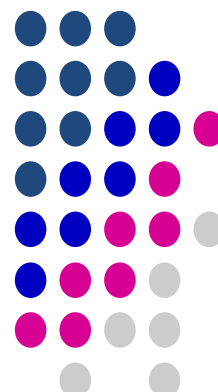


Signals—Technical Fouls



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Throw ball

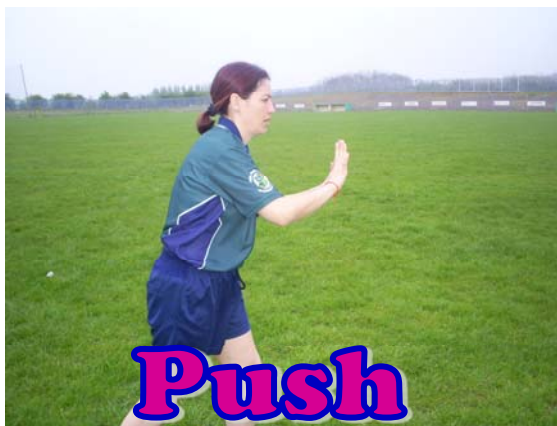


Two bounces

Signals—Non Technical Fouls



Shoulder



Push



Holding



Pawing

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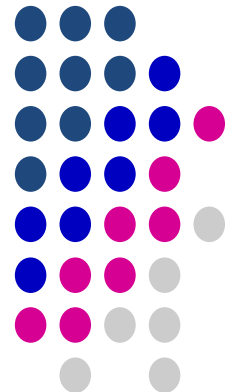
Pulling Jersey



Closed Fist Tackle



Foot In



Signals



Carding



Free



Penalty



Blood Sub

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Resources Available

Official LGFA Referee wallets – €10 each and the inserts - €1 each, are now available to buy from LGFA Head Office

For your first order you will receive a wallet and 5 inserts for €10.



LGFA Referee Kits are also available for €60 which include a Jersey, Shorts and Socks.

All orders should be placed by contacting Karen Togher

at karen.togher@lgfa.ie or on 01 8363156

Ordered Items can be collected at the LGFA offices in Croke Park or customers can pay for postage and packaging.