

# **GRAB YOUR WHISTLE**

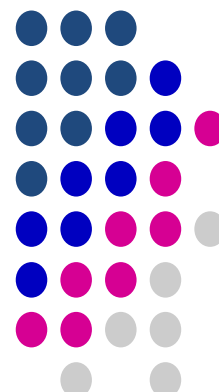
## **'REFEREE TIPS'**

# Mental



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# REFEREE DEVELOPMENT PROGRAMME

## 'GRAB YOUR WHISTLE'



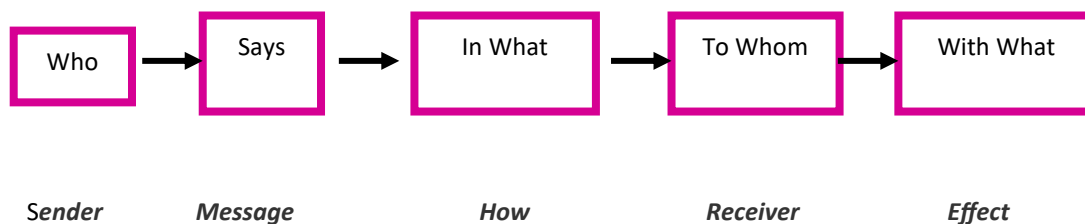
### Communication

*'Engage the Brain before opening mouth'*

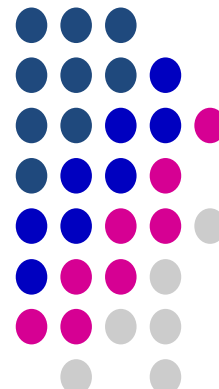
To be involved as a referee means collaborating with anything up to 30 players, possibly 60 parents, club committees, county boards and managers. **There are pitfalls!**

Communication is a 2-way process. The purpose of communication is to get your message across to others. This is a process that involves both the sender of the message and a receiver. This process leaves room for error, with messages often misinterpreted by one or more of the parties involved. This causes unnecessary confusion and counter productivity. A message is successful **only** when both the sender and the receiver perceive it in the same way. The channel of communication is affected by non-verbal cues, including facial expressions, gestures, tone of voice, affirmations (i.e. head nods), proximity to receiver, eye contact, etc.

#### Lasswell's Formula of Communication



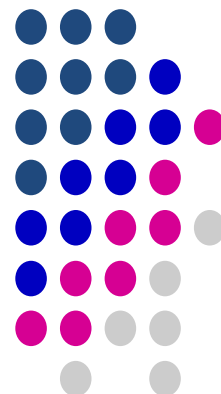
1.





### The Whistle

The use of the whistle is extremely important, it is not an instrument but you can make it speak!



<b>Short or medium Beep</b>	To restart play. Think “go!”
<b>Quick short beeps</b>	To prevent a restart, like when a substitution is taking place or the side line kick is in the wrong direction. Think “but but but...”
<b>Medium</b>	To stop for a foul or an injury; to bring players on the field at the start or at half time. Think “stop”
<b>Long</b>	To start the game very ceremoniously. To stop for a serious foul. Think “stowwwwwp”
<b>Medium then long</b>	Half time. Think “half tiiiime”
<b>Twice medium then long</b>	Game over. Think “that’s the gaaaame!”

It is important that you use the whistle effectively to gain the respect of all players but also to communicate verbally so they understand the reasons behind your decisions. Whistle and then signal!



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### Report Writing

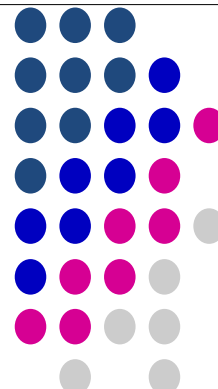
It is essential that all referees complete a match report for all games they officiate in. This is the official report to the committee in charge and should contain all details required from the fixture. The following is the official rule with regards to report writing:

**513.** The referee shall forward team lists, and a report of the match to the Committee or Council in charge of the fixture, showing:

- (a) The final and half time scores.
- (b) The time the teams took the field.
- (c) The time that the match commenced.
- (d) The attire of players and note the number of the player(s) not wearing the correct attire.
- (e) The names of any players cautioned or ordered off and the reasons. Specific details and exact nature of the offence committed and in cases of verbal abuse the exact words used must be reported.
- (f) The names of any players injured or any other information s/he deems relevant.
- (g) The names of substitutes used during the course of the game.

### Advice on Report Writing:

1. Complete report and forward to committee in charge a maximum of two days after the fixture. Recommended to complete on day of the fixture when fresh in memory.
2. If a major incident occurs in your fixture it is advised to contact the committee in charge directly after the match to notify them of the situation.
3. If incident occurs (eg. Abuse) the referee should write a full report on separate sheet with regards to the incident and sign and date the sheet.
4. It is essential that full details are provided in the report - this should be word for word of exactly what happened or what was said - exact wording. This should be only what you seen or heard not information provided from others. You can include information provided from fellow match officials but it is essential that you report the source of your information.
5. Reports should be completed in full before forwarding to the committee.



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### Conflict Management

**Conflict is usually a difference of opinions between the officials and the mentors, the players, the spectators or the administrators.**

#### Why does Conflict Occur?

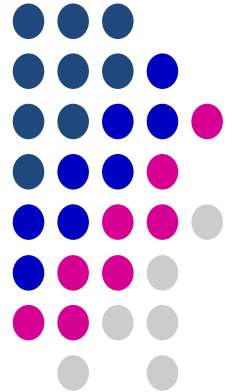
- Lack of respect
- Looking to blame
- Want to question decisions
- Desire to win at all costs
- Lack of information or understanding
- Inability to communicate effectively

#### Recognising Conflict

- Facial expression and body language
- Non verbal signs of disgust
- Signs of aggression
- Repetitive in comments

#### Dealing With Conflict

1. Control negative comments
2. Focus on the current situation
3. Limit your remarks to a few words
4. If the problem is a judgement call do not discuss it, just get game restarted quickly
5. Be decisive not 'wishy-washy'



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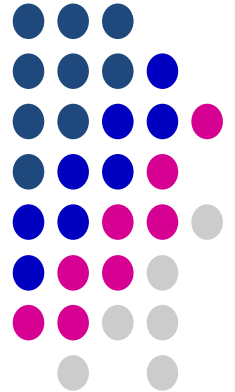


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### Resources Available



All LGFA match and leisurewear is available at  
<https://azzurri.ie/LGFA-Referee>