

# **GRAB YOUR WHISTLE**

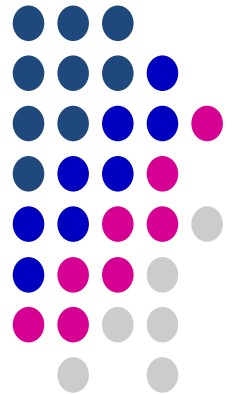
## **'REFEREE TIPS'**

# Technical



**Table of Contents**

	<b>Pg</b>
<b>Rules</b>	<b>3-4</b>
<b>Decision Making</b>	<b>5</b>
<b>Signals</b>	<b>6-8</b>



# REFEREE DEVELOPMENT PROGRAMME

## 'GRAB YOUR WHISTLE'



### 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](http://www.ladiesgaelic.ie) or can be requested from our office on 01 8363156.

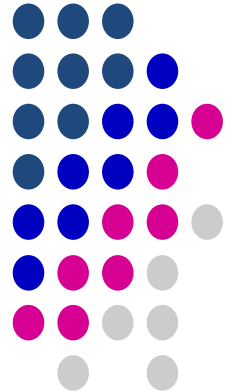


### Application of the Rules

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.*



# REFEREE DEVELOPMENT PROGRAMME

## 'GRAB YOUR WHISTLE'



### Decision Making

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

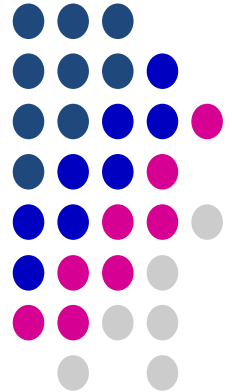
Call what you see - what you didn't see didn't happen! It is better to skip a call because you didn't actually see it happen than it is to make a call based on circumstantial or third party evidence unless you were alerted by a fellow official (umpire, linesperson).

### 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

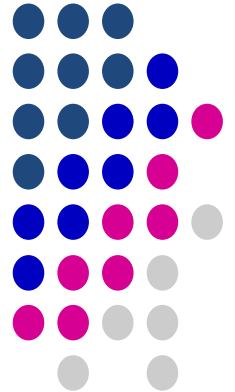


# REFEREE DEVELOPMENT PROGRAMME

## 'GRAB YOUR WHISTLE'

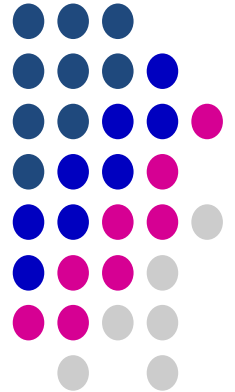


### Signals



# REFEREE DEVELOPMENT PROGRAMME

## 'GRAB YOUR WHISTLE'

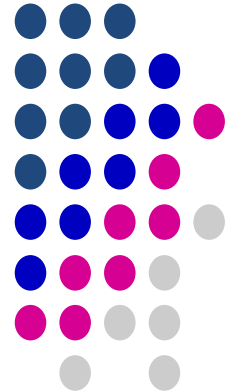


### Signals—Non Technical Fouls



# REFEREE DEVELOPMENT PROGRAMME

## 'GRAB YOUR WHISTLE'



### Signals



# REFEREE DEVELOPMENT PROGRAMME

## 'GRAB YOUR WHISTLE'



### Contact Details

Ladies Gaelic Football Association  
Croke Park  
Dublin 3

Tel: (01) 8363156  
Fax: (01) 8363111

Lizzie Flynn  
*Head of Match Official Development*  
Email: [lizzie.flynn@lgfa.ie](mailto:lizzie.flynn@lgfa.ie)

### Resources Available



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

