



AUSTRALIAN OFFICIATING DEVELOPMENT PROGRAMS

REFEREE TRAINING PROGRAMS

Level 3 Adult Referee Participant's Workbook

NAME



REFEREE EDUCATION PARTNER

January 2011

CONTENTS

ACKNOWLEDGEMENTS AND COPYRIGHT	3
SECTION 1: INTRODUCTION	
Welcome	4
FFA Programs and NOAS	4
Data Bases and Accreditation	4
Ethics	5
Updating Procedures	5
FFA Referee Programs - summary	5
Officiating General Principles	6
Recognition of Prior Learning and Current Competencies	6
SECTION 2: TRAINING PROGRAM SYLLABUS	
Program Summary	7
Program Competencies	7
SECTION 3: PROGRAM UNITS	
Unit 1: Physical Fitness for the Match Official 1	8
Unit 2: Personal Development 1 - Self Assessment	11
Unit 3: Assistant Referee Development 2 - Working as an AR	13
Unit 4: Communication Strategies 1 - Body Language	16
Unit 5: Offside 2 - Advanced Interpretations	18
Unit 6: Positioning 2 - Diagonals; <i>Where? Where? Go!</i>	20
Unit 7: Player Management 1 - <i>Roadblocks</i>	22
Unit 8: Foul Identification 2	24
Unit 9: Practical Officiating 3 - AR or Referee	26
Unit 10: Practical Officiating 4 - AR or Referee	28
REFERENCES AND RESOURCES	30

ACKNOWLEDGEMENTS AND COPYRIGHT

ACKNOWLEDGEMENTS

Football Federation Australia's *Level 3 Referee Training Program* has been developed by **Alan Kibbler**, **Barry Such**, **Bill Tattersall** and **Richard Lorenc** [FFA National Refereeing Manager].

For their support and contributions the authors thank the Australian Sports Commission and its *Coaching and Officiating Unit* team. Sincere thanks to all other contributors who have generously made their materials, time and ideas available to the authors.

COPYRIGHT

© Football Federation Australia 2011

All Rights Reserved. This work is copyright under the Commonwealth of Australia Copyright Act 1968. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written consent of Football Federation Australia.

DISCLAIMERS

The views expressed in this work do not necessarily represent the views of Football Federation Australia. FFA does not give warranty nor accept any liability in relation to the content of this work.

Training or medical advice is given in good faith. However, this advice is general in nature. It remains the responsibility of each person to discuss all training and medical advice with training professionals and their own medical practitioners before adopting any advice or undertaking training programs. It is strongly recommended that active Referees submit themselves to thorough medical checks on at least an annual basis.

PUBLISHED BY FOOTBALL FEDERATION AUSTRALIA

**Level 22, 1 Oxford Street
Darlinghurst NSW 2010**

**Locked Bag A4071
Sydney South NSW 1235**

Telephone: +61 2 8020 4000

DOCUMENT PRODUCTION FOR FFA BY BILL TATTERSALL AND ALAN KIBBLER

SECTION 1

INTRODUCTION

WELCOME

Congratulations on completing FFA's *Referee Level 4 Training Program*. Now you have registered as an FFA Match Official* and joined an affiliated Referees' group you can continue your development as a match official. Working through this program's units and the associated resource materials will help you to consolidate and expand your skills.

There is no time limit on this program. Typically most Referees acquire their Level 3 competencies by the end of their first full season. Obviously this will depend on your personal qualities and abilities, and the level of support received from your instructors and coaches. Your Technical Committee does have the power to end your candidature if serious shortcomings are detected and documented.

As you are a relatively inexperienced Referee this program again places an emphasis on the development of your practical skills, though we will study some more theoretical issues. You should receive a Level 3 *Participant's Workbook* and a Level 3 *Resource Manual*. Depending on your age and experience you could continue refereeing junior and youth matches, eventually moving on to refereeing the lower divisions of adult Football.

* **IMPORTANT NOTE**

Only FFA members may undertake the FFA Referee Training Programs. If you have not yet applied for or been granted FFA Registration please consult the Secretary of your Referee group or your State Referee Coach for guidance on how to register.

FFA PROGRAMS AND NOAS

FFA is responsible for assessing whether an official has met the requirements for accreditation at a particular level of training [e.g. Referee Level 3]. This program has been registered by the Australian Sports Commission [ASC] as a training program under its *National Officiating Accreditation Scheme* [NOAS]. Program graduates are entitled to FFA and NOAS accreditation.

NOAS was established by the ASC in January 1994 to assist National Sporting Organisations [FFA is Football's NSO] develop groups of skilled officials who will improve the quality, availability, leadership and status of sports officiating in Australia.

DATA BASES AND ACCREDITATION

Your FFA accreditation is valid for a maximum of four years. FFA reserves the right to refuse accreditation or re-accreditation. FFA supports their officials' needs, including updating arrangements and re-accreditation processes. During the currency of the accreditation officials may be able to undertake further promotion work or refresher exercises to count towards their re-accreditation requirements.

The FFA data base stores the required personal details of their officials. The ASC also maintains a national register of officials who have been accredited via a NOAS registered program. The data collected by FFA is transmitted to the ASC for their data base.

ETHICS

This program makes reference to the ethical standards and behaviour expected of match officials. Registered Referees, Inspectors and Instructors are obliged to comply with FFA Statutes including National Referee Registration, FFA *Code of Conduct* and FFA *Disciplinary and Grievance Resolution Regulations*. Copies may be accessed on the FFA website www.footballaustralia.com.au

UPDATING PROCEDURES

FFA services their officials' needs, including updating and re-accreditation processes. During the currency of your accreditation you may be able to undertake further work or refresher exercises to count towards re-accreditation requirements.

Three methods are available to Referees who wish to retain FFA-NOAS status before the expiry of their current licence:

- complete another Referee Level 3 program;
- complete the Referee Level 2 program;
- undertake 48 hours of logged and approved activities of which not more than 36 hours shall be officiating and not more than 12 hours shall be from the list of other activities. State Referee Coaches and Referee Standing Committees have details of acceptable activities.

FFA REFEREE PROGRAMS - SUMMARY

The FFA *Australian Officiating Development Schedule* [AODS] mandates the career progression for Referees. A summary of this schedule is included in your Resource Manual. A copy of this Schedule is available from the National Refereeing Manager and your State Referee Coach; or consult FFA's website www.footballaustralia.com.au.

Your Referee group should accept your enrolment as a Referee Level 3 candidate as soon as you complete Level 4, and on payment of the program fee. The underlying program theme is *Skill Consolidation*. Referee Level 3 is the most commonly held classification in Australia.

Referee Level 2 [*Development of Advanced Officiating*] and **Referee Level 1** [*Senior Officiating – a Commitment to Excellence*] are FFA's Advanced Level programs. They focus on the development of match officials for senior Football. Both programs require access to match appointments in senior State matches.

A substantial degree of commitment and dedication is demanded. Physical and mental demands are high; continuing personal analysis and monitoring is essential; an understanding of the finer law interpretations is required; high quality player management and communication skills are crucial. Candidates study advanced foul recognition and misconduct, communication skills, team work, player management and confrontation, and the identification of the qualities possessed by elite Referees. Theory law examinations and practical assessments complete the programs.

Referee associations should take responsibility for the continuing support of their new Referees, including the presentation of FFA Referee programs, the allocation of a mentor, coaching sessions, and match inspections with detailed feedback and discussion.

OFFICIATING GENERAL PRINCIPLES

The Australian Sports Commission requires officials to study *Officiating General Principles* components in NOAS registered programs. Some OGP's are integrated into this program. The remaining elements are integrated into the final two programs.

RECOGNITION OF PRIOR LEARNING AND CURRENT COMPETENCIES

FFA permits program participants to submit details of prior learning and competencies which may lead to the granting of exemptions from training program requirements. Details are available from your State Referee Coach or instructor. A fee is charged for each assessment.

**I think you enjoy the game more if you
don't know the rules. Anyway you're on
the same wavelength as the referees.**

Jonathan Davies [Welsh Rugby International] 1995

**Serious sport has nothing to do with fair
play. It is bound up with hatred, jealousy,
boastfulness, disregard of all rules and
sadistic pleasure in witnessing violence:
in other words, it is war minus the
shooting ... there are quite enough real
causes of trouble already, and we need
not add to them by encouraging young
men to kick each other on the shins amid
the roars of infuriated spectators.**

George Orwell [Author]

SECTION 2

TRAINING PROGRAM SYLLABUS

PROGRAM SUMMARY

Level 3 consolidates previous programs and introduces new topics. There is no time limit; however, depending on when you graduated from Level 4, it is reasonable to expect that all competencies will be observable by the end of your first full season as a match official. Units and recommended timings are:

- Unit 1: Physical Fitness for the Match Official 1 - Basic** [60 minutes]
- Unit 2: Personal Development 1 - Self Assessment** [45 minutes]
- Unit 3: Referee Skill Development 1 - Whistling** [40 minutes]
- Unit 4: Assistant Referee Development 2 - Working as an AR** [60 minutes]
- Unit 5: Communication Strategies 1 - Body Language** [45 minutes]
- Unit 6: Offside 2 - Advanced Interpretations** [60 minutes]
- Unit 7: Positioning 2 - Diagonals; *Where? Where? Go!*** [30 minutes]
- Unit 8: Player Management 1 - *Roadblocks*** [45 minutes]
- Unit 9: Foul Identification 2** [60 minutes]
- Unit 10: Practical Officiating 3 - AR or Referee** [Minimum 1 competitive match]
- Unit 11: Practical Officiating 4 - AR or Referee** [Minimum 1 competitive match]

PROGRAM COMPETENCIES

On graduation from this program you will be able to:

- prepare for the requirements of officiating;
- review your own performance after a match;
- manage the risks of officiating in competition, and abide by the legal responsibilities expected of an official;
- use a range of communication strategies to develop effective relationships, minimise conflict, and deal with disputes effectively, including:
 - project authority through the use of body language in the identification and implementation of decisions;
 - demonstrate appropriate basic player management techniques;
- demonstrate applications of the Laws of the Game that result in effective decisions during higher level of competition including:
 - implement the offside law and its associated interpretations;
 - identify fouls and apply appropriate sanctions;
 - observe the advice offered by an AR and make an appropriate decision;
 - apply basic whistling techniques that are appropriate for the incident or offence;
- apply the combined positional concepts of *ABC*, diagonal movement, and *Where? Where? Go!* in a competitive environment;
- display a level of fitness appropriate to the level of the matches officiated;
- keep an accurate match record and submits reports to Football Associations.

SECTION 3
PROGRAM UNITS

UNIT 1
PHYSICAL FITNESS FOR MATCH OFFICIALS 1

NOMINAL TIME: 60 minutes

AIMS

- To encourage you to accept responsibility for your own physical preparation.
- To provide some basic knowledge of physical fitness components and methodologies.

LEARNING OUTCOMES

At the completion of this unit you will be able to:

- set short term goals for your personal fitness levels;
- implement a range of basic training exercises;
- specify the major components of a physical test;
- undertake a supervised fitness test and record your achievements.

CONTENT

1. In this introductory unit you will be encouraged to set, and attempt to achieve, basic personal fitness standards. Your instructor will use chapters from the FIFA *Fitness for Referees Program* DVD. It was made using the 2002 World Cup ARs and Referees as they prepared for this tournament. Australia's Mark Shield features in some segments. Chapters in this DVD explain the reasons for achieving good fitness levels, and ways to achieve them; and the need for careful medical screening. The final chapter lists a wide range of drills and exercises.
2. Your Resource Manual contains a brief summary of the disc and further articles that illustrate the major messages of this unit. Make notes as your instructor leads you through the following steps:

- a. Basic physical preparation for officiating

.....

.....

.....

.....

.....

- b. Referees are athletes - what does Collina say about this?

.....

.....

c. Examples of Physical Tests

i. FIFA Physical Test - a two part test

.....

.....

.....

ii. Beep Test - shuttle run test over a measured 20m at increasing speed

.....

.....

iii. Cooper Test - developed by Dr Cooper in Canada in the early 1980s

.....

.....

.....

d. Medical checks and training advice

.....

.....

.....

.....

e. Physical standards for men and women

.....

.....

.....

.....

f. Examples of physical requirements

.....

.....

.....

.....

g. Example of a training session - components

.....
.....
.....
.....

3. You now undertake a physical test. Your Referee group [Zone Council, Referee Standing Committee, Technical Committee, Association, etc.] will set its own test regime and standards. Record your performance for all elements. If you complete the FIFA format the elements are:

40m sprints:

.....
.....

400m laps [150m run + 50m walk + 150m run + 50m walk]

.....
.....
.....

See your Resource Manual for formats and examples of fitness levels. Now you have undertaken the test you can compare your current abilities to the standards in the resources.

4. Set your own physical fitness goals for the season. You choose how many to set; perhaps consider two: a goal for mid-season; a goal for the end of the season. When you achieve a goal set a new one - record it in section 5, below.

.....
.....
.....
.....

5. New goal[s]

.....
.....
.....

ASSESSMENT CRITERIA

- Fitness Test - record your results;
- A check of your fitness is included in the assessment tool for units 10 and 11.

UNIT 2

PERSONAL DEVELOPMENT 1 - SELF ASSESSMENT

NOMINAL TIME: 45 minutes

AIMS

- To detail a range of approaches to self assessment.
- To have you plan, implement, review and amend a self assessment program.

LEARNING OUTCOMES

At the completion of this unit you will possess the techniques and skills to be able to:

- undertake a basic post-match review of your performance;
- identify strong elements of your matches;
- identify elements of your match that are in need of development;
- create a simple plan to develop one of the above elements.

CONTENT

1. Self assessment

Self assessment is an important tool for the match official. Few of your matches will have independent observers present who can give you detailed feedback. Self analysis techniques will provide you with tools to identify your strengths and weaknesses, and enable you to select areas for development in a structured framework.

In this session you will be introduced to a self assessment or reflection process [**RIPA** Scheme]. It has four steps, viz.

1. Review
2. Identify
3. Plan
4. Action!

Your Resource Manual contains the relevant documentation for your use including pro forms of the *RIPA* system.

Key points

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

2. Mentors and mentoring

The concept of *mentors* and *mentoring* will be introduced. Once again note major points below and see the Resource Manual for more details.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

ASSESSMENT CRITERIA

Create written self assessments of the matches you officiated during Units 10 and 11. A pro forma is provided in this workbook after each unit.

REQUIRED FOR NEXT UNIT

Bring your AR flags

NOTES

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

UNIT 3

AR DEVELOPMENT 2 – WORKING AS AN AR

NOMINAL TIME: 60 minutes

AIMS

- To consolidate your basic AR signals and movement patterns.
- To teach and drill the additional duties of an AR.

LEARNING OUTCOMES

At the completion of this unit, and during unit 9 or 10, you will be able to:

- demonstrate the full range of signals required of the AR;
- cooperate with colleagues to form the third team;
- demonstrate appropriate monitoring of the Technical Area;
- manage player substitutions;
- describe and demonstrate the assistance ARs are required to give to the Referee;
- describe and demonstrate the AR's duties at: Penalty Kicks; when misconduct out of the view of the Referee is seen; and when offences are committed close to the AR.

CONTENT

This unit begins in the classroom dealing with AR duties and skills. You should then receive practical tuition, drills and a check of your AR competencies. Articles are printed in the Resource Manual for your assistance and follow up exercises. Make notes below as your Instructor leads you through the following steps:

1. **Review the requirements of Law 6: cooperation; avoiding interference with the duties of the Referee; giving advice**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

2. Pre-match duties; entering and exiting the pitch

.....

.....

.....

.....

.....

.....

3. Monitoring the occupants of the Technical Area

.....

.....

.....

.....

4. Managing substitutions

.....

.....

.....

.....

5. Signals used by AR

.....

.....

.....

.....

6. AR duties during the match including advice to Referee about: misconduct or other incidents out of the view of the Referee; offences that occur closer to you than the Referee; penalty kicks - positions and duties

.....

.....

.....

.....

UNIT 4

COMMUNICATION STRATEGIES 1: BODY LANGUAGE

NOMINAL TIME: 45 minutes

AIM: To examine elements of body language and the potential impact on your officiating.

LEARNING OUTCOMES

At the completion of this unit you will be able to:

- explain the role of body language as a communication tool;
- role play incidents that involve body language;
- identify the positive and negative perceptions created by the body language.

CONTENT

Your Instructor will take you through key elements of body language as a communication tool, perceptions body language can create, and the implications for you as a Referee. Role plays and demonstrations will assist the presentation.

Substantial articles by **Julian Carosi** are included in your Resource Manual. It is recommended that you make notes during this session and summarise for homework the key points from the Carosi articles that are not covered by your instructor.

Key points:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Any other significant points about Body Language mentioned in the Carosi articles:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

ASSESSMENT

Your body language competencies will be checked during your matches.

RESOURCE MATERIALS

Resource Manual - articles by Julian Carosi

UNIT 5

OFFSIDE 2: ADVANCED INTERPRETATIONS

NOMINAL TIME: 60 minutes

AIMS

- To consolidate the basic skills taught previously.
- To enhance your ability to decide when players in offside positions infringe Law 11.

LEARNING OUTCOMES

At the completion of this unit you will be able to:

- summarise the basic requirements of Law 11;
- explain the key elements of Law 11, current Decisions of the International Football Association Board, and any additional FIFA advice;
- accurately interpret whether players in an offside position: are seeking to gain an advantage; are interfering with an opponent; or are interfering with play;
- when officiating as an AR advise the Referee of your interpretation.

You are also required to demonstrate a sound practical application of the offside Law during your Units 9 and 10 matches.

CONTENT

This is a combined classroom and field-based practice unit. The following elements are covered:

1. Review of the most recent wording of Law 11

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

2. Current FIFA interpretations and advice including restart position

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

3. Demonstrations and drill/practise of current FIFA interpretations and recommended practises.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

ASSESSMENT

- Instructors have a checklist to be ticked off as you display each of the competencies.
- Your AR competencies are checked again during your Unit 9 or 10 match.

UNIT 6

POSITIONING 2: DIAGONALS; *WHERE? WHERE? GO!*

NOMINAL TIME: 45 minutes

AIMS

- To consolidate the *ABC* element of a Referee's positioning.
- To introduce, teach and drill two new positioning concepts: *Diagonal Movement* and *Where? Where? Go!*

LEARNING OUTCOMES

This is the second in the series of units developing your positioning and movement skills as a Referee. At the completion of this unit you will be able to:

- describe the first three elements of the Referee positioning and movement concepts;
- demonstrate the application of these elements.

You are also required to demonstrate the basic application of the three positioning concepts during the match you officiate as a Referee in Unit 9 or 10.

CONTENT

This unit lends itself well to a classroom-based introduction and a training ground drill segment. The recommended components are:

1. Review of Element 1 of the model [*ABC*];
2. Add Element 2 [*ABC + Diagonal Movement*]; and discuss its purpose, advantages and application
3. Add Element 3 [*ABC + Diagonal Movement + Where? Where? Go!*]; repeat as above

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

UNIT 7

PLAYER MANAGEMENT 1: ROADBLOCKS

NOMINAL TIME: 30 minutes

AIM: To describe and apply the basic player management tool of *Roadblocks*.

LEARNING OUTCOMES

At the completion of this unit you will be able to:

- describe the concept of *Roadblocks*;
- apply the concept effectively in a training setting.

Additionally you are required to demonstrate the basic application of *Roadblocks* during the match you Referee in unit 9 or 10.

CONTENT

Your Instructor will lead this session by presenting the components and application of the *Roadblock* technique to facilitate player management. Make notes of the key points, read the resource materials and begin to apply the concept in matches.

Notes on the steps in the technique:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

UNIT 8

FOUL IDENTIFICATION 2

NOMINAL TIME: 45 minutes

AIM: To apply FIFA's foul identification steps and Law 12 sanctions to prerecorded match clips.

LEARNING OUTCOMES

At the completion of this unit you will be able to:

- list FIFA's *7 Steps to Foul Identification*;
- relate these steps to Law 12 and foul identification namely: a player's careless or reckless manner; or use of excessive force;
- recognise the FIFA foul recognition elements evident in selected pre-recorded match incidents;
- specify the appropriate punishment.

You are also required to demonstrate competence in identifying and punishing foul play during your matches - units 9 and 10.

CONTENT

1. Initial steps include a listing of the ways Referees can anticipate and identify fouls.

.....

.....

.....

.....

.....

.....

.....

.....

.....

2. This will lead to a re-examination of FIFA's steps, introduced to you in Level 4.

.....

.....

.....

.....

.....

3. Once these have been discussed you will see a series of match clips. You will be asked to note [use a ✓ in the appropriate boxes] which of the 7 Steps can be identified in each clip [there will be differences of opinion!] and what punishment or sanction you would impose. Use this table to record your responses.

Clip	Intent	Speed	Aggro	Violence	Position	Oppor- tunity	Match 'feeling'	Sanction
1								
2								
3								
4								
5								
6								
7								
8								

ASSESSMENT

- Informal check of recordings you've noted in the Table.
- Your competencies will be recorded on a checklist during unit 9 or 10.

UNIT 9

PRACTICAL OFFICIATING 3

NOMINAL TIME

Units 9 and 10 require you to be a Referee in one match and an Assistant Referee in the other match. The order is irrelevant for the purposes of this program.

AIM: To demonstrate basic AR or Referee competencies.

LEARNING OUTCOMES

At the completion of this unit you will have demonstrated that you have acquired and consolidated the basic skills and techniques of an AR or Referee.

CONTENT

This is a practical unit. Components are:

- appointment to a minimum of one match as a match official;
- appointment of an observer;
- formal written Self Assessment to be submitted to your program Instructor.

ASSESSMENT CRITERIA

- Checklist and AR report; or Referee assessment report.
- Formal self assessment submission.

RESOURCE REQUIREMENTS AND REFERENCE MATERIALS

- Participant's Workbook and Resource Manual
- Level 4 self assessment article [unit 3] and other preparation for officiating units and resource articles

NOTES FOR YOUR SELF EVALUATION

A self evaluation pro forma has been provided on the next page. It has been reproduced from the Resource Manual. Use this form or another format if you prefer.

SELF ASSESSMENT SHEET

NAME

DATE

MATCH

VS

1. REVIEW

I did these things well:

I think these things can be improved:

2. IDENTIFY

I have decided to choose these items [max. 2] to work on:

3. PLAN

This is how I will try to improve these items next match:

4. ACTION

Apply your plans and review how well they went on the next self assessment sheet.

Summary of RIPA Scheme:

- The RIPA Steps are: 1. Review 2. Identify items to improve
3. Plan improvement 4. Action your plan
- Your match analysis could concentrate on anything you choose. See other articles in this resource manual for ideas.
- Only choose one or two items to work on in your next match.
- Be realistic; a series of small steps beats one big trip!

UNIT 10

PRACTICAL OFFICIATING 4

NOMINAL TIME

Units 9 and 10 require you to be a Referee in one match and an Assistant Referee in the other match. The order is irrelevant for the purposes of this program. You should now be appointed to whichever role you did not undertake in Unit 9.

AIM: To demonstrate basic AR or Referee competencies.

LEARNING OUTCOMES

At the completion of this unit you will have demonstrated that you have acquired and consolidated the basic skills and techniques of an AR or Referee.

CONTENT

This is a practical unit. Components are:

- appointment to a minimum of one match as a match official;
- appointment of an observer;
- formal written Self Assessment to be submitted to your program Instructor.

ASSESSMENT CRITERIA

- Checklist and AR report; or Referee assessment report.
- Formal self assessment submission.

RESOURCE REQUIREMENTS AND REFERENCE MATERIALS

- Participant's Workbook and Resource Manual
- Self assessment article and other preparation for officiating units and resource articles

NOTES FOR YOUR SELF EVALUATION

Another self evaluation pro forma has been provided on the next page. Use this form or another format if you wish.

SELF ASSESSMENT SHEET

NAME

DATE

MATCH

VS

1. REVIEW

I did these things well:

I think these things can be improved:

2. IDENTIFY

I have decided to choose these items [max. 2] to work on:

3. PLAN

This is how I will try to improve these items next match:

4. ACTION

Apply your plans and review how well they went on the next self assessment sheet.

Summary of RIPA Scheme:

- The RIPA Steps are: 1. Review 2. Identify items to improve
3. Plan improvement 4. Action your plan
- Your match analysis could concentrate on anything you choose. See other articles in this resource manual for ideas.
- Only choose one or two items to work on in your next match.
- Be realistic; a series of small steps beats one big trip!

REFERENCES AND RESOURCES

- Australian Sports Commission:** *Officiating General Principles Curriculum [Draft 2]*; Belconnen ACT, April 2005
- Australian Sports Commission:** *Guidelines for the Design and Registration of NCAS and NOAS Training Programs*; Belconnen ACT, June 2003
- Curry, Lisa:** *Get Up and Go*
- Cycling Australia:** *Commissaire Assessor's Course – Participant Guide*; Creating Excellence Consulting, Manly NSW, December 2003
- FIFA:** Referee Development Program - Referee Fitness; DVD, Geneva Switzerland 2004
- FIFA:** Referee Development Program - Teaching Resources DVD, Geneva Switzerland 2004
- FIFA:** Referee Development Program - Practical Refereeing DVD, Geneva Switzerland 2003
- FIFA:** www.fifa.com
- Football Federation Australia:** *Laws of the Game*, Sydney NSW, 2007
- Layton, Rebecca:** *Making Mentors: A guide to establishing a successful mentoring program for coaches and officials*. Australian Sports Commission, Canberra, 2002
- Leuko Sports:** www.leukosports.com.au *Injury Prevention and Management*; October 2005
- Levens, David and Scott, Sean:** *Officials Coach Training Program – a Comprehensive Training Program for Coaches of Sporting Officials*; Australian Sports Commission and NSW Department of Education and Training, Sydney NSW, 2000
- National Officiating Council:** *Self Reflection Process*
- Scott, Sean [Ed.]:** *Fitness and Recovery Training for Sports Officials - Resource Manual*; Australian Sports Commission, Belconnen ACT, 1998
- Sports Medicine Australia:** www.sma.org.au
- Such, Nick:** *The Physical Preparation of Referees*; Brisbane, 1997
- Such, Nick:** National Physical Training program - NSL and NYSL; Soccer Australia, Sydney 1999
- UEFA:** *Referee Development Program - Application of the Offside Law*; Nyon Switzerland, 2004
- UEFA:** *Referees Development Program – DVD 1*; Nyon Switzerland, 2003
- UEFA:** *Referees Development Program – DVD Program 2*; Nyon Switzerland, 2003
- www.fitness4rugby.com *Recovery Status* October 2005