BC SOCCER

# REFEREE PROFILE

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## A. OVERVIEW

The Referee Profile is composed of the Person, which refers to the Referee as an individual person as well as the Referee, which includes the individual referee attributes needed to effectively officiate the game of soccer. These two combined composes the Referee Profile. The below image provides an overview of the Referee Profile.


## B. THE PERSON

*The information below provides the definition for the individual attributes of the person related to their role as a referee.*

The Referee is an individual person first. How they manage themselves, their performance and interactions with the coaches, players, and fellow referees to best officiate the game.

| | |
|---|---|
| **Character** | The referee's mental and moral qualities as they relate to an individual and within the team of referees. |
| **Self-Belief** | The referee's ability to recognize their identity and self-worth as they relate to them as a person as well as their performance. |
| **Emotions** | The referee's ability to manage their emotion and mood during the varying situations presented throughout the game. |
| **Connection** | The referee's ability to form relationships with others and how they work with those within the game. |

## C. THE REFEREE

*The information below provides the definition of attributes for the role of a referee.*

The attributes of the referee noting their knowledge, management, fitness levels and understanding as it relates to their role when officiating the game of soccer.

| | |
|---|---|
| **Technical Knowledge** | The referee's ability to understand the Laws of the Game and their practical implementation of the laws within their game. |
| **Game Management** | The referee's ability to appropriately prepare and effectively officiate and manage games, considering the level and age being officiated. |
| **Fitness** | The referee's ability to maintain a high standard of fitness appropriate for the level of games being officiated. |
| **Game Understanding** | The referee's ability to take appropriate actions to facilitate an enjoyable, safe soccer experience for all involved, while also maintaining the integrity of the game. |

# REFEREE TIPS

*The Refereeing Tips have been formulated to support the development of Referees against the referee profile and focuses on their role when officiating games.*

## TECHNICAL KNOWLEDGE

**TIP 1** Whether it be small-sided, District or above it is a requirement to be a BC Soccer registered referee to actively officiate within the BC Soccer membership. Make sure that your refereeing certification is up to date and appropriate for the level of game that you are officiating. This will also help with identifying your developmental areas to progress to the next referee grade/level if you so desire.

**TIP 2** Keep up to date with changes in law. Soccer is forever evolving and every year FIFA/IFAB take steps to update the Laws of the Game to reflect any new tactics/strategies that may have been introduced into the game. Make sure you read the most current version of the Laws of the Game when preparing for an upcoming season.

**TIP 3** Make sure you are up to date with current interpretations of the laws. While knowing the Laws of the Game is important, understanding the most current interpretation of the laws will give you the greatest opportunity to make the right decisions during your games. This can be done through attending regular education sessions and annual refresher courses.

## GAME MANAGEMENT

**TIP 1** When you arrive at the field for a game, try to take on a leadership role for everyone involved. As the referee for a match, the coaches and players will be looking to you for guidance – this can be at the start of the match (while doing pre-game checks) or during the game (by calling fouls that will make the game enjoyable to watch and protect players safety). After the match, make sure you complete all the necessary paperwork and match reports as required for that level of play.

**TIP 2** Understand that as a referee you may need to take on different roles depending on the age/level that you are officiating. When you are refereeing younger age groups (small sided games) your role may be to help players to understand the Laws of the Game (eg. the correct way to take a throw in). When you are officiating older (more competitive) age groups/levels, your role may need to be to call more (or less) fouls depending on the intensity of any given match. Be adaptable and ready to change your approach of refereeing depending on the game or players (level/age) involved.

**TIP 3** As a referee, never compromise on players' safety. This can be in the form of knowing the current BC Soccer policies regarding weather related items (i.e. lightning, air quality, heat) and whether or not games should start (or continue). It can also be in the form showing empathy towards players who may have been hurt in a game. Head injuries are especially sensitive and play should be blown down immediately if a player has been hit in the head (by another player or ball/equipment). Call on the team coach or medical person (if available) to deal with the player – do not try to manage these situations on your own. If the other team complains about time wasting, explain to them that you will add any time lost because of the injury but that you will never compromise on players safety.

## FITNESS

**TIP 1**

Make it a goal that you will stay in optimal physical fitness for the duration of an entire season. This includes being ready for the start of the season. Do not use games as training sessions – training sessions should be done on your own time and specific to what you want to improve on (i.e., speed, endurance, power, agility etc.). Also make sure you give yourself plenty of time to rest so as to not overwork yourself and manage the number of games you do on any given day or week-end.

**TIP 2**

Try to attend at least one BC Soccer Fitness Test on an annual basis. The annual Refresher Courses include a Fitness Check which consists of the Beep Test - **this is not an official Fitness Test**. The FIFA Fitness test is run on an oval track with different times depending on referee classification. Anyone looking to upgrade to Regional or Provincial will have to run an official Fitness Test. But even if you are not looking to upgrade, running a Fitness Test can provide you some guidance as to your own fitness level and if you need to adjust your own personal training program.

**TIP 3**

Use fitness in game situations to give yourself the best optimal view/angle for judging fouls/infractions. Statistics have shown that a referee who is struggling with fitness will often not be in an optimal position to judge fouls, but it can also have an effect on their mental/cognitive ability to make judgements. If you find yourself getting tired during games, use “dead ball” situations (when the ball is out of play) to take big breaths of air and try to recover as quickly as possible.

## GAME UNDERSTANDING

**TIP 1**

Try to put yourself in the position of the coaches and players when trying to decide what action to take in any given situation. We (as referees) have some flexibility granted to us under Law 5 which states “decisions will be made to the best of the referee’s ability according to the Laws of the Game and the ‘spirit of the game’ and will be based on the opinion of the referee, who has the discretion to take appropriate action within the framework of the Laws of the Game”. Use this provision to try to come up with a sensible outcome for any given situation, but remember **you cannot go against the Laws of the Game.**

**TIP 2**

Try to “read” the game and put yourself in optimal positions to judge infractions. “Reading” the game is the ability for a referee to anticipate what players will do (dribbling, short pass, long pass, shot etc.) and using this information to get yourself into good/close positions where you can judge fouls but also not be in the way of the players and what they are attempting to do. Improving your ability to “read” the game can be done by playing the game yourself (understand the game from a player’s perspective), gaining experience as a referee and learning player tendencies on the field, or by watching games on TV/Online and observing how players move/pass on the field to find certain clues about their intended actions.

**TIP 3**

Controlling players or coaches emotions is often seen as the toughest part of being a referee. As referees we must understand that soccer is a passionate game and we do not want to completely remove all emotional elements from the players and coaches. At the same time, we must also control our own emotions so as to not referee angry (just because someone may have said or done something that we personally did not agree with). If you find yourself in a tense/heated game with emotions or frustrations starting to “build up”, try to find opportunities to lower the “temperature” of a game by slowing the game down (calling more fouls) or speaking to team captains or coaches about the conduct of their teams.

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