THE CHALLENGE
OF REFEREEING

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WHO IS A GOOD REFEREE?

• A problematic aspect of refereeing: good rule knowledge but no knowledge of the tactics and strategies!
Personality

- Ability to communicate – Body language
- Leadership, serving the games
- Character, courage, style, etc
- Social situation
- Self-control, self-confidence
Personality

- Respecting others and being respected by others
- Team spirit
- Profound understanding and interpretation of the rules
- Behaviour on and off the court
Characteristics of good referees

- Honesty
- Staying calm, focusing on problems
- Patience
- Good role-models
- Study and learn from the best
Characteristics of good referees

- Challenging and realistic goals!
- Stable personal and professional background
- Ability to learn and improve
- Communication through body language
Physical ability

- Preparation like the teams
- Running style and paths
- Visual ability and court positioning
- Good physical shape and condition
Mental preparation

- Nomination, focusing on the next match
- Respect others and work on gaining others’ respect
- Positive mind frame
- Rituals before and during the matches
- Mental training on last minutes
Improving handball knowledge

• Constant learning through videos/DVDs
• Study new defence/attack systems
• Keeping up with the tempo and “temperature” of the match
Controlling the match

- Neutrality and acceptance
- Clear informations and clear signals
- Decision competence, cooperation
- Ability to “sell ones’ decision”
Controlling the match

- Adapt to the situation
- Use body language, pedagogy
- Be calm, smile
- Appropriate contact with every person involved
New profile of requirements on the referees

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<th>Moving paths</th>
<th>Position play</th>
<th>Teamwork</th>
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<td>Basic endurance</td>
<td>Perception</td>
<td>Concentration</td>
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<td>Starting speed</td>
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<td>Running co-ordination</td>
<td>Stress tolerance</td>
<td>Stress tolerance</td>
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<td>Physical mobility</td>
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<tr>
<td>Knowledge about the rules</td>
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What do the referees find most difficult?

- Social isolation after “bad” performance
- Negative report from delegates
- Media feedback
- Spectators
Tips

- Practice makes perfect
- To live with your mistakes
- Refereeing is enjoyable
- Be open and suggestive
- Follow special fitness programme
- Take care of your private life
- Be professional in each situation
THANK YOU FOR YOUR ATTENTION!