

YRFU Federation of Referees' Societies



Self-Check List

Advisers can be of great value and help to you as a referee, but you yourself should be your own most severe critic. After every game you should analyse your match performance and endeavour to take corrective action wherever an improvement is possible.

In order to assist you in honest and constructive self criticism, it is suggested that the following questions are asked, by yourself, in relation to recent performances.

1. Did you arrive at the game physically and mentally prepared?
2. Did you organise the pre-match arrangements quietly and efficiently.
3. Were you smartly turned out, contrasting shirt, clean boots.
4. Did you enjoy the game.
5. Did the players enjoy the game.
6. Did the players respond to your refereeing.
7. Were you fit enough for the game.
8. Were you generally in the right position to make important decisions.
9. Was the game under control?

IF ANY ANSWERS ARE **NO** THEN ASK YOURSELF THE FOLLOWING

10. Did you try to play advantage in all phases of the game?
11. Were the scrums tidy?
12. Did you deal correctly with any collapsed scrums?
13. Did the lineout produce clean, controlled possession?
14. Did you monitor spaces and gaps?
15. Did you vary your position at lineouts?
16. Did you firmly apply laws 18 and 19?
17. Did you prevent pile-ups occurring?
18. Did rucks and mauls produce clean possession?
19. Did you move around rucks and mauls?
20. Did you keep players on-side?
21. Did you look over your shoulder regularly?
22. Did you avoid getting trapped on the touchline?
23. Did you keep out the way of the players?
24. Did you look as if you were enjoying yourself?
25. Were you consistent in your interpretation of the laws?
26. Was your whistling firm and clear, and your arm signals also clear?
27. Did you concentrate totally for the whole game?

THE ANSWERS TO ALL THESE SHOULD BE **YES**

IF THERE WAS A **NO**, THEN THINK ABOUT THAT ASPECT BEFORE YOUR NEXT GAME AND ASK YOURSELF:

28. If there was foul play, after which phase did it develop.
29. Which phase of the game gave you most concern?
30. List the errors of judgement that you made in the game.
31. Which laws do you need to check on?
32. Are there any points you would like to discuss with a more experienced referee or advisor.

Remember you can learn from every game, no matter what standard. If you do not make the same mistake next time, then your refereeing will have improved.

Other people who may have been watching or playing are prepared to give their views, some may be biased, but think about what they say, there may be some wisdom in their words.