

# **SPORT for RULES - Sharing positive values through the enhancement of the referee's role**

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## **IO 1- Become a referee! Training Program for schools**

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## Introduction

### GENERAL DEFINITION AND ROLE:

Before anything else, we need to define what a referee is.

A referee or more precisely a sports official is according to the IFSO definition: A “Sports Official” means: a sports referee, a sports judge or any other person charged with supervision on compliance with rules during sports certificated competitions. If you want to play sport you have to accept that there are rules. If not, like in traffic, you will get a lot of misunderstandings, conflicts and even accidents. In all sports the role of referee or official is needed to give guidance to the game with the rules in mind so that every participant can have fun in sport! Sometimes we are told that ultimate is the only sport that does not need a referee, but on closer inspection (for example in a sport as tennis), as each player is in charge of refereeing, we can say that all players are also sports officials. The role of judges and referees is essential in the sports ecosystem; they are always the men and women in the background without whom competitions could not take place. We can now say that: NO REF – NO GAME!

### DEFINITION AND ROLE IN DETAILS:

There are many words and names to define a sports official. The best known are referee and umpire, but there are also judges, commissioners, linesman, arbitrator, etc.

Each sport uses a different vocabulary, but the role of the sport official is to bring the competition or match to a conclusion, enforcing the rules of the game in an impartial manner.

Moreover, since the Olympic Games 1972, a referee has taken an oath on behalf of all the referees and sport officials. Officials' Oath: In the name of all the judges and officials, I promise that we shall officiate in these Olympic Games with complete impartiality, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship. The most part (more than 95%) of sports officials serve on a voluntary basis or receive only reimbursement of their own expenses for their services or a very small amount of money. Yet they are the ones who run almost all competitions, from grassroots to elite performances, throughout the year. The most part of sports officials serve on a voluntary basis or receive only nominal compensation for their services.

It is also important to note that the investment of referees in all matches and competitions is often underestimated or even criticised. However, the development of this function in our society seems essential to continue to develop refereeing, and therefore sport at all levels. In

addition to essential technical training, referees develop important skills such as communication, teamwork, conflict management and continuous improvement. the Officials must be certificated by an official sports organisation, this can be as a trainee, national official or international official.

The shared objective of all referees is therefore to enable competitors to play in the spirit of sport through the impartial application of rules/laws and ethics.

To achieve this major objective, sports officials must perform tasks in the following key roles:

**PERSONAL SKILLS DEVELOPMENT:** Assess and develop their own performance as a sports official.

**RELATIONSHIPS:** Establish and maintain effective relationships with other sports officials, competitors and others involved in the competition.

**COMPETITION:** Manage the competition in accordance with the rules/laws and ethics of the sport.

**INFORMATION:** Manage information according to the role of the official

## **TO BECOME A REFEREE!**

For the youngest, becoming a referee is a real learning adventure. It is not enough to learn the rules and to want to apply them, it is above all taking on a responsibility that few dares to take on.

To become a referee at a young age is to commit to the game with responsibility. It also means respecting and considering each competitor, with full knowledge of the rules. It means being impartial by applying fair, objective decisions based on facts and not on outside influences. It also means being able to decide through complex reasoning to make the right decision in a few tenths of a second. And finally, you can lead the game by keeping the competitors within the rules.

In the end, being a referee offers the possibility to acquire personal skills, to enhance one's academic and civic background and to live great experiences.

The school also provides the opportunity to multiply practices and therefore to learn new things in different sports.

It is very important for all young people to be able to take part in their sports commitment with fun.

## SHARED VALUES:

The training of judges and referees is a lever for learning the values of living together. The spirit of the rule approached by the youngest enables them to put the issues of citizenship, tolerance and respect at the heart of the city.

### 1. Loyalty

The very strict definition of loyalty is Faithfulness manifested by the conduct to the commitments taken to the respect of the rules of the honour and the probity.

The loyalty of the sports official is concomitant with fair play. Fair play is a set of standards dictated by a code of conduct that adds respect for self, others, and the rules first.

The referee has rules to respect if he/she wants to be respected, where mistakes are part of his learning and his/her daily life, where loyalty is an indisputable starting point.

In all sports, amateur or not, there are several categories of people: coaches, sports officials, athletes... The referees, deliberately placed in the middle of the field, are the guarantors of ethics and fair play. They are loyal and exclusively at the service of the game.

### 2. Awareness of the existence of the rules

We have gradually adopted laws to enable everyone to live in society. We could just have acted in our own interest, where the law of the strongest would have prevailed, to the detriment of the weakest.

Therefore rules, laws, customs, moral rules, or rules of life in society have been adopted, not to constrain human lives, but, on the contrary, to allow all individuals to live and evolve together in society. This also helps to avoid selfish attitudes where everyone would act without worrying about the consequences that their own behavior could have on others.

### 3. Respect for the referee role

Respect is a feeling that leads one to give someone consideration because of the value one recognises in them. Throughout the world, the role of the sports official has undeniable symbolic value. Whether in schools, on screens or in sports clubs, the uniform is an element of identification and differentiation. The referee is immediately recognisable by his/her uniform, which directly informs the competitors who is responsible for the application of the rules and the game.

Respect for the role of the referee is closely linked to respect for all others on the field of play. Ultimately, respect for the role of referees means respect for the game itself.

Unlike other stakeholders in sport who are driven by the goal of winning, referees are driven by the objective of maintaining order, fairness and justice. Their role allows each person to express themselves in a sporting manner on the field of play in a spirit of loyalty.

Therefore, respect for the role of referees is always closely linked with another universal sporting value, and that is fair play.

#### 4. Communication

The general meaning of communication involves people interacting with one another to convey information. So, its role is quite necessary in sports due to its powerful way of defining peoples' mindsets and effectively enhancing their confidence. In fact, there are many forms of communication such as verbal/ non-verbal communication, body language, behavioral mannerisms and other interpersonal signals. However, non-formal communication practices among the players like a simple gesture, thumbs up, clapping, a handshake or even a pat on the back can improve the development of someone's self-esteem, because such gestures reflect mutual understanding and respect. Also, the appropriate reimbursement from the teammates in combination with the teamwork enhance both confidence and effective interaction, which also generates a stronger bond between them.

#### 5. Commitment

The commitment of the sports official is above all a civic commitment, he/she puts him/herself at the service of the game. By his/her action, he/she allows the competition to take place in the best possible conditions until its end and in respect of the rules. Taking up refereeing is a way of enjoying oneself by living one's passion in a different way. Pleasure is the main driving force behind officiating. It helps to develop confidence (in oneself and towards oneself) through decision-making and the art of mediation to maintain a serene climate. The referee takes responsibility for not influencing the flow of the game and must be very concentrated so as not to lose the thread. Finally, the referee is totally committed to controlling his/her emotions to make the right decision at any moment of the match. The sports official is an actor of the game without whom nothing is possible and his/her commitment makes him/her a citizen actor of the "living together".

## 6. Acceptance of the mistake

The sports official plays the key role in ensuring that the competition or match runs in accordance with the rules. In all categories and age groups, the referee's interventions are the only ones that influence the result apart from the athlete's performance. It is therefore essential to understand and make people understand that mistakes are just as human from the sports official as they are from the other actors of the sport (coach, player, etc.). The player learns by correcting their mistakes, it is the same for the young referee. When the referee is more experienced than the competitors, he or she also has an educational role just like the coach. It is essential to communicate with the younger players and to transmit to them the fundamental values of the sport they practice. In particular, the referee can provide a caring but firm support through the mistakes they make on the playing field.

## 7. Prejudice / Understanding

The sports official may be criticised, insulted and physically abused, whether by competitors, officials (coaches, president, ...) or spectators. These people do not realise that they are putting the competition or the match at peril by destabilising the referee. Insulting a referee is prohibited in all codes and rules of the game. Respect should be the main rule applied by all, in all sports. Unfortunately, we must be aware that the referee's place is the most complicated place on the field of play. He/she is the only person who is talked about only for his/her mistakes. Mistakes that are human in the same way as those of the competitors. Insults and threats can have serious consequences for mental health and physical violence always leaves psychological and physical scars. France is the only country in which the referee is recognised by law as having a public service mission like a policeman or a fireman. The prejudices can be many and must always be sanctioned, but only education remains the key to establishing respect.

## 1. LOYALTY

*"Loyalty and communication are always rewarded in sports"*

Cheech Marin

Any kind of sport activities in our daily life is pretty much important and beneficial to maintain a healthy lifestyle and even more for children. However, there are some special traits in sports that need to be considered before entering a team. The basic principle of a sport team is loyalty. According to Tzetzis & Tachis (2013), loyalty is described as a strong feeling of commitment and support that resists to changes and remains faithful to its goals. More specifically, a loyal team can maintain focus and passion to achieve more easily its goals. Otherwise, teams without loyalty are recognized as disoriented from their target goals, malfunctioning, bad tempered and generally disorganized.

Yenther (2010) also pointed out that *"being loyal to a team is a kind of partiality, one that grows out of attachment. It is good to form attachments. Forming attachments to other people, to institutions, to communities, to animals, to many other things pulled from different categories [...] It shows a healthy mind and an ability to develop a morally praiseworthy character. It allows for society. It allows for cooperation and community and communication"*.

In fact, loyalty in sports keeps teammates close, because of its powerful dynamic to decrease both negative and aggressive behaviors. In the same context, the article of US Sports Camps (2021) suggested 7 ways to develop loyalty in team sports and those are presented as such:

1. Love and loyalty go hand in hand,
2. Define your purpose,
3. Loyalty creates bravery,
4. Loyalty united with integrity,
5. Loyalty and the tongue,
6. Forgive,
7. Loyalty is a lifestyle.

Consequently, teamwork and loyalty come together as the fundamental values in sports for a successful cooperation that results in numerous achievements.

The Article 6 of the Fundamental Principles of the Olympic Charter, statute of the international sports system, reads: "Sports clubs and associations are subjects of the sports system and must



exercise their activities with sporting loyalty, observing the sporting style, as well as safeguarding the popular, educational, social and cultural function of sport ".

The concept of Fair Play mirrors the Code of Sports Ethics drawn up in Rhodes in 1992 by the European ministers of sport. The concepts included go beyond simply respecting the rules of sports and represents a way of thinking in the sports world. The sports code of ethics includes the fight against cheating, respecting the rules, the fight against doping, physical and psychological violence against sports players.

Loyalty is one of the basic principles of all sports, and above all, of the relationship between people. Loyalty, as respect for the rules, is fundamental for the relationship between multiple subjects, for personal growth intended as improvement for future behaviors. Loyalty is the sense of responsibility, solidarity, it is a value that may seem abstract or difficult to adopt in some situations, but it is a value that gives us back respect for ourselves and for others.

The word tennis summarizes an infinity of meanings and a vastness of values: fun, competitive spirit, competition and measure with oneself and with others, solidarity and friendship, but above all a container of moral values and ethical principles. Tennis conveys the importance of respecting the rules, the nobility of fair play and the great satisfactions of healthy competition.

## Exercises

### ▪ Examples of a referee's loyalty.

The examples we give are intended to make young people aware of what it means to be an referee and how the use of the value of loyalty in all areas of life and sport is necessary in order to gain the respect of other people.

The first example aims to evaluate from the point of view of the referee and the player one of the most frequent occurrences on the court, the referee getting out of his chair to check the mark after he has called the ball out.

Calling out the ball the chair umpire interrupted the game, after realising that perhaps the ball was good, he got down from his chair and checked the mark, thus correcting his incorrect call without looking for other possible solutions and merely self-correcting his call without trying to maintain his position despite the error. The referee, realising his mistake, corrected himself and replayed the point.

This example, which often occurs on a tennis court, shows us how a person must always use the value of loyalty, because in all areas of life, loyal people are the ones most respected by people.

The relationship between players and referee, between referees, and between referee and tournament management must always be based on the principle of sporting loyalty.

Represent this example with a cartoon of the referee first calling a ball out of the chair and then coming down to check that the decision made was correct.

Another practical example is the referee's application of the code of conduct. A classic example is when a player in a fit of rage throws the ball out of the field, thus committing a violation of the code of conduct, the referee applying the violation of the code for abuse of the ball is helping to enforce the rules, always remembering that he must as far as possible be authoritative and not authoritarian earning the respect of all parties involved and therefore players and colleagues.

Represent this example with a comic strip in which in similar contexts first with one player and then with the other, the chair referee applies the code of conduct in the same way (example of impartiality of the chair referee).

The last example proposed is that of the referee who must absolutely refrain from commenting on episodes that happened on the field to other colleagues, this is perhaps the most relevant example of loyalty that should accompany all the relationships that the referee tightens within the event and especially towards his colleagues. Support between colleagues must never be lacking, because only in this way is it possible to achieve both sporting and, above all, human growth (example of loyalty between colleagues).

Represent this example with a comic strip in which a referee who has witnessed something that has happened to another colleague tries to discuss it constructively by giving his full support to the colleague and not by discussing it with others.

### ▪ What is Loyalty?

Learning objectives: To gain a better understanding of Fair Play by expressing points of view.

ACTIVITY: Understand and discuss the following questions as a class or in smaller groups.

- Do you agree with each of these statements? Why or why not?

“Fair Play means that I respect my teammates and my opponents. Sometimes it’s harder to play fair.”

“I try to play fair, that is to follow the rules. But in a game that we really want to win, we sometimes have to commit a tactical foul.”

“Fair play does not only mean adherence to written rules: rather it describes the right attitudes of sportsmen and sportswomen and the right spirit in which they conduct themselves

- What do you think is the meaning of fair play?

- Discuss some situations in which it is difficult to follow the spirit of fair play. Make two lists with examples of loyalty on one side and examples of unfair play on the other side.

- **Challenge contest**

Learning objectives: To gain a better understanding of fair play through play and discussion with a partner.

Activity: Have students find partners of fairly equal strength and ability. Partners will challenge each other with an activity which she/he is good at such as jumping, running, dancing or goal shooting.

At the end partners will talk about the similarities and differences between their abilities using these statements:

- We both really good at:
- We both need to improve our:
- I'm better at:
- You're better at:

Discuss as a group: Why is it important for each of the partners to have an equal chance to compete fairly? Why are rules important in setting up fair contests? How can your partner help you to improve?

## 2. AWARENESS OF THE EXISTENCE OF THE RULES

### Rules allow us to live and play together

We have gradually adopted laws to enable everyone to live in society. We could just have acted in our own interest, where the law of the strongest would have prevailed, to the detriment of the weakest.

Therefore rules, laws, customs, moral rules, or rules of life in society have been adopted, not to constrain human lives, but, on the contrary, to allow all individuals to live and evolve together in society. This also helps to avoid selfish attitudes where everyone would act without worrying about the consequences that their own behavior could have on others.

### Rules may differ

While it is important to regulate road traffic to avoid the risk of accidents and allow each of us to travel safely, rules can be very different depending on the location. For example, we drive on the left-hand side in Great Britain and in many of its former colonies, while we drive on the right-hand side on European, African, or American continents. Speed limits also vary depending on the country and the type of road used. Australian road signs are not the same color and sometimes show animals which do not even exist in our country.

To avoid accidents, it is therefore better to know the traffic rules that apply in the country!

#### In sports and games, rules are necessary

In sports as well as in life, it is important that everyone knows the rules of the game. We can play marbles in different ways in school, but it is important, to avoid disputes or injustice, that we all agree on the rules (what needs to be done to win, what rules must be respected?). Thanks to discussions and negotiations taken in common, children will understand the importance of rules: the rules defined and chosen together will be applied to everyone.

#### Everyone should know the rules

It would be chaotic if we played football or basketball using both hands and feet, if we allowed players to hit and push each other. It is thus necessary to agree to apply rules that allow everyone to play in good understanding and respect. Rules are not made to constrain players but to allow them to play together, to share the same objective, to agree on what is allowed or not and to commit to respect them.

#### Different practices depending on ability levels

The rules of a same sport may change depending on the competition and to whom they are applied (younger or expert athletes).

Americans play basketball longer in the NBA to extend the show and often pass the 100-point mark, they shoot from further away to score 3 points because the players are more skillful.

The rules can also be adapted to younger players to enhance pleasure while practicing safely, but keeping the essential rules (e.g, do not run with the ball, do not push the opponent...). It is also possible to remove some rules too difficult to apply and that would prevent the engagement of young players (e.g, the “travelling” rule in basketball). Also, the length of the game but also the dimensions can be shortened to respect children’s physical abilities. The material can also be adapted, smaller baskets or football goals can be used to make it easier to score.

#### Adjustments to promote inclusiveness

We also adapt to society: the major collective sports have even instituted variants of their sport, allow play by smaller numbers, or to play outdoors or indoors depending on the weather. This is the case for 3x3 in basketball, beach volley, seven-a-side rugby or futsal.

In basketball, rules were added so that taller players would not be advantaged (they couldn't stay more than 3 seconds in the opponent's restricted area, it is forbidden to touch the ball above the ring...). Also, to enhance dexterity and risk taking, a goal released from 3-point field goal area counts for 3 points.

Finally, whatever the sport, the essential rules remain the same since it is through them that players can express themselves, feel emotions in a game, where rights and duties of the attackers and defenders are balanced, preserving the uncertainty of the result and the pleasure of playing.

### The need for a referee

If we can advantageously have fun by respecting the rules and by self-officiating, it can also happen that an individual, when engaged in a competition, can get carried away by the stakes and lose the lucidity to respect the rules or to control physical engagement. Players give the responsibility to a referee, in charge of enforcing the agreed rules and to protect players.

### Sanctions scales

The referee is not there to sanction, but to allow the game to happen!

Over time, with the experience gained after practicing several games, sports lawmakers (the ones who write the rules) have introduced penalties to deter players from breaking the rules. These sanctions are different depending on the severity of the transgression. For example, a simple technical mistake is often sanctioned with a simple freekick or OB (out of bounds), where the ball is then given to the opponent.

Contacts or medium but repetitive mistakes are also sanctioned: in basketball, elimination after 5 individual fouls, or systematic free throws after a certain number of team fouls, warnings in soccer, penalty try in rugby.

When the rule violation is a physical, verbal or psychological assault, any form of serious unsporting behavior or any behavior that one does not want to see in the sport in general, the sanction is even more serious. This can be a penalty kick, a temporary or definitive exclusion, with or without a player replacement.

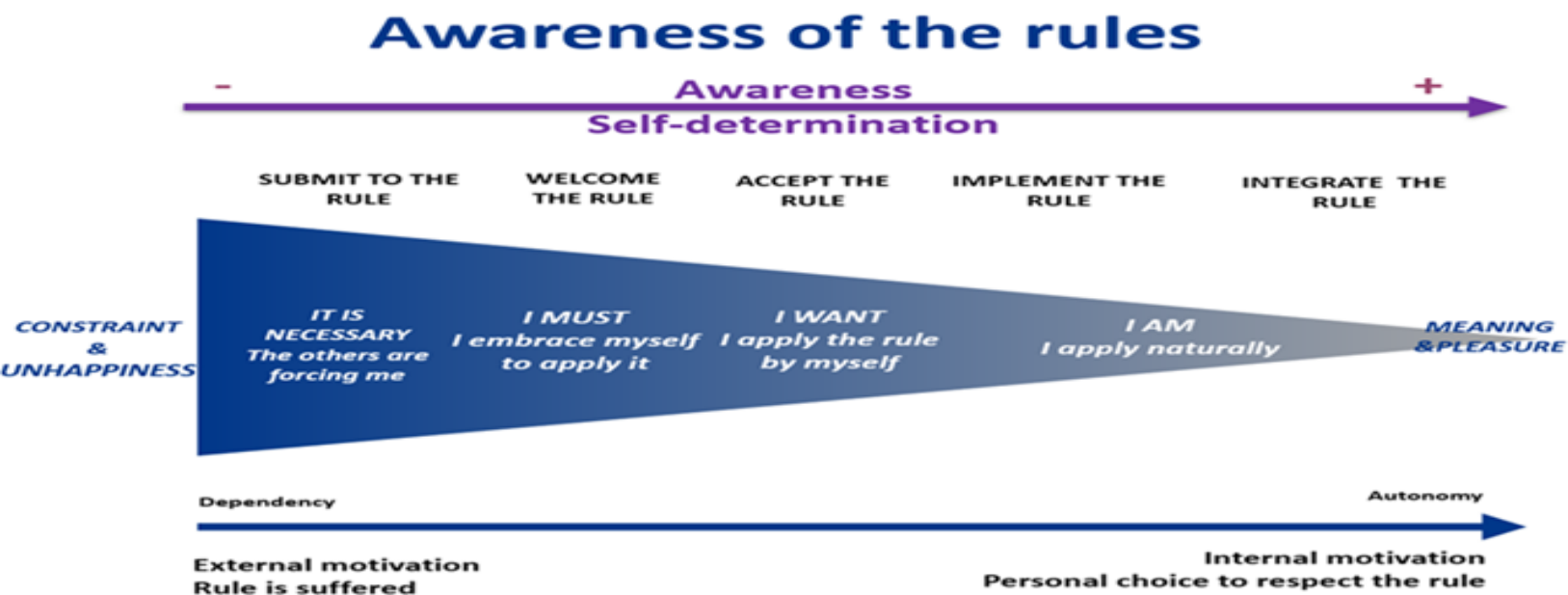
### Conclusion

Rules therefore give a game frame, secure the practice, and reassure the players. Rules must be known, understood and shared by everyone. Through their constitution or adaptation, rules must allow everyone to express themselves securely in the game, the sport or social life.

The referee must be recognized by the player but also the spectator as the designated official charged with respect of the game's principles and as responsible for the security of players during competitions. He/she can rely on the rules and that everyone knows them in order to avoid decisions being contested.

During physical education, children win more and more autonomy and step away from the adult's control. They learn the necessary rules for social life. Confrontation with the rules and the comprehension of their necessity in the sport is an asset for the development of citizens' lives.

Instead of being subjected to the rules, children should welcome them, accept them and not see them as a constraint. Understanding the meaning and intent of rules allows them to have more fun. They will then appreciate all the better fair-play gestures from players, e.g. recognizing their foul or giving back a point to the opponent in tennis.



## Exercises

### ▪ "Rules in Life" (where the rules regulate)

#### Goals

Make students aware that:

- different types of rules apply to everyone during the day,
- these rules, which are not always the same for everyone, have a meaning and make it possible to regulate life in society.

#### Principles of the activity

Students describe a school day and then identify the rules, similar or different, that apply to each one at different times of the present day.

#### Points to be addressed

##### 1) What times of day do they identify?

Wake up, breakfast, trips, school time, catering, ancillary activities (sport, leisure, extracurricular activities, etc.)

##### 2) In what environment are the different times of the day located?

Home (my home or someone's home), street, bus, car, school, club, canteen, ...

##### 3) Identify the rules that relate to and apply to each context (moment + environment)

House rules, school rules, traffic rules, club rules ...

##### 4) Try to find the meaning related to the rules

Why do these rules exist? Safety, living together, respect ... (in groups of 3-4, each group discusses the rules of a moment of the day)

#### Progress of the activity

##### STEP 1

5min: create groups of 3-5 students

10-15min: each group draws a frieze with the different times of the day:

- identify the periods of the day;
- position the events in time;

5 min: write the names of the different places (environment) on the frieze.

20-25min: identify and write the rules that apply to the various events or places drawn or written on the frieze.

## STEP 2

15min: Restitution & Presentation

The groups follow one another, present their frieze to the others and complete what has not been said or presented by the previous groups

Demonstration that the rules of conduct that apply to everyone may be different and adapted depending on:

- The location (house, school, street, means of transport, canteen, sport, etc.)
- The time (getting up, going to bed, eating, going out or not, etc.)
- The context (family organization, culture, only son / daughter or large family, etc.)

30min: exchange and debate.

The teacher asks the students about the usefulness and meaning given to the existence of each rule in the environments / times / context of day exposed.

Categorize the rules:

- Institutional rules
- Traffic rules
- Family Rules,
- Moral rules (respect for others, diversity, rights and duties / equality of girls and boys, ...)

### ▪ **Activity "Jokers" and "Challenges" Game Several Referees Officiating**

This game is adaptable to different sports or traditional games.

## Goals

\* Build and define together with the students, the 4 or 5 important rules of the game or sport chosen.

\* Distribute arbitration tasks among several arbitrators to:

- Reduce the pressure on each referee (only one rule per student to observe / whistle / announce);
- Adapt the arbitrated rule chosen to each person's skills;



- Allow referees to take responsibility, assert themselves and announce;
- Confront each student with the difficulty of making a decision and accepting the error;
- Make each student take turns responsible for managing a rule.

### Organization

Play on a sports field. A tournament is organized between several teams.

On the court: 2 teams are matching, the third team officiates the game and keeps the score or the clock.

#### Step 1: Establish the rules

The pupils of the whole class together define the 4 or 5 most important rules of a sport / game that they will play with simplified rules.

#### Basketball example:

- Rule 1: Do not move with the ball in hand (Mr. / Mrs. "Walk");
- Rules 2: Do not bounce the ball or walk with the ball outside the field (Mr./Mrs "Out");
- Rule 3: Do not hook or push the opponent (Mr./Mrs "Contact");
- Rule 4: you can dribble as much as you want with one hand to advance with the ball but if you then catch it with 2 hands, you can no longer dribble (Mr./Mrs. "Dribble");
- Rule 5: Respect the playing time (Mr./Mrs "time keeper") or the score to be reached (Mr./Mrs "score keeper").

Evolution: The 4/5 basic rules can be completed or be specified after a discussion and then a collective decision.

#### Step 2: Allocation of the arbitration

4 or 5 students, from the same team, take charge of a rule each to referee. Possibility of assigning shirts bearing the name of the rule. For example in basketball: Mr/Mrs. "travelling", Mr/Mrs "out of bound" ...

Each referee can have an object that makes a different sound assigned to the rule he manages (whistle, bell, rattle, triangle ... etc.). During each period of the sports game, each student must announce the rule violations (rules chosen with the students) in connection with the rule he is running. Another referee cannot blow the whistle for another rule.

#### Step 3: The "challenge"

Like the tennis player, a team has 1 challenge to correct a decision if it considers that the referee is making a manifest error.

#### Step 4: The Jokers (Promotion of success)

Each team owns 4 jokers per game. The game is based on the decision of the student-referee and how the team will challenge, or not, his/her decision. If the referee is correct, the game continues as normal, if not, the team arguing the fool can challenge the decision. The teacher is then responsible to decide with students whether or not to maintain the decision and the joker. The referee must then use a wild card from his team in order to correct the decision.

If the challenging team is wrong, it loses a Joker for the following game and cannot challenge a fool anymore for the ongoing match. The learning objective is to learn to challenge obvious mistakes, and not systematically argue with the referee.

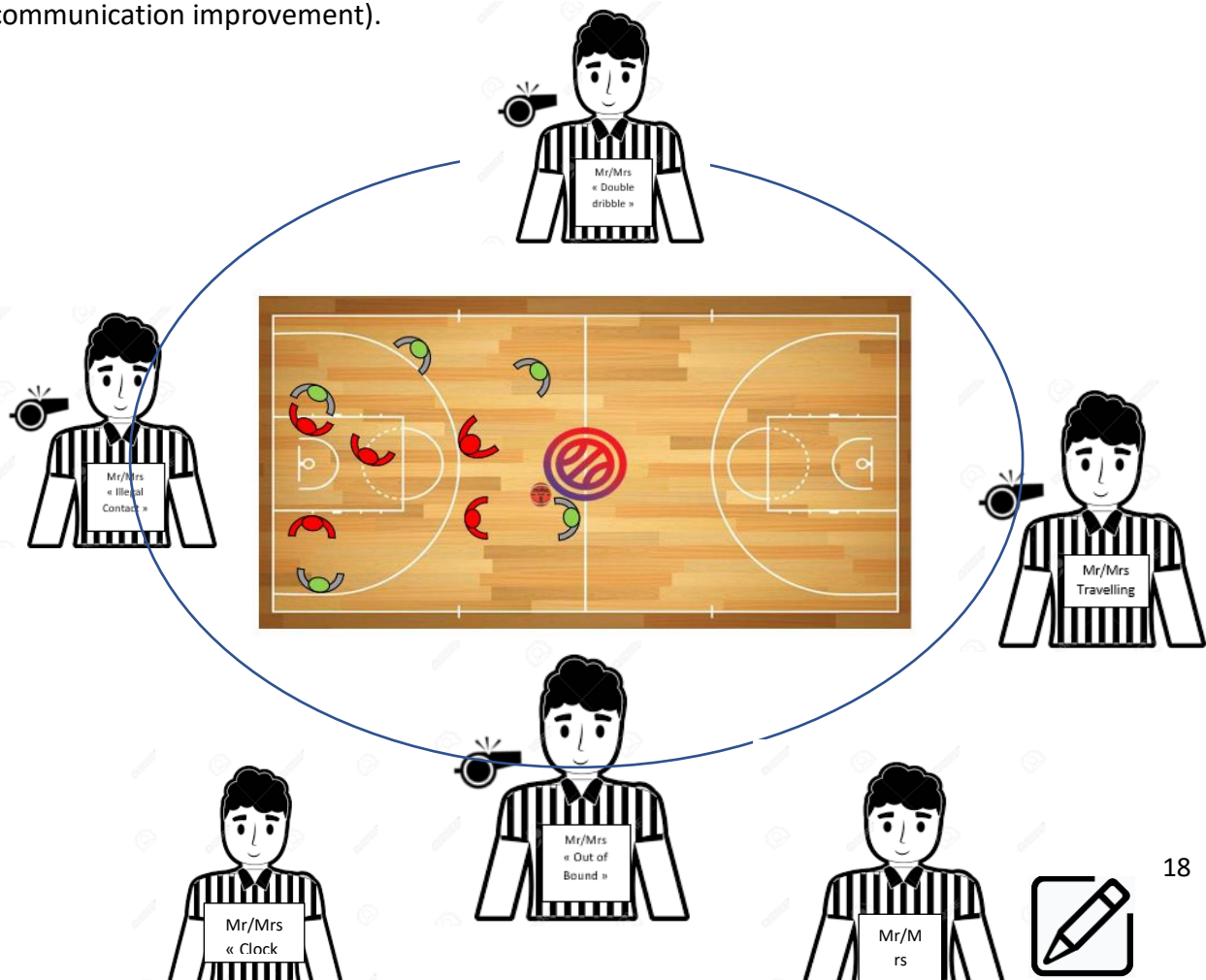
After all the matches are over, if a team still has jokers, additional points are awarded for the team.

For example:

- The team keep all its jokers: + 3 pts in the standings;
- More than half of the jokers, + 2 points in the ranking... Etc).

Possible evolutions:

- Assign several rules to a same referee;
- Delegate the role of "responsible for the game" to an expert student;
- A Joker is lost if the announcement of the offense is not clear and understood by all (communication improvement).



## **"Coope-tition games" or "How to adapt the rules in order to place fairness at the heart of practices"**

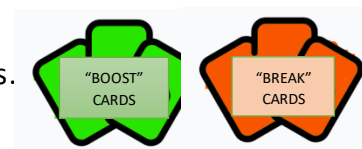
The formula of the "coope-tition games" aims to clarify a meeting situation that is halfway between "**coope**...ration" and "compe...**tition**" to promote the commitment of all players through the adaptation of the rule. During the game, the competition will always be present, there will be a winner and a loser, but while preserving the uncertainty, by a temporary adaptation of certain rules aiming to "erase" the difference in level between two teams. The playful dimension will be reinforced by giving some "nudges" and by offering others "challenges" to overcome. This "rebalancing" will make it easier for all children to get involved, including those who, in advance, have withdrawn or who have quickly given up.

### Goals:

- Relativize the score by adding a fun dimension;
- Restore equal opportunities by managing the heterogeneity of the 2 teams;
- Strengthen collective strategies based on the new balance of power linked to the drawing of cards.

### Materials (Cards):

- "BOOST" cards that reinforce the powers of one of the two teams;
- "BRAKING" cards which cause constraints in the game for one of the two teams.



### Organization:

- Use in a match situation, during a tournament...
- In a match, after a defined playing time or as soon as an imbalance sets in (i.e. 2 goals away in football, 6 points away in basketball, ...), the referee intervenes and stops the game:
  1. There are two options:
    - a) The losing team at this point chooses to take an advantage card (boost) or to "brake" the other team. She then draws a card at random.
    - b) The leading team chooses to challenge itself by taking a "braking" card, or to facilitate the actions of the other team by drawing a "boost" card for it.
  2. The game then resumes taking this new condition into account.

### Designing cards:

The construction of these cards is not straightforward. They are built either by the teacher or with the students by creating arrangements for the rules while preserving the logic of the game and the essential rules of the activity. For example, it will not be allowed to play with the ball in your hand if a football match is played; in basketball, the power to belt a player of the opposing team should not be awarded for the losing team by a “boost” card. These adaptations allowed to a team (for a defined time) must make it possible to rebalance the balance of power while respecting the spirit of the game:

- Facilitate the scoring (eg: enlarge a goal, lower a basket, a goal counts double, ...);
- Make the rule less restrictive to facilitate play actions (do not penalize trampling in basketball, allow 2 rebounds in tennis, etc.);
- Play in superiority / numerical inferiority to give more choice and power to one of the 2 teams.

We can also “afford” to offer one or two “joke” cards to bring lot of laughs to the game (we play for the pleasure of being together) i.e. On this card, the leading team must “play the second half of the football game with your hands on your head”, ...)

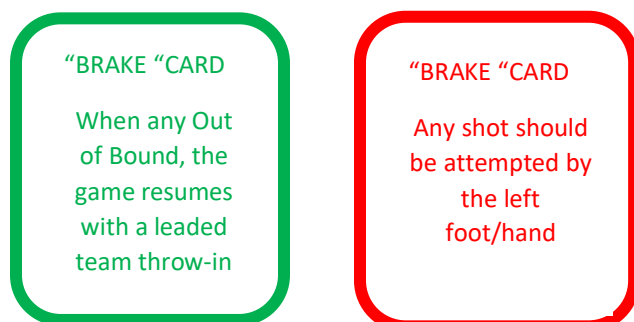
### 3 possible steps to organize the game:

- Create the cards "Boost" and "Brake";
- Play by experimenting with cards;
- Debate on the relevance of the cards and take stock of the consequences of their use (possible openness to the concepts of fairness, cooperation, everyone's pleasure, etc.).

Example cards for "the captain's ball" game



Examples of cards for football or handball:



Of course, the reasons for these temporary adaptations of the rule must be made explicit and shared with the students.

Therein lies all the importance of the debate to be conducted in class beforehand: does not the interest of any game lie in the fact that everyone has a chance to win?

The spirit of "coopetition" game is to encourage the investment of all students by maintaining interest in the game and by maintaining uncertainty about the result.

### 3. RESPECT FOR THE REFEREE ROLE

#### Olympic values

*„The sport we want“*

The Olympic movement, which is a globally recognised movement, gathers and unites all the individuals and organisations inspired by the values of Olympism. By the words of Dr Thomas Bach, President of the International Olympic Committee *“Olympism is more than a concept for sport. It is a philosophy of life”*.

Therefore, in all its definitions, Olympism is portrayed as philosophy and a way of life which highlights that placing effort in sport brings joy, setting a good example also carries an educational value, and above all fundamental ethical principles must be respected.

Olympic movement recognises several values as Olympic values which blend sport, culture, and education to promote the proper and well-balanced development of the body, will and mind.

The International Olympic Academy (IOA) strives to commit the world of sport to inspire others and transform their lives. In this global effort, one should not forget about the values, which are inherent in sport. In fighting for the respect of human rights in/through sport, sport organisations throughout the world work diligently to maintain and enforce sport values and rules to ensure the integrity of sport. Respect towards fundamental human rights is in its essence based on the respect towards everyone's right to practice sport, to have equal opportunities and possibilities to practice sport without any discrimination.

## Respecting the Referee Means Respecting the Game

*“Respect is an attitude of positive evaluation, a recognition of something, some reality that merits understanding and attentiveness.”*

(Clifford & Feezell, 2010)

Respecting referees is closely connected to respecting all other individuals in the field of play. Ultimately respect towards referees signifies respect towards the game itself. However, referees do not only represent the game, but they also facilitate learning and improving, they manage the entire game and oversee making sure the game is enjoyable as well as being just and fair. They communicate and instruct all the parties involved, from players, coaches to parents and spectators.

Referees play an important role of preserving the intrinsic values of sport, while at the same time making sure that the component of competition is present. Another notion which seems to have immense effect on respecting referee's decisions is the rise of technological innovations. After all referees are only humans and as all human beings, they are prone to mistakes. Should we then substitute referees with the modern technology “Referee robots”. Some believe that this would kill the essence of the game, since machines would not be able to preserve the intrinsic values of sport.

Machines would not be able to make decisions which come down to human elements of the game, they would not be able to decide whether a player intended to trip the opponent, or he was going for the ball, and took down the opponent by accident. And even though there are some sports where Artificial Intelligence can assist referees, and some in which a human eye is not possible to detect the ball, or a kick, there are still those sports which rely on referees making decisions as human beings. All in all, the modern technology can and will help referees in perfecting their skills, and work on their excellence. In conclusion, the use of modern technology can assist the referees in making the right and fair decision, however there are still a lot of elements which a machine cannot detect, such as artistry, and improper behaviour.

The image of a referee as someone who punishes and criticizes players and all other actors in the field of play should be avoided. It will eventually create a bad perception of a referee as an aggressive and insulting individual. It should be noted that referees can be affected by various emotional elements of the Game. This does not necessarily mean that you should agree with any decision that a referee makes. You may question the referee’s decision, but it must be done in a spirit of civility. Any person involved in the game itself has the right to object, question and test the decision, without name calling and aggressive behaviour. If you show respect towards referees’ decision, your objections will be interpreted by the referees themselves as your intent to improve the game and assist in their pursuit of excellence.

To sum up, disrespecting the referees means disrespecting the game. The following can provide recommendations in teaching and enforcing respect towards Referee's role in the game:

- Referee's authority is ultimate;
- Referees are human beings and as such are prone to mistakes;
- Questioning referee's decision should lead to perfecting the Game itself, but this should always be done in a spirit of civility;
- Respect referees as educators and interpreters of the game;
- And remember: *Do not do to others what you would not want them to do to you!*

## Exercises

### ▪ (UN)JUST REFEREE

Duration: 45 minutes

Location: sport hall or outdoors

Equipment: depending on a sport (football, basketball, volleyball, handball, etc.)

Activity description:

Choose whichever team sport is suitable to the occasion. Divide students into two teams, while you will choose one student to take on the role of a referee. Instruct the student to how to be an unjust referee to make a series of bad judgements on purpose. Pay special attention to how your students would behave towards the referee. Will the students be aggressive and use bad language? How will the winning team behave? Will they themselves come over to the referee and point towards the bad decision, or will they do nothing?

Instruction for the teachers:

Try to write down as many of these examples and try to be meticulous. Once the game is over, gather your students again and point out their good and bad behaviour towards the referee. The team which has honoured the authority of a referee, while objecting to the bad judgements in a civil manner will ultimately be the winning team.

Discussion:

Discuss with your students about winning and losing a Game. What should each of them learn from winning or losing a Game. Ask them how they would feel if they won a Game based on a referee's mistake. Would they still feel victorious? Ask if losing a Game due to referee's bad judgement would demotivate them and if they would ultimately blame the referee for their loss?



Optional: if there is a possibility to record the Game you can organise to watch the recording together with the students to further point out bad behaviour, and how it could have been avoided.

#### ▪ RESPECT THE RULES OF THE GAME

Duration: 45 minutes

Location: sport hall or outdoors

Equipment: six hoops, balls

Activity description:

Distribute the hoops all over the hall or court as further from each other as possible, keeping in mind that three hoops belong to one team. Place balls at the center of the hall or court. Students are divided into two teams with equal number of players. Within each group choose two players who will be assigned the role of robbers. Make sure that the opposing team does not know who the robbers are. Instruct the students that they can move around the entire court but cannot touch the balls in the hoops of the opposing team, but only from the centre. Instruct the robbers that they are allowed to touch the balls from the centre and from of the opposing team's hoops. The aim of the game is to get as many balls as possible inside the hoops.

Instructions for the teacher:

Pay close attention as to how your students are reacting, especially those that are not acting as robbers. The aim of this activity is to teach students to respect the rules of the Game. Violence, bad behaviour and the use of improper language must be reprimanded.

Discussion:

Gather your students and discuss with them the importance of respecting each individual in the Game. Specifically highlight the need to stay civil and behave appropriately by respecting the rules of the Game. Highlight the importance of staying dignified even if having lost the Game. Ask your students what they think they should have done differently, and how have they perceived the "robbers" in the Game.

#### ▪ SWITCH ROLES

Duration: 45 minutes

Location: sport hall or outdoors



Equipment: depending on a sport (football, basketball, volleyball, handball, etc.)

Activity description:

Organise a match that best suits the occasion (football, basketball, volleyball match, etc.). Assign specific roles for your students:

- Players;
- Referees;
- Spectators.

Instruct your students that they will change roles every 15 minutes.

Instructions for the teacher:

Be mindful of the Game and how your students behave. In this case you should act as an unbiased observer and should not address your students or answer to their questions. Try to stay out of sight as much as possible. Take notes in how your students have behaved in each role assigned to them.

Discussion:

Once the activity has ended, gather your students, and discuss with them how they felt in each role. Especially ask the students who took up a role of a referee how they felt in regard to the bad behaviour of spectators and players. Try to bring up an idea of how it feels to be in someone's shoes, noting how difficult it is for referees to be vigilant of the entire Game and at the same time listen to the players and spectators' complaints and if applicable bad behaviour.

## 4. Politeness & Communication

*"Effective teamwork begins and ends with communication"*

Mike Krzyzewski

The participation of children in sport activities improve their communicative skills and further helps to develop a more outgoing character based on their good manners and proper behavior. It also gives children a sense of belonging. It helps them make new friends and builds their social

circle outside school. During the procedure of a sport activity, various benefits derive from the effective interaction as well as the teamwork among children. Mahaseth (2016) distinguished 5 benefits offered to the players through a sport activity: 1. the development of self-esteem, 2. the acquaintance of social skills, 3. the ability to accept a defeat, 4. discipline and 5. teamwork. Those benefits constitute the core idea behind the sports that promote fair play as well as respect in all sorts of sports.

The general meaning of communication involves people interacting with one another to convey information. So, its role is quite necessary in sports due to its powerful way of defining peoples' mindsets and effectively enhancing their confidence. In fact, there are many forms of communication such as verbal/ non-verbal communication, body language, behavioral mannerisms and other interpersonal signals. However, non-formal communication practices among the players like a simple gesture, thumbs up, clapping, a handshake or even a pat on the back can improve the development of someone's self-esteem, because such gestures reflect mutual understanding and respect. Also, the appropriate reimbursement from the teammates in combination with the teamwork enhance both confidence and effective interaction, which also generates a stronger bond between them.

As a result, communication is of great importance and plays a vital role in the sport field by strengthening the team spirit, organizing team players, promoting social inclusion, discipline and compliance to the rules with no exceptions. Otherwise, poor communication can cause devastating effects on young players. More specifically, an example of Hanson et. al. (n.d.) lead to the conclusion that *"poor communication left athletes feeling stressed and unable to cope as they deemed their environment to be controlling and overly pressured"*.

Communication skills, therefore, are of essential importance since they can either improve or damage performance instantly. For example, it is not so easy for someone to try to explain some thoughts or suggestions without being misunderstood. Nevertheless, the article of Arkansas State University (2018) noted that *"workshops in effective communication are a part of many successful athletic programs, and coaches who communicate openly with their athletes can model effective interaction by speaking directly, listening attentively and valuing others' opinions"*. Social success comes only after an effective communication and team sports are well known for that important part.

What is more, is the importance of politeness in sports by accepting the feelings and/or thoughts of others to deal with them in an appropriate manner even when there are conflicts. Following a proper behavior indicates communication skills and manners that result in discipline. Politeness is an important and essential skill that makes us achieve our objectives in life and respect each other's rights and ethics. For this reason, politeness in sports plays a determinant role in achieving goals, organizational levels and avoiding any rude or inappropriate behaviors.

## Exercises

Group sports or activities provide a lot of opportunities to the children and provides them with a healthy lifestyle. The interaction among the children also plays a determinant role in such exercises since they can acquaint knowledge through sport games. Also, an important part of playing in a team is accepting discipline. Playing sport means children are expected to follow rules, accept decisions and understand that they could be penalized for bad behavior. Thereafter, there is a category of some special activities for both children and young people that can help them to combine knowledge with fun.

### ▪ EVALUATING A REAL GAME

Referees are asked to watch and evaluate a real game. They are asked to evaluate only a specific part of their colleague's performance related to communication skills. Evaluators (referees evaluating the game) should report on referees' performance and indicate the examples of good and bad communication during the match. Training leader facilitates discussion and provides official explanations and guidelines.

### ▪ VIDEO EXAMPLES EVALUATION

Selected videos with specific examples from various games are shown to referees. Referees are asked to provide their opinion. Training leader facilitates discussion and provides official explanations and guidelines.

### ▪ WRITTEN TESTS

Referees are asked to fill in a written test with questions related to specific part of the Rule book, guidelines and cases related to participants behaviour and referees' duties. After evaluation of the tests training leader discusses common mistakes, referees had in their test results.

### ▪ ROLE PLAY ACTIVITIES

Role play games are perhaps the most appropriate game for children to deeper understand the role that communication plays in a fun way. More specifically, in such activity a thematic is presented and then the selected leader of each group of young people must cooperate efficiently with the rest of the team. The leader is the one in charge of the rest of the team by intensively guiding his/her group to handle and solve any arising issues. In such activity, children have the chance to experience the role of leadership and cooperation among them.

Other sport activities that can be proved beneficial for both children and adults are:

- Football
- Volleyball
- Basketball
- Rugby
- Cricket
- Hockey

Sports help children to develop vital teamworking skills, such as clear communication, the ability to take feedback, the ability to express their thoughts/opinions, collaborate and adjust to the needs of around them. Such team sports clearly define the importance of the role of communication among not only the players, but also the trainers and the judges, who also play a significant role in those games. Those sorts demand a specific way of thinking that is based on inclusiveness and effective cooperation.

## 5. COMMITMENT

Commitment is getting used to the substance, which enables emotional, mental or physiological reactions, can be described as being unable to control one's urges while deciding whether or not to perform a certain action (Byun et. al. 2009).

Commitment means that a person gets pleasure by devoting himself to what he does and gives meaning to it. A person who has achieved his goals because of his commitment becomes a new role model in the position where he is courageously successful, as being an example to the children and young people around him by also raising their level of commitment. This, in turn, establishes new commitments, and this continues cyclically.

Commitment of athletes in sports can be described as; being fully involved in sports, fully and mentally living the situation in a positive way by their self-confidence and efforts. (Lonsdale, ve ark., 2007).

What you like becomes a habit if you commit yourself and love it. You develop yourself so that your habit does not fade away; when a habit you like becomes successful, it serves as an example to others, and the habit you created with commitment also becomes the habit of future generations.

Most human needs are either physiological or psychological. Most of the time, satisfaction of psychological needs is dependent on satisfaction of physiological needs (Cüceloğlu, 1992). In this

context, it can think that fundamental psychological needs being satisfied during exercise is related to sports engagement.

While needs vary depending on the personality characteristics of the individuals, the suitability of activities to the needs of the individual is quite important for the participation and continuity/commitment of the individual to sports activities.

Children's needs determine their level of commitment. These needs may include:

- physical development
- health
- developing new hobbies, curiosities and skills
- experience acquisition
- being creative
- satisfying the authority motive
- socializing
- involvement
- entertainment
- imitating a role model
- social needs;
  - gaining confidence
  - willingness to stand out
  - competency
  - sense of belonging
  - motive to control
  - being appreciated by the community
  - being successful
  - gaining fame
  - making a circle of friends
  - competitive motive
- psychological needs;
  - coping with stress,
  - getting away from anxiety

As a result of various studies conducted, it has been observed that athletes' commitment to sports decreases as they get older. In this regard, it is very important to establish a sense of responsibility for children to develop commitment to sports at an early age.

Learning and enjoying the game play a very important role for young people to participate in sports. Thus, not only will the activities they will learn and enjoy increase the commitment of

young people to sports, but they will also develop their personality and creativity and gain a sense of responsibility thanks to their social gains.

While internal motivation factors play an important role in participating in sports, committing to it and sustaining the motivation, external motivation factors usually are seen as the trigger that starts the sports participation (Yilmaz, 2002).

For example, children who have difficulties in social integration or making themselves accepted by the community, which can be considered as external motivational factors will be able to overcome these negative aspects of them in their social life thanks to the skills they can acquire with the role of referee.

Commitment is an indispensable motive for human beings to be successful and gain self-confidence in the subjects they aim or want to have a hobby. One must feel a commitment to certain things to satisfy one's own motives.

A tendency that begins with a person's curiosity towards a subject is strengthened by the motive of commitment, and give pleasure later develops into a habit, resulting in the person becoming more successful at work.

Success is a phenomenon that develops gradually. Failure to be successful in the first attempt does not mean to be successful in the next attempts. Try to learn, learn to enjoy, enjoy wanting to repeat, repeat to make it a habit, make it a habit to become committed, become committed to develop and be successful.

As you are committed, you will see that you develop and thus you will be able to succeed in completely different subjects without avoiding commitment to reach your goals.

People tend to try new things instinctively. This can be associated with the fact that a baby begins to crawl and then starts to walk by repeatedly trying and committing himself. A person instinctively curious about a subject can only achieve success through commitment and dedication. For example, a child interested in becoming a referee might be able to build a new career for himself by addressing the need to stand out in society or among his peers, or to make his voice heard in time with a whistle. Also, an individual who succeeds by devoting himself to a subject will prove himself that he can be successful in the next subjects he is curious about.

The individual achieving a certain goal with the motive of commitment strengthens his commitment to reach a point where he will not lose his goal and further develop it by improving himself and creating new research methods. In this case, he paves the way for greater levels of development and modernization in relation to the goal achieved.

Just as an athlete needs to commit himself to his discipline and to do high-level training depending on his discipline for the purpose of achieving sportive success, a referee must be able

to reward the athlete who is committed to his discipline for his efforts in a fair play spirit. This creates a win-win structure by strengthening both the athlete's commitment to his own discipline and efforts and the referee's commitment to his own discipline with fair management.

Don't commit yourself, be committed!

## Exercises

- We will do a practice match to deliver the below commitment stories:

1. Commitment to the referee role
2. Commitment to sports success
3. Commitment to team spirit
4. Commitment to fair-play
5. Commitment to rules

The exercises in terms of the above topics will be as follows:

- Referees will come to the match even before the time defined in the match protocol duly dressed according to the rules with their ironed referees' clothes and therefore, they will show "commitment to the referee role"
- Referees will come together before the match for match planning. They will define beforehand the positions when they will make eye contact with each other and in times of co-decision positions during the match, when the ball is closer to the second referee; the first referee will wait for the second referee for 0,5 seconds. (Commitment to team spirit and the referee role)
- In case of positions that only the first referee can decide about but he/she does not see the position clearly, the second referee will warn him/her with a small signal. (Commitment to team spirit)
- In terms of a wrong decision of the line judge; the opponent will admit that the ball is out at the same time with the fierce objection of players (commitment to fair play) and although the referees notice the mistake, the first referee will show yellow card to the reacting player because of his/her over-reaction (commitment to rules); then the reacting player who received yellow card will apologize from the referee while thanking his/her opponent. (Commitment to fair play)
- Even when there is major difference in terms of score, the referee will stay focused and concentrated. (Commitment to the referee role)

- Even if one team is way behind the other team in terms of score, the players and coaches will motivate each other, and they will support their team to success.  
(Commitment to sports success and team spirit)

## 6. ACCEPTANCE OF THE MISTAKE

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life, and that is why I succeed"

*Michael Jordan*

This famous mention from one of the most famous sportsmen of all time is proof that even the great champions, of any sport, can make mistakes. Sometimes decisive for the final result of a match. Error is the basis of the learning system, it is learned by trial and error. This applies to sports, schools, interpersonal relationships, everyday life, wherever there is a prestigious goal to achieve. For this reason we should allow children from an early age to make mistakes, indeed encourage the desire to try.

Moreover, we should continue to cultivate the awareness that if you want to get good results you have to try and you can make a mistake by accepting the mistake. Making mistakes when you are alone, making mistakes in public, making mistakes because we gave our best but in that moment the conditions led us to that result.

However, On the other hand, it is no coincidence that the concept of acceptance of error finds wide application even in the school environment where, for some time now, people have begun to think about the problem of error as an aspect of not only negative but also positive significance. The teacher, in pointing out the error, must support the student in reflecting on what is happening in his mind while he is learning. The teacher has the task of making their students understand that error is not a "sin" or something dramatic and scandalous, but the engine of the educational process in which they are involved.

Returning to the world of sport, in addition to understanding the validity of the error and how important the figure of the instructor is in the learning path that accompanies the growth of young sportsmen, another very important figure must also be considered, the referee.



In all categories and age groups, the match director plays a key role in ensuring the correct progress of a match, ensuring compliance with the rules of the game. However, the role of the referee is particularly important when it is the youngest players who take the playing court. Given their lack of experience, young athletes are in greater need of continuous clarification and meaningful explanations on the rules and their application. The referee's function is therefore first of all training for the little ones who compete on the court while remaining within the rules that determine their freedom of action. The referee is an educator even before a referee and his figure, just like that of the instructor / coach, is essential to communicate with the youngest and transmit to them the fundamental values of the sport they are practicing: respect, of the rules, loyalty towards the opponent and, no less important, supporting the youngest in their growth path just when they make mistakes on the field of play.

After all, if we think about it, the figure of the referee, together with that of the coach, is the only one who can officially interact with young sportsmen during the various stages of an official match.

As mentioned before, the referee plays a fundamental role in ensuring the proper conduct of the match. This is what the game rules represent on the court, and it is he who takes the "responsibility" of safeguarding the sporting spirit of the game, of guaranteeing the correct sequence of events, of making all the components accept peacefully the decisions taken.

All this is by no means easy, especially when a "human" figure has to do it. A Human figure at least as much as the athletes, the coaches, the parents who follow the game from the stands.

Too often the referee is considered as a perfect figure, always able to make the right decision and instead he can make a mistake, he can make a mistake too.

How the coaches make a mistake by fielding the starting team that has proved to be ineffective, how can make a mistake a tennis player who sends out a smash at the net, how can make a mistake a basketball player who does not score an easy basket under the backboard, how wrong a volleyball player who attacks a ball in the net without the opponent block.

## Exercises

The goal of the 3 exercises that the Italian Volleyball Federation proposes for this project is to trace a path that can help young athletes in redefining the concept of error. Help them to approach the error in a different, more constructive and positive way. But, more importantly, make them understand that all categories that participate in sporting activity can make mistakes, and the referee figure is included in these categories

The basis of all 3 games offered is volley S3, a variation of the game of volleyball for children up to 12 years of age which includes a smaller field and a lower net. Generally the S3 volley is played in the 3vs3 version.

#### CHARACTERISTICS AND RULES OF THE GAME

- Size of the playing field 9 X 4.5
- Net height 2.00 m.
- Players on the court 3 with the obligation to rotate the service.
- Each team must have a minimum of 3 players and a maximum of 8/9.

At each rotation, the player who leaves the court must position himself at the back of his teammates waiting for his turn.

#### Refereeing

This is carried out, in turn, by the pupils.

The referee whistles the start of the game and the interruptions resulting from failure to comply with the following rules:

- The player interferes with the opponent's game by touching the net.
- The player steps on the baseline when hitting the ball.
- The player touches the ball twice consecutively
- The player stops the ball in his hands

The ball is in or out

#### ▪ **“Play and referee”**

This exercise is carried out during a Volleyball S3 match. One of the children of the two teams is assigned the double role of player and referee. At the end of each action, it will be the child designated as referee who will declare the point decision. The opponents will have to accept whatever kind of decision the child makes, even if it is not the correct one.

The child who is chosen as referee must always be among those who are playing and cannot be outside the game.

After 5 actions played, the double player / referee role passes to another child, until all the players of the 2 teams have also played the role of referee.

#### ▪ **“Quite the opposite”**

This exercise is carried out on the occasion of a Volleyball S3 match. The match is refereed by an adult who will once in a while make the referee's decision contrary to the correct one (ex. ball out called in). Children know that the referee will always make the "wrong" decision and therefore

the members of the team to which the point is incorrectly assigned must correct the referee and "return" the point to the opponents.

- **"Whoever loses celebrates"**

This exercise is also performed during a Volleyball S3 match, only this time the exercise focuses on the "reverse" score. In this exercise, each point made by one team raises the score of the other. Obviously, the mistake must not be voluntary, under penalty of awarding the point to the team that committed it. When one of the two teams reaches 15 points, they have lost, automatically giving the victory to the other team. In the event of a ball, action or doubtful choice, if someone admits the mistake, their team's score will decrease by 2 points.

## 7. UNDERSTANDING

Understanding is one of the most important human values. It would help us to live in a better world without conflicts and prejudices. By putting ourselves in the other person's shoes, we would always be better able to show understanding.

Each of us has found ourselves in situations where we do not understand certain actions of other people. We also know well how it feels others not to understand us - not very pleasant, right? Only when we are confronted with misunderstanding, then we realize that understanding is not a gift and that each of us must try to achieve it.

The figure of the referee is often criticized, without valid reasons. He falls victim to the mass negative opinion of referees, caused by people's addiction to their favorite clubs or athletes. Putting yourself in the referee's shoes, you will feel the understanding he needs, and the prejudices would disappear.

Above all, the referee is a human being. He has parents, children, feelings and dreams just like us. In many cases, it may not even be his profession. It could be your math teacher, dentist or a firefighter who saves lives. They also take part in charity games with a good cause together with your favorite sports stars. They eat, laugh and having fun together.

To make it clearer I will give you some simple examples.

Let's start from here – in football, how many replays a sport watcher in front of the TV screen needs to assess a controversial situation? Sometimes even after 3 reps from a close shot, we can't be sure if the ball left the pitch if there is a penalty or what card the player should receive. Let's look at the referee's view now, who has a moment or a second to make the right decision while all athletes, coaches and fans staring at him expecting to be in their favor.

Another example can be given with the simulations of athletes. Each of us knows that the footballers are good actors. In their attempt to help the team, they can trick the referee into winning a penalty or a red card. It is very responsible and difficult for the referee to decide in real time in a few seconds if it is a foul or it is just a good acting.

It is very important to remember that without the figure of the referee no sport would be possible, because in sports there are rules, and someone must watch their observation.

Many of you may already be able to show the understanding that the figure of the referee needs to work calmly and to see the respect for his hard work. Understanding can be the first step towards eliminating many prejudices.

## Exercises

### ▪ Physical warm-up with rules quiz

During the warm-up, the coach asks questions related to the volleyball rules. The one who answers the most becomes a referee in exercise 3. In this way, the children will be able to learn the rules and will have a reward for their knowledge – the interesting position of the referee's role, in which they may not have been until now. This is also an opportunity for them to show future interest in this position. To be as realistic and intriguing as possible, a special distinctive tank top and a referee whistle should be provided. In this way, putting the players in referee's shoes would be easier.

### ▪ Volleyball and referee warm-up

In volleyball, there are 3 main types of warm-ups - passing, attack and service. The group of children is divided into two equal groups. In the first warm-up exercise, half of the group passes the ball to each other, while the other group monitors for an irregularity (for example a carried ball). Then the groups change their roles, and the other group becomes referees.

The other 2 basic warm-up exercises are performed according to the same methodology. In an attack - we have participants who watch for someone touching the net while attacking and the other part of them watches whether the ball falls within the pitch contours. At the service warm-up, we have participants who watch for the service line and other watching the pitch lines.

### ▪ Volleyball game with referee rotation

The winner in Exercise 1 is the first on the referee's position – the player with the best knowledge of the rules. He is the referee throughout the first game, showing others how to handle this task. At the beginning of the second game, anyone who scores a point becomes a referee. In this way, every player will be able to go through the role of the referee. We are going to have a team rotation. If a player scores a point for team A – he becomes a referee. And if the next point is scored by a player from team B, the current referee changes his place with him. So, a player is possible to rotate from team A to team B multiple times. This will ensure impartiality.

By putting players in the referee's shoes, they could face difficult situation and they may understand what prejudices are and that the understanding is what every referee needs sometimes.

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