



# Match Preparation

Rob Guy

Plymouth Rugby Referee Society

# Pre Match (not match day)

- Self reflection – previous Society Training
- Self reflection – previous match performances
- Self reflection – review recent previous Match Observer reports
- Ensure you know the rules for the forthcoming games that have been allocated to you
- Check on the teams that you are going to be officiating

# Pre Match (not match day)

- Confirmation Telephone Call – venue, kick off time, team colours, car parking, barriers
- Leading a team of three - venue, arrival time, kick off time, PRRS kit, team colours, car parking, barriers, Comms kit

# Match day

- Check that you have all of your kit BEFORE leaving the house
- Have a decent pre-match meal
- Ensure you are hydrated before kick off
- Arrive at the ground appropriately dressed as impressions count for a lot
- Arrive at the ground at least 1 hour before kick off (rushing around isn't a good idea!)

# Match day

- Get changed and make sure you look smart
- Seek out the two coaches and confirm when they would like to hear your pre-match brief
- Conduct your pre-match brief, avoiding committing yourself! BRIEF & CONCISE is the key
- Check when the captains would like to conduct the coin toss
- Inspect the pitch, post pads, markings, barriers

# Match day

- Conduct the coin toss - don't forget a coin! (Remember what happened to the soccer referee!!!)
- Speak with any team physios and brief them on your preferences for when they can come onto the pitch during the game
- Speak with each of the club linesmen and brief them on what you expect from them – THANK THEM!
- Ensure that there are enough match balls (on both sides of the pitch!) and they are properly inflated!

# Match day

- Collect team cards (if applicable)
- WARM UP!
- Ensure that you get both teams out on the field of play at least 5 minutes before kick off