

ARLB - Prior To Kick Off

Aim to be at the ground one hour before kick off. When you arrive make yourself known to both teams and get changed as early as possible. Your target should be to complete all necessary pre match formalities with minimal fuss leaving plenty of time to warm up and focus for the game ahead.

Things you must do before kick off

Stud Check – Aim to get this done as early as possible. Be flexible and do it at a time and location that suits each team.

Check pitch – This should be ideally done 45 minutes before kick off to ensure that the home team can make adjustments if required. A good idea is to incorporate this as part of your initial warm up as you move around the pitch.

Toss – This is an opportunity for you to introduce yourself to both captains. Keep things brief and be prepared to answer any questions the captains may have.

Collect team sheets – Team sheets must be legible, signed and dated with replacement front rows identified.

You must not start the game without both team sheets in your possession.

Optional Extras

Front row chat – You may find it beneficial to speak to the front rows. This must be done at a time that is convenient to the team. It must be brief. Outlining the basic parameters regarding formation is usually enough. Speak in general terms and avoid making specific requests and statements that you may not be able to deliver on during the game.

Scrum half chat – You may find it beneficial to briefly outline parameters regarding quick taps and throw in at scrum.

Remember

- A team may choose not to have you speak to their front row or any other player.
- Keep all conversations as brief as possible and to the point.
- Do not interfere with a teams preparation and warm up. Under no circumstances should a referee seek to speak to the whole team or a group of players such as the forwards or backs (apart from front row and scrum half as already outlined).
- If approached be prepared to answer questions from players and coaches. Answer questions in general terms and look to move on if questions are becoming unreasonable.
- Always be polite in any interaction with players, coaches, club officials or spectators.

Other points to consider

- Organise touch judges when they are not branch appointed.
- Take to the field after both teams for kick off.
- Ensure teams are compliant with technical zones regulations and that there are no supporters inside the playing enclosure before you kick off.

Best of luck and enjoy the game!