

Unit OF1 Develop and maintain own ability to apply rules/laws within the spirit of the sport/activity

Introduction

Summary

Continuing professional development is vital to an official's performance. Officials need an in-depth knowledge of their sport/activity, including changes in the rules/laws. They also require knowledge of performers and their representatives – for example coaches and managers. Physical and mental condition will also play a role. Unless officials can follow play closely, maintain concentration, observe carefully and make quick and accurate decisions, problems are bound to arise. Officials also need to be able to reflect on their practice, dealing constructively with feedback from others and finding ways to continuously improve their performance.

The unit is divided into four parts. The first part (pages 2 – 5) describes the four things you have to do. These are:

- OF1.1 **Develop and maintain own knowledge of rules/laws, ethics and their interpretation and application**
- OF1.2 **Develop and maintain own knowledge of performers and performer representatives**
- OF1.3 **Develop and maintain own physical and mental condition**
- OF1.4 **Analyse own performance and feedback from others, and improve your performance as an official**

The third part covers the knowledge and understanding you must have. The final part explains what some of the words used in this unit mean.

Target Group

This unit is for officials in a variety of sports and officiating roles.

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OF1.1

Develop and maintain own knowledge of rules/laws, ethics and their interpretation and application

The National Standard

What you must do

To meet the national standard, you must:

1. identify and access accurate **information** on the rules/laws and ethics of the sport/activity
2. study the **rules/laws** and ethics and integrate them into your own work
3. participate in appropriate training sessions on the interpretation and application of rules/laws and ethics
4. interpret the **laws/rules** and ethics in line with the requirements of your national governing body and your role and level
5. keep up-to-date on changes in the **rules/laws** and ethics of your sport/activity, their interpretation and application.

What you must cover

This element covers the following types of:

a information

- 1 written
- 2 observation
- 3 self-evaluation

and

b rules/laws

- 1 administration
- 2 technical
- 3 competition

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OF1.2

Develop and maintain own knowledge of performers and performer representatives

The National Standard

What you must do

To meet the national standard, you must:

1. identify the performers and performer representatives about whom you need to develop your knowledge
2. identify and research reliable and accurate sources of **information** about these performers and performer representatives
3. analyse this **information** and identify points that could be relevant to your own role.

What you must cover

This element covers the following types of:

- a **information**
 - 1 written
 - 2 spoken
 - 3 recorded
 - 4 observation

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OF1.3

Develop and maintain own physical and mental condition

The National Standard

What you must do

To meet the national standard, you must:

1. identify the **fitness** demands of your role and level of officiating
2. maintain general levels of **fitness** appropriate to these demands
3. identify activities/substances that could adversely affect your level of **fitness**.

What you must cover

This element covers the following types of :

- a **fitness**
 - 1 mental
 - 2 physical

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OF1.4

Analyse own performance and feedback from others and improve your performance as an official

The National Standard

What you must do

To meet the national standard, you must:

- 1 review your own evaluation of your performance and consider feedback from **relevant people**
- 2 reflect on your performance and identify areas where you need to develop your practice further
- 3 develop and record a personal action plan that will help you to develop your performance in these areas
- 4 take part in development activities as part of your personal action plan
- 5 review your progress in developing your performance and update your personal action plan accordingly.

What you must cover

This element covers the following types of:

- a **relevant people**
 - 1 other officials
 - 2 performers
 - 3 performer representatives
 - 4 media.

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What you must know and understand

To be competent in this unit, you must know and understand the following

- K1 why continuing professional development is important to the official's role;
- K2 where you can access accurate and authoritative information on the rules/laws of the sport/activity;
- K3 why ethics are important in officiating;
- K4 why it is important to properly interpret and apply the rules/laws and ethics of the sport/activity;
- K5 why it is important for officials to interpret rules/laws and ethics in a standard and agreed way at the level at which you are officiating and how to help ensure that this happens;
- K6 why it is important to keep up with changes and developments in your sport/activity and how to do so;
- K7 why it is important to have knowledge of the performers and performer representatives that you may encounter;
- K8 how to collect and evaluate information about these performers and performer representatives;
- K9 why physical and mental fitness are important to officiating in your sport/activity;
- K10 what are the fitness levels expected of officials in your sport/activity;
- K11 how you should maintain appropriate levels of fitness;
- K12 types of activities/substances that may adversely affect levels of fitness;
- K13 why it is important to objectively monitor your own performance as an official;
- K14 why feedback from other people is important and how to respond to such feedback;
- K15 how to analyse your performance and feedback from others to decide how to improve your performance;
- K16 why it is important to have a personal development plan and how to develop one;
- K17 the types of development activities that could help to improve your performance and how to access these;
- K18 why it is important to monitor and review your personal development and update your personal action plan accordingly.

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What We Mean by Some of the Words Used in this unit

Activities/substances that could adversely affect your level of fitness	<i>for example, insufficient sleep, alcohol, other types of substances that affect mood and judgment</i>
Ethics	<i>what is right or wrong, good or bad in the way people behave</i>
Interpretation	<i>seeing what rules/laws mean in a real sport/activity context</i>
Official	<i>anyone who is assisting with the application of rules/laws, for example: referees, umpires, race marshals, judges, scorers etc.</i>
Performer representatives	<i>for example, managers, coaches, parents</i>
Performers	<i>those who are taking part in the sport or activity, usually known as players or competitors</i>
Personal development plan	<i>a plan that shows what your learning and development objectives are, and when and how you will meet these objectives, for example by study, taking part in training etc.</i>
Self-evaluation	<i>looking at your own performance as an official, identifying and analysing your strengths and weaknesses</i>