

Unit OF6 Continuously develop and maintain own ability to apply rules/laws/regulations and their interpretation consistently within the spirit of the sport/activity

Introduction

Summary

Continuing professional development is vital to an official's performance. Officials, especially at the higher level, need to continuously develop an in-depth knowledge of their sport/activity, including changes in the rules/laws/regulations and how these should be interpreted. They also need to continuously update their knowledge of competitors and their representatives – for example coaches and managers – particularly before an event. The official's physical and mental condition will also play an important role, especially when operating at a high level in the sport/activity. Unless officials can follow play closely, maintain their concentration, observe carefully and make quick, accurate and, above all, consistent decisions, events will not run smoothly, their outcomes may be disputed and the standing of officiating called into question. 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. Finally, officials need, throughout their work, to demonstrate professionalism, integrity and ethical conduct.

The unit is divided into two parts. The first part describes the five things you have to do. These are:

- OF6.1** **Continue to develop and maintain own knowledge of rules/laws/regulations, ethics and their interpretation and application**
- OF6.2** **Continue to develop and maintain own knowledge of competitors and competitor representatives**
- OF6.3** **Continue to develop and maintain own physical and mental condition**
- OF6.4** **Continue to develop your own performance as an official**
- OF6.5** **Display professionalism, integrity and ethical conduct in your role**

The second part covers the knowledge and understanding you must have.

Target Group

This unit is for officials in a variety of sports and officiating roles at the higher levels in their sport/activity (usually national level).

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OF6.1

Continue to develop and maintain own knowledge of rules/laws/regulations, 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/regulations** and ethics of the sport/activity
2. study the **rules/laws/regulations** and ethics and consistently integrate them into your own work
3. engage in appropriate training sessions on the interpretation and application of **rules/laws/regulations** and ethics
4. monitor and evaluate how **rules/laws/regulations** and ethics are being interpreted and applied by others working at your level and use this to improve your own practice
5. interpret and apply the **laws/rules/regulations** and ethics in line with the requirements of your national and international governing body and your role and level
6. monitor competitors' tactical trends and evaluate the impact this will have on the interpretation and application of **rules/laws/regulations** and ethics
7. keep up-to-date on changes in the **rules/laws/regulations** 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/regulations

- 1 administration
- 2 technical
- 3 competition
- 4 use of technology

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OF6.2

Continue to develop and maintain own knowledge and understanding of competitors and competitor representatives

The National Standard

What you must do

To meet the national standard, you must:

1. identify the competitors and competitor representatives who are key to the performance
2. identify, research and record reliable and accurate **information** about these competitors and competitor representatives
3. analyse this **information** and identify points that could be relevant to your own role
4. evaluate your own experience and the experience of other officials working at your level when dealing with these competitors and competitor representatives
5. identify potential issues when dealing with these competitors and competitor representatives and develop a strategy to address these issues

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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OF6.3

Continue to develop and maintain own physical and mental condition

The National Standard

What you must do

To meet the national standard, you must:

1. continuously monitor and evaluate the specific **fitness** demands of your role and level of officiating
2. continuously monitor and evaluate your own levels of **fitness** in relation to these demands
3. **maintain** general levels of **fitness** appropriate to these demands, including diet, nutrition and lifestyle
4. develop mental strategies to cope with the demands of specific events
5. identify and manage activities/substances that could adversely affect your level of **fitness**.

What you must cover

This element covers the following types of:

a fitness

- 1 psychological
- 2 physiological
- 3 dietary

and the following ways to:

b maintain fitness:

- 1 preparation
- 2 performance
- 3 recovery

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OF6.4

Continue to develop your own 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 work with an appropriate person to 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 identify and actively engage 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
- 6 engage professional support where this will help you to develop your officiating role

What you must cover

This element covers the following types of:

a relevant people

- 1 other officials
- 2 competitors
- 3 competitor representatives
- 4 media.

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OF6.5

Display professionalism, integrity and ethical conduct in your role

The National Standard

What you must do

To meet the national standard, you must:

- 1 present yourself to **other people** in a way that gives a positive image of yourself, your organisation and the officiating role
- 2 follow agreed codes of conduct, ethical standards and good practice
- 3 deal with **people** in a tactful, courteous and equitable way whilst maintaining your authority
- 4 work within the limits of your competence and expertise
- 5 recognise and respond appropriately to pressures which might influence the objectivity of your judgment
- 6 recognise and manage any conflicts of interest
- 7 comply with all monitoring requirements from your governing body

What you must cover

This element covers the following types of:

- a other people**
- 1 other officials
 - 2 competitors
 - 3 competitor 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/regulations of the sport/activity;
- K3 Why ethics are important in officiating;
- K4 Why it is important to properly interpret and apply the rules/laws/regulations and ethics of the sport/activity;
- K5 Why it is important for officials to interpret rules/laws/regulations and ethics in a consistent 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 The types of training and development available to you and how to engage actively in these;
- K8 How to monitor and evaluate the way that other officials at your level interpret and apply rules/laws;
- K9 The national and international bodies that govern your sport/activity and their structures and requirements as relevant to your officiating role;
- K10 Tactical trends amongst competitors and why you need to be aware of these when interpreting and applying rules/laws/regulations;
- K11 Why it is important to have knowledge of the competitors and competitor representatives that you may encounter, particularly in advance of an event in which they will be participating;
- K12 How to collect and evaluate information about these competitors and competitor representatives;
- K13 How to draw on your own experience of working with these competitors and competitor representatives and the experience of other officials;
- K14 How to identify potential issues relating to competitors and competitor representatives and develop strategies to address these;
- K15 Why physical and mental fitness are important to officiating in your sport/activity;
- K16 What are the fitness levels expected of officials in your sport/activity;
- K17 How you should maintain appropriate levels of fitness;

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- K18 Types of activities/substances that may adversely affect levels of fitness;
- K19 The importance of lifestyle and diet in maintaining fitness levels and how to manage these to maintain and improve your fitness;
- K20 The types of mental strategies you can develop to cope with the demands of specific events and how to develop these;
- K21 Why it is important to objectively monitor your own performance as an official;
- K22 Why feedback from other people is important and how to respond to such feedback;
- K23 Why you should work with someone else – for example a coach or mentor – to continue to develop your performance as an official and why this is important;
- K24 How to analyse your performance and feedback from others to decide how to improve your performance;
- K25 Why it is important to have a personal development plan and how to develop one;
- K26 The types of development activities that could help to improve your performance and how to access these;
- K27 Why it is important to monitor and review your personal development and update your personal action plan accordingly;
- K28 The importance of behaving in a professional and ethical manner;
- K29 Codes of conduct that you should follow;
- K30 Why it is important to present yourself, your organisation and the standing of officials in a positive way and how to do so;
- K31 How to work with other people in a courteous, tactful and equitable way whilst maintaining your authority;
- K32 The limits of your expertise and why you should work within these limits;
- K33 The types of pressures you may encounter which could influence your objectivity and how to deal with these;
- K34 The types of conflicts of interest that may arise and how to address these;
- K35 Your governing body's monitoring requirements and how to follow these.