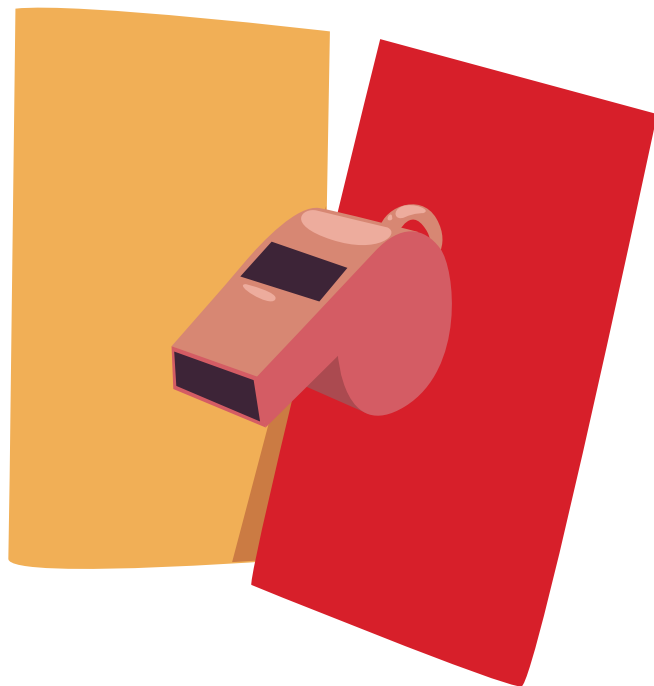




REFEREE PRE-MATCH CHECKLIST





WHAT IS A PRE-MATCH CHECKLIST AND WHY FOLLOWING IT IS IMPORTANT FOR REFEREES

A pre-game checklist is a simple but powerful tool made to help referees prepare for a match by outlining all the essential tasks to complete before leaving your home. By following a checklist, you ensure that no important detail is overlooked, from equipment preparation to nutrition and hydration.

Following a pre-match checklist is important for referees because it helps establish a routine that ensures you're physically, mentally, and logistically prepared for the game. A structured approach helps reduce stress, prevents mistakes, and boosts confidence, allowing referees to focus on the match ahead.

1. EQUIPMENT CHECK

Having a packing checklist ensures you don't forget any essential items. It also reduces stress, so you're not worried about whether you forgot something important that could distract you from proper preparation. Once you define what needs to be packed, you can simply refer to the list and pack your bag accordingly, eliminating the "I forgot something" thoughts.

2. LOGISTICS

Organizing your time, arriving early, and checking the venue helps eliminate unexpected surprises that could cause stress or delays. If you're traveling by train, bus, or plane, always check the timetable for any delays or cancellations before you depart. If you're driving, ensure your car is fueled (or at least plan the time to do it) and check for any traffic jams or road incidents ahead of time. Being prepared for these situations can reduce stress and help ensure a smooth and efficient match day.

3. HYDRATION

Our bodies are made up of mostly water. When stressed before and during the match, we tend to sweat, which leads to a loss of important fluids that help our body and brain work optimally. Proper hydration (and even sports drinks like isotonic beverages) ensures you have the physical energy to keep up with the pace of the game and maintain focus. Dehydration can lead to fatigue, cramps, and lack of concentration, which negatively impacts your performance as a referee.

4. NUTRITION

Proper nutrition before a game ensures that your body has the energy needed for sustained focus and performance. However, overeating or eating unhealthy foods can lead to stomach aches and discomfort, which can negatively influence your concentration and decision-making during the game. It's important to eat something that fuels your body without weighing you down.



HOW TO USE THIS CHECKLIST

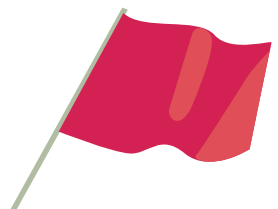
On the next page, you'll find an example of a filled-out checklist. This gives you an idea of how it looks when completed. After that, you can fill in the empty fields yourself according to what's most important for you, based on your sport, habits, nutrition plans ect.

YOUR FEEDBACK

If you have any questions, suggestions, or feel something is missing, please feel free to reach out to me via the contact form on our website: ready2ref.com.

I hope this checklist will be useful for you and your career.

Best of luck,
Mag. Kiryl Korsik / Ready2Ref





1. EQUIPMENT CHECK

<u>Referee T-Shirt Set</u>	<u>Contact Lenses</u>
<u>Referee Warm Up Clothes</u>	<u>Towel & Shower Gel</u>
<u>Referee Socks</u>	<u>Spare T-Shirt</u>
<u>Referee Sports Shoes</u>	<u>Spare Underwear</u>
<u>Headset (Communication)</u>	<u>Spare Socks</u>
<u>Whistle</u>	<u>Drinking Bottle</u>
<u>Stopwatch</u>	<u>_____</u>
<u>Yellow & Red Card Set + Pen</u>	<u>_____</u>
<u>Rules, Guidelines & Regulations</u>	<u>_____</u>

2. LOGISTICS

Where: Porsche-Arena, Mercedesstraße 69, 70372 Stuttgart

Transport: By Car / 3,5h to Drive / Departure - 13:00 PM

3. HYDRATION

2-3 h before the match - Water - 500 ml

20-30 min before the match - Water - 200-300 ml

4. NUTRITION

2-3 h before the match - Chicken with Rice and Vegetables

1-2 h before the match - Slice of Bread with Peanut Butter

30-45 min before the match - Banana



1. EQUIPMENT CHECK

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2. LOGISTICS

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3. HYDRATION

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4. NUTRITION

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