



*Canberra District Rugby League  
Referees Association*

# *Coaching Guidelines*

Produced by

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## **FORWARD**

The following Guidelines have been designed for use by the Canberra & District Referees Association & are not in any way proposed to interfere in applying the Laws of the Game

The Guidelines have a two fold purpose:

- Firstly they are intended to assist Referees & Touch Judges applying the rules in a consistent & practical manner, whilst providing Goals to attain. i.e. How to Present Scrums, Control of the Play the Ball, Positioning etc. Also included are notes of advice in the handling of situations that may occur during the course of a game, both on & off the field of play.
- Secondly to assist Advisory Board members when evaluating Match Officials performances by following a consistent approach provided through the Guidelines.  
In addition:
  1. Assisting in understanding what the Referee is endeavouring to accomplish.
  2. Evaluating how situations are approached.
  3. Identifying areas that require Coaching.

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## SCRUMS:

- ⇒ Stand packs apart (approx. 1.5m)
- ⇒ Ensure they are **bound correctly**
- ⇒ Have both Front rows bend their backs
- ⇒ Move the pack with the loose head up, binding with the opposition holding the mark, ensuring near side props have their outer leg forward.
- ⇒ Half back at **centre of tunnel & facing square**, ball fed immediately as packs lock together.

## PLAY THE BALL:

- ⇒ Stand apart [no contact after completion of tackle & while ball is played]
- ⇒ Player must **pick up ball & face square**.
- ⇒ Foot must make contact with the ball [**not rolled**].
- ⇒ Must action:
  - **leg pulling**
  - **laying on the ball carrier**
  - **holding neck of jersey**
  - **late flops**
  - **placing hand on ball as carrier is rising.**

## TEN METRES:

- ⇒ Good ten [**not nine or eleven metres**].
- ⇒ Do not allow players to move forward until ball **clears** ruck.
- ⇒ Watch for umbrelling defence.
- ⇒ Cut down penalties by moving smartly to trouble areas & **communicate with players**.

## POSITIONING:

### ⇒ SCRUM:

- When setting a scrum Stand approximately a metre & a half from centre of tunnel. Use your voice for control.
- Follow the play around behind pack winning the ball.

### ⇒ PLAY THE BALL:

- Go to the ruck only if you need to clear up problems.
- Do not stand on the open side. If caught there keep moving back the ten.
- When play is near the try line [approximately ten metres or closer] position yourself on the blindside of the ruck or on the try line past the 5/8 on the open side. [It is important you display more urgency in this area as you need to be well positioned with a good view of 'the short pass' & 'the offside'].

## **POSITIONING (Continued):**

### ⇒ **TEN METRES:**

- Position yourself past the 5/8 area [**never in line with the ruck**].
- Be prepared to move smartly alongside players who need to be encouraged back the ten.
- You must **move forward** smartly at least one or two paces when the ball clears the ruck. This is very important to the players as it gives them a guide when to move forward.
- Stand square at the ten using your peripheral vision while watching the ruck.

## **SIN BIN:**

To be used for:-

- ⇒ Professional Fouls
- ⇒ Minor Infringements
- ⇒ Continually breaking the rules
  - Procedure
    - \* First Penalty ... caution player
    - \* Second Penalty ... caution player with captain
    - \* Third Penalty ... Bin

**Not to be used for send off offences.**

## **DISMISSAL:**

Do not over react in this area. However if you have determined player/s have committed a serious breach under the Misconduct rule they are to be dismissed immediately.

## **BAD LANGUAGE:**

Action is to be taken immediately against players who express their feelings with a loud outburst of obscenities. Spectators and their children are NOT to be subjected to this unnecessary behaviour. Penalise the player in the presence of the Captain.

## **COMMUNICATION:**

It is most important **you gain respect** from players and officials. Along with **consistency** you must **communicate** and treat them at the same level you expect to be treated. Always exhibit a non-threatening manner.

- ⇒ **NEVER talk down to them**
- ⇒ **Always state why a penalty has been given**
- ⇒ **If a Captain asks about a decision [in a proper manner] then explain it to him.**

## CAUTIONING PLAYERS:

### REFEREE

When you have reason to caution a player or players the following steps should be adhered to :-

- ⇒ Ensure you call the players/s concerned to you (**Do not go to them**)
- ⇒ Do not allow them to bend over or walk away while you are issuing the caution. They must stand up and face you.
- ⇒ Do not **wave your hands** around when speaking to the player/s.
- ⇒ When you award the resulting penalty THEN **indicate** clearly what the penalty is for.
- ⇒ Most important do not hold a conversation with the player/s concerned, get **straight to the point**, award the penalty and get on with the game.

### TOUCH JUDGE

If you are adjudicating on the Touch Line and need to give a report to the Referee, the following procedures should be followed:-

- ⇒ Do not go on to the field until the advantage has been played out.
- ⇒ When you have the Referees attention and he has stopped play, Inform him why you are there and who are the player/s involved (this action gives the Referee early warning).
- ⇒ When the Referee has the player/s and Captain/s concerned together, then give **accurate, brief as possible and straight to the point report TO the REFEREE, not the players.**
- ⇒ IMPORTANT - **Do not emulate any actions** i.e. swinging arm, high tackle etc. **Keep your arms and hands still.** The Referee will give the appropriate signal when he determines what the decision will be.
- ⇒ When you have completed your report do not wait for the Referee to deliver the caution. When he has acknowledged what you have reported immediately return to the touchline or if the Referee advises you, stand where the incident occurred.

## QUICK RESTARTS OF PLAY:

- ⇒ From a Penalty, do not allow players to take this kick while you are still in the process of signalling what the penalty is for or cautioning. However be alert and allow play to continue without undue delay.
- ⇒ Twenty Metres. When a ball is kicked over the dead ball line, allowing the opposition a twenty metre restart, ninety percent of the time the ball is thrown back so quickly to restart the opposition are still up in the vicinity of the try line. Referees are expected to use commonsense in allowing a reasonable amount of time for them to retire the ten metres.

If by chance there happens to be a couple of players showing no interest in hurrying back, then start the game ensuring those not retired do not interfere with play.

### THE DANGEROUS THROW:

Many refer to this rule book terminology as a Lifting or Spear Tackle.

It does not matter what you call it, the real fact is, it is Dangerous.

If a player or players are responsible for executing a Dangerous Throw (whether or not the recipient is injured) they are to be dismissed from the field immediately.

It does not matter whether the receiver is driven into the ground, or released, or the tacklers hands are between the legs or not. The fact is, if there has been a lift above the horizontal then the decision has been made for you.

**NOTE: Referees should be alert in identifying this type of tackle at an early stage & attempt to take preventative action.**

### KICK DOWNFIELD:

When the ball is kicked downfield, do not watch the flight of the ball.

You must:

- ensure the player, after kicking the ball, is not **interfered** with,
- observe the **position** of the players,
- finally focus on the player attempting to **catch the ball**.

### INTERFERING - PLAY THE BALL:

1. When a player is effectively tackled, it is expected that the tackler/s **release the ball carrier & allow him to rise without any assistance**. Referees are to be alert to the over zealous defender who attempts to physically pull the ball carrier to his feet.

If a player is slow in rising to play the ball, there may be many reasons, one of which could be an injury. Interfering with a player if this is so, may compound that injury. If for any reason the ball carrier is not rising to his feet after being tackled, **it is the Referees responsibility to initiate the appropriate action NOT the players**.

2. After a tackle has been completed, by one or more players, be alert for attacking players rushing in to **physically pull the tackler/s off the ball carrier**. Here again it is **NOT** up to the players to determine whether or not they are slow in getting off the ball carrier it is the Referees.

### BACKCHAT:

Action must be implemented quickly on players who continually Backchat.

You can not give the game your complete attention when players repeatedly chew your ear. Stop the game call the Captains over, advise them this type of behaviour will not be tolerated. Place the responsibility on their shoulders.

If you need to take further action, **be FIRM & show respect**.

### SLEDGING:

Players sledging each other is an area that needs monitoring. Do not confuse this behavior with the general banter that goes on between players during a game.

The sledging in question is the type that may be of a personnel nature & has the tendency to **become vicious & unmanageable if action is not taken early**.

### **ALL IN BRAWL:**

There are a couple of very important points Referees should observe if unfortunate enough to be officiating in a game involving an all in-brawl.

Firstly **do not step in between players** in an attempt to prevent further hostility. Blow your whistle hard & step back allowing you to view all the proceedings. It is not only significant for you to identify the instigator/s, it is very important you watch for players who **rush in & become involved** escalating the circumstances. Touch Judges also must give support in these situations by being with the Referee observing intensely, ensuring an accurate report can be delivered.

When the state of affairs is in control, be alert of any attempt to Interchange players, this is not permitted until you have made your decision.

### **BLOOD BIN:**

If you need to send a player to the 'Blood Bin', ensure he **leaves the field** for treatment. Do not hold up the game allowing the trainer to treat him on the field.

### **TRAINER'S COACHING:**

Trainers on the field standing behind play issuing instructions to their respective teams is **not acceptable**. Referees are advised to action this type of behaviour immediately by sending the offenders off the playing field. If by chance it happens again then they are to be dismissed from the field of play.

### **INTERCHANGE OF PLAYERS:**

- Touch Judges are responsible for the Interchange.
- Firstly you must ensure the player being replaced has left the field of play and
- Secondly ensure the replacement enters the field in an onside position.

### **INTERCHANGE AT SCRUMS:**

Players **are not to be interchanged** when you have ordered a scrum to be set. Referees must take action and disallow replacements at this time. Touch Judges should be alert to this situation and not allow players to take the field when the referee is setting a scrum.

### **TRAINERS IN SCRUM:**

When you are setting your scrum do not allow Trainers to interfere, i.e. running in water while you are in the process of putting your scrum down. Order the trainers away well before they get near the packs. Also if a player goes to ground wanting attention and does not have a serious injury then move the scrum and get on with the game.

### **COACHES/OFFICIALS VERBAL ABUSE:**

Coaches and Officials who choose to sit in the designated place within the playing area are **NOT allowed to coach or verbally criticise Referees or Touch Judges.**

If this happens you are expected to take the appropriate action, which is :-

- ⇒ Stop the game.
- ⇒ Have the Ground Manager report to you.
- ⇒ Inform him of the problem.
- ⇒ Advise him to remove the person/s responsible outside the fenced or roped off area.

If the Ground Manager can not be found then you as the Referee should take the above action. Remember you have complete control of the playing area.

Having said all the above, I remind you commonsense must prevail when evaluating these types of situations. Do not over react and most of all do not let it interfere with your control of the game.

NOTE: When you arrive at your appointed venue, contact the Ground Manager and introduce yourself. This gives you the distinct advantage of knowing who he is and where he will be should you require his services.

***FINALLY***

***ENJOY YOUR REFEREEING***