

September 21
Lonestar Chat
The Lead-up to the Match

TexasRugbyReferee.com





Table of Contents

- First things first
- Pre-match email
- Pack your bag
- Fitness and mental preparation
- Day of expectations
- Pre-game chat
- Final walkup



Plan for the Lonestar chats

Lonestar Chats are meant to serve as an open forum for referees, providing best practices and guidance to help you become a better referee. All referees are welcome to join and ask questions anytime during the presentations.



First things first

[REGISTER HERE](#)

Before you step onto the field, you must ensure you're properly registered as a rugby referee. This is a non-negotiable.

Lonestar Referee Society **dues** for 2023-24 competitive season are **\$150**. To be assigned a match, referee must be a Lonestar Referee Society member in good standing and registered with USA Rugby.

- Uniform for New Members
- Membership to Advantage Referee System
- Access to development grants
- Monthly training and development
- Referee coaching and evaluations
- Access to request matches via Assignr
- Match fee payment
- Referee Exchange
- International tours



Pre-match email

Communication is key in rugby officiating. Sending a pre-match email to the teams involved is a crucial step in ensuring a smooth game.

What should email include:

- Your Name
- The fixture (Who v Who)
- Date
- Time
- Location
- Team Colors
- Field type (optional)

[Template on website](#)

[Club contacts](#)



Pack your bag

A well-packed referee bag can make or break your matchday experience.

Must Haves:

- Lonestar Uniform (at least 2 colors)
- Whistle
- Red and Yellow Cards
- Watch
- Coin
- Flags
- Pen & Paper for taking scores
- Molded boots
- Device to report scores/cards
- Water bottle

Optional:

- Turf cleats
- First aid kit
- Spare whistle
- Voice recorder (highly recommended)
- Radios
- Snack (highly recommended)



Pack your bag

Referee's packing checklist

- Boots
- Laces
- Socks
- Shorts
- Shirts
- Track suit
- Jogging shoes



- Coin
- Whistles
- Watches
- Pencils
- Scorecards
- Red & yellow cards
- Touch judge flags

- Rain jacket • Towel • Toiletries • Water • Food • Sunscreen
- Cap • Law book • Local competition rules
- Contact telephone numbers



Fitness and mental preparation

Being physically and mentally ready is the foundation for a successful day on the field.

Physical Fitness

As referees, we need to be in excellent shape. This means regular cardiovascular training to maintain endurance, strength training to handle the physical demands, and flexibility exercises to prevent injuries. Leading up to a match, prioritize a balanced training regimen to ensure peak physical condition.

- Drink water all week
- Get running at least 3 miles that week
- [NSW Workouts](#)

Mental Preparation

Rugby can be intense, and referees need to stay focused and composed. Here's what you should be doing:

- Law familiarity
- Visualize scenarios
- Pre-game routine
- Stress management
- Review past matches
- [Practice whistle and signals](#)






Day of expectations

Expectations of Referees:

- Practice whistle tones and communication
- Be ontime (At least 45 minutes before your match)
- Pre-game site visit
 - Field status
 - Flags
 - Lines
 - Goal post pads
- Find person in charge of area
- Check weather
- Warmup and stretch ([NSW Rugby Referee Warmup](#))





Referee Maggie Cogger-Orr

Pre-game chats

Pre-game chat with team

Building rapport with the players and teams is essential for effective refereeing. Effective refereeing extends beyond knowing the rules; it's about establishing a connection

Things we **WANT** to do

- Identify captain(s)
- Convey a message of safety and fair play
- Emphasize the importance of going through leadership
- Short & succinctly explain scrum and lineout setup
- Answer any questions

Things we **DO NOT WANT** to do

Referees are not the coach

- Demonstration and explanation of various laws using players or volunteers
- Engaging in debates
- Sharing opinions about the other team/players
- Overcomplicating instructions



Example pregame speech with team

Hello everyone. I'm your match referee, Justin Hale. First, who are my captains today?... Great, thank you. Safety and fair play are my priorities, but safety is at the top. Let's keep the game clean and respect the laws. If you have any issues, please discuss them with your captains, who can then discuss with me. Any questions so far?

Scrum... Please raise your hand if you are a front-row player or front-row qualified. In the scrum, we have three commands and three distinct movements. I'm looking for stability after each command before moving to the next. On crouch, low and stable. On bind, a long bind on the jersey, ear to ear, and I want to see the gap. If we are square, stable, and push straight, I'm happy to reward dominance. Sound good? Any questions?

Who is my thrower today? At the lineout, I will set the line for the defensive and attacking sides. Get set, don't delay the lineout, and we'll have a great day. Are there any final questions?

If you need me, I will be warming up around the field. Feel free to come find me to ask any questions. Captain, I will do the coin toss five minutes before kickoff at the 50."



Pre-game chat with captains at the coin toss

Building rapport with the players and teams is essential for effective refereeing. Effective refereeing extends beyond knowing the rules; it's about establishing a connection

Things we WANT to do

- Shakehands
- Emphasizing the importance of communication
- Make them apart of the success of the game
- Set your expectations of them
- Give them the flags for touchies
- Conduct coin toss (players should toss not the referee)
- Taking a pre-match picture and posting the the Lonestar chat and social media tagging the society (bonus)



Example pregame speech with captians

Hello captains. Firstly, congratulations on being named captains of your team; it's a great honor. We all have a job today: my job is to control the game, and your job is to manage your team. I'll rely on your leadership to ensure fair play. If you have any questions, I'm happy to answer them during any downtime, after a try, before a lineout, or at half time. Any questions?



Final walk (jog) to the center

Before you walk (jog) to the center of the pitch, you want to check a few things.

- Whistle
- Cards
- Watch on and set
- Pen/Paper
- Match Ball
- Jersey tucked in
- Socks rolled up



Useful Resources

[Rugby Toolbox Referee Series](#)

Society Website - TexasRugbyReferee.com

Assignr - Assignr.com

Register - Xplorer.rugby/

[2023-24 Referee Questionnaire](#)

USA Rugby Learning Center - Myaccount.rugbyexplorer.com.au/

Lonestar Conference Contacts - [Updated List](#)

Referee Email - lonestarrugbyref@gmail.com

Whatsapp - [Join the Whatsapp](#)

Advantage Referee - live.advantagereferee.com/login

Lightning Policy?



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