

REFeree STANDARDS SELF-ASSESSMENT

We all learn by experiences and by making mistakes. However, unless we take time to self-reflect and question ourselves about what our experiences mean, research has shown that we won't make any changes to our practice. Self-reflection enables you to move from just experiencing into understanding.

Self-reflection:

- Encourages a level of self-awareness and consciousness about your practice and rules knowledge
- Enables you to identify areas for improvement and also areas where you are strong
- Allows you to recognise what works and what doesn't
- Enables you to think deeply about players' reactions to your officiating

Referees can use this form to assess themselves against the [British Dodgeball Refereeing Standards](#), which outlines the criteria for Outstanding, Good and an Area to Develop for all 26 standards across the 5 categories:

Rules Application	Outstanding	Good	Area to Develop	Comments
R.1: Demonstrate the safe application of the opening rush rules				
R.2: Demonstrate the safe application of the live ball & valid attempt rules				
R.3: Demonstrate the safe application of the catching rules				
R.4: Demonstrate the safe application of the blocking rules				
R.5: Demonstrate the safe application of the play ball rules				
R.6: Demonstrate the safe application of the court boundary rules				
R.7: Demonstrate the safe application of rules regarding ball retrieval & retrievers				

Game Management	Outstanding	Good	Area to Develop	Comments
G.1: Record scores and monitor set & match time				
G.2: Demonstrate the use of preventative measures to control the match				
G.3: Demonstrate how to manage unsporting conduct by using sanctions				
G.4: Demonstrate how to control the flow of the game				
G.5: Demonstrate effective positioning & monitoring				
G.6: Interact with other match officials when appropriate				

REFEREE STANDARDS SELF-ASSESSMENT

Communication	Outstanding	Good	Area to Develop	Comments
C.1: Communicate verbally				
C.2: Communicate non-verbally				
C.3: Communicate with other match officials				
C.4: Communicate with captains, coaches & spectators as required				

Safety	Outstanding	Good	Area to Develop	Comments
S.1: Carry out safety checks on players, equipment & match area				
S.2: Demonstrate how to manage dangerous play in the playing environment				
S.3: Monitor & report safeguarding issues, safety issues and abusive behaviour				

Core Values	Outstanding	Good	Area to Develop	Comments
V.1: Professionalism: Be a role model & adhere to code of conduct				
V.2: Professionalism: Manage time effectively				
V.3: Learning Culture: Show willingness to learn & develop				
V.4: Learning Culture: Use reflection to improve practice				
V.5: Bigger Picture: Referee inclusively to foster a love of the game				
V.6: Bigger Picture: Manage & develop assistant referees				

Strengths

Focus Areas to Develop