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GUIDELINES INDIVIDUAL SPORTS: REFEREES

1. Follow an adequate training programme.
2. Be demanding of yourself in all areas (training, attitude...).
3. Disconnect from your surroundings and centre your attention on the boys and girls.
4. Be consistent with your decisions and maintain a coherent criterion throughout the competition.
5. Regarding the rules, your role is to educate, not punish.
6. Control your body language: show self-control and self-assurance.
7. Always display a high level of motivation.
8. Earn the children's respect and lead by example.
9. Be conciliatory when someone does not agree with a decision.
10. Focus all your effort on making the competition a tool for learning and enjoying.