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QUALITIES AND ABILITIES NECESSARY FOR A RUGBY REFEREE IN PROFESSIONAL ACTIVITIES

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***Rezumat.** Arbitrii sunt și ei jucători. Fără un arbitru, un joc de rugby pur și simplu nu ar fi posibil. Cu cât nivelul de intensitate al meciului este mai mare, cu atât este mai mare presiunea asupra jucătorilor pentru a performa. Pe măsură ce rugby-ul a evoluat, această intensitate a meciurilor s-a extins la arbitrii de la fani, antrenori și organizații pentru a oficia jocuri la același standard. Și cu această așteptare sporită, arbitrii au analizat alte domenii critice de performanță, cum ar fi condiția fizică, antrenamentul de forță și nutriția pentru a îmbunătăți performanța. De asemenea, este esențial ca arbitrii de toate nivelurile să ia în considerare pregătirea psihologică și abilitățile pentru a satisface cerințele officierii.*

***Cuvinte-cheie:** arbitru, rugby, activitate profesională, calități.*

The most important factor that determines the professional capabilities of a referee is knowledge. Evaluation of the activities of a referee is most often based on his professional qualities.

The erudition of a sports referee consists of general and special knowledge. General knowledge characterizes the worldview and general culture of the referee. A.R. Khairulin divides special knowledge into: theoretical, practical and methodological [5].

The basis of knowledge is the theoretical training of the referee. Pierluigi [4] in his book says: "Preparation is carried out not only for the purpose of physical development of the body. To prepare means to realize what you are going to do. ... The role of the referee is to observe and enforce the rules of the players."

A.R. Khairulin singles out the skills of a referee: constructive, organizational, communicative, gnostic [5]. Constructive and organizational skills at planning and implementation in professional activities. Didactic skills, first of all, are connected with the ability of an singles out the skills of an referee: to communicate information in an accessible way for all participants in the competitive process.

"Gnostic skills" are associated with the referee's knowledge of both individual athletes and the sports team as a whole, with the analysis of sports situations and the results of their

activities. Therefore, they are based on perceptual skills, i.e. the referee's ability to observe, notice mistakes in the course of the competition. Gnostic skills include the ability to use educational, methodological and scientific literature, the ability to conduct elementary research and analyze their results in order to make adjustments to refereeing and sports activities [5].

Communication skills are connected with communication of a referee with all participants of competitive activity (coaches, colleagues, athletes, mass media). B.A. Vyatkin divides communication skills into three groups: in fact, communication skills, didactic skills and oratory skills [11].

Refereeing is not only the correctness of decision-making according to the rules of the game and the timeliness of showing cards. It contains something more, called the art of management, and not management in general as some kind of abstract concept, but management of players, situations, members of the refereeing team, spectators. This phenomenon is called "Communication Skills" by some authors [3, 8]. This side of arbitration, subdivided into two important blocks. Game control process:

- Oral communication (7%);
- Gestures (93%).

This process occurs speculatively, automatically, at the subconscious level, but is based on the basic theoretical training of the singles out the skills of a referee, the once learned rules and the criteria contained in them [2].

The decisions of the referee are the main lever of control, they fully become such if they are based on a criteria approach and are communicative. The referee's decisions based on the criteria approach are communicated to the participants of the match through communication links and must be carried out by them. The referee, evaluating how his decision is perceived, receives a "feedback", re-involving in the process of management and subsequent decision-making [9].

A.R. Khairulin points out that "psychomotor qualities are especially necessary for a successful singles out the skills of a referee. Many loads that fall on the referee require great physical strength, endurance, speed of reaction. With age, physical qualities tend to regress, so the constant concern of referees is to maintain them at the required level. Psychomotor qualities are closely related to perceptual and attentional qualities: the speed of vision, the degree of concentration of attention when responding to objects or signals, etc." [5, p. 8].

According to the research results of E.A. Turbin [10], conducted on the basis of pedagogical observations, a questionnaire survey and analysis of statistical data, it was found that highly qualified referees spend an average of 19.4 ± 0.44 games per season in the official competitions of the national championship.

According to the results of the survey, 86.6% of referees experience, as a rule, noticeable physical and psychological fatigue after the end of matches. "Tense matches noticeably affect the state of the neuromuscular apparatus and a number of psycho-

physiological indicators of referees, in particular, on attention and determination of time intervals for making decisions on game episodes".

In his study, E.A. Turbin [10] also provides data on the motor activity of referees. This study was conducted in 70 games of various levels. The distance covered by the referees in the matches was determined.

E.A. Turbin points out that the volume of movements depends on the activity of the players, the pace, the dynamics of the game, which in turn is related to the skill level of the teams participating in the match.

Also, researchers in their work presented data on the methods of movement during refereeing. So E.A. Turbin [10] provides data on the time of using one or another method of movement during the match. The data was obtained during "differential views" of youth team refereeing. These indicators include: walking in steps, slow running (uniform), jerk movements (10-15 m), acceleration (over 10-15 m), moving backwards. The author presents data in intervals of 15 minutes.

In turn, P.N. Kulalaev, in his work on assessing the volume of motor activity, distinguishes the following types of activity: walking, slow running, slow running with side steps and back forward, running at an average pace, running with acceleration, running at maximum speed. The data is presented in terms of movement (in meters) in the whole match.

As a result of these studies, it becomes clear that referees mainly use walking, running at different speeds, running backwards, moving with side steps, etc. for movement. But there are questions that have not been answered in the works. Such indicators as "slow running", "running at an average pace", "jerk movements", "acceleration", "running with acceleration", "running at maximum speed" do not contain an objective quantitative criterion - the speed with which the referee perform data movement remains unclear.

Based on the foregoing, it follows that at the moment in the literature the issues that characterize the professional motor activity of referee's have not been sufficiently studied. In the scientific and methodological literature, only fragmentary (affecting mainly only initial training referees) data are presented on the objective characteristics of motor activity, on the requirements for physical fitness and data on the load that falls on the body during refereeing matches.

The skill of a referee is largely determined by the qualities he possess, which give originality to his work, determine the speed and degree of mastery of various skills.

According to A.V. Shibaeva, professionally significant (or professionally important) qualities include those qualities that allow a person to successfully perform his professional activities [7].

Psycho-physiological features of solving various visual tasks are one of the components of the referee's training.

Based on the expert assessment of A.V. Shibaev [7] singled out a complex of professionally significant psycho-physiological qualities of referees. These include: functional characteristics of the visual analyzer, reaction time to visual stimuli of varying degrees of

complexity, noise immunity, visual attention, dynamic characteristics of thinking. The author explains the choice of these characteristics by the fact that in the course of performing professional duties, the referee has to constantly solve various and complex visual tasks. Their timely and error-free solution is the key to the success of its activities.

The role of the visual analyzer in the activities of the referee is undeniable. As a result of studies of referees of various qualifications, it was revealed that the specific properties of the functionality of the visual sensory system of referees include eye indicators, the ability to distinguish spatial features, the field of vision of the eyes, the speed of receiving and processing complex visual information, and the system's resistance to fatigue. The level of development of these indicators depends on the qualifications of the referees.

The personality of a rugby referee has features that are significant in the performance of professional activities. As noted by M.A. Kuzmin in his research [6], specialists of this profile are distinguished by high severity and generalization:

- strong-willed qualities - purposefulness, courage and determination;
- intelligence - general awareness, concentration of attention;
- temperament - objective rate of reaction.

In addition to the above, M.A. Kuzmin singled out the features of the severity and variability of the manifestation of personality traits of referees, depending on their qualifications [6]. Referees with a high level of professional qualifications are distinguished by a higher level of development:

- volitional qualities - courage and determination (expressiveness and generalization), initiative and independence (expressiveness and generalization), endurance and self-control (expressiveness);

- intelligence - the level of awareness, the ability to generalize, the ability to establish logical connections between concepts, the ability to find logical patterns;

- properties of temperament - subject and general ergicity, social and general tempo.

B.G. Ananiev notes that strong-willed qualities are of great importance for the successful work of a referee. These include: self-control, perseverance, patience, exactingness, determination, courage[1].

Signs of successful refereeing in rugby are: the absence of scoring errors, objectivity, confidence, adherence to principles, consistency, authority and timeliness of actions. Many authors in their studies emphasize that the central indicator of the success of the professional activity of refereeing is the infallibility.

At the same time, as M.A. Kuzmin [6], the success of professional activity, both general and its individual aspects, is determined by the personal properties of referees. General success depends on volitional qualities - expressiveness and generalization, determination and courage, independence and initiative; the general level of intelligence and its separate feature - the ability to establish logical connections between concepts. Separate signs of the success of judicial activity depend on the mental properties of referees: volitional qualities, intellect and temperament properties.

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PHYSICAL PREPARATION AS COMPONENT PART OF THE TRAINING PROCESS AND CHARACTERISTICS OF MODERN FOOTBALL

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***Rezumat.** Cerințele mari puse în fața pregătirii sportivilor necesită a căuta direcții noi în perfecționarea metodicii antrenamentului. Atenția specialiștilor este orientată spre optimizarea procesului de antrenament. În fotbal, volumul eforturilor de antrenament și competițional crește. Însă căile de sporire a eficacității acestora sunt deschise prin individualizarea și alegerea optimă a volumului, a intensității și prin raționalizarea metodelor și mijloacelor de pregătire. Fotbalul actual se poate caracteriza printr-un volum enorm și o intensitate înaltă a activității motrice.*

***Cuvinte-cheie:** mijloace, metode, fotbal, pregătire fizică.*