

positive
Vibes
only[®]

REFEREEING ISIN'T EASY



REFEREEING ISIN'T EASY

Have you ever refereed a game?

If you have, you'll know very quickly that refereeing isn't easy.

Referees are required to make decisions in seconds, often from imperfect angles, with plenty of noise and emotion swirling around. In youth sport, this is usually done by someone who loves their sport and has volunteered so children can participate, not by a full-time professional official with multiple cameras, slow-motion replays, or a team of assistants.

When adults yell at referees, question every call, or replay decisions from the sidelines or on the car ride home, young people notice.

They watch that behaviour and learn that frustration can justify disrespect.

On the flip side, when adults model calm responses, perspective, and empathy, kids learn how to regulate emotions, problem solve, and move forward when things don't go their way.

If we want our tamariki and rangatahi to develop emotional control and resilience, in sport and in life, we need to show them what that looks like in real time.