



**WCSA**

**Judges Seminar**

**Attitude is  
Everything**

**ATTITUDE  
IS  
EVERY THING**



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## **What is Attitude**

**definition**

- A settled way of thinking or feeling about something
- The way a person views something or tends to behave towards it
- The way you think and feel about someone or something
- A way of thinking or feeling that affects a person's behaviour



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## **What is Attitude and why does it matter for a judge?**

An attitude can be as a positive or negative evaluation of people, objects, events, activities, and ideas.

Your attitude can be largely based on your understanding of the rules.

Attitude can be based on your feelings and behavior during stressful situations. These feelings can be due to being:

- Excited
- Concerned
- Confused
- Threatened



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## Three Judging Types (1) – The Leader

There are Judges that are good leaders, have the ability to inspire and encourage the judges commission, to organize and manage a competition.

These Judges generally have a positive attitude towards a competition.





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## **Three Judging Types (2) – The Doer**

There are Judges that actively participate in a competition, they are able to think ahead and foresee problems and suggest solutions to the benefit of the organisers and the Judges Commission.

They can make decisions under pressure.



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## **Three Judging Types (3) – The Follower**

Then there are those Judges that do only what they are told. They follow the rules, notwithstanding this they sometimes do not carry out their duties due to a lack of confidence or maybe a lack of understanding of the rules.

They often require the support of their chairman during the decision making process.



Don't follow me  
I haven't got a clue



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## Three Judging Types

Which are you?

1. Leader
2. Doer
3. Follower



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## Key factors in maintaining a positive attitude:

Staying alert and focused.

There is nothing worse than making a decision on something that you missed seeing. It can, and often does, lead to making the wrong decision or even no decision at all.

- Be diligent and pro-active
- Do the most difficult thing
- Talk about what works and what doesn't work
- Relate to positive people
- Remember everyone is doing their best.







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## Key factors in maintaining a positive attitude:

Think ahead and be prepared.

If you have prepared for each stage of the competition the mistakes will be few. Take the time to refresh your mind and body prior to each stage.

- Know your timings
- Know the shoot off procedures
- Know the equipment failure routines
- Know the signals
- Remember everyone is doing their best.





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## **Judges on duty**

Whilst on the competition field judges are expected to act in a professional manner at all times. They ensure that the rules are implemented fairly and correctly. They also need to ensure that the competition is held safely.

Many times our activities are not covered by the rule book, or judges handbook. Judges do what needs to be done to ensure that the competition runs smoothly.



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## **Judges on duty**

**Whilst on duty you should not:**

- Take pictures
- Make or receive phone calls
- Stand around and chat with your country's athletes, officials or coaches
  - **You must not coach!!!!**
- Stand around and chat amongst yourselves for any length of time



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## **Judges off duty**

**Whilst off duty you should not:**

**If you are off duty then you should not be at the field dressed in your uniform. But if you do come to the field dressed in your uniform then you must conduct yourself as if you were on duty.**

**Coaches, athletes and team officials will assume you are on duty.**



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# Communication

Many times during a competition a judge needs to communicate messages of confidence, control, calmness, positive intensity and fairness.

Communication can be verbal (words & tones) and non-verbal (gestures, posture and movements)

Whilst 70% of communication is verbal, non-verbal modes are effective means of conveying messages

## Verbal

- Clear
- Controlled
- Calm
- Tone & volume



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# Communication

**Non-Verbal:**

Is the process of transmitting messages without spoken words, very often known as body language.

Messages can be communicated through facial expressions, gestures and posture.

- Body Language
- Signals
- Whistle
- Eye contact



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## **Communication**

A pleasant style, quick smile and calm personality will achieve a great deal more than a finger pointing or argumentative approach.

- Keep your cool. No judge is immune from criticism
- Don't try to be a tough person
- Make the penalty fit the crime
- Don't be a "shouter". Be relaxed and firm
- Show confidence
- Don't let the spectators (or others) get the better of you. Control your emotions
- Stay calm



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## **Miscellaneous**

**Dress smart: This enhances our roles as Judges**

**Punctuality: When you are part of the Judges commission punctuality for morning departures, meetings and returning in the evening is appreciate by one and all.**

**Participation during the Judges commission meetings: Many judges sit silent at discussions during the judges meetings. You are part of the commission so take an active role in it!**





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