



# Pre Match Routines and the IPC Model



# Pre Match Routines



## What preparation do you do up to hour before kick off?

Take a couple of minutes and talk to the person next to you about what it is you do in this context. Think about the checklists you work through and when.

### Basic

- Check appointment
- Venue and travel plan
- The gear bag
- Weather forecast
- Contact with AR's/Ref Coach

### Advanced

- Self analysis from previous week
- Game plan/Goal setting
- Visualisation
- Talk with other refs
- Eating plan



# Pre Match Routines



## What do you do for preparation 1 hour before kick off?

Take a couple of minutes and talk to the person next to you about what it is you do in this context. Think about the checklists you work through and when.

### Before the Game

Arrive at venue

Check the ground

Introduce yourself to manager/coach

Brief players/captain/AR's

Warm up

Comms check



# Pre Match Routines



## Briefing front row (reserves); 9 and 10

- 4 calls, 4 actions, bind on hit, square & steady
- ½ metre your side of line of touch, all in line with you
- credible feed, quick tap on the mark
- ensure players are behind you at KO, 22m D/O and set phase

## Briefing captain

- Only queries through him
- I will raise foul play or repeated infringements with him
- He is responsible for his players behaviours and action
- Encourage cooperation



# Pre Match Routines



**Why do we do pre match work?**

**Organised**

**Builds rapport**

**Creates consistency**

**Creates time for referees on the field**



# IPC Comms Model



## What is IPC:

- **I Incident** – the action that occurred
- **P Point** – you need to take responsibility
- **C Consequence** – if it continues, it will escalate



# IPC Model



**“Third offence by Red 7 going off their feet”.  
Stop time, call in Red Captain, think IPC then  
communicate:**

- I Incident  
**“This is the third penalty for Red 7 going off his feet”.**
- P Point  
**“I expect you to take responsibility, talk to Red 7 and get him to stay on his feet”.**
- C Consequence  
**“If it continues, higher sanctions will apply, OK?”**



## Summary



- **Pre match routines are important for the referees performance**
- **Build clear expectations with key players and captains in your pre match**
- **IPC reinforces player responsibility and establishes a structure for you to apply higher sanctions**
- **If you think there is something from this session that could improve your performance, then add it to your toolbox.**