



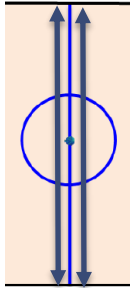
ENGLAND ROLLER HOCKEY MATCH OFFICIALS

Warmup

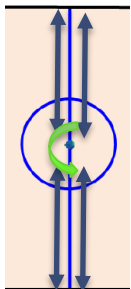
It is important that referees are ready mentally and physically for games. You should talk to your partner and the timekeepers before the match so that everyone is on the same page, and everything has been checked. You should also warm up properly so that you are ready to run and move throughout the match. A proper warm up will allow you to do this better and help minimise the risk of injuries. When the rink is available, referees should use the centre of the rink, using a space 1m either side of the halfway line. If the rink is not available, referees should find another area to warm up in. Referees should warm up together, entering and leaving the rink at the same time.

This is the CMO's recommended warmup:

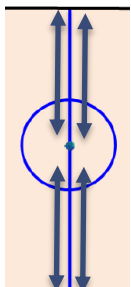
3 minutes jogging, from one side of the rink to the other



2 lengths sideways, swapping which direction you face halfway



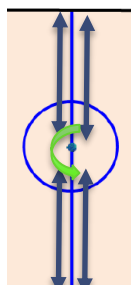
2 lengths, high knees for half and back kicks for half



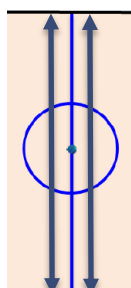


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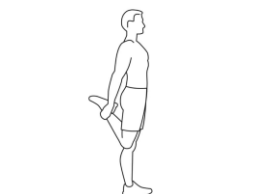
2 lengths, jogging backwards for first half, sprint for 2nd half



2 lengths, vertical arm swings for 1, horizontal arm swings for 1



Quad stretch



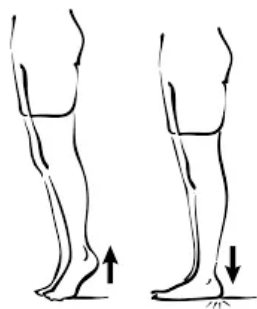
Calf/hamstring stretch



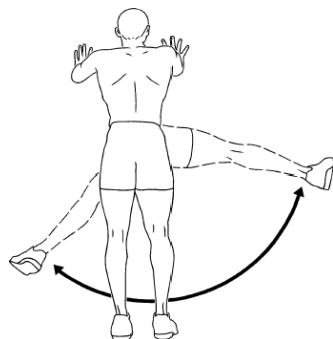


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Calf raises



Straight leg lateral swings



Lunges



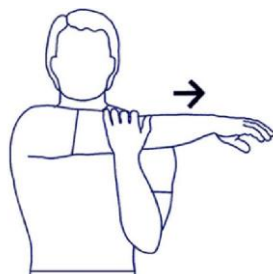
Triceps stretch



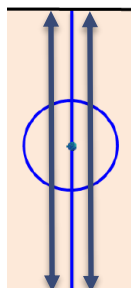


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Cross body shoulder stretch



1 minute jogging



You should add in any other stretches you feel you need.

Your warm up should be completed at least 15 minutes before the start of the match, this means you will have time to get changed into your match uniform, finalise anything with the timekeepers and then be on the rink 10 minutes before the match is due to start.