

Science, Movement and Health, Vol. XV, ISSUE 1, 2015  
January 2015, 15 (1): 47-51  
Original article

## SURVEY BASED ON A QUESTIONNAIRE TO ASSESS THE TRAINING LEVEL OF REFEREES IN THE MALE AND FEMALE NATIONAL BASKETBALL LEAGUE

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### Abstract:

**Objective.** The aim of the experiment is to verify in practice the current level of training of the National League referees and finding their views on the role, importance and how to optimize the training process for them.

**Method.** The questionnaire contains 13 questions specifically designed, which should include both issues regarding the physical training and the technical and psychological one, and highlight the importance of umpirage in modern basketball game, be able to observe the training of referees, as well as their gender. These questions were applied on 31 referees from LNB (National Basketball League), given the fact that inside LNB there are 55 referees.

**Results.** We can assert that the work of a referee to become the best is similar to the work of a top player. He must have a significant amount of talent, and we mean by talent the „feeling of the game”, which is indispensable for a referee who reaches the highest levels.

**Conclusions.** We can point out that at this time the tests applied to the basketball referees are hardly relevant to the level of umpirage, of the training and performance of referees for best results. We wanted to form a coherent notion about the training of referees for game and competition.

**Key words:** basketball, referees, umpirage, training.

### Introduction

In recent years the subject of umpirage was studied increasingly more, this subject being considered a starting point of the wish to revolutionize more and more basketball as a team sports game. Just like in the case of the athletes also the referees who want to achieve performance must follow training programs throughout the entire year.

A good insight of the rules does not necessarily make a good referee. „When a referee realizes that he is responsible to see all the players on the field, refuses to be intimidated by players, coaches or fans and give the game his full judgment's flexibility, and implements knowledge with skill and courage, only then he can be considered worthy of his name” (FRB, 1995)

Umpirage is an open field. But it is understood that in a job as exact as umpirage, where one is permanently observed and criticized only the best get to be referees. You must have the appropriate attitude towards the game and qualities needed, few but which must be strong enough to get over all obstacles with firm determination to the top. Good view, a sense of fair-play, courage of opinions, humour and diplomacy are essential.

„ A good referee must have the ethics of a doctor, the blood of a thief, the physical qualities of an athlete, be outgoing and devoted to the religion of umpirage.” (FRB, 1995)

In the work that interests us, namely assessing referees, these instruments such as try-outs, standard tests, battery of tests, are particularly useful. In the medium and long term planning of referees' performance, an ingenious and elaborate work is required, which is determined by carrying out the

conditions that optimize the investigation process. Therefore, we tried to adapt to our own requirements the sensitivity and validation factors. (according to Dragnea 1984).

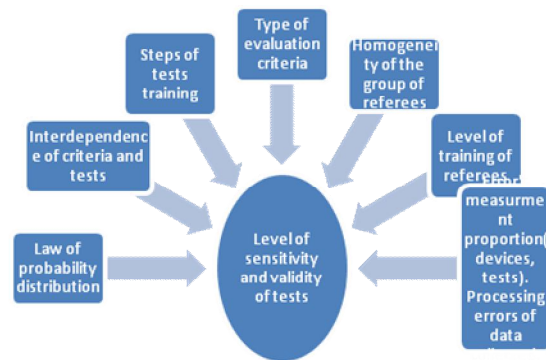


Figure 1. Sensitivity and validation factors (after Dragnea)

„The ideal of objectivity during assessment can be made by errors and fluctuations of the assessor.” (Tataru C., 2005)

### Methods

The ascertaining study was carried out based on the results of the developed questionnaire. The questionnaire contains 13 questions specifically designed, which should include both issues regarding the physical training and the technical and

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Received 05.10.2014 / Accepted 22.11.2014

psychological one, and highlight the importance of umpirage in modern basketball game, be able to observe the training of referees, as well as their gender. These questions were applied on 31 referees from LNB (National Basketball League), given the fact that inside LNB there are 55 referees.

The questionnaire is compiled concisely, the questions are in point without leaving room for interpretations. The answers are grid type and we consider that they are making the object of our research. (Martinescu Nițu 2011)

### Results

On question no.1 „Which is the level at which you are refereeing?” After the statistical analysis of the obtained data after applying the questionnaire, we received the following answers. The umpirage level of the respondents is noticed from the following chart, of which 51% carry out their activity in the LNBM (Men’s National Basketball League), 33% of the referees in the LNBF (Women’s National Basketball League), and 16% at international level.

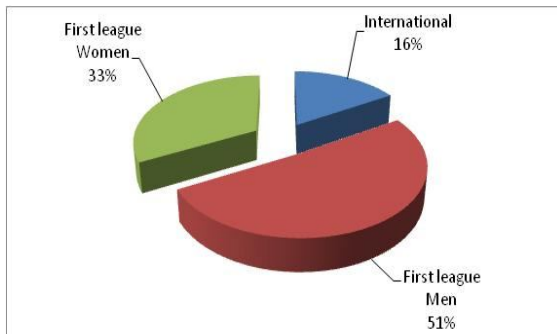


Chart 1. Level of umpirage

At question no. 2 „Which is your experience in umpirage?” we notice a share of the National League referees between 15-20 years. So, we can conclude the fact that the referees on this level have a certain experience in the field of umpirage.

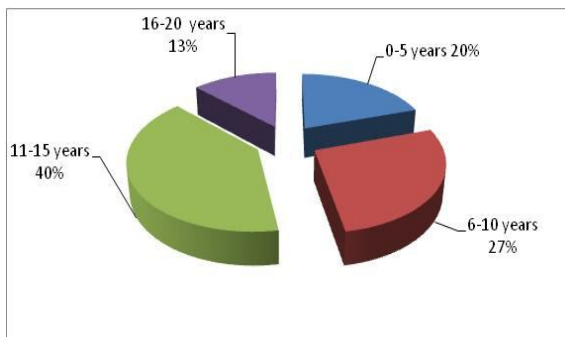


Chart 2. Experience in umpirage

Question no. 3 „Please give your consent regarding the following statements about the basketball game?” is a question with multiple answers, from which we notice that we have a bigger share of affirmative answers of the subjects of our research about the popularity of this sport.

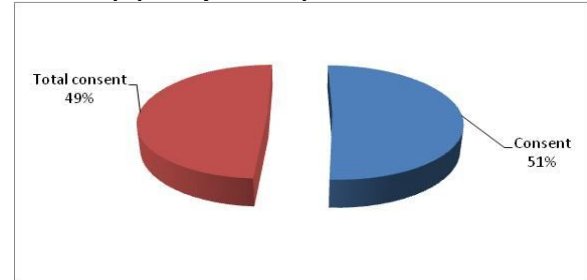


Chart 3. The game of basketball at a high level

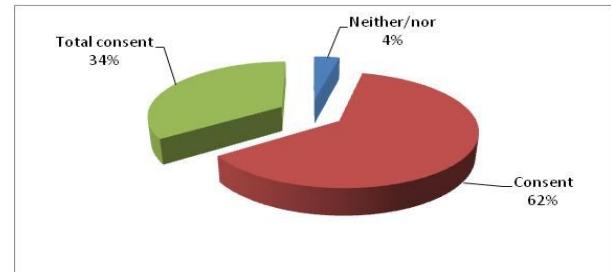


Chart 4. The basketball game in Romania is very popular in Romania

In your opinion, “which do you think is, currently, the umpirage level conducted in the field of basketball in Romania compared to the game itself?” is the question no. 4, from which we can see that 69% of respondents answered that it is high. This is of major importance because we need to be aware that our survey respondents are the specialists, namely the referees in the top echelon of the country.

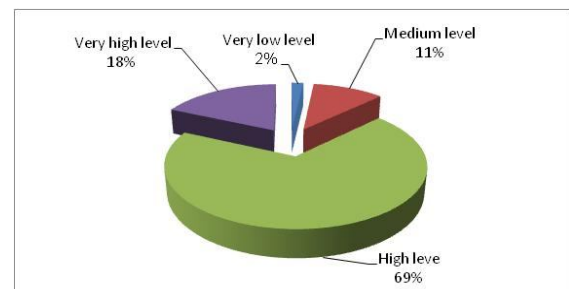


Chart 5. Umpirage level in basketball

Question number 5 “In your opinion, to what extent do you think the two tests that are carried out at present correspond to the situations faced by the referees from Romania?” reveals that 49% of the survey’s respondents answered in a small extent and 2% in a very small extent.

For example, we can conclude that the referees in the top echelon, with greater experience, consider the current testing as insufficient in relation to the problems they face today.

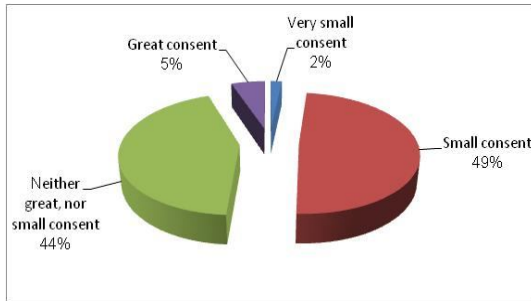


Chart 6. Relevance of the referees' current tests

Question no. 6 is "Please show your agreement to the following statements relating to umpirage in the game of basketball?"

Using the 5 steps Likert scale it was obtained an overall score for this statement is 4,00, which is a positive assessment of the respondents in terms of "It is necessary to introduce new physical tests for the basketball referees in Romania", for the second statement "It is necessary to introduce psychological and behavioural-decision-making tests for referees", the same measurement reveals a score of 3,67, also a positive appreciation, for what the third statement "The work of basketball referee is stressful", the score is 4,49, the assessment being also positive in this case.

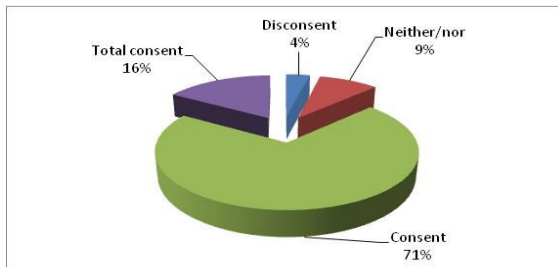


Chart 7. New physical testing

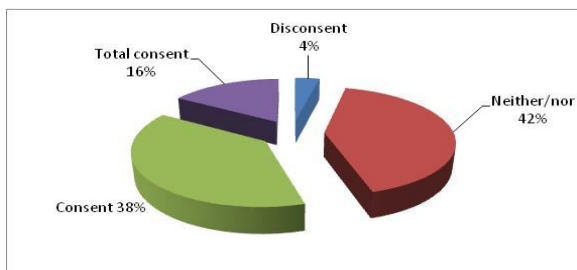


Chart 8. Introduction of psychological tests

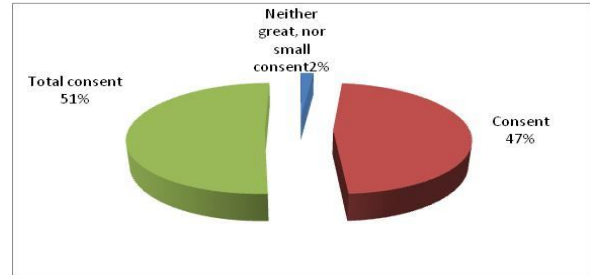


Chart 9. The work of referees is stressful

At question no. 7 "Which of the following components of the athletic training do you consider are being used more particularly in the basketball referees' activity?", the answer could be but multiple, so we notice that the largest share have a physical training of 93% and the psychological training of 51%.

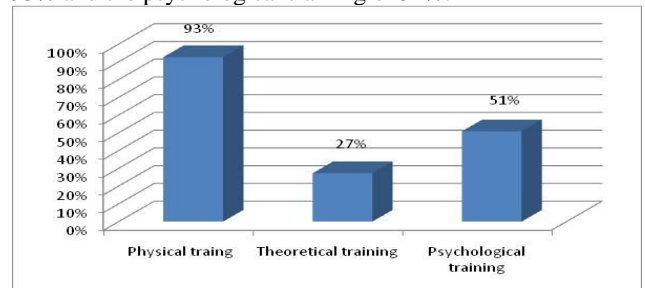


Chart 10. Training components to referees

Question no. 8 "Which of the following types of physical training is used by you in the work you carry out?", the respondents' answers were divided as follows, 71% answered for both the specific physical training and general physical training, 25% general physical training and 4% for the specific physical preparation.

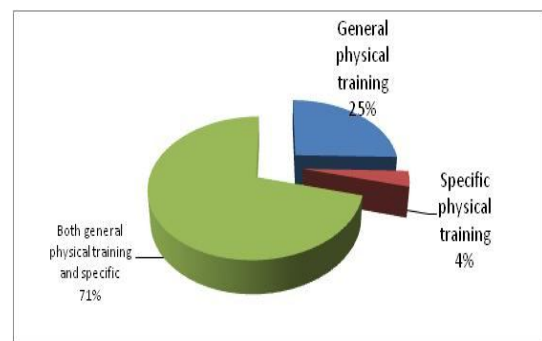


Chart 11. The percentage of physical training in the referees' training

In carrying out the questionnaire, question no. 9 "How much time are you willing to assign to training from pre-competition period?" reveals that most referees, namely 34%, are willing to spend three days a week for training, 33% two days and 31% four days a

week. Only 2% said they would like to train five days a week.

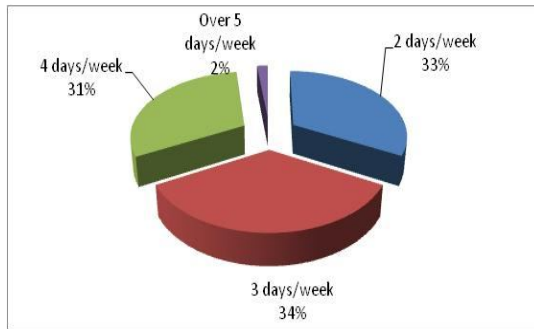


Chart 12. Time spent for training during pre-competition period

In question no.10 „How much time are you willing to spend for training in the competition period?”, the big share of responses was 53% 2 days a week, 43% 3 days a week and only 4% 4 days a week.

These responses, as well as the bigger share of the small number of training days per week are to be understood from the group discussions we had with the subjects and the lack of time in the competition period. The large number of games as well as the rest of activities which they have are limiting the time of training.

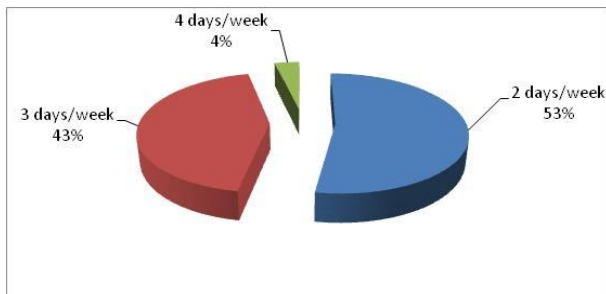


Chart 13. Time spent for training during competition period

The share on question no. 11 „In which category of age do you fit?”, is shown in the following chart and is 36% between 26-31 years, 33% between 32-37 years, 20% between 18-25 years, the rest of the results being under 10%.

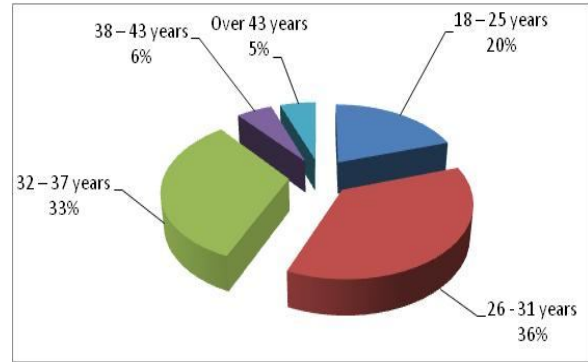


Chart 14. Respondents' distribution on age

In question no. 12 „Which is your gender?”, we notice a big share of referees of male gender, 89%, although the questionnaire has been applied on the entire echelon of referees from the first league championship, both women and men.

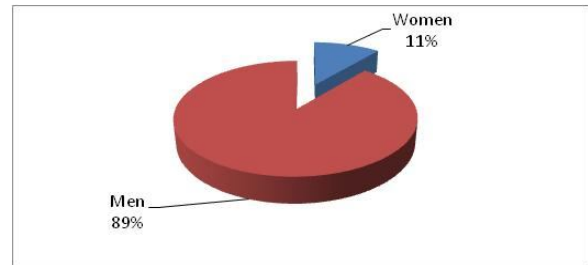


Chart 15. Which is your gender

The last question in the questionnaire, question no. 13 „Which is the last education level you have graduated from?”, we notice from the chart that the biggest share is represented by the Bachelor's degree - 63%, 20% the master degree, 13% high-school graduation and only 4% postgraduate studies.

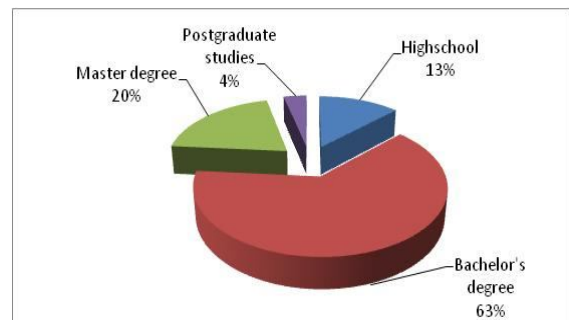


Chart 16. Respondents' level of studies

### Discussions:

This study is about the standards that you must have for going up in your carrier as a referee. We can find some good authors who helped us in our way to develop this study, Jerry and Gregory in Basketball and Philosophy, thinking outside the paint. From this we



tried to the referees in front of their own questions, their own doubts and to have good idea about what supposed to be their work.

So, in one sense, then, the referees are supposed to play the role of God in terms of ensuring that a contest is as fair as possible and practical. (Jerry, Gregory, 2008).

We can also find an accurate study nearly this year, in Journal of Economic Behavior and Organization. Their study of the behaviour of professional referees in the context of offensive fouls. We can see also in this study about the approach for the mistakes of referees are either rational or due to the representativeness heuristic.

(<http://www.sciencedirect.com/science/article/pii/S0167268114000924#>)

After this examples, we can assert that the work of a referee to become the best is similar to the work of a top player. He must have a significant amount of talent, and we mean by talent the „feeling of the game”, which is indispensable for a referee who reaches the highest levels.

### Conclusions

The basketball game, invented as a fruit of human intelligence, is the sports game with the fastest evolution rhythm - this is the opinion of the specialists in this field; (Negulescu, 2000) it is regulated by standards, which in a permanent improvement and completion, made the basketball game with only 13 very simple articles to develop now, based on a very rich regulation containing currently 50 articles.

All these changes did not affect by anything the spirit and essence of the game, have not distorted it by anything, they are designed to increase the dynamism of the game, its momentousness and beauty. However, from the point of view of the specialist, any change in rules has implications on the game components. Thinking of the games in which only a few "goals" were scored, in nowadays basketball games the scores are of 150-200 points.

It should be noted that over the years, these changes have led to increased importance and responsibility of the referees during the games. We

must not forget that the referee is the very judge in the field who has the power and responsibility to make decisions.

As a result of all these changes, we can state the following:

➤ The game of basketball is a sports game with the fastest rhythm of evolution, it is governed by rules that continually improve;

➤ Although it is a game with many restrictive rules, basketball evolved into a dynamics unrivalled by any other sport;

➤ All changes made on the articles of the current regulation are based on knowledge of current techniques and tactics of the game of basketball;

➤ The continuous adaptation of umpirage to the demands of the game can be noticed also from the significant change in the number of referees on the field (from 2 to 3 referees).

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