



ATTITUDE

definition

“A position of the body or manner of carrying oneself”

“A state of mind or a feeling, disposition”

“The way someone views something or tends to behave towards it often in an evaluating way”

“A position of the body indicating mood and or emotion.”



**Attitude is largely based on your understanding
of the rules**

Attitude can be based on your feelings and behaviour 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 organise 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 take decisions under pressure.



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 rule, they often require the support of their chairman during the decision making process.



Forming Part of the Judges Commission.

Success or failure of a Judges Commission largely depends on the efforts of ALL members of that commission.

Success can only be guaranteed by the Judges Commission only if they are all collectively knowledgeable of the rules, byelaws and interpretations.



Forming Part of the Judges Commission.

Success comes from cultivating a positive attitude before and during a competition.

Developing a positive attitude depends on your experience as a judge, your exposure to difficult judging situations and knowing and understanding the rules, and the practicalities associated with them.



What are the key factors to maintaining a positive attitude:

Staying alert and focused at all times – there is nothing worse than having to take a decision on something that you should have seen but you didn't!
Or...not taking a decision because you didn't see it!
As a judge you need to be focused at all times, you cannot let your mind wander.



What are the key factors to maintaining a positive attitude:

Think ahead - be prepared! – If you are mentally prepared for each stage of the competition then you will not make mistakes. Take the time to refresh your memory with regard to timing requirements, shoot-off procedures, etc; for each stage of the competition



Your presence on the Field of Play (FoP)

Judges on duty:

Whilst on the Field of Play (FoP) Judges are expected to act professionally and to ensure that the rules are implemented correctly and that fair play prevails, we are additionally required to ensure that the competition is held in a safe and organised manner.

We may sometimes need to do things not in our remit and to help the organisers ensuring that the competition proceeds smoothly.



Your presence on the Field of Play (FoP)

Whilst on duty you should not:

Take pictures.

Stand around and chat with your country's athletes, officials/coaches.

Stand around and chat amongst yourselves for any length of time.



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Your presence on the Field of Play (FoP)

When you are off duty:

If you are off duty then you should not be on the FoP dressed in your Judges uniform, if you come to the FoP on an off duty day, dressed in your Judges uniform, then you should conduct yourself as if you were on duty. Coaches, athletes and team official will assume you are on duty if you are dressed in your uniform.



Body Language

A substantial portion of our communication is non verbal (50% to 70%). Body language is universally understood. When we are carrying out our duties we need to be in control, we need to be confident. Your body language will reveal whether you are or are not.

Gestures can emphasize a point or relay a message, posture can reveal boredom or good interest.



Body Language

One of the most basic and powerful body-language signals is when a person crosses his or her arms across the chest, this could indicate that a person is putting up an unconscious barrier between themselves and others.

If the two people are familiar with each other then it could indicate that the person is intently listening to what is being said.

Arms held behind body with hands clasped: This is a signal of authority or confidence. It is seen in authoritative figures such as police men and armed forces officers.



Body Language

How we sit, how we stand, our general appearance, and how we walk to and from the targets gives an impression of our state of mind to those standing around us.

How we sit? We should not be asleep, or eyes closed during competitions. One should sit in an alert position, ready to stand up when and if needed.



Body Language

How we stand? While standing we should be focused on those athletes that are shooting very close to the end of the time period. The mere fact that you are standing and observing closely the proceedings gives a visual indicator to all those watching that the judge is doing something, he/she is focused, ALERT!



Body language

During match play on the shooting line? You are part of the competition! You do what you have to do! If you cannot see what is happening with the athletes of a team during cross overs, then move, find a position where you can follow the competition. You are there to do your duty, hence you need to see what is happening.

At the target

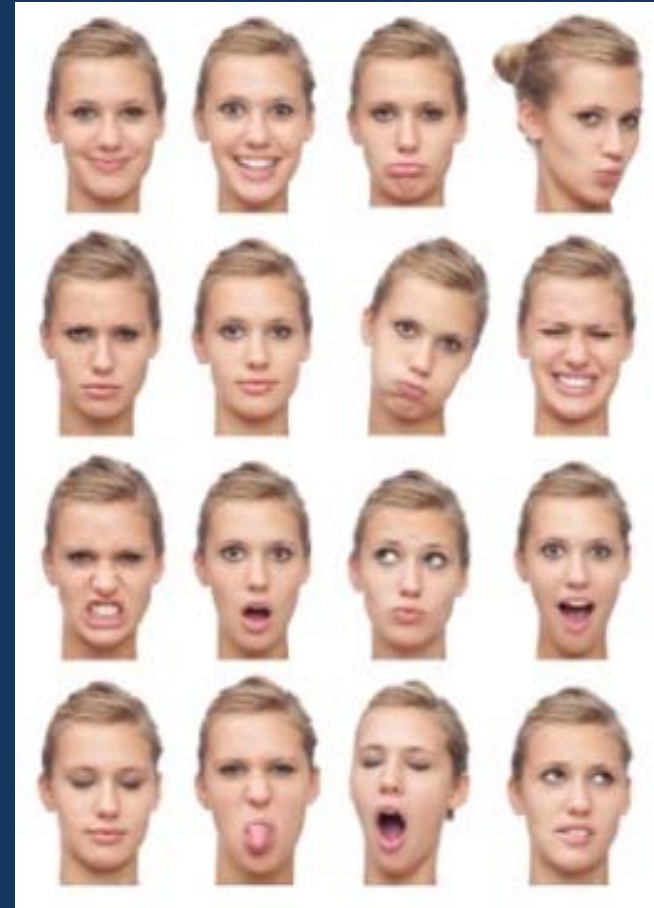
Stay alert, focused and in control!



Facial expressions say a lot!



Facial expressions say a lot!



Verbal communication

Stressful situations are always around us – Judging a tournament may be just such a situation. Being prepared for a tournament lessens the possibility of stress!

“Most people want to avoid conflict and potential stressful situations” This is human nature.

People often find it easier to avoid communicating something that they think is going to be controversial or bad...and in doing some people may sometimes not communicate there decision and let the situation go unnoticed.

This is not acceptable!



Verbal communication

There needs to be a balance when communicating something difficult, we need to be in control yet as sensitive as possible to those concerned.

You need to be both **Firm** and **Gentle**.

There are few situations that need careful attention:

(1) Calling an arrow value: The judge needs to carry out the procedure, once complete the judge stands back from the target and calls the arrow. Returning to your normal position during scoring.

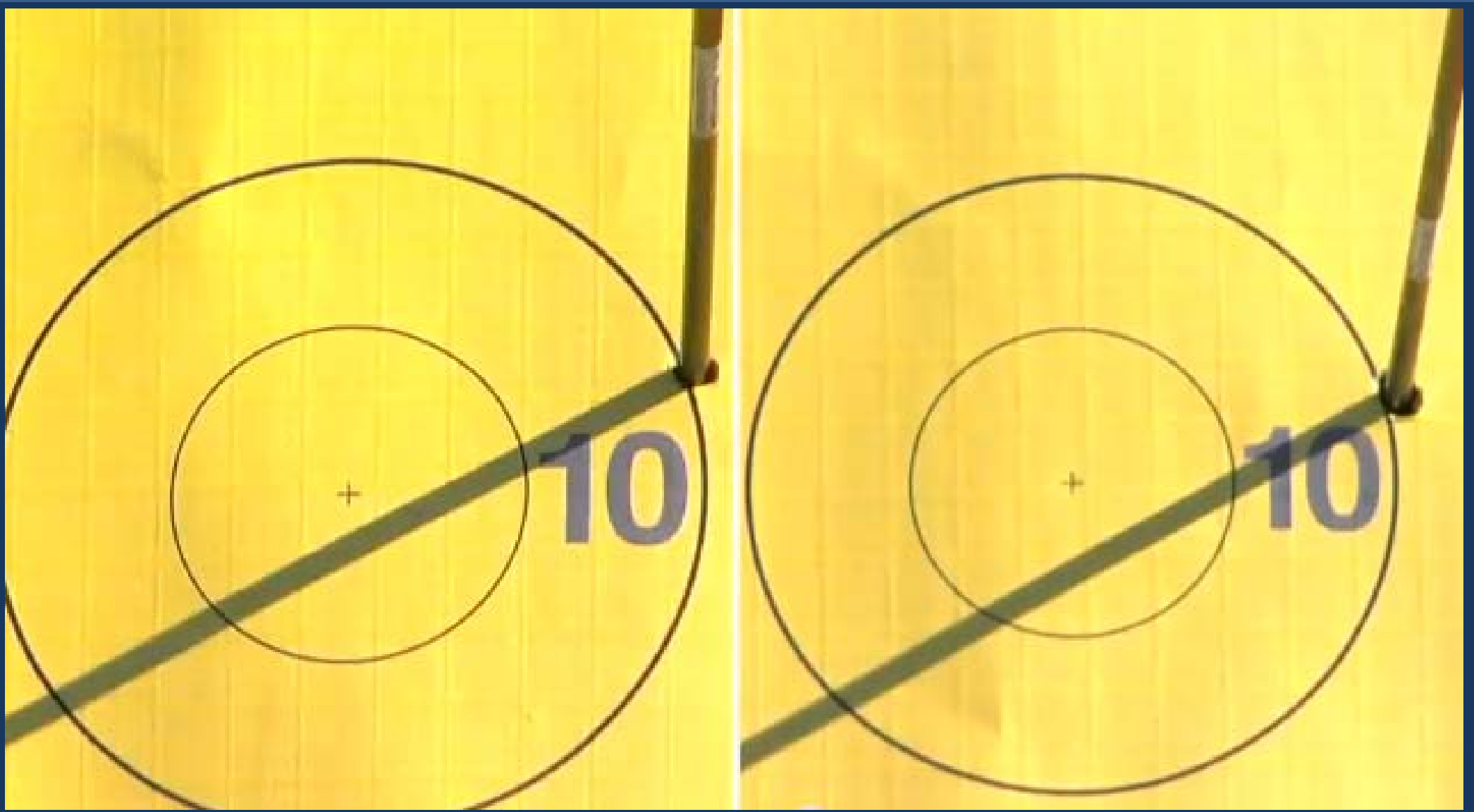


Verbal communication

(2) Closest to the centre: The judge needs to first determine the score, if tied, then he/she must determine which arrow is closest to the centre, at this point the Judge should not enter into any discussion with the athletes agent as to which arrow is the closets to the centre. The Judge should do what needs to be done. Once you have decided you indicate the decision, then move away.

Be sure of yourself ...no explanation/justification as to how you arrived at this decision is required.





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Verbal communication

When giving verbal instructions be politely, assertive and not arrogant!

Once you have decided in your mind what needs to be done, and what needs to be said, then you proceed to communicate your decision clearly, without backing down or changing your mind. Verbal instructions need to be short, clear and direct.

Stay Calm and focused at all times!



Verbal communication

Avoid loosing control at the target, do not enter into any debates or discussions re your decision, remember you are in charge, make your decision in a professional manner, clear state your decision and move away.

Judges need to be in total control at all times, no matter how difficult the situation.



Dress Code: Always dress smart – this enhances our role as Judges.

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

Participation during Judges commission meetings: There are many Judges, that do not take part in the discussions at during Judges meetings. You are part of the commission take an active role in it! This is how we share our experiences.

