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Comparative study on selected physical fitness variables between football referees and players

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Abstract

A football referee is a specially trained and selected individual who officiates games of football, controlling the players and ensuring all the rules are adhered to. The purpose of the study is to comparative the selected physical fitness variables of football referees and players. To achieve the purpose of the study 20 active referees and 20 footballers from Bharathi University Coimbatore district. Their age ranged from 20 to 25years. The subjects were randomly assigned to two equal groups. Group- I (n=20) underwent football referees and Group – II (n=20) footballers. The following tests were performed to measure the physical fitness parameters: 110mt test was used to measure the speed endurance, 50 meters run test was used to measure the speed. The data collected from the subjects were statistically analysed using 't' test to find out whether significant mean difference existed at 0.05level of confidence. The result of the study was significant difference in the speed endurance and speed between the referees and players. The speed level is better to the football players compare with the referees. The speed endurance level is better to the football referees compare with the players.

Keywords: Speed endurance, speed, football referees, players

Introduction

Football is a popular sport in India. Football has enjoyed popularity in Kerala, West Bengal, Goa and northeast India which consists of Assam, Manipur, Meghalaya, Mizoram, Nagaland, Tripura, Arunachal Pradesh and Sikkim. India's current top domestic league, I-League, was formed in 2007 in an attempt to professionalize domestic football. In 2013 the Indian Super League was formed as an unrecognised professional league with 8 teams to promote Indian football to the country and world. After three season, the Indian Super League was recognised as a top tier league, running in parallel with the I-League, thus leaving India as one of the few countries with two fully recognised top tier leagues [5]. Also contested is Santosh Trophy, a knock-out competition between states (provinces) and government institutions. The current captain of the Indian national team is Sunil Chhetri. India is currently ranked 103 among the FIFA World Rankings [6]. The 2017 FIFA U-17 World Cup was hosted by India in the month of October in 2017 and the first time the country had hosted a FIFA event. The tournament was touted as the most successful FIFA U-17 World Cup ever, with the attendance being a record 1,347,133 surpassing China's 1985 edition where it was 1,230,976. India is also going to host the 2020 FIFA U-17 Women's World Cup. Owing to this, India has also bid to host the 2019 FIFA U-20 World Cup and is considering a bid for the 2023 FIFA Women's World Cup.

Referee

The term "referee" originated in association football. Originally the team captains would consult with each other in order to resolve any dispute on the pitch. A referee or simply ref is the person of authority in a variety of sports who is responsible for presiding over the game from a neutral point of view and making on- the-fly decisions that enforce the rules of the sport, including sportsmanship decisions such as ejection. The official tasked with this job may be known, in addition to referee, by a variety of other titles as well (often depending on the sport).

The referee did not take his place on the pitch until 1891, when the umpires became linesmen (now assistant referees). American football officials are commonly referred to as referees, but each has a title based on their position. They consist of: Referee, Head Linesman, Line Judge, Umpire, Back Judge, Side Judge, and Field Judge.

A referee or simply ref is the person of authority in a variety of sports who is responsible for presiding over the game from a neutral point of view and making on-the-fly decisions that enforce the rules of the sport, including sportsmanship decisions such as ejection. They say that the men and women in black are having a good game if you don't notice them. It's the one with the whistle - the referee - who takes charge of a match, with the help of two assistant referees. In professional matches, a fourth official is also involved.

Methodology

To achieve the purpose of the study twenty (20) football men referees were selected from Coimbatore District football association referees and twenty (20) inter collegiate men football players were selected from department of physical education, Bharathiar university Coimbatore. The age of the subjects ranged between 20 and 25 years. The following tests were performed to measure the physical fitness parameters: -To measure speed 50m dash, to measure speed endurance 110m test.

Statistical Techniques

The data was collected & statically examined to compare the physical fitness components variables of football referees and players. The "t" ratio was calculated to find out the significance difference if any in all the cases to test significance of 0.05 level of confidence was used.

Table 1: computation of 't' ratio on speed between football referees and players

| Variable | Group | Mean | SD | SE | 't' |
|----------|---------|------|--------|--------|-------|
| SPEED | Referee | 7.74 | .49227 | .11007 | 3.14* |
| | Players | 7.33 | .31204 | .06977 | |

*Significant at 0.05 level 2.093(1, 19)

The table 1 reveals that the computation of 't' ratio on speed between football referees and players. The mean value of referees and players were 7.74sec and 7.33sec respectively. The observed t value of speed 3.14 was greater than the table value of 2.093 for the degrees of freedom 1 and 19 at 0.05 level of confidence. Since, it was found to be statistically significant.

The result inferred that there is a significant difference over speed between football referees and players.

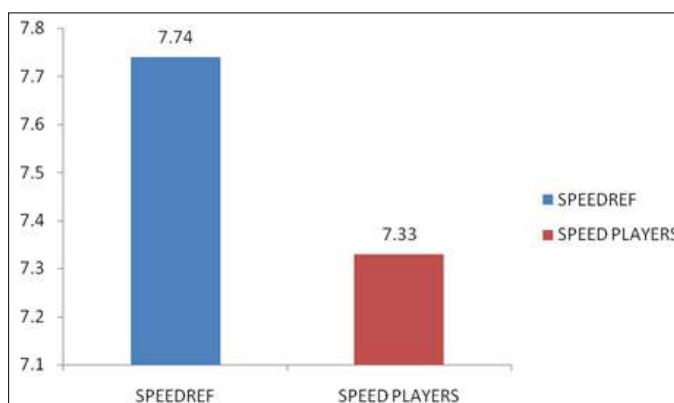


Table 2: computation of 't' ratio on speed endurance between football referees and players

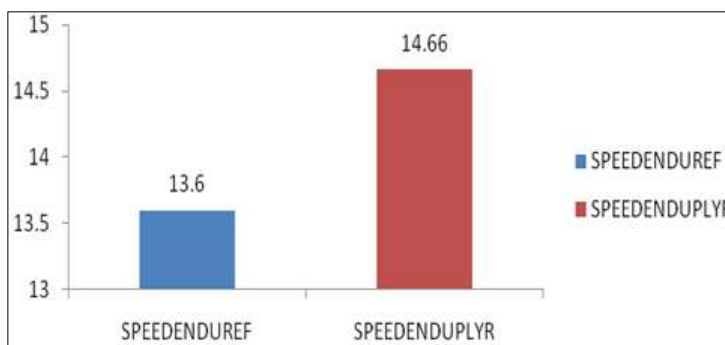
| Variable | Group | Mean | SD | SE | 't' |
|-----------------|---------|-------|------|-----|-------|
| SPEED ENDURANCE | Referee | 13.60 | .749 | .16 | 3.42* |
| | Players | 14.66 | 1.16 | .26 | |

*Significant at 0.05 level 2.093(1, 19)

The table 1 reveals the computation of t ratio on speed endurance between football referees and players. The mean value of referees and players were 13.60sec and 14.66sec respectively. The observed t value of speed endurance 3.42 was greater than the table value of 2.093 for the degrees of freedom 1 and 19 at 0.05 level of confidence. Since, it was

found to be statistically significant.

From the result it is speculated that there is significant difference over speed endurance between football referees and players.



Discussions

The referees naturally need to have more speed endurance compared to the players. Since, during the course of match the action playing football with referees must be present at all the place and at right time are the see the game up close throughout the field for entire 90 minutes of duration of the match. Whereas the players run far and with ball and for poisoning the ball and players, this requires more speed than referees. The observation from the present study also established the concept after analyzing statistically.

The results of the study indicated that there was a significant difference over selected physical fitness components speed, and speed endurance difference between football players and referees. The findings of the present study had similarity with the findings of the investigations referred in this study.

Ogabor *et al.*, (2015) ^[8-9] compared selected motor fitness profile of football referees in Cross River and Akwalbom States. Ravichandaran (2017) ^[10] the purpose of the study is to find out the comparison of fitness test among the football referees and footballers. Speed and agility are the important motor components required in every game for improvement of performances.

The result of the present study indicates that football players show better performance on speed endurance when compare to referees and referees shows better performance on speed endurance when compare to football players.

Conclusion

From the results of this study, the following conclusions were drawn.

1. It was concluded that there was a significant mean difference in speed between football players and referees.
2. It was concluded that there was significant mean difference in speed endurance between football players and referees.
3. Further it was concluded that the football players possess better speed then referees.
4. Further it was concluded that the referees possess better then speed endurance.

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