



REFEREES

NSW COUNTRY RUGBY UNION REFEREES ASSOCIATION

TRAINING AND FITNESS

Ongoing training and development is key to the success of refereeing. In this section, we will look at various training techniques, resources and fitness testing.

REFEREE FITNESS

NSW Rugby Referee, Phil Baird, is a qualified fitness instructor. He runs fitness and training programs for a number of NSW Rugby Referee Squads. Phil has posted a number of fitness programs on the NSW Rugby Referees website.

These can be accessed at:

<https://nswrugbyreferees.com.au/resources/referee-fitness-videos/>

I commend these to you.

FITNESS TESTING

One tool for monitoring/testing referee fitness is through the Bronco test.

The Bronco was designed in New Zealand for Rugby players to test their Aerobic Speed and Fitness for the game.

Currently @beaudenbarrett holds the record with a blistering time of 4m12sec which he set @bluesrugbyteam training

In their first outing- the boys ranged in time from 6-10mins.

Losing weight and increasing aerobic fitness is key for getting fit and healthy, dropping #METABOLICAGE and living a longer, more vibrant life.

It will also DRAMATICALLY help improve Bronco times.

Let's see how they go again in a few weeks.

BRONCO FITNESS TEST

Outline of how to conduct the Bronco Test

