

**THESIS OF ADMISSION TO THE DEGREE OF RED BELT 5 ° DANG  
VOVINAM VIETVODAO**

**REFEREES DIRECTION:**

Skills and qualifications, how to best manage the creation of a new arbitration staff

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Academic year 2018-2019

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## **Background:**

the idea for my thesis stems from the long experience in both national and international arbitration.

In recent years both in Italy and in Europe I have noticed little attendance of well qualified referees at the various championships organized by the national associations and by the EVVF.

In my opinion, having well-trained, ready and aware referees is an essential point for a competition to be held in the best way both for the organizers and for the competitive athletes.

## **objectives:**

In my opinion, presenting what are the bases on which an excellent knowledge in the field of arbitration is founded as well as in the field of teaching, I tried to develop a training program adapted to this figure, suitable for the creation of a new arbitration staff of which the national and European Vovinam needs.

## **Methodology:**

the methodology applied involves the organization of several arbitration and teaching training courses with adjustments and updates to the technical program of Vovinam Vietvodao as well as the combat program.

It is important to encourage teachers and technicians in the career of arbitration to give them a final goal and specific qualifications based on attendance at courses and constant participation in the various championships.

A solution to this need is an arbitration card certifying the various attendance at the courses of updates and competitions that specify the qualification achieved and allows the new referee to judge in increasingly high-level competitions.

## CHAPTER 1

### Teacher Training

The aim is to train teachers able to organize Vovinam lessons but at the same time to have a general education on certain subjects that can help them to face certain problems and difficulties during the lesson.

It will be important to deal with situations that may occur during the warm-up phase and throughout the lesson as well as knowing how to manage the psycho-emotional side of the athlete.

The teacher will have to attend courses during the year where he will see specific subjects such as:

**Anatomy, Physiology, Traumatology** (it is mainly the scientific study of the human body, the knowledge of certain apparatuses, organs, bone structures, joints, and of the whole musculoskeletal, nervous and respiratory system, involved during the warm-up, training and stretching)

**Psychology in sport:** the topics that will be addressed will be the educational role of the instructor, the sport activity for children - boys according to different age groups, emotional and bodily awareness.

**Nutrition and use of supplements:** learn in general how to eat and how to integrate the body with supplements during a period of intensive training, and during season changes

**Athletic combat preparation:** divided into several phases such as warm-up, physical strengthening and breathing, technique, exchange (intended as combat) and nutrition.

**Preparation for basic acrobatics:** how to set a lesson from falling bases to more advanced evolutions (rondate, overturn, flic, wheels, somersaults back and forth)

**Arbitrage update:** with the study of technical data sheets and the study of gesture for combat.

**Lessons of vovinam viet vo dao:** knowledge of history, from the birth to the present of Vovinam Viet vo dao.

**All these topics will be taught by professionals in the field and by graduates in any subject dealt with by them**

## CHAPTER 2

### REFEREE TRAINING



The Vovinam Viet Vo Dao referee training course will be divided into several phases and will follow the guidelines issued by Evvf and Wvfv.

#### **2.1 Arbitration Formation:**

The training course is divided into three levels, corresponding to the tasks of as many figures. The competences defined each time for each professional qualification are obtained through formal education and through the achievement of a level of experience and practice in the field that must be adequate for the specific tasks required. For this reason, the professional training of the sports operator must be based on theoretical and practical learning, on scientific knowledge and field applications, according to a model that is able to cover the various components of the required skills.

The training must not be carried out only in classrooms or in simulations, given that the achievement of the qualification implies a significant involvement precisely in the real training activity (during meetings, collegiate groups, internships, etc.) to continuous field experience .

From this derives, for example, that it is not possible to achieve a specific qualification as a regional arbitrator without having carried out an activity on the field consistent with the qualification itself. The mere participation in a classroom training activity cannot therefore lead to the achievement of a qualification, unless this is supplemented by previous practical experiences consistent with the qualification, well recognizable and certifiable.

For the reasons mentioned above for each individual qualification there are minimum requirements required at the time of registration.

## **2.2 Organizer:**

The arbitration commission in collaboration with the training commission and in particular the person responsible is the body that can decide to organize the arbitration course. If a member association wishes to be an organizer, it will have to present a regular request to the aforementioned commission, proposing dates and places for the course.

## **2.3 Timing and costs:**

The course is organized every two years

The course will take place from January to April and must consist of 1 weekend of 8 hours.

The deadline for enrollment in the course is in December of the reference sports year.

The cost is decided by the organizing body and must include the release of the Diploma and the Referee Card.

## **2.4 Qualifications issued**

Regional referee

National referee

International Referee

## **CHAPTER 3**

### **Skills attributed to each individual qualification and minimum requirements**

#### **Regional referee:**

The first level corresponds to a professional qualification that enables a technician to act immediately in the field independently on a local level. The activities of the regional referee are limited to competitions in both technical and combat but only in the regional context. In order to obtain a qualification as a regional arbitrator, it will be necessary for the future arbitrator to have achieved the necessary learning results corresponding to the required competences. These learning outcomes, expressed in terms of credits, correspond to at least 10 credit points. The credits are also associated with the performance of practical activities, supervised on the basis of rules established by the arbitration commission.

#### **Coach Requisite:**

Minimum age 18 years

minimum grade of Vovinam Viet Vo Dao: BLUE III CAP - Lop Lam Dai Tam Cap

#### **Limits:**

A regional referee has the rank of BLUE III Cap can only referee combat competitions.

#### **National Referee:**

It requires the assessment of the skills necessary to operate nationally in high level competitions. This qualification can be accessed after having obtained the status of regional referee. To obtain a second level qualification it will be necessary for the future arbitrator to have achieved the necessary learning outcomes, corresponding to the required competences. For the second level These learning outcomes correspond to 20 credit points.

### National Referee Requirements:

Minimum age 20 years

minimum grade of Vovinam Viet Vo Dao: Yellow - Hoang Dai and the status of Regional Referee.

### International Referee:

The qualification characterizes an arbitrator able to coordinate other arbitrators and to be able to arbitrate in international competitions. It can be accessed after having obtained the qualification of national referee and after participating in arbitration seminars organized by the EvvF (European vovinam viet vo dao federation) and / or by WvvF (World vovinam viet vo dao federation). To obtain a third level qualification it will be necessary for the future arbitrator to have achieved the necessary learning outcomes, corresponding to the required skills, equal to 20 credit points.

### International Referee Requirements:

Minimum age 25 years

minimum grade of Vovinam Viet Vo Dao: Yellow 2 Dang - Hoang Dai Tam Cap, be in possession of the qualification of national referee and have participated in international courses.

### 4) Arbitration card and authorization:

The training system provides that the arbitrator, once having achieved one of the aforementioned qualifications, must also be the holder of an authorization to perform his activities on a professional or voluntary basis (obviously always in the context of the sports and / or corporate sports association system ). The qualification must take the form of a certification based on a recognition system controlled and validated by the governing body (arbitration commission and training commission): **Referee card.**



	COGNOME _____
	NOME _____
	DATA DI NASCITA _____
QUALIFICA _____	
DISCIPLINA/SPECIALITÀ Vovinam Viet Vo Dao	
TESSERA N. _____	EMESSA IL _____

The possession of the qualifying certification will be the primary criterion for the recognition of the ability of the technicians to satisfy the practical requests and to express the necessary competences to carry out such activities. The first step for the certification / arbitration card is the achievement of a formal qualification but, subsequently, the maintenance of the authorization to arbitrate must require specific updating and continuous training processes.

**Times and renewals of the arbitration card:**

The technical card must be renewed every two years with the costs and methods given by the governing body.

**Enabling times and renewals:**

The maintenance of training qualification must require specific updating and continuous training processes. To maintain the qualification it will be necessary to arbitrate at least two competitions a year or participate in refresher courses. Failure to participate in continuing education and updating activities will have no effect on maintaining the qualification achieved, but only on the qualification.

**Update types:**

To maintain the qualification, it will be necessary to participate in technical updating courses with a duration of at least 3 hours which include and / or the practical technical part and / or the theoretical part. The theoretical courses can be an integral part of the teacher course.

**Revocation of the technical card and / or authorization:**

The governing body may decide to revoke or suspend the technical card or the authorization, if the following cases occur:

- Failure to pay the annual membership fee to the Vovinam Viet Vo Dao Italy association
- failure to renew technical card
- use of doping
- unsportsmanlike conduct
- lack of technical and / or practical updating
- failure to participate in competitions.

## **Re-acquisition of the technical card and / or authorization:**

Once the card has been revoked and / or approved, in order to be able to reacquire the qualification again, the teacher must participate in the arbitration course for the revoked qualification.

### **5) Referee clothing:**



Each referee has the obligation if he is summoned for a competition to wear the official blue shirt, black trousers, white shoes and official vovinam viet vo dao tie during an official regional or national competition, while for an international competition the tie to use is 'EVVF.

## **Conclusions:**

Both in the context of a technical and combat competition, the main objective is to create a competent but above all self-confident refereeing staff that has the ability to face any difficulty during the competitions.

The future goal, instead, is to divulge the vovinam viet vo dao in collaboration with Master Vittorio Cera ( National technical manager) and Master Giuseppe Pollastro, forming new Teachers who have a global knowledge of the technical program and who know how to take a lesson and address the various issues that an athlete can give.