

# *Stage fright analysis and path exploration of college basketball referees*

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**Abstract:** The game of basketball is full of all kinds of physical contact, and the situation on the court changes rapidly. The flexible use of various skills and tactics is more ingenious, and the transition between offense and defense is very fast, which greatly affects the adaptability and judgment of basketball referees. With the acceleration of basketball game speed and the improvement of basketball game level, the requirements for the skills of basketball referees will also continue to increase. In order to systematically influence the judgment accuracy of excellent basketball referees and improve the confidence of excellent college basketball referees, the importance of these influencing factors should be analyzed and useful countermeasures and suggestions should be put forward.

## 1. Introduction

In the modern era of the rapid development of various sports, basketball is no exception. In this sport, referees in many major domestic and foreign events will be subject to various pressures and influences. These pressures and influences have led to some of the following mistakes the referees may make in the game, such as misjudgments, wrong judgments or reverse judgments. And the mistakes that these referees may make during on-the-spot sanctions often have a certain impact on the situation of the game. In addition, the mistakes made by the referee on the spot will also have a huge impact on the team's performance on the field. Therefore, this paper mainly conducts research by studying the internal factors and external factors that affect the situation of college referees on the spot. As far as internal factors are concerned, from the aspects of the basic physical quality, basketball theory, experience, professional ability, and psychological quality of the college referee, the situation that affects the college referee's on-the-spot refereeing is analyzed in detail; At the same time, it systematically expounds the external factors that may affect the situation of college referees on the spot, such as the environment of the on-site competition, the referee's own psychological quality, the players' emotions, the audience's reaction and so on. Through the comparison and analysis of the degree of influence of some first-level referees and second-level referees in various competitions by the university students, the referees pay more attention to these various influencing factors. In order to promote the improvement of the level of college referees on the spot, so as to provide a more fair and just competition environment for all kinds of basketball games.

## **4. Reasons for referees to have stage fright**

### **4.1 Professional ability of college basketball referees**

The basketball rules and refereeing laws form the basis of the referee's actions. Most college basketball referees are not proficient in basketball rules and refereeing laws. The content of basketball common sense is basically clear, but the learning is not detailed enough [1]. Most college basketball referees can judge fouls or violations on the spot during the game, but because the professional knowledge is not perfect enough, the referees cannot accurately make decisions according to the penalty rules after making judgments. Due to various conditions, many college students can only learn the relevant knowledge of basketball referees through a single channel, and they cannot learn new rules in time, which leads to their lack of theoretical knowledge. Due to lack of experience, they cannot be sure whether their judgment is correct, so they cannot make corresponding penalties, and they are afraid of whistling.

### **4.2 The physiological quality of college students**

Players on the basketball court are flexible and fast, physical confrontation is fierce, and offense and defense change rapidly. The on-site referee put forward high requirements for the referee's physical quality. In the case of high-intensity exercise, the running speed should be fast, the exercise frequency should be fast, the endurance should be good, and the body coordination should be good. Quick movements and the ability to use standard stance for whistling in a timely manner. Physical health is a prerequisite for smooth running. Illness and lack of rest can lead to physical weakness and brain fatigue, making it impossible for referees to keep up with the changing pace of the game, leading to wrong judgments and unreasonable penalties, further exacerbating referees' anxiety [2].

Unreasonable penalties were caused because the referee did not prepare well before entering the playing field, did not conduct enough warm-up activities, was stiff, unresponsive, did not enter the state, and was unable to keep up with the game time. On the other hand, some college basketball referees have poor or blurred vision, which makes it difficult to see the situation on the court, which makes the judgment of the current situation ambiguous [3], which intensifies the referee's sense of tension and the referee's fear. Therefore, the physical health of referees is also one of the main reasons for their fear and stage fright in the sports field.

### **4.3 The psychological quality of college students**

The reasons that affect the mental state of college referees are composed of subjective and objective factors. Subjective and objective factors constitute the reason for the referee's lack of understanding of basketball rules and refereeing laws. The self-confidence of an excellent basketball referee comes from his excellent professional knowledge ability and psychologically strong ability to withstand pressure. As a law enforcement officer in a basketball game, self-confidence is the spiritual pillar of the referee. Sufficient self-confidence can help referees make timely and accurate judgments on the current situation quickly and accurately.

Lack of certain direct refereeing experience affects the mental state of referees at all levels [4]. Some college basketball referees are afraid of blowing the whistle during the game, which is the fear accumulated from the failure of whistling in the past. The following situations can easily cause college basketball referees to be overly tense: The seriousness of the game, the fast pace of the game, the equal quality of the two teams, the higher level of play and some other factors. In addition, some college referees feel inferior to themselves, do not believe in their own abilities, and think that their refereeing ability is not as good as others, which makes them unable to devote themselves to the

current game.

#### **4.4 External factors**

Referees are subject to outside interference during the refereeing process. These external disturbances include the following points: First, the cooperation between the referees when the referees are not familiar with each other. Because college referees often have different opinions on the grasp of the situation and the understanding of basketball rules, they are not suitable and tacit in the overall cooperation, and consider too many off-court factors. At the same time, he is psychologically afraid that he will be looked down upon by the opponent, that his whistleblowing will cause mistakes and thus affect the game, and that his refereeing work will make the opponent feel dissatisfied; The second is that the coaches and players on the court put pressure on the referee, which makes the referee feel anxious and tired, which affects his judgment; the third is the props, cheers and public opinion of the audience [5]. When the game heats up, spectators rock colorful gear to cheer on players on the pitch, ruining the umpire's view on the pitch. When the referee blows the whistle, the cheers of the audience in the stadium are too loud, which affects the judgment of the players on the field and hinders the referee's decision. The public opinion of the audience will also become a kind of psychological pressure on the referee, making the referee nervous and emotional, making the judgment unclear, and there may be stage fear.

### **5. Cultivation of referees' on-the-spot self-confidence**

#### **5.1 Establish self-confidence and cultivate good will quality**

A basketball referee is the referee of a basketball game. The will quality of the referee in the work of refereeing is the key to judging whether he can continue to be competent for the refereeing work. Overcoming various difficulties requires developing self-confidence and courage at work. Especially in the game, the referees should be natural, rigorous, serious, fair and impartial, and have confidence in their refereeing ability. Only when the referee's psychological quality is able to withstand external pressure can the referee's own quality be improved, thereby improving his own judgment level. Only with good willpower can we carefully observe and correctly analyze various complex situations in the game, and make decisive judgments and penalties.

#### **5.2 Improve the theoretical knowledge of referees and strengthen on-the-spot practical ability**

The basis of a basketball referee's refereeing on the court is his own theoretical knowledge reserve. On-the-spot practice ability will have a direct impact on the accuracy of whistling in the game. In the process of basketball referee learning, it is necessary to strengthen the study of basketball professional theoretical knowledge and referee theoretical knowledge, strive to master the rules, and accumulate their own on-the-spot experience. Only by increasing the reserves of theoretical knowledge and continuously accumulating on-the-spot experience can we make fair, just, accurate and timely judgments in basketball games. At the same time, enriching their own on-the-spot practice is to achieve the combination of theory and practice, so that theoretical knowledge and on-the-spot whistle-blowing level can promote and improve each other. In addition, the referee's basic skills also need to be systematically trained, including the referee's gestures, the referee's whistle, the referee's reaction and speed endurance training. Only through repeated on-site practice can we improve the level of our own adjudication.

### 5.3 Correct on-the-spot motivation and strengthen the ability to deal with emergencies

Whether a basketball game goes well is greatly influenced by the referee's motives on the spot. Whether the motivation is correct or not affects the excitement of the basketball game, and the correct motivation can bring the audience and players a wonderful game. To treat each game with positive thinking and correct attitude can ensure the fairness and justice of the game, so that each game can be carried out smoothly. The referees must implement the principles of fair competition and fair refereeing in the game, so that both sides of the game can compete fairly, show their due strength, and bring wonderful games to the audience. The situation in the game is volatile, and if the referee handles it improperly, the situation will escalate, which requires the referee to have the ability to deal with emergencies. When encountering a problem, the referee on the spot must have the courage to take responsibility for the game and take responsibility. Therefore, no matter what happens, the referee must follow the basketball rules and referee law, grasp the key points, handle and solve the problem neatly and thoroughly, without fear or shirk. The emergencies should be thoroughly dealt with as soon as possible, the game should be resumed as soon as possible, and the game situation should be controlled to avoid further deterioration of the situation.

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