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Determination of frequencies of referee’s football injuries in different degrees

Maryam Momeni\(^1\) (M.Sc), Mahdi Amel Khabazan\(^2\) (PhD Scholar), Seyed Reza Attarzadeh\(^3\) (PHD), Sadegh Abbasian\(^1\) (M.Sc)

1. Faculty of Physical Education and Sport Sciences, Ferdowsi University of Mashhad, Mashhad, Iran.
2. College of Physical Education and Sport Sciences, Osmania University, Hyderabad, India.
3. Faculty member of Physical Education and Sport Sciences, Ferdowsi University of Mashhad, Mashhad, Iran.

ABSTRACT:
Aim: Injury is an integral part at sports. Athletes and also referees encounter to injury. The aim of this study was a determination of frequencies of referee’s football injuries in different degrees.

Methodology: This study carried a descriptive method. The subjects were a sixty football referees in 4 degrees: international, national, one degree and second degree. In order to data analysis we performed descriptive statistics (average, standard deviation, variance, graph-drawing and frequency tables). The statistical analyses were carried out by using SPSS software.

Results: The range of referee’s duration was between 4.5 to 18.5 years. In addition, they were doing physical activity, at least for 2 sessions in a week. The apparatus of research was a questionnaire that included of twenty three questions. The most of injuries related to one’s degree referees (123). After it, national (77) and second degree’s referees (60) had most amounts of injuries. In addition, least of injuries were related to international referees (22).

Conclusion: As for results were shown in this research, it can say that likely referees degree have a significant effect on the amount and segment of injuries. Also, this research shown that likely all of referee’s degrees must be considered to care of self-lower body because, most of injuries in referees happen on the lower body. In addition, recommended to football referees especially, one’s degree referees to improve the physical fitness, their exercises should be done with suitable intensity and diversity.

Key word: sport injuries, international football referees, national football referees.

Introduction:
The referee, with his two assistant referees, plays an important role in the game of football. The “big count” of the Federation International Football Association (FIFA) revealed over 840 000 registered referees and assistant referees in 2006 \([1]\). Some studies reporting the injury profile of football referees have been published recently, but they have focused exclusively on elite referees at the international degree or at the national degree \([2, 3]\). A complete survey of all 71 officials of the two top divisions of the Swiss Football League revealed an incidence of match injuries of 3.5 per 1000 match hours, and almost 90% of the referees reported musculo-skeletal complaints in the last year. In the retrospective study of male (n = 5123) and female (n = 581) referees selected for the FIFA World Cups 2006 and 2007, a lower injury rate and fewer complaints were reported; however, the data collected prospectively during the competitions showed a substantially higher incidence of match injuries (20.8 and 34.7 per 1000 match hours, respectively) \([1,3]\). Similar to the case for players, the number of elite referees is small when
compared with the number involved in amateur football. In Switzerland, the 71 referees officiating in the
two top divisions represented 1.6% of 4452 registered referees (including 105 female referees) of the
Swiss Football Association (SFA) during the season 2005/2006. Moreover, the 204 male and female
referees selected for the recent FIFA World Cups represented only 0.02% of all registered referees in the
208 National Member Association of FIFA worldwide \[5,1\]. In view of the lack of research in amateur
football referees, the aim of the present study was to investigate the incidence of injury and musculo-
skeletal complaints in a representative sample of all amateur football referees in one country.

Method of research

A total of 60 referees were licensed to officiate in the different leagues of the IRAN in the season 2011-
2012. Based on the leagues, they were classified into four groups: international, national, grade one and
grade two. The apparatus of research was a questionnaire that include of twenty three questions.
The retrospective part of the study was carried out during the league in 2011-2012 seasons. On the first
day, the 60 preselected referees were asked to complete a questionnaire on injuries and musculoskeletal
problems. During the first day, a physiotherapist conducted brief personal interviews with each and every
of the 60 final preselected referees to confirm and complete the questionnaire data. Although the referees
were explicitly informed that the data would be treated in complete confidence and only used for scientific
purposes, it was considered possible that some referees might have thought their answers would
influence their chances of selection and hence played down or did not declare their injuries and problems.
All definitions used, methods applied and variables assessed were in accordance with the recent
consensus statement on injury definition and data collection procedures in studies of soccer injuries and
have been described in detail by Bizzini et al (2011). The five-page questionnaire covered the referee’s
characteristics of the referee such as socio-demographics, refereeing qualifications, experience, injuries
and musculoskeletal.

Descriptive data are reported as the mean, standard deviation, variance, graph-drawing and frequency
tables (\( \alpha =0.05 \)). The statistical analyses were carried out using SPSS V.18.

Result and Discussion:

The range of referee’s duration was between 4.5 to 18.5 years. In addition, they were doing physical
activity, at least for 2 sessions in a week. The most of injuries related to one degree referees (123). After
it, national (77) and two degree (60) referees had most amounts of injuries. In addition, least of injuries
related to international referees (22). This data was shown in table 1 and figure 1.

<table>
<thead>
<tr>
<th>Type of injury</th>
<th>Total</th>
<th>Foot</th>
<th>Ankle</th>
<th>Posterior Shin</th>
<th>Anterior Shin</th>
<th>Knee</th>
<th>Posterior femur</th>
<th>Anterior femur</th>
<th>Gluteus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Livid and swelling</td>
<td>100</td>
<td>49</td>
<td>10</td>
<td>5</td>
<td>45</td>
<td>22</td>
<td>10</td>
<td>5</td>
<td>10</td>
</tr>
<tr>
<td>Cramp</td>
<td>100</td>
<td>14</td>
<td>5</td>
<td>12</td>
<td>17</td>
<td>0</td>
<td>0</td>
<td>18</td>
<td>26</td>
</tr>
</tbody>
</table>

Table 1- The amounts of injuries prevalent in lower limb

The protocol adopted in the present study was the same as that previously described for studies on Swiss
elite referees and referees selected for the 2006 FIFA World Cup to enable comparison with these earlier
studies \[1, 5\]. The five female referees officiating in the top two divisions of the Swiss Football League
reported (retrospectively, over their career) two hamstring strain injuries in training and no match injuries,
and headache was the most prevalent problem. Despite the small number of subjects, this tends to
concur with some of the findings of the present study. The limitations of the retrospective design,
especially the associated recall bias for career data, have been discussed in these publications \[1\]. The
referees included in the present study were similar in age, height, weight, years of experience, and
weekly training hours to the 91 referees involved in an international youth football 5-day tournament.
Figure 1- The amounts of injuries prevalent in Quadruplet point’s body

As for the results that shown this research, can be say that likely referees degree and level of competitions have a significant effect on the amount and segment of injuries. Also, this research shown that likely all of referee’s degrees must be consideration to care of self-lower body because, most of injuries in referees happen on the lower body. In addition, recommended to football referees especially, one's degree referees that to improve the physical fitness, their exercises should be done with suitable intensity and diversity.

References
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