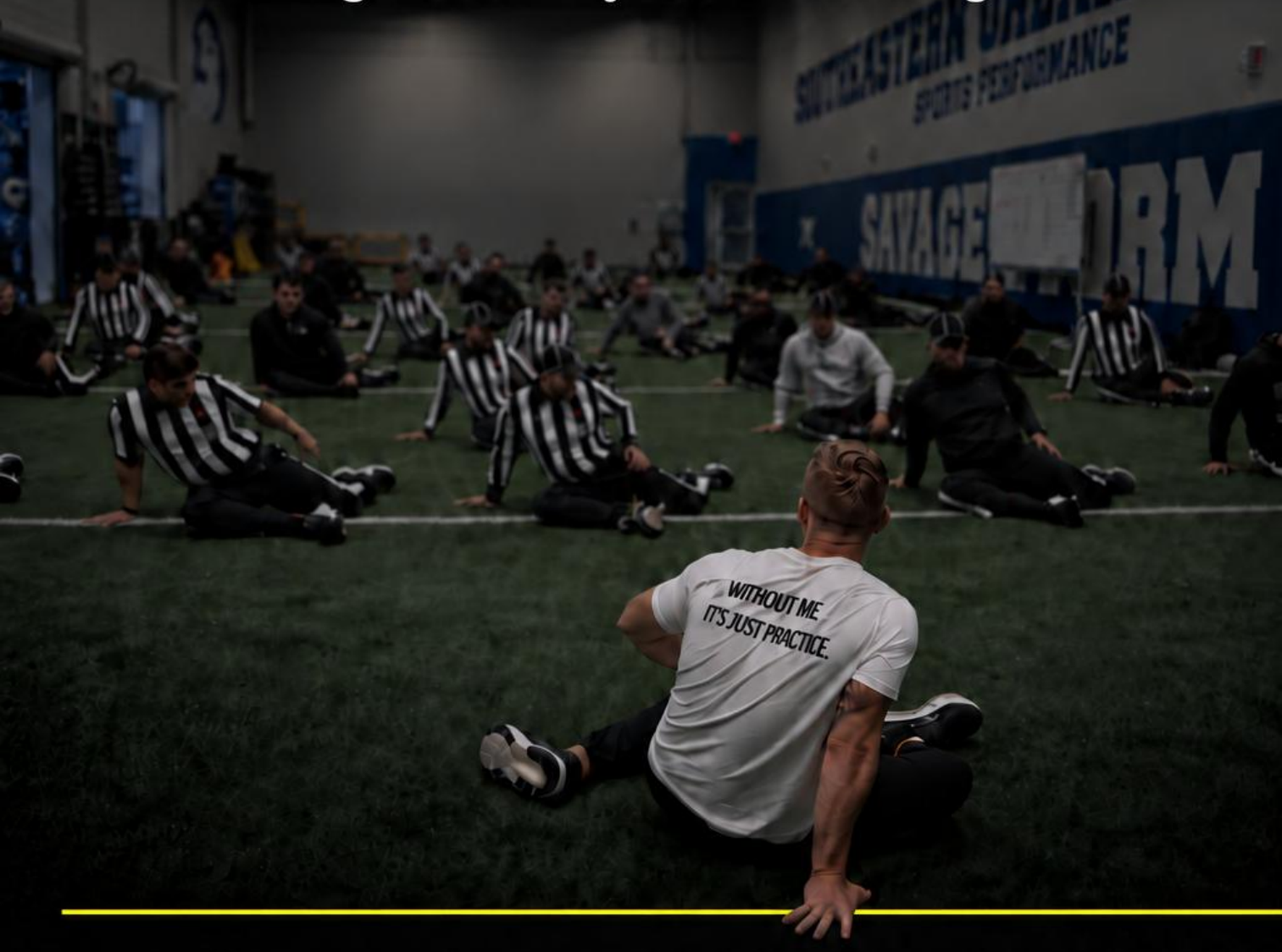
THE REFEREE'S GAME-DAY READINESS CHECKLIST

3 checkpoints every serious Official should go through before your next assignment.

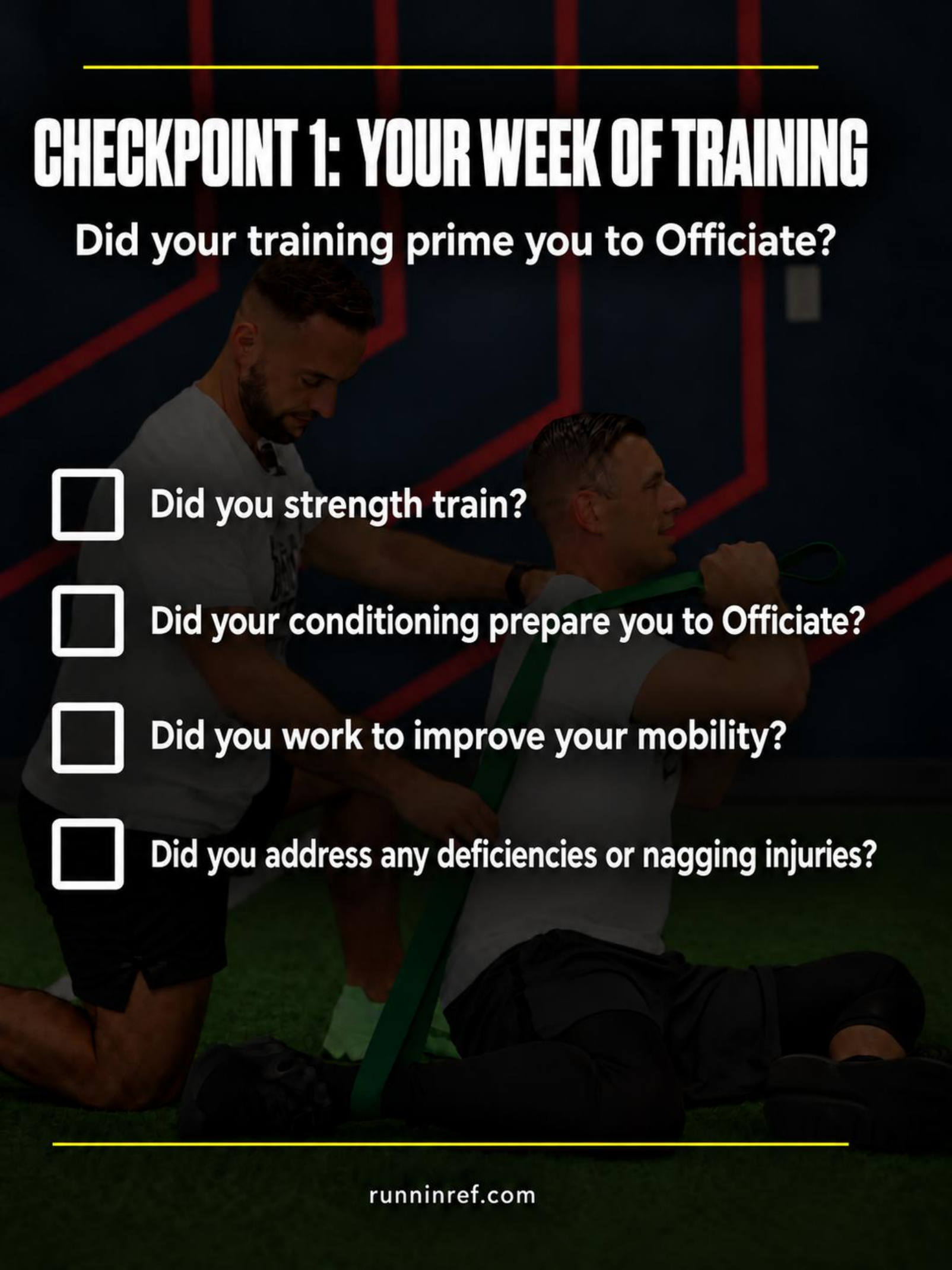


Game-day performance starts before the opening whistle.
Let's see how ready you really are.

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CHECKPOINT 1: YOUR WEEK OF TRAINING

Did your training prime you to Officiate?



- [ ] Did you strength train?
- [ ] Did your conditioning prepare you to Officiate?
- [ ] Did you work to improve your mobility?
- [ ] Did you address any deficiencies or nagging injuries?

CHECKPOINT 2: GAME-DAY PREP

Did you prime your body to move?

- [ ] Did you use soft tissue work to help prepare your body?
- [ ] Did you perform any muscle activation exercises?
- [ ] Did you address areas that feel stiff, achy, or restricted?
- [ ] Do you have a pre-game warm-up ready to go?



CHECKPOINT 3: YOUR WARM-UP

Your warm-up should equip you to keep up with the play and limit injuries.



- [ ] Is it designed for an Athlete/Official?
- [ ] Does it start slow and progress to full-speed movements?
- [ ] Do you move in all directions?
- [ ] Do you finish with something explosive, such as a sprint?

SO...ARE YOU READY?

Add up your checks from all 3 checkpoints.

10–12 CHECKS	7–9 CHECKS	0–6 CHECKS
GAME READY	GAPS THAT NEED TO BE ADDRESSED	YOU'RE NOT AS PREPARED AS YOU NEED TO BE



If you checked every box, you're doing great!

If you missed a few, that's exactly why we created this checklist.

The goal isn't to just work out.

Your weekly training, prep work, and pre-game warm-up should help you:

Keep up with the play. Stay available for assignments. Stay in the game longer. Feel good doing what you love.

If you're still guessing how to prevent injuries, come back from old ones, build strength, improve conditioning, move better, or warm up properly...

RUNNIN' REF GIVES YOU THE PLAN.

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