

# Evaluation of the results of physical fitness tests and legal knowledge of basketball referees in Iraq in preparation for the basketball season 2019-2020

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## **Abstract**

*Since the basketball game is one of the group games that need psychological, physical, technical and tactical aspects, so the search for ways to succeed in these important aspects was and is still ongoing. By conducting continuous tests for them to determine their levels from all sides, and here lies the importance of the research in reaching the level of the physical and cognitive abilities of basketball referees in Iraq. The Iraqi Basketball League between the governors of the province of Baghdad and the governors of the rest of the provinces, and here lies the research problem. Their own preparations for the 2019-2020 Premier League, as well as conducting a comparative study between the governors of Baghdad governorate and the central region on the one hand and the rulers of the southern and northern regions on the other hand in physical and cognitive abilities in preparation for the 2019-2020 Premier League. The conclusions of the research There was a discrepancy in the results of the physical and cognitive abilities tests for basketball referees, as well as a slight superiority in the results of the physical tests for the rulers of Baghdad and the central region.*

**Keywords:** *fitness, referees, basketball, Iraq ,annual season*

## **Introduction**

The developed countries have recently paid attention to many aspects, including the sporting aspect, to play a role in consolidating social relations and raising the level of the country economically, socially and culturally. Which, according to the opinions of many experts in the sports field, is the second game in sequence after the widespread game of football. These three pillars are not successful for any federation in holding matches. The presence of a referee in the match is necessary and there must be neutral referees to manage the matches at all levels. Since the basketball game is one of the team games that needs psychological, physical, technical and tactical aspects, so the research was and still is Ongoing ways to succeed in these important aspects. Basketball governance needs continuous development in the psychological, physical and technical aspects, as well as the functional aspect,

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through To conduct continuous tests for them to determine their levels from all sides, and here lies the importance of the research in reaching the level of physical and cognitive abilities of basketball referees in Iraq

#### 1-2 research problem

The basketball games from the competition fun and attended by many of the spectators due to its artistic profiles and movements and skills in an interesting, since one judgment of the staff of the success of the game, he should be ready from the psychological, physical, cognitive and technically to be in control of the match and this does not take place only through Keeping pace with and following up on the law of the game and its interpretations, as well as bulletins, directions and files confirmed by the International Basketball Federation, as well as his physical capabilities, which play a major role in his ability to focus in issuing arbitral decisions at the appropriate moments and throughout the match period, as well as paying attention to the management of the match, which is an important aspect that was emphasized in the two years The latter, which confirms to the referee how to deal with the level of the match and its management

Through the researcher experience as a rule and an observer technician international accredited Note There are differences in the physical level and knowledge of the rulers of the Iraqi League basketball between the rulers of the province of Baghdad and the rulers of the rest of the provinces and here lies the problem of the research in an attempt researcher access to the real level of the rulers of both physical Aoualemarafa their own

#### 1-3 Research objective

- 1- Get to know the results of the tests of the Iraqi Basketball League referees in their physical and cognitive abilities in preparation for the 2019-2020 Premier League
- 2- Conducting a comparative study between the governors of Baghdad governorate and the central region on the one hand and the governors of the southern and northern regions on the other hand in physical and cognitive abilities in preparation for the 2019-2020 Premier League

#### 1-4 Research Areas

1-4-1 The human field: the referees of the Premier League and the referees of the first degree in basketball in Iraq

1-4-2 Time range: from 10-8-2019 to 16-9-2019

1-4-3 The spatial domain: the sports halls in which the tests took place, which are (Al-Shaab, Al-Hilla, Darbandikhan)

#### 2-Research methodology and field procedures

##### 2.1 Research Methodology

The researcher used the descriptive approach in a comparative study style for its suitability and the research problem

##### 2-2 The research community and its sample

The research community consisted of basketball referees in Iraq, numbering 62, distributed over the governorate of Baghdad and the rest of all the governorates of Iraq. The research sample included 48 referees, 24 referees from Baghdad and the central region (international and first degree), 24 from the rest of the southern and northern governorates, and 10 referees for the pilot experiment and constituted a percentage A percentage of 77% of the original community

##### 2-3 Means of data collection and tools used

### 2.3.1 The data collection methods are

1- World Wide Web (Internet)

2- Test and measurement books and basketball

3- Basketball law

#### 3-2-2 The tools used are

1- Sticky tape

2- 30 m tape measure

3- FIBA approved physical exam music

4- The Law Knowledge Tests are accredited by the International Federation

5- Basketball Stadium

6- Camera

7- Laptop (Not Laptop) type DELL

#### 2-4 Field Research Procedures

##### 2-4-1 physical exam (PEEP)

The music tape was relied on for the physical exam (PEEP). The distance of the test is 20 m, which requires the referee to touch the lines defined by 20 m with the tone of the music. 4 Second, the referee must have high physical abilities to complete the physical test, as well as stay away from anxiety and psychological aspects that affect him and prevent him from completing the test. It causes major complications

##### 2-4-2 Cognitive test

The cognitive test consists of 25 questions in English based on the basketball law and its interpretations. The referee must answer these questions and complete the physical test in order to be ready to manage the league matches, knowing that the test time is 30 minutes. The answer is (no) (zero) degree (yes) (2) degree, and thus the final result of the questions of the cognitive test ranges from (zero - 50) degrees, and the test questions included three axes: the duties of the technical observer, the movement of referees inside the stadium, As well as questions about special arbitration cases, as the number of questions for the technical observer was (8) questions. As for the movement of referees inside the stadium, it was (6) questions, while questions about special arbitration cases were (11) questions. Questions are sent to each laboratory via a special electronic link to be answered within a specified time, as the answer time is 30 minutes, and then the file is returned in the same way to the researcher to collect sample data for statistical processing

### 2.5 The pilot experience:

The most important thing recommended by scientific research to obtain accurate and reliable results is to conduct the exploratory experiment, which is “a preliminary experimental study carried out by the researcher on a small sample before carrying out his research, the aim of which is to choose research methods and tools” (1) So the researcher conducted their exploratory experiment on Sunday 16/ 8/2019 on a sample of (10) judges from outside the research sample and they were randomly selected with the following objective:

- ❖ The suitability of the tests to the level of the sample members and the understanding of their use.

- ❖ Ensure the appropriate time and place for carrying out the tests.
- ❖ Ensure the validity of the equipment and tools used.
- ❖ Override errors that may occur when executing tests.
- ❖ Knowing the obstacles facing members of the work team and understanding the tests

#### 2-6 Main experience

The main experiment for the rulers' tests took place in three governorates with varying dates. Tests were conducted in the city of Darbandikhan on 22/8/2019, and included the rulers of the northern region, and consisted of a physical and cognitive test within one day.

As for the tests that took place in the People's Hall in Baghdad, on 25/8/2019, they included the rulers of Baghdad and the central region. As for the tests that took place in the city of Hilla, on 27/8/2019, they included the rulers of the middle Euphrates and the northern region

#### 2-7 Statistical means

The researcher used the statistical bag SPSS To extract the search results according to the following laws

- 1- Arithmetic mean
- 2- Standard deviation
- 3- Law T For independent samples
- 4- Chi square

### 3-1 Presentation and analysis of the results of the statistical description of the physical test

**Table (1)**

**It shows the means, standard deviations, and standard error of the research variables**

Variables	the sample	Arithmetic mean	standard deviation	standard error
Rulers of Baghdad and the Central Region	24	<b>77.84</b>	<b>6.07</b>	<b>0.91</b>
Rulers of the Northern and Southern Region	24	<b>76.47</b>	<b>7.33</b>	<b>1.78</b>

### 3-2 Presenting the results of the physical test and the significance of the differences between the two groups

**Table (2)**

**Shows the difference of means and the difference of deviations and the value of T Calculated, error rate and significance of differences for physical abilities test**

Variables	measuring unit	the sample	media teams	diffraction difference	Values t calculated	mistake percentage	indication
physical exam	number	48	-1.37	1.83	-0.750	0.46	

**Below the significance level (0.05) and the degree of freedom of 46**

### 3-3 Presentation and analysis of the results of the statistical description of the cognitive test

**Table (3)**

**It shows the means, standard deviations, and standard error of the cognitive test**

Variables	the sample	Arithmetic mean	standard deviation	standard error
Rulers of Baghdad and the Central Region	24	<b>39.42</b>	<b>6.33</b>	<b>1.29</b>
Rulers of the Northern and Southern Region	24	<b>37.25</b>	<b>3.33</b>	<b>0.68</b>

**Table (4)**

**Shows the difference of means and the difference of deviations and the value of T Calculated, error rate, and significance of differences for the cognitive test**

Variables	measuring unit	the sample	media teams	diffraction difference	Values t calculated	mistake percentage	indication
physical exam	number	48	<b>2.167</b>	<b>1.460</b>	<b>1.484</b>	<b>0.145</b>	insignificant

**Below the significance level (0.05) and the degree of freedom of 46**

### 3-5 Discuss the results

Through tables (2) and table (4), which shows that there are non-moral differences between the rulers of Baghdad and the central and the rulers of the northern and southern regions in the physical test and the cognitive test. Arbitration cases and this is consistent with what Amin Al-Khouli stated that “the real success of the athlete is confirmed in the combination of practice of activity and knowledge, and that it is necessary for each athlete to be familiar with the mathematical information and knowledge that pertains to the game he is playing, and that it is not reasonable for the individual to practice the activity with confidence without ammunition from Knowledge helps him to do that, and the cognitive aspect may be the dimension separating an athlete from another athlete” (Amin, 1999). In addition, the researcher believes that it is necessary for him to have great physical abilities, as well as understanding and comprehending the articles of the law and its interpretations helps to issue correct decisions and this is consistent with the words of Amin Al-Khouli, as basketball is one of the sports, in which the success of the referee’s performance is associated with theoretical and practical builders, as the referee is provided with information and knowledge that he works to integrate With what he learned previously, he achieves access to creative thinking, which is reflected during performance, especially that the rhythm of play changes, and this requires “the synergy of mental work with it and motor work in order to form a correct response to different situations” (Amin, 2000). The researcher believes that the most important elements of sports (the referee) is the practice of effectiveness and knowledge of skill and the law of the game as well as psychological and functional tactical and emotional side and this is in line with (Mohamed SobhiHassanein) makes it clear that " the true athlete 's success is confirmed in combining the practice of activity and knowledge, ie, the cognitive domain It should go hand in hand with the psychological, kinesthetic, and emotional fields, and that there is a need for every athlete to be familiar with the sports information that pertains to the game” (Mohammed, 1997).

### Conclusions

1- There is a discrepancy in the results of the physical and cognitive abilities tests of basketball referees

2- There is a slight superiority in the results of the physical tests of the rulers of Baghdad and the central region

3- There is a noticeable superiority in the results of the cognitive test for the rulers of Baghdad and the central region

### **Recommendations**

1- Attention to developing the physical abilities of basketball referees in Iraq

2- Holding theoretical and practical development courses for basketball referees in Iraq

3-Working on the participation of basketball referees in external camps to increase information and develop their capabilities

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