



## **What to do Before a Game**

1. Brief your line and score umpires (if available to you)
2. Arrive at the ground 30 minutes before throw-in
3. Ensure you are well hydrated before each game to aid performance
4. Walk the pitch checking for safety issues, e.g. broken glass or standing water, correct pitch markings, nets are correctly in place
5. Record the times the teams arrive onto the field
6. Be on the field at least 15 minutes before throw-in to do a warmup
7. Receive team lists, sign in Irish and give copy to opposing teams
8. Ensure players are correctly and safely attired – remind captains in relation to helmets and mouthguards
9. Toss a coin between the two captains for choice of ends (and midfielders' side in football)