

## KNOWLEDGE OF GAME RULES AND SPEED ON THE PERFORMANCE OF SOUTH SULAWESI ASSOCIATION FOOTBALL REFEREES

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### ABSTRACT

This study aims to examine the correlation between knowledge of game rules and physical condition and the performance of football referees in the South Sulawesi provincial association. The research population consisted of football referees from the South Sulawesi provincial association. A sample of 30 people was taken based on purposive sampling. The referee's performance was the dependent variable of the study, whereas knowledge of game rules and physical condition were the independent variables. The research method employed a descriptive approach. The research data were analyzed using correlational techniques at a 95% significance level. The results of the study reveal that: (1) there is a significant correlation between knowledge of game rules and referee's performance with a correlation value ( $r$ ) of 0.746 and a contribution of 55.6%; (2) there is a significant correlation between the referee's physical condition and the referee's performance with a correlation value ( $r$ ) of 0.751 and a contribution of 56.4%; and (3) there is a correlation between knowledge of game rules and physical condition collectively on referee's performance with a correlation value ( $r$ ) of 0.824 and a contribution of 68.4%.

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## 1. INTRODUCTION

Football is the most popular sport around the world. The goal of a soccer game is to win (Parrish & Nauright, 2014; Bai et al., 2023). According to the Federation Internationale de Football Association (FIFA), victory is determined by the number of goals scored rather than the number of goals conceded. Basically, there are rules that regulate and supervise every soccer game. These regulations were made by the International Football Association Board (IFAB) and ratified by the Federation Internationale de Football Association in a regular and continuous manner from time to time (de Morais, 2012; Fikri & Hardiyono, 2021).

Football is a team sport in which two teams compete with eleven players each. Players cannot use their hands and arms when playing ball, except for the goalkeeper in

the penalty box (Fariña et al., 2013; Herman & Hasbillah, 2022). Football is a game played by two teams, with each team consisting of eleven players. This is mandated by FIFA laws (Greenfield & Osborn, 2001; Lembo, 2011).

The game is officiated by a center referee, who is assisted by two assistant referees and one reserve referee. However, as a result of technological advances, some referees now have the task of analyzing VAR (Video Assistant Referee) and signaling to the main referee in cases that include clear and obvious errors or serious incidents that are not visible to the referee. As a communication tool, a connecting device is placed in each referee's ear (Cid & García, 2019; Salam et al., 2021).

The role of the referee is critical in ensuring that a match is good and sportsmanlike. The referee must not take sides, be completely impartial, and pay attention to the details of every match moment. It's true; being a referee on the field is not easy. The respect that players and coaches have for referees can sometimes be respected; most referees become famous when making many important decisions in a match (Kuswoyo et al., 2017; Firek et al., 2020).

Many things influence the development of football, such as coaches, facilities and infrastructure, and human resources, especially players or athletes. However, one thing that cannot be forgotten in a football match is the referee, better known as the person leading the match. The referee's role is crucial in sports matches or games, particularly those that strive for achievement (Slack et al., 2013; Devís-Devís et al., 2021). The referee is clearly not the main deciding factor in the match. The referee has the authority to enforce the rules of the match. He serves as a match rule regulator, referee, and enforcer on the field, where every referee's decision is final (Kusuma et al., 2023).

In a football match, a small error in the referee's decision can result in the defeat of the opposing team. This is because the referee is far from the ball and cannot influence the match's course. Therefore, referees must be in good physical condition when officiating a football match, according to FIFA's published football referee fitness and fitness test. Training aims to improve physical conditions, especially endurance and speed, thereby reducing decision-making errors in matches (Hill-Haas et al., 2011; Tawakal & Munzir, 2023).

The number of football referees in South Sulawesi, both young and old, is growing, and they are competing to obtain high-quality licenses for a career in Indonesia's most prestigious football league. To get a license, a referee must understand several conditions. The most important thing is to understand the rules, or game laws, and have physical fitness. A referee with high physical fitness will perform well when officiating a match, whereas a referee with low physical fitness will fail.

The researcher's observations of several referees in South Sulawesi, which is a factor in determining career, are how we fulfill the test requirements given by PSSI standards so that the test results obtained can determine the success of a referee in having a career in the highest caste league and also the obstacles. Currently, especially in South Sulawesi Asprov, most assistant referees compared to referees and also referees in South Sulawesi have experienced a decrease in the number of people serving in the league, where now there is only 1 referee at the highest level, only 4 people in League 2, and

the rest are at the lower level. This could be due to factors such as physical condition and a lack of knowledge about the rules of the football game, which each referee may not be giving enough attention to ([Sahrianoor et al., 2023](#)).

Knowledge is defined as humans sensing objects through their senses, such as their eyes, nose, ears, and so on. A person's behavior is influenced by the intensity with which knowledge is perceived through the senses of the ear (hearing), eyes, or sight.

The rules for the football game are created by the International Football Association Board (IFAB) and endorsed by the Federation Internationale de Football Association (FIFA). The goal of these rules is to make the game interesting and fun for everyone who plays. The Laws of the Game last for one year, starting on July 1 this year and running until June 30 next year. Technology, inclusion, justice, integrity, and universality are at the heart of this change. These regulations become global guidelines for the game of football ([Hidayatullah et al., 2023](#)).

#### 1. Field surface

If the competition rules allow it, the field must be completely natural or completely artificial. There are no hybrid systems in which natural and artificial materials are combined, unless competition rules allow.

#### 2. Field markings.

The playing field must be rectangular with safe, continuous lines. If not hazardous, artificial playing surface materials may be used to mark the pitch on a natural field. These lines include the areas that form the boundaries. The lines listed in Rule 1 are all that need to be marked on the playing field. When using an artificial surface, different lines may be used, provided they are of a different color and can be clearly distinguished from the football lines. The goal line is made up of two shorter lines and two longer lines. The middle layer, connecting the midpoints of the two side lines, divides the playing field into two halves. The center line has a center mark. It is surrounded by a circular mark that measures 9.15 meters (10 inches) in diameter. Since the line is part of the area covered within it, measurement begins outside the line. Penalties are counted from the center of those marks to the goal line. Marking can be done directly on the playing field. The marker should be placed 9.15 meters (10 yards) from the corner point, at a right angle to the goal line and side lines. The goal line and crossbar must be the same width, no more than 12 cm (5 in). A player must be warned with a yellow card if he makes an unauthorized mark on the field of play. This is considered unsportsmanlike behavior. If the referee notices this happening during play, the player will be given a yellow card when the ball goes out of play.

#### 3. Size for international matches

- a. Length (sidelines): minimum 100 m (110 yds) maximum 110 m (120 yds)
- b. Length (goal line): minimum 64 m (70 yds); maximum 75 m (80 yds)

#### 4. Goal area

Two lines are drawn at right angles to the goal line, which is 5.5 m (6 yds) from the inside line of each goal. This line extends 5.5 m (6 yds) into the field of play and

intersects a line parallel to the goal line. The area between this line and the goal line is known as the goal area.

#### 5. Penalty area

Two lines are drawn perpendicular to the goal line, 16.5 meters (18 yards) from the inside of each goal post. These lines extend into the field of play for 16.5 meters (18 yards) and are connected by a line drawn parallel to the goal line. These lines, as well as the goal line, make up the penalty area. Each penalty area has a penalty spot 11 meters (12 yards) from the midpoint between the two goal posts. Each penalty point is drawn outside the penalty area by a circular arc with a radius of 9.15 meters (10 yards).

#### 6. Corner area

Corner areas are defined by quarter circles with a radius of 1 meter (1 yard) from each corner flagpole drawn on the field of play.

#### 7. Flagpole

Flagpoles, at least 1.5 m (5 ft) high, with non-pointed tops and flags, must be placed at each corner. Flagpoles can be placed at each end of the center line, at least 1 m (1 yd) beyond the side lines.

According to FIFA Rules of the Game, every match is controlled by a referee, who has full authority to enforce the game's rules ([Moriconi & De Cima, 2021](#)). In a football match, the referees officiate and have full responsibility and authority to make whatever decisions they deem in accordance with the game's rules and spirit. The referee will make decisions based on their opinion and the facts presented on the field ([Eylon & Horowitz, 2018](#)).

A referee must be present at every game to ensure that there are rules and fair play. Referees are essential for keeping scores, maintaining player discipline, and making decisions about rule violations ([e Pina, 2018](#); [Aragao e Pina et al., 2019](#)). They also ensure that matches are fair and just so that players can compete well. In doing so, referees improve the quality and integrity of the sport of tennis as a whole.

The assistant referee, also known as the lines judge, is on the side of the field and traces the sidelines according to the ball's position. They are tasked with assisting the main referee in determining offside, ballots, and violations near their position. Other match officials, also known as assistant referees, will assist the referee in running the match according to the game rules, but the referee still has the final say. Assistant referees work under the direction of the referee, and in the absence of interference or inappropriate behavior, the referee will relieve them of their work and make a report to the appropriate authorities. The field referee assistant helps the referee check the field, ball, and players' equipment, as well as keeping records of time, goals, fouls, and so on ([van Biemen et al., 2023](#)).

Performance is the result of a person's work and progress in it. A professional football referee, with knowledge, experience, and mastery of the game's rules, is expected to be able to lead the match well and safely in accordance with the planned goals and objectives. Every football match is officiated by a referee, who has absolute control over the rules of the game ([Slack et al., 2013](#)).

Given the background outlined above, researchers want to know "the relationship between knowledge of game rules and physical condition and the performance of South Sulawesi provincial association football referees." Problem formulation 1) Is there a relationship between knowledge of game rules and the performance of South Sulawesi provincial association football referees? 2) Is there a relationship between physical condition and the performance of South Sulawesi Province Association football referees? South Sulawesi provincial association football?. The benefit of research is that it can be used as a reference for referees to prepare and maximize game rules and physical conditions so that they can make the right decisions. PSSI, the institution responsible for the development of human resources in the field of refereeing, especially in the sport of football, can also use this research as a reference.

## 2. METHOD

This is a type of quantitative research that aims to measure one variable, determine the relationship between two or more variables, influence one variable with another, and differentiate two variables. This research focuses on the influence, relationship between two or more variables, and differences between these variables (Creswell & Creswell, 2017; Jaya, 2020)

Researchers will look for and determine the relationship between certain variables, as mentioned previously, using a descriptive approach and a correlational approach. Researchers can conclude that the data obtained in this research was collected, compiled, explained, and analyzed based on the characteristics of the descriptive method. This was done to gain a better understanding of how knowledge of the game's rules and physical condition influence the performance of football referees from the South Sulawesi provincial association. This research will be carried out on the FIKK UNM soccer field. Physical conditions: Soccer referees go through a variety of physical endurance tests, including the Cooper test, submitted references, and a fitness clarification board.

1. FIFA 2020 provides instructions for conducting fitness tests, also known as the Cooper test, for football referees. Referees must complete 40 x 75 m running intervals or 25 m walking. This is equivalent to 4,000 meters, or 10 laps of the total distance of a 400-meter athletic track. The audio file determines the speed, while the reference time is set according to the referee's category.
2. If audio files are not available, an experienced physical instructor should use a stopwatch and whistle.
3. The referee must start from a standing position. They must not start before the whistle. To ensure that the referee does not start early, an assistant test leader should be stationed at each start line to control the start.
4. A flag can be used to block the lane until the whistle sounds. When the whistle is sounded, the flag should be lowered, allowing the referee to start running.
5. Each referee must enter the "running area" before the whistle sounds at the end of each run. The walking area is marked out with a line 1.5 m before and 1.5 m behind the 75 m line.

6. If the referee fails to place the foot inside the running area in time, they must be given a clear warning.
7. If the referee fails to place a foot inside the running area on time a second time, they should be stopped by the test leader and informed that they have failed the test.
8. It is recommended that the test be run in groups of no more than six referees. It is possible to have four groups running the test simultaneously (see below), meaning a total of 24 referees can be tested at once.
9. Each group should be assigned an exam leader who should monitor their group closely throughout the exam.

The study's sample consisted of 30 South Sulawesi football referees, selected through a purposive sampling technique based on specific characteristics and criteria. The criteria that must be met in sampling for this research are license level (national).

Measuring knowledge can be done by means of interviews and questionnaires containing questions about the content of the material to be measured from research subjects or respondents. According to the levels above, we can adjust the depth of knowledge that we want to know or measure.

Data analysis is very important and relates to research design, methods, and results. Once the data has been collected, the analysis process begins. Statistical formulas are used to process data. To process this research data, Microsoft Excel and SPSS 22 were used to carry out normality tests and correlation tests.

### 3. RESULTS AND DISCUSSION

#### Results

**Table 1.** Summary of the results of descriptive analysis of data for each variable

Statistics	Knowledge of Game Rules	Physical Condition	Referee Performance
N	30	30	30
Mean	49.8022	49.6929	50.6113
Std Error of mean	1.71979	1.45055	1.72378
Std. Deviation	9.41970	7.94500	9.44155
Variance	88.731	63.123	89.143
Range	29.68	25.99	32.10
Minimum	31.70	35.29	36.70
Maximum	61.38	61.28	68.80

Based on Table 1, data on knowledge of game rules was obtained, with an average value of 49.8022, a standard deviation of 9.41970, a minimum value of 31.70, a maximum value of 61.38, a variance of 88.731, and a range of 29.68. The physical condition obtained an average value of 49.6929, a standard deviation of 7.94500, a minimum value of 35.29, a maximum value of 61.28, a variance of 63.123, and a range of 25.99. Referee performance obtained an average value of 50.6113, a standard

deviation of 9.44155, a minimum value of 36.70, a maximum value of 68.80, a variance of 89.143, and a range of 32.10.

**Table 2.** Normality Test Results

Variable	Knowledge of Game Rules	Physical Condition	Referee Performance
N	30	30	30
Kolmogorov-Smirnov Z	.175	.110	.140
Asymp. Sig. (2-tailed)	.019 <sup>c</sup>	.200 <sup>c,d</sup>	.139 <sup>c</sup>

Based on the results of the normality test output for referee knowledge data of 0.019, physical condition of 0.200, and referee performance of 0.139, because these three data have a significance value of  $> 0.05$ , it can be said that the data on referee knowledge, physical condition, and referee performance are normally distributed.

**Table 3.** Linearity Test Results of Knowledge of Game Rules on Referee Performance

Variable	F	Sig	Mean Square
Knowledge of Game Rules on Referee Performance	0.455	0.929	29,552
Physical Conditions on Referee Performance	3.097	0.191	43,406

After conducting a linearity test between knowledge of game rules and referee performance, a significance value of  $0.929 > 0.05$  was obtained, indicating that the relationship between knowledge of game rules and referee performance was linear. The significance value between physical condition and referee performance was found to be  $0.191 > 0.05$ . It can be said that there is a linear relationship between physical condition and referee performance. Next, Summary of Correlation Test and Regression Test Results:

1. Analyze the relationship between knowledge of game rules and referee performance.
2. Analyze the relationship between physical condition and referee performance.
3. Analyze the relationship between knowledge of game rules, physical condition, and referee performance.

**Table 4.** Summary of Correlation Test and Regression Test Results

Variable	N	r	F	sig	R.Square
Analysis of the relationship between Knowledge of Game Rules and Referee Performance	30	.746 <sup>a</sup>	35.128	.000	.556
Analysis of the relationship between physical condition and referee performance	30	0,751	36.216	.000	0,564

Analysis of the relationship between knowledge of game rules, physical condition, and referee performance	30	0,824	28.587	.000	0,679
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This data demonstrates that knowledge of game rules contributes 55.6% to referee performance. Aside from that, physical condition accounts for 56.4% of referee performance. According to table 4.7, the results of multiple regression analysis show that the value  $F$  (calculated) = 28.587 is greater than  $F$  (table) = 3,354, indicating that knowledge of the game's rules and physical condition have a significant influence on the referee's performance. Furthermore, based on the results of the data analysis that has been carried out, a correlation value ( $r$ ) of 0.824 is obtained, so the relationship between knowledge of game rules and physical condition and referee performance is quite strong. A significance value of 0.00 indicates that there is a significant correlation between physical condition and referee performance. The  $R$  square value is 0.679, resulting in a coefficient of determination (KP) of  $0.679 \times 100\% = 67.9\%$ . This demonstrates that knowledge of game rules and physical conditions contributes 67.9% to referee performance. Meanwhile, the remainder ( $100\% - 67.9\% = 32.1\%$ ) is explained by other variables outside the variables studied.

## Discussion

### Relationship between knowledge of game rules and referee performance

The results of the data analysis show that the sig.  $F$  change  $< 0.05$  means there is a correlation between knowledge of game rules and referee performance. Furthermore, an  $R$  value of 0.746 was obtained, indicating a strong correlation between knowledge of game rules and referee performance.

Although knowledge is an important component in the decision-making process, knowledge cannot always protect someone from undesirable circumstances. One component of working knowledge is an understanding of the rules of the game. A referee must understand the rules of the game so that they can make decisions based on the articles stated in the FIFA game rules. Furthermore, a referee must always be aware of the most recent game rules or changes.

In line with the results of the data analysis, the research discussion is based on the conclusion that the referee is the person who has absolute authority to determine the rules of the game. The referee on the field influences the quality of the match, as well as the fairness and comfort of watching it. Supporting factors needed by a football referee to officiate a match include physical and mental conditions, as well as knowledge of the rules. Soccer referees are very important in the game because the chance of winning or losing largely depends on the referee's quick decisions.

The performance of football referees significantly impacts the outcome of sports matches, thereby exerting a broad influence on the team leading the match. The referee's performance is expected to bring out the best performances from the players in the match. A referee is the person who leads a sports match. Therefore, referees must be equipped with knowledge of the applicable game rules and have an authoritative appearance on the field. In the decision-making process, sometimes there is a debate



between the player and the referee; the referee only identifies violations of the rules according to the game's laws but does not identify what happens after the decision is made.

However, in the field, despite meeting the requirements and qualifications based on their knowledge of refereeing and their leadership style, referees often encounter problems that can hinder the smooth execution of their duties.

### **The relationship between physical condition and referee performance**

The results of the data analysis show that the sig. F change  $< 0.05$  means there is a correlation between physical condition and the referee's performance. Furthermore, an R value of 0.751 was obtained, indicating a strong correlation between physical condition and referee performance. Referees are an important part of the success of football matches in both competitions and leagues, and just like football players, officials also need good physical fitness to function well. It can even be considered a non-negotiable need; physical condition is a very important component in improving one's performance. In certain situations, physical preparation plays a crucial role in achieving optimal performance during exercise. However, there are additional components that support the performance of football referees. The referee's internal components include intellectual and emotional intelligence. The referee's physical condition greatly influences the level of physical fitness required to officiate a match.

To support their performance when officiating a match, the referee must be fit. Elite referees can cover 9–13 km in one competitive match, the same distance as football players, especially midfielders. In addition, referees can cover 10–14 km in one match. Indonesian professional league referees get tired quickly and lose their perspective due to poor physical condition, so they often make wrong decisions.

### **Relationship between knowledge of game rules, physical condition, and referee performance**

The results of the data analysis show that the sig. F change  $< 0.05$  means there is a correlation between knowledge of game rules, physical condition, and referee performance. Furthermore, an R-value of 0.824 was obtained, indicating a strong correlation between knowledge of game rules, physical condition, and referee performance.

In line with data processing and analysis results, it provides a general picture that the referee's performance is greatly influenced by physical condition, mental readiness, and understanding of the rules. In other words, when a referee is in good physical condition, mentally prepared to officiate a match, and understands the rules well, they will perform at their best.

In general, the physical condition (fitness test) and understanding of the game's rules (Laws of the Game) significantly influence the performance of referees and ASPROV SULSEL assistants. This implies that when a referee is in good physical condition (fitness test) and has a solid understanding of the rules, their performance will be at its peak. The referee will be at his best. Performance factors are internal and external.

#### 4. CONCLUSION

The analysis and discussion results indicate that the use of correlational techniques at a significant level of 95% is effective. The results of this research show that knowledge of game rules has a strong degree of relationship with referee performance, physical condition has a strong degree of relationship with referee performance, and knowledge of game rules and physical condition together have a strong degree of relationship with referee performance. These findings show that: (1) there is a significant relationship between knowledge of game rules and referee performance, with a correlation value ( $r$ ) of 0.746 and a contribution of 55.6%; and (2) there is a significant relationship between knowledge of game rules and referee performance. The correlation between the referee's physical condition and their performance is significant, with a correlation value ( $r$ ) of 0.751 and a contribution of 56.4%. Additionally, a correlation exists between the referee's performance and the collective physical condition, with a correlation value ( $r$ ) of 0.824 and a contribution of 68.4%.

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