

FOOD FOR RUGBY

NUTRITION FOR MATCH OFFICIALS

“Match officials need to be physically fit and mentally sharp to make quick decisions on the field.”

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01. INTRODUCTION

Match officials need to be physically fit and mentally sharp to make quick decisions on the field. The nutrition requirements match officials have can be high, so adequate nutrition is essential to ensure sufficient energy to focus and perform optimally. This toolkit highlights some important nutrition considerations for match officials to keep in mind on a daily basis and during match day.



02. DAILY INTAKE





The amount of food needed will depend on your body weight, height, gender, and activity level. You should aim to consume three main meals per day, with snacks in between containing protein to keep your energy levels topped up and your muscles recovering optimally.

Like any athlete, it is important that you prioritise having a balanced diet that provides sufficient macro and micronutrients to stay healthy, and to cover the demands of your training sessions and matches.

You can refer to the **[Nutrition Fundamentals](#)** toolkit to understand more about balanced diets and macronutrient requirements for rugby.





A. CARBOHYDRATES

You should aim to consume around 3-5 grams of carbohydrates per kilogram of body weight per day depending on activity levels. This should come from mostly complex carbohydrates:




-  Whole grain bread and pasta
-  Rice
-  Potatoes
-  Fruits

B. PROTEIN

Protein helps repair and build muscle tissue. You should aim to consume around 1.5 to 2.0 grams of protein per kilogram of body weight per day. Good sources of protein include:

-  Lean meat
-  Fish
-  Eggs
-  Dairy products

Plant based sources:

-  Beans
-  Lentils
-  Tofu

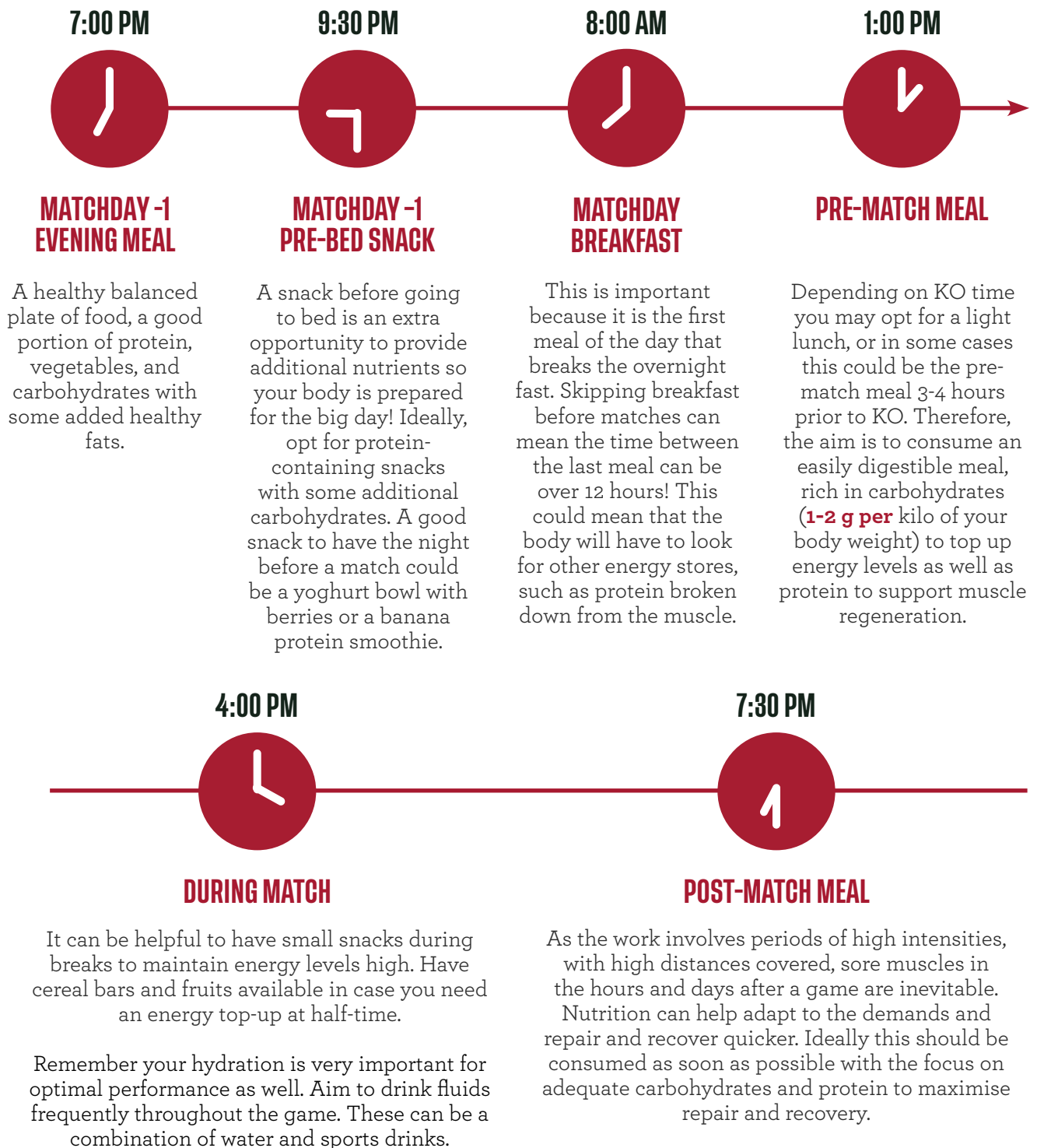
C. FAT

In addition to carbohydrates and protein, the diet should also include healthy fats. Your requirements will depend on your overall energy intake goals but they should provide at least 30% of your total caloric intake. Fats are essential for brain health and can help to reduce inflammation in the body. Some food sources include nuts, seeds, avocado, olives, and olive oil.



03. MATCH-DAY TIMELINE

REMEMBER: Recent studies have highlighted the matchday loads on referees, where they showed average distance covered was **7 km!**



04. TOP TIPS FOR SUCCESS

- 1** Eat sources of carbohydrates that are rich in fibre. Carbohydrates are the predominant energy source used in high intensity and intermittent activity. The body can only store a limited amount of carbohydrates; thus, it is essential this is replaced post-match. If not, you may have a lack of energy and can't meet the demands of training and/or match day.
- 2** Drink plenty of fluids. Keeping hydrated is important as it is possible to lose up to 2 litres (about 4 pints) in sweat in an hour of exercise, especially in the heat. Even in winter when it is cold and wet you are likely to lose a lot of fluid through sweating. When this is not replaced, you can become dehydrated, which may impact performance. This means turning up match-day hydration by drinking regularly throughout the day and with meals.
- 3** Eat a balanced diet. To stay healthy and train hard, you are recommended to consume plenty of vitamins and minerals, this is achieved by eating a wide variety of whole fresh foods, fruits, and vegetables.



05. REFERENCES & ADDITIONAL RESOURCES

ABOUT THE AUTHORS

Nutrition for Match is published by England Rugby.

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