

Methodological alternative to promote women s boxing refereeing in Guantánamo ***Alternativa metodológica para fomentar el arbitraje femenino del*** ***boxeo en Guantánamo***

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ABSTRACT

The deficiencies addressed relate to the basic skills of female boxing referees. The methodological alternative proposed has as aims to guide a set of methodological actions to promote female boxing refereeing and demonstrate their performance in the various competitions. The qualifications of female referees will be taken into account. Several methods were used to conduct the research, allowing us to determine the objective reality of the deficiencies. The study aims to raise the quality of female refereeing performance and bring it up to par with world refereeing.

RESUMEN

Las deficiencias tratadas se relacionan en las habilidades básicas de los árbitros de boxeo femenino. La alternativa metodológica que se propone tiene como objetivo orientar un conjunto de acciones metodológicas para fomentar el arbitraje femenino del boxeo y cómo poner de manifiesto su desempeño en los diferentes topes y competencias. Se tendrá en cuenta la preparación de J/A, para el desempeño de la investigación se emplearon varios métodos los que permitieron determinar la realidad objetiva de las insuficiencias. El estudio tiene como fin elevar la calidad del desempeño de los J/A femeninos y ponerlo a la altura del arbitraje mundial.

Keywords

Basic skills; Female boxing referees; Methodological alternative; Methodological actions.

Palabras clave

Habilidades básicas; Arbitros de boxeo femenino; Alternativa metodológica; Acciones metodológicas.

INTRODUCTION

Sports refereeing is distinguished as an institutionalized social organization where the dominant idea is: Sports Federations; the International Olympic Committee; regulations; and the training of referees and judges, in which the following interact as binding factors: federations; coaches; active and retired athletes; judges and referees. Both elements allow for arguments to be captured for a deeper understanding of the elements and functions related to the mode of action.

Guardo García, M. E., and Fleitas Díaz, I. M. (2006). They provide elements that recognize Sports Refereeing as an institutionalized social organization, with its components of the mode of action from the perspective of sports refereeing, and declare the principles for promoting Values-Based Management in the Training of Referees and Judges. Recalling the criteria of Pentón López, J.R. (2003) in his document on Values-Based Training, from the perspective of sports refereeing, the act of refereeing is the mode of action that governs sports competition, where the intervention of referees and judges is considered a practical, intellectual activity.

Within the diversity of social phenomena, the sport of boxing has been part of human coexistence. It is essentially this group coexistence that compelled our ancestors to use this form of defense, along with others such as the use of work or natural tools to protect themselves from the constant and diverse dangers of their habitat.

In recent years, the rules of boxing have been modified, and as a result, the sport has gained in competitiveness and spectacularity. Its fresh and renewed popularity attests to the fact that the change has been welcomed and favored by spectators and the media.

The changes that have occurred in the world boxing elite force us to reflect on the actions to be taken by Judges and Referees in the different events or competitions, both at the grassroots level and nationally and internationally.

Among the most significant changes that have made boxing as media-friendly as other sports today are the new weight divisions, the use of glove weights by division (from 49 kg to 64 kg, fights are made with 10-ounce gloves, and from 69 to over 91 kg, fights are made with 12-ounce gloves), the exclusion of headlines, the duration of fights and rounds, the foray of our boxers into higher-level boxing such as the 5-round World Series and the 9-round Tim Boxing, not to mention the inclusion of women's boxing in our country.

Considering these reasons previously stated, the referee plays a fundamental role in competitive boxing events, but it is more implicit in their role when they are refereeing a fight. If they are not the actual spectacle, as are the boxers in dispute, they are an active and important part in its conduct.

Possibly, of all the people involved in the field of sport, the figure of the judge or referee, from a psychological perspective, is one of the richest to study.

Their behavior inside and outside of competitive scenarios is complex and diverse, due to the nature of their functions and behaviors that they must put into practice when making decisions based on their perception of the situation and analysis of what is stated in the rules. They have an extremely short time, especially in the case of referees.

The importance of the behavior of boxing judges and referees in the development of competitions is markedly relevant; The referee or judge is responsible for enforcing the rules and, consequently, determining the legal validity of an action or performance by the boxers in combat, as well as evaluating and awarding correct scores round after round to grant a fair decision without making the true winner and his technical team feel bad.

Given the complexity of the boxing referee's role, their decisions are often controversial and often highly questioned. They are frequently the subject of criticism, as well as emotional reactions from boxers in combat, coaches, teammates, the public, and others who have affinity for a particular boxer.

The mistakes made by boxing referees and judges in a fight often attract more attention than their successes, even though the latter are more common. That is why it is said that a good referee is one whom no one remembers when they have worked.

The above is an example of the fact that boxing judges and referees must become increasingly professional, so better training for those who administer justice in the sport of boxing is absolutely necessary. To achieve this, greater concern and interest in their self-preparation is required, as well as the scheduling of development courses, especially for younger boxers, and the systematic delivery of seminars, workshops, and conferences, given the constant changes occurring in boxing regulations. To find a solution to the current problems of boxing refereeing in Guantánamo, this paper proposes a set of methodological approaches, based on theory, practice, psychology, and axiology. These approaches will broaden the general understanding of J/A training so that they can be as rational as possible in competitive events and make fair decisions in each setting in which they participate.

Within the triad of coach, athlete, and referee, very little has been written regarding the treatment of teamwork as part of their comprehensive training. The literature reviewed on this topic does not address how to prepare referees to improve their performance in each competitive setting, an indicator that, from a cognitive, practical, emotional, and volitional perspective, must be addressed and taken into account when selecting referees.

In some parts of the country, difficulties arise with the initial and ongoing training of boxing referees, which have increased with the introduction of women's boxing, as few women perform refereeing duties in boxing.

Women's refereeing in Cuba is lacking, as referees/judges are generally people who were athletes at one point, and after completing their sporting careers, they join the wonderful profession of administering justice.

The training of women's referees in Cuba has been a concern since long before their first official blows were thrown. Just a few months ago, Cuban women's boxing faced an unfair and unequal fight. Theirs has been a fight against time and misunderstanding, a struggle that kept them on the ropes for many years, but in which they are now finally beginning to smile.

Women's refereeing in Cuba, like boxing, suffers from a lack of professional training, as referees are generally people who were athletes at one point, and after completing their sporting careers, they begin the wonderful profession of administering justice.

It is necessary to have a profile that meets the established requirements of boxing referees, and they must meet the established requirements. This is based on research conducted with referee populations from different sports disciplines. This will allow us to determine the requirements of each referee according to the type of sport in which they referee. This will make it possible to develop and refine the boxing referee selection process.

The author of this work believes that such an important role as administering refereeing and determining winners and/or losers in a boxing match deserves general and comprehensive training and preparation focused on several fundamental aspects of refereeing practice.

Among the aspects that must be taken into account are: theoretical and practical knowledge of boxing regulations, physical preparation, technical preparation, and general psychological and axiological preparation. Mastery of these aspects will allow the boxing judge and referee to perform better in any competitive event.

The research being conducted is highly relevant because boxing competes in different events with distinct characteristics worldwide, such as the World Series of Boxing, IBA Open Boxing, Proboxing, World Championships, Pan American Championships, Olympic Championships, among others. This implies that boxing M/As must be highly prepared to face these types of competitive events.

Furthermore, two important events are held in Cuba: the National Boxing Series and the Playa Girón National Team Tournament. Furthermore, the school games and Youth Olympics are also held. Therefore, Guantánamo cannot be exempt from the preparation of its M/As who participate in these events. To this end, this research establishes a set of methodological actions to develop women's boxing skills.

For the reasons stated above, it is of great importance and relevance to conduct research related to the performance of M/A boxing, as this will allow for comprehensive general training in the social purpose of those who administer justice in the sport of fists and the 16-strings.

Long before throwing its first official punches, just a few months ago, Cuban women's boxing has faced an unfair and unequal battle. Theirs has been a struggle against time and misunderstanding, a fight that kept them on the ropes for many years, but in which they are finally beginning to smile.

Unlike the men, who have left a golden legacy in the ring and won numerous titles as amateurs and professionals, Cuban women boxers have had to remain in the shadows for years. As happened in other sports, prejudice and intransigence repeatedly thwarted their chances of competing officially in Cuba.

When it comes to breaking new ground in boxing, one of the first female referees worldwide was Romina Arroyo, from Salta, who was the first woman to referee men's and women's fights worldwide. She was a pioneer in global refereeing, giving others opportunities to pursue this challenge, where they must earn their place daily due to existing discrimination (roads are made by walking, and it never takes time and effort overnight).

It wasn't until 2018 that, for the first time in boxing history, two women were categorized as International Boxing Star Referee Geydy Grey Torres (Guantánamo) and Yanislei Suarez (Cienfuegos).

Although long overdue, the law is assuming its key role in ensuring gender equality in our society. However, how is sports justice evolving to promote women's equality in sports?

Throughout the investigation, certain weaknesses in the roles of female boxing referees were evident. In the interviews conducted with the sample under study, it was evident that those who referee boxing events in Guantánamo lack knowledge of the basic skills of referees in this sport. They do not constantly update or improve their skills, and when they do, it is through self-management; they do not fully master how to demonstrate their performance in competitive events.

Considering all the above, the main limitations must be identified as follows:

- Limitations in developing basic skills in women's boxing refereeing through practice.
- Inadequate avenues for fostering basic skills in women's boxing refereeing.

This problem consequently leads to inadequacies in the performance of female boxing referees, which can ultimately impact the boxers' results in any competitive event.

Problem: How can we promote female boxing refereeing in Guantánamo?

The author of this research study believes that such an important role as administering justice and determining winners and/or losers in a boxing match deserves general and comprehensive training and preparation focused on the main fundamentals of refereeing practice. She also believes that women, due to their social equity and gender equality, deserve their place in this difficult task within the sport of boxing and boxing. In the province of Guantánamo, certain weaknesses have been observed in the roles of female boxing referees/judges. They lack theoretical knowledge, as well as basic ring skills. They do not update or improve their skills, and when they do, they do so through self-management; they do not fully master how to demonstrate their performance in competitive events.

Object of Study

The training process of female referees/judges in Guantánamo

Field of Action

The basic skills in female boxing refereeing in Guantánamo.

Which responds to the following **Objective**:

The research aims to propose the development of a methodological alternative to promote female boxing refereeing in Guantánamo.

From the analysis of the theoretical foundations regarding the object of study and the diagnosis, important theoretical and practical limitations emerge that explain the difficulties in the performance of boxing judges and referees in accordance with the needs of contemporary practice of this sport. From this, it was possible to reveal where a change in this process should be projected.

Population and Sample

For the development of this research, a population of 6 female boxing athletes who participated in the Pioneer Provincial Games of this sport was selected. These athletes included (1) international referees, (2) national referees, and (3) provincial female referees.

They provided feedback on their performance in competitive events during the interview. They were also observed in practice throughout the event, a method that allowed for the identification of shortcomings that will be addressed in this research.

The research will be conducted under a scientific concept that allows for the multilateral analysis of phenomena. Research methods and techniques from the theoretical, empirical, and mathematical levels will be employed. When properly combined, these methods will allow for the identification of qualitative and quantitative elements that will facilitate the solution of the scientific problem under investigation.

Among the methods employed at the theoretical level are:

- Document analysis to delve into the dynamics of boxing decision-making in selected major competitions.
- Historical-logical analysis: to determine the main trends in the historical evolution of boxing refereeing.
- Analysis-synthesis: to conduct a detailed and exhaustive study of the performance of boxing judges and referees and synthesize the main aspects based on the research.
- Induction-deduction: allows for reasoning from the general to the specific, regarding significant aspects based on the performance of boxing judges and referees in competitive events.

Empirical level:

- **Observation:** To diagnose the current state of the performance of boxing judges and referees and assess the performance levels applied based on the proposal and specific results.
- **Document Review:** Allows for exploratory research on the topic, taking into account fundamental descriptive aspects from a theoretical perspective and its feasibility.
- **Interview:** To understand the objective reality of boxing judges and referees regarding their knowledge and implementation through performance in competitive events. It also allows for understanding the levels of acceptance of the proposed methodological actions and the treatment of the performance of boxing judges and referees in competitive events.
- **Survey:** To determine mastery of the competitive boxing rules.

From the statistical-mathematical level:

- **Percentage calculation:** to determine the results obtained from the interview and observations made with the J/As under study.

Practical contribution:

To develop a methodological alternative to promote women's boxing refereeing in Guantánamo.

This research study is innovative, as it is the first time it has been conducted in the country. Women's boxing, and consequently women's refereeing, is just beginning to develop after its approval by government and sports authorities.

The research process has high practical significance because, from a scientific and technical perspective, it breaks the traditional frameworks used for initial and ongoing training in the boxing refereeing process.

The written report is organized into an introduction and development in two chapters: the first contains the theoretical and methodological references for the emergence and development of boxing and refereeing, as well as the initial and ongoing training of referees/judges. The second presents the rationale for the proposal and its implementation through a pre-experiment. Conclusions and recommendations are also reached. A bibliographic list of the various sources consulted is included, along with appendices that explain and compile the results of the research process.

RESULTS

Methodological actions to develop basic skills in women's boxing refereeing.

To this end, this research proposes methodological actions that are closely linked to the training of those who administer refereeing in boxing competitions. Therefore, they must be prepared from the perspective of theoretical, practical (technical-physical), psychological, and axiological knowledge, along with its foundation.

For a boxing referee to perform effectively, it is essential that they have the theoretical knowledge necessary to perform their duties in any competitive event without affecting a decision in a given fight. For this theoretical preparation, the referee must:

- Understand the social aspects of boxing refereeing theory (history of refereeing, history of boxing, psychology applied to boxing refereeing, fundamentals of refereeing ethics).
- Identify the biological foundations of boxing refereeing (biochemistry of the referee's physical activity, physiology of the referee's and boxer's physical activity).
- Have a command of the organization and direction of boxing refereeing (theory of organization for competition and refereeing activity).
- Understand the theory and mechanics of boxing refereeing (theory of refereeing activity in the system of training referees, judges, and athletes for competition).
- Understand the theory and practice of boxing rules (theory of laws and principles of regulation, codes, and regulations for competition).
- Understand and identify the fundamental problems of the science and technology of refereeing in women's boxing, as well as their use (development of refereeing and technological demands).

Boxing referees and judges require systematic, practical activities, both technical and physical. It is important to start from the understanding that they are just another athlete, qualified by their competence and their physical, intellectual, moral, and technical qualities, to officiate a boxing event at any level.

Technical training for female boxing judges and referees.

- Deepen knowledge of boxing rules through experience and the advantages offered by practicing their application (practice).
- Develop and practice skills that foster confidence in their decisions (judge and referee).
- Develop the movement and displacement skills required for officiating and judging in boxing competitions (as a referee).
- Provide referees and judges with experience to develop self-control and leadership skills (judge and referee).

Due to the responsibility that referees and judges have in the performance of their duties, physical fitness must be at all times not only an obligation imposed by the Federation or the Committee of Referees and Judges, but also by the referees and judges themselves, aimed at improving their performance and quality of life. They must be aware of its importance to facilitate their skills in positioning and moving around the field of play and achieving optimal performance in the direction and control of the competition.

Physical fitness of referees and judges (practical)

- Facilitate the assimilation and improvement of basic and technical movements to be developed in the performance of their duties: continuous changes in rhythm and direction, sprints forward, backward, lateral and frontal jogs, simultaneous concentration and observation of their movements.
- Complement their preparation to perform: constant movements, coordination and balance for their movements, strength for certain actions, flexibility to execute actions that require it, endurance to maintain physical and psychological control of the environment in which they perform their actions, and speed and agility to face difficult and unforeseen situations.
- Develop excellent motor coordination; this aspect of great importance between the orders issued by the nerve centers and their movements.
- Psychological aspects for boxing judges and referees
- Mental preparation for fights, flexible routines in the moments prior to fights that allow them to focus on the fundamental aspects of the situation.
- Selective attention, so important for a referee, allows them to pay attention to the relevant signals of the fight and ignore those that are unimportant.
- After the evening sessions, it is also advisable to establish routines. Feedback on the boxing judge and/or referee's own performance, if video recordings or press analysis exist, is very useful for improving aspects of refereeing.

Despite how powerful these recommendations are, they are still quite basic compared to what can be done for boxing referees from a Sports Psychology perspective. Therefore, with more time and to achieve a satisfactory and enjoyable performance, it would be highly advisable to work on essential aspects of a referee such as self-confidence, concentration, communication style, and emotional self-control, key components for a female boxing referee.

Axiological Competence for Boxing Referees and Judges

- Guide them in their responsibility as a point of reference and guide in what should be done and avoid imposing rules of conduct.
- Recognize action as the most important aspect of refereeing ethics. What matters most is what referees and judges do, their role as referees.
- Recognize rationalization so they understand why they act one way and not another.
- Recognize that duration refers to the fact that ethics are not limited to a specific timeframe, but rather are for a lifetime. It's not about taking a single, just action, but about always being honest.

From an ethical perspective, the following elements must be kept in mind:

Respect for the competition. They must always demonstrate loyalty to the sport they represent, respecting the sporting category they hold. They must be respectful and work with motivation and efficiency, regardless of the level of competition. Their preparation, with ongoing training and skill development, demonstrates respect for the competition and its participants. Competent and excellent referees are needed, capable of putting their talent at the service of the team's best performance and never jeopardizing the integrity of the athletes. This requires:

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