Ref7 – Help

What is Ref7?

Ref7 helps handball referees keep track of match time, score, team time-outs, and penalties during a match and document the course of play. Ref7 is a tool that supports match officiating. Referees remain responsible for knowing and correctly applying the applicable handball rules and competition regulations.

Tips

Apple Watch Setup

Keep Ref7 active longer and improve haptic reliability when your wrist is lowered.

How to set up Apple Watch

1. Open “Settings” on your Apple Watch.
2. Select “General”.
3. Select “Return to Clock”.
4. Select “Ref7”.
5. Select “After 1 Hour”.

Referee Focus

Prevents distracting calls and other notifications during a match. Notifications from Ref7 should remain allowed.

How to set up the Focus

1. Open “Settings” on your iPhone.
2. Select “Focus”.
3. Tap “+” and create a custom Focus named “Referee”.
4. Select “Customize Focus” to configure Referee Focus.
5. Under “Allow Notifications”, configure the apps and people that may reach you during a match.
6. Select “Apps” and add Ref7 under “Allow Notifications From”. Remove any apps you do not want notifications from during a match. Recommendation: Allow only Ref7.
7. Select “People” and allow only people you want notifications from during a match. Recommendation: Allow no people to avoid distractions.
8. Under “Allow Calls From”, select “Allowed People Only”.
9. Optional: Turn on Referee Focus automatically when using Ref7. Select “Add Schedule” → “App” → “Ref7”.

Using the Apple Watch

The match is controlled entirely on the Apple Watch. The iPhone stores the match history and makes it easy to enter match, team time-out, and team settings. All settings required for a match can also be configured directly on the Apple Watch.

Overview

- The match controls are arranged horizontally.
- Ref7 always starts on the “Main page”.
- Swipe left or right to move between match pages.

  `TTO ← HOME Penalty page ← Main page → GUEST Penalty page → TTO`
- There are also “Settings”, “Match settings”, and “Team settings”.
- On every subpage, the red “X” at the top left returns to the “Main page”.

Main page

The central match view shows the score, match phase, remaining or elapsed time, and active 2-minute penalties.

Before the Match

- “Start” at the top left opens the throw-off selection and starts the match after confirmation.
- The gear at the top right opens “Match settings”.
- Press and hold the top area to open “Settings”.
- The gear or a press and hold on “HOME” or “GUEST” opens “Team settings”.
- After the match starts, the basic “Match settings” are no longer available.

During the Match

- Tap the top timer area to start or pause the timer.
- Green means the timer is running. Red means the timer is paused.
- During the break between two halves or when the match timer is paused, press and hold the top area to open “Settings”. The long press remains locked while the timer is running.
- Swipe up on “HOME” or “GUEST” to add a goal.
- Swipe down to cancel that team’s latest goal after confirmation.
- Directly after the match starts (match time 00:00), press and hold “HOME” or “GUEST” to correct the throw-off team. Later in the match, pressing and holding “HOME” or “GUEST” pauses the timer and opens the “TTO page” when TTOs are enabled.
- When the timer is paused, turn the Digital Crown to correct the match time.
- Set the Digital Crown direction in “Settings”.
- When a match phase ends, the next available action appears at the top. Tap it and confirm moving to the next match phase.
- With two halves, the usual sequence is: “1. Half” → “Break” → “2. Half” → “Finish match”.

After the Match

- At the end, confirm “Finish match”.
- This automatically stores the match history on iPhone.

Penalty page

- The “Penalty pages” show each team’s progressive penalties. From the “Main page”, swipe left to the “GUEST Penalty page” or right to the “HOME Penalty page”.
- Select “Yellow”, “2 min”, “Red”, or “Blue”.
- “2 min” records a 2-minute penalty, including a third 2-minute penalty followed by a disqualification.
- “Red” records a direct disqualification.
- “Blue” records a disqualification with a written report; the referee first shows the red card and then the blue card.
- If the match timer is running, “2 min”, “Red”, and “Blue” pause it automatically.
- Next, select the player number. Scroll the list with your finger or the Digital Crown; alternatively, select “Trainer”.
- A player number that is not yet active can also be selected. The player is added as active when the penalty is confirmed.
- Tap the player number or “Trainer”. The confirmation page shows the selected penalty and the player number or “Trainer”; “OK” saves the penalty.
- Ref7 then shows the most recently recorded penalty again. If the match timer is paused, adjust the match time there with the Digital Crown.
- “OK” closes this view and returns to the “Main page”. If the timer is paused and can be started, Ref7 starts it again.
- If penalties have already been recorded, “Correction” opens a list of all penalties for that team, newest first. A running match timer is paused automatically.
- Swipe left on a penalty to delete it, or swipe right to change the player number. Alternatively, tap a penalty to open a menu page with “Change” and “Delete”.
- When correcting a player number, a player number that is not yet active can also be selected and added as an active player when the correction is confirmed.
- The time and type of the penalty remain unchanged when correcting a player number.

TTO page

- The “TTO page” shows both teams’ team time-outs. It is available when TTOs are enabled.
- Swipe up on “HOME” or “GUEST” to start a TTO.
- Swipe down to delete that team’s latest TTO after confirmation.
- If the match timer is paused, adjust the match time on the “TTO page” with the Digital Crown.
- Tap the paused timer to start it and automatically return to the “Main page”.

Settings

- Press and hold the top area of the “Main page” to open “Settings” before the match, during the break between two halves, when the match timer is paused, or after the match. “Settings” remains locked while the timer is running.
- Match and break lengths and the current match phase appear at the top.
- The available next match phases are shown here.
- Until the match has finished, “Team settings” are always available within “Settings”. “Match settings” are available only before the match starts.
- Select the app language here.

- Under “Crown”, set the rotation direction used for time corrections.
- Language, Crown direction, and “Display time” persist across new matches and app restarts. Presets do not change them.

Team settings

- “Team settings” show the jersey colour and active players for “HOME” and “GUEST”.
- Tap a team’s colour field to select its jersey colour.
- Press and hold a team’s player area to open player selection.
- Before the match, active players can be freely selected or reset.
- Before and during an active match, “Team settings” can always be opened from “Settings”. After the match starts, existing active players are protected, but additional players can be added.

Match settings

- “Match settings” are available only before the match.
- Set the number of “Halves”.
- Set the “Half” length and, for two halves, the “Break” length.
- “per team” sets the number of TTOs for each team.
- “per half” limits TTOs in each half.
- “< 5 min” limits TTOs in the final five minutes.

Using the iPhone App

The iPhone app provides an overview, storage, and convenient entry of settings. The match is controlled entirely on the Apple Watch, with changes sent to iPhone throughout the match.

Overview

- The iPhone app clearly shows the current score and match history.
- Finished matches are archived automatically, and past match reports remain stored.
- Before the match, match, team, and TTO settings can be entered conveniently.
- When changes occur, the Watch keeps sending current match, timer, and event data to iPhone.

Main page

- The “Main page” shows match time or match information, score, active players, penalties, and TTOs.

Before the Match

- The document-and-magnifier button on the left opens the “Match report”.
- Before the match, the light bulb in the centre opens “Help”.
- Before the match, the gear on the right opens “Settings”.
- Before the match, the gear in “HOME” or “GUEST” opens the corresponding team settings.
- Press and hold the HOME or GUEST area or the corresponding player list to open the respective team settings.
- The iPhone app does not provide an action to start the match.

- To do so, tap “Start” at the top left of the “Main page”.

During the Match

- The Apple Watch remains the controlling device for the timer, goals, penalties, TTOs, and match phases.
- Changes are sent throughout the match to the “Main page” and current “Match report”.
- The live “Match report” can be viewed; PDF export is not offered until the match has finished.
- The light bulb is hidden. On the right, the info button replaces the gear.
- The info button shows the match settings in use and any notes as read-only information.

HOME/GUEST team settings

- The team settings are titled “HOME” and “GUEST”.
- Set “Team name”, “Team colour”, and “Active players” there.

Before the Match

- Before the match, use the gear or press and hold the HOME/GUEST areas or player list to open the corresponding team settings.

During the Match

- After the match starts, the team settings are no longer available on iPhone; team name, team colour, and active players are locked there.
- During a match, additional players can be added only on the Apple Watch – either in team settings or when issuing or correcting a penalty.

Settings

- Under “Settings”, configure “Halves”, “Half”, “Break”, and TTO rules. “Language”, “Watch-Crown”, and “Display time” are persistent personal settings. Match presets do not change them.
- The “Notes” field lets you add your own notes, for example special rules for a youth match that the referees need to observe.

Before the Match

- Before the match, the gear at the top right opens “Settings”.
- “+” at the top right saves the current match and TTO settings as a new preset.
- Tap a saved preset to load it before the match.
- Swipe left on a saved preset to open “Delete”.
- The “…” button for presets provides “Export CSV” and “Import CSV”.
- Import is available only before the match and replaces existing presets after confirmation. An export can be used as a backup.

During the Match

- During a match, “Settings” cannot be edited. The info button instead shows only the configuration in use and any preset notes.

Match report

- The document-and-magnifier button on the left opens the current “Match report” at any time.
- It shows the score, active players, settings, match status, notes, penalties, and TTOs.

- The “Timeline” contains throw-offs, goals, penalties, TTOs, and time corrections. Cancelled goals, penalties, and TTOs remain visible in the timeline and are marked as cancelled.

During the Match

- During an active match, the list of past match reports is hidden.
- The live match report can be viewed, but it cannot be exported as a PDF until the match has finished.

After the Match

- Finished matches are archived automatically. Before or after a match, “Past matches” opens the archive.
- A finished or archived match report can be exported as a PDF using the share button at the top right.
- Swipe right on an archived match report to open “Rename”.
- Swipe left on an archived match report to open “Delete”.

Contact & Feedback

We welcome your feedback and suggestions. Reports of any issues also help us continuously improve Ref7. If you enjoy using Ref7, we would also appreciate a positive review on the App Store.

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For more information, a detailed guide, and screenshots, visit praetorius.at/ref7/.