

A Volleyball Referee



By: Mei-Ling Lin, Head Nurse, Medical ICU, Dalin Tzu Chi Hospital

“Beep...!” I clasp my palms like a handshake to signal the conclusion of this match. I complete yet another duty as a referee.

Obtaining Ballgame License

Years of working in the nursing field put immeasurable stress on me. Once when I was promoting a healthy lifestyle to the hospital staff, I unintentionally put together a cross-department volleyball group. At the beginning, there were only six or seven people for a show of hands just to be supportive. Everyone’s knowledge of volleyball was primitive. We knew no rules other than to hit the ball over the net.

Then the group grew in size, eventually became the “Best Hand” Volleyball Team. Being more familiar with the rules now, members became keen on this sport and were hungry for matches. For a smoother team of operation, topped with the encouragement from my peers, I signed up for a C-class referee workshop held by the volleyball committee.

Through the workshop, I learned the proper structure of a team, how to facilitate a match, the hand signals expressed by first referees, second referees, line judges, and scorekeepers, as well as what to pay attention while on duty. I realized it was daring to attempt the license examination without being fully prepared, as it was much more

difficult than I thought. Nevertheless, I worked extra hard at this 3-day workshop and luckily, I acquired the C-class volleyball referee license without any hiccups.

Volleyball Parallels Nursing; Referee Parallels Unit Leader

Playing volleyball helps improve a person's agility, brings out teamwork spirit, gets teammates to learn to trust and help each other, and cultivates members' loyalty. It is the same in the ICU where colleagues need to foster mutual understanding and work together to provide patients with the best care.

My intent of getting a referee license was to help our teammates better understand volleyball and enjoy playing, as well as for me to learn to maintain fairness, clarity, and un-biased rulings. I still remember my first duty as a referee when I was assisting a senior referee. It felt just like a new staff at the clinic. Although I am now more adapted, there is still much room for improvement.

In the 6th Hospital Anniversary Cup, two teams were novice to volleyball. To familiarize them with the process and rules, we held several smaller pre-games and inquired "Best Hand" members to accompany them through the intensive trainings. Consequently, more colleagues came to play the game and they appreciated it.

I am very glad that I had the opportunity to be an advocate for my favorite sport. It touches me to see so many people like it. Thinking back, from the birth of "Best Hand" to its official matches, to organizing the events of Hospital Anniversary Cup, and how I became a licensed referee, volleyball keeps me healthy and active after a day of hectic tasks, which often mean life and death to patients. More importantly, it gives me a venue to release my stress and to make more friends.

This is a very special experience. I feel wonderful along the path. I am fortunate and blessed!

Mei-Ling Lin(right) loves volleyball so much she even got the referee license.

