

# COMMUNITY UMPIRE TOOL KIT

# 2021 UMPIRE



**netball**  
WESTERN AUSTRALIA

PRINCIPAL PARTNER





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# TOOLS OF THE TRADE



## Activity Objective

To introduce umpires to the tools of the trade required to assist in effectively fulfilling their umpiring duties through a fun and engaging classroom based activity.

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. **Tools of the Trade** worksheet per umpire
2. Rule book per umpire.
3. Pen or pencil per umpire.
4. Finger grip whistle (demonstration)
5. Ring or band for Centre Pass (demonstration).
6. Uniform examples.

## Ask the Umpires

- Why is it important to know and understand the rules of netball?
- What other ways could you keep track of the Centre Pass?
- Why is good presentation important?
- Are there any other Tools of the Trade you think are important?

## What to Do

- Prior to the session, photocopy enough of the **Tools of the Trade** worksheets so there is one per umpire.
- On the day, provide each umpire with a copy of the **Tools of the Trade** worksheet to complete.
- Once everyone has had an opportunity to complete their worksheet, discuss as a group and pass around the various **Tools of the Trade** items.
- Use the **Ask the Umpires** questions to promote further discussion around the topic and reinforce the most important aspects of the learning by referencing the **Umpire Coaching Tips**.

## Umpire Coaching Tips

- **Whistle**  
One of the most Important methods of communication during a game. Make sure yours has a good quality finger-grip and always carry a spare.
- **Clothing and footwear**  
ensure your clothes are clean, neat, and distinct from the teams' playing uniforms. You should also be wearing suitable footwear — no thongs or sandals!
- **Rule book**  
As an umpire, you must know the Official Rules of Netball well. The rule book should always be your first point of reference,
- **Ring/band for Centre Passes**  
Umpires must keep track of all Centre Passes. It is important to develop an easy way to keep track of the Centre Passes and one that you feel comfortable with.
- **Water Bottle/Towel**  
Umpires should always stay well hydrated to ensure their best performance on court.



## Rule Reference:

5.2.1

## Activity Objective

To provide umpires with a basic knowledge of **Areas of Control** including the Centre Pass, through a fun and engaging classroom-based activity.

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. **Areas of Control** worksheet.
2. Rule book per umpire.
3. Pen or pencil per umpire.

## Ask the Umpires

- Does the umpire control the same half throughout the game?
- Are all the lines considered part of the court?
- Which umpire controls the restart of play after a goal is scored?
- List the only time an umpire may find it necessary to enter the court.

## What to Do

- Photocopy and provide each umpire with a copy of the **Areas of Control** worksheet to complete.
- Once everyone has had an opportunity to complete their worksheet, discuss as a group.
- Use the **Ask the Umpires** questions to promote further discussions around the topic and reinforce the most important aspects of the learning by referencing the **Umpire Coaching Tips**.
- Always finish each training session with the **Quick Quiz** section.

## Umpire Coaching Tips

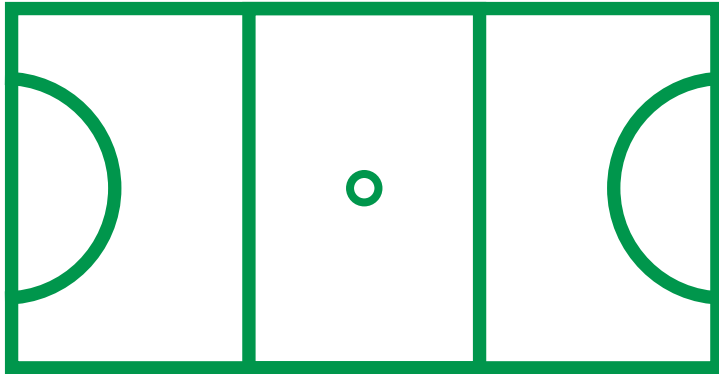
- Each umpire shall umpire in the same half of the court throughout the game.
- Immediately after a goal is scored, both umpires must indicate the direction of the Centre Pass, and if they disagree the umpires shall appeal to the scorer.
- The umpire who was controlling the half where the goal was just scored, shall restart the game at next centre pass.
- The umpire who is controlling the Centre Pass is responsible for penalising infringements by the Centre taking the Centre Pass and any opponent defending the pass, while the player is within the Centre Circle, (Rule 6.1.1 (v)).
- The umpire responsible for the Throw In is responsible for making decisions related to infringements by the player throwing in and that player's defending opponent/s. If the sanction is awarded in the other umpire's area, the umpire responsible for that half of the Court resumes control immediately the sanction has been set.

# AREAS OF CONTROL OF COURT



Two umpires control the game, each giving decisions in half the court.  
If Umpire A and Umpire B are controlling a game, complete the diagram showing:

- Area of control for both Umpire A and Umpire B inside the court area
- Areas of control for both A and B umpires for Throw In decisions along the Goal Lines and Side Lines.



- What hand signal do you use to indicate who should take the next Centre Pass?  
**Describe or draw it.**

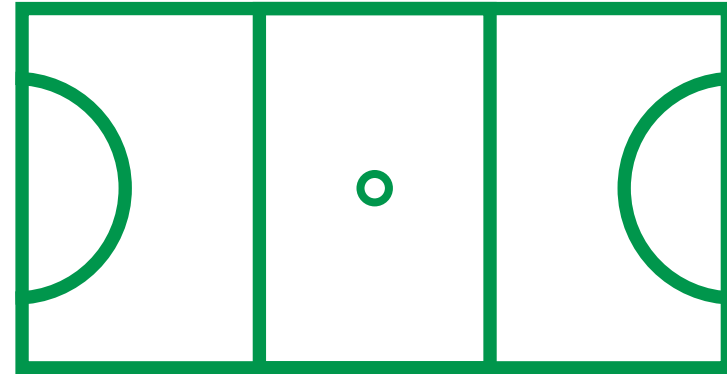
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On the court illustration below, label the different areas of the court, including the lines.



- How will you keep track of the Centre Pass?
- What tool will you use?

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## Quick Quiz

1. Which of the following stops the game, the umpire's whistle, or the timekeeper's signal (for example, hooter)?  
*A. The Umpire's Whistle.*
2. Which half of the court should be controlled by the umpire winning the toss for goal end?  
*A. The side of the court with the scorer and timer.*
3. Describe the only occasion in which an umpire may give a decision in the other umpire's area of control?  
*A. If an act of foul play is not seen by the controlling umpire and a sanction has not been already awarded.*
4. Who must signal the direction of each Centre Pass and when must this happen?  
*A. Both umpires and immediately after each goal is scored.*
5. Which umpire is responsible for penalising infringements by the Centre taking the Centre Pass while the player is within the Centre Circle?  
*A. The Umpire who is controlling the Centre Pass.*
6. Which umpire is responsible for making decisions related to infringements by the player throwing in?  
*A. The Umpire responsible for that Sideline or Goal Line.*
7. Which umpire is responsible for making decisions related to infringements by an opponent on court defending the player taking a throw in?  
*A. The umpire responsible for that Sideline or Goal Line.*
8. What would the umpire's ruling be if the ball strikes the umpire during play or if the umpire interferes with the movements of the players and neither team is affected?  
*A. Play continues.*
9. Can an umpire criticize or coach any team- while a match is in progress?  
*A. No.*

# PRE-GAME RESPONSIBILITIES



**Rule Reference:** 3.1, 3.2, 3.3, 5.1.1(iv)

## Activity Objective

To provide umpires with a knowledge of their pre-game responsibilities through a fun and engaging classroom-based activity.

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. **Pre-Game Responsibilities** worksheet per umpire.
2. Rule book per umpire.
3. Pen or pencil per umpire.

## Ask the Umpires

- Why is it important to check the Court and surrounding areas before the start of each game?
- Why is it important to inspect the players prior to the start of each game?
- What happens if a player is wearing a medic alert bracelet or necklace and/or wedding band?
- What should the umpires do after the captains' have tossed and notified them of the result?
- Which half of the Court should be controlled by the umpire winning the toss for Goal End?

## What to Do

- Prior to the session, photocopy enough of the **Pre-Game Responsibilities** worksheets so there is at least one per pair.
- Pair umpires up and provide them with a copy of the **Pre-Game Responsibilities** worksheet
- Using the Rule Book, each pair is to complete the worksheet.
- Use the **Ask the Umpires** questions to promote further discussions around the topic and reinforce the most important aspects of the learning by referencing the **Umpire Coaching Tips**.

## Umpire Coaching Tips

- The umpires have a responsibility to check the:
  - Court and surrounding areas are safe (Rule 3.1)
  - Goalposts are padded the full length (Rule 3.2)
  - Ball is correctly inflated (Rule 3.3).
- It is the umpire's responsibility to inspect all the players for correct length of fingernails, uniforms, sharp adornments, jewellery, and hair (5.1.1(iv))
- It is important for umpires to inspect players prior to the start of each game as no adornment that may endanger player safety shall be worn.
- If a wedding ring and/or medical alert bracelet/necklace are worn, they shall be taped.
- Hair must be suitably tied back.
- Before the game, umpires also have a responsibility to:
  - Warm up thoroughly.
  - Meet their co-umpire.
  - Decide what to call the teams (club/association/school name, not colours)
- Toss for goal end (Rule 5.2.1) - after the Captains have notified the umpires of the result of their toss for goal end or first centre pass, the umpires need to toss for goal end. The umpire winning the toss shall control the sideline nearer the official bench and the goal end to the right when facing the court.

# PRE-GAME RESPONSIBILITIES



Creating a safe environment is an important part of your responsibilities as an umpire before a game. Using your Rule Book, list the things an umpire must check before the game. Make sure you include the relevant rule reference.

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The umpire is Conducting their pre-game inspection of the players and notices a player is wearing a watch.  
What action would the umpire need to take? Why?

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The umpire is conducting their pre-game inspection of the players and notices a player with long fingernails.  
What action would the umpire need to take? Why?

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Can you think of any other responsibilities an umpire has before the game?

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## ***Rule Reference:***

***Appendix B***

## ***Activity Objective***

To provide umpires with the opportunity to practice the different hand signals used to indicate the most penalised infringements in a game of Umpire Says.

## ***Area Required***

Your choice of indoor or outdoor playing area.

## ***Ask the Umpires***

Why do umpires use hand signals?

## ***What to Do***

- Using the rules of Umpire Says (Simon says), call out various infringements for umpires to perform the correct hand signal to (for example umpire says 'footwork').
- Umpires should only follow your instructions when you say, 'Umpire Says'.
- Mix up the calls and the speed of the calls as the umpires become more familiar with the hand signals.
- Use the Ask the Umpires questions to promote further discussions around the topic and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips.

## ***Umpire Coaching Tips***

- Hand signals are used to support the umpire's decisions.
- The best way to improve is to practice hand signals each time a decision is made, until they become a natural part of umpiring.

# HAND SIGNALS



Start and Restart of Play



Start and Restart of Play



Hold Time



Direction of Pass



Throw-in Goal Line



Toss Up



Advantage



Goal Scored



Goal Not Scored



Footwork



Centre Positioned Incorrectly



Offside or Breaking

# HAND SIGNALS



Offside



Held Ball



Short Pass



Incorrect Playing of the ball



Obstruction of a player with the ball



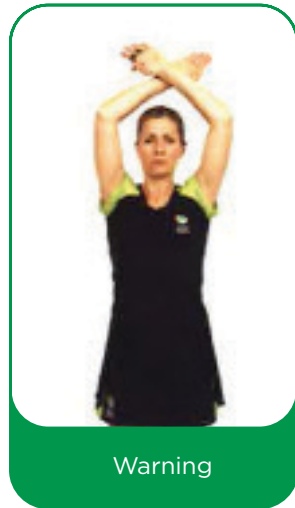
Obstruction of a player without the ball



Intimidation



Contact



Warning



Ordering Off



Caution



2 - Minute Suspension

# BLOWING THE WHISTLE



**Rule Reference:** 5.2.1 Appendix A Rule 5(v)

## Activity Objective

To provide umpires with an understanding of the different types of whistle blows and when to use them through a fun and engaging classroom based activity.

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. Whistles worksheet per umpire.
2. Rule book per umpire.
3. Pen or pencil per umpire.
4. Whistle per umpire.

## Ask the Umpires

- An umpire's whistle should be loud, short and sharp. When might an umpire use a different whistle tone/length?
- What hand signal does an umpire use with their whistle to indicate the end of an interval?

## What to Do

- Prior to the session, photocopy enough of the **Whistles** worksheets so that there is one per umpire.
- On the day, provide each umpire with a copy of the **Whistles** worksheet to complete.
- Once everyone has had an opportunity to complete their worksheet, discuss as a group and have the umpires demonstrate the different types of whistles used in each scenario.
- Use the **Ask the Umpires** questions to promote further discussion around the rule and technique and reinforce the most important aspects of the learning by referencing the **Umpire Coaching Tips**.
- Always finish each training session with the **Quick Quiz** section.

## Umpire Coaching Tips

- A whistle should be loud, short, and sharp.
- Umpires use different whistle tones/length to indicate: a Stoppage; the end of a quarter; and to notify teams when there are thirty seconds and ten seconds remaining prior to the start of the game and the end of an interval.
- Make sure your whistle is a good quality finger-grip and always carry a spare.

## Quick Quiz

1. Which of the following stops the game: the umpire's whistle or the timekeepers signal?  
*A. The umpire's whistle*
2. What procedure should the umpire follow after blowing the whistle for an infringement?  
*A. State the infringement, the Sanction, and use hand signals to support the decision.*

# BLOWING THE WHISTLE



Fill in the spaces using your rule book.



**Now it's your turn. Head outside to practice each one.**

Remember, don't be shy. The idea is to blow your whistle loud enough so that all fourteen players on court can hear your whistle clearly each time there is an infringement.



# PLAYING AREAS, OFFSIDE AND OUT OF COURT



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## Umpire Coaching Tips

- The lines bounding each playing area are part of that area.
- A player who enters a part of the court which is not their playing area is deemed to be Offside, whether the player has the ball or not.
- The Sanction for Offside is a Free Pass.
- The Sanction is taken where the infringement occurred, and no players are required to stand out of play.
- It is important to wait until a player holding the ball either lands outside the Court or touches a person or object that is outside the Court, before awarding a Throw In.
- Concentration is essential (even when play is in the other umpire's half) to accurately determine:
- The last player on court to have contact with the ball.
- Where the ball (or the player with the ball) crossed the line.
- A player who has left the Court to retrieve a ball or to take a Throw In must be permitted direct re-entry to the Court.
- Being in the right position at the right time is important to be able to determine whether a player has gone Offside.

## What to Do

- Prior to the session, photocopy enough of the Playing Areas, Offside and Out of Court worksheets so there is one per pair.
- Using the Rule Book, each pair is to complete the worksheet.
- Use the Ask the Umpires questions to promote further discussions around the topic and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips.
- Always finish each training session with the Quick Quiz section.

## Rule Reference:

5.1.1, 8.3, 9.7

## Related Sanction and Action

Free Pass  
Throw In

## Activity Objective

To provide umpires with a basic knowledge of the Playing Areas, Offside and Out of Court rules through a fun and engaging classroom-based activity.

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. Whistles worksheet per umpire.
2. Rule book per umpire.
3. Pen or pencil per umpire.
4. Whistle per umpire.

## Ask the Umpires

- Why is it important to know each player's playing area?
- To penalise a player for Offside, what needs to have happened?
- Is it still considered Offside if a player does not have possession of the ball?
- What is the Sanction for Offside?
- Where is the Sanction taken?
- What is the hand signal for Offside?
- Do any players need to stand out of play?

# PLAYING AREAS

# PLAYING AREA



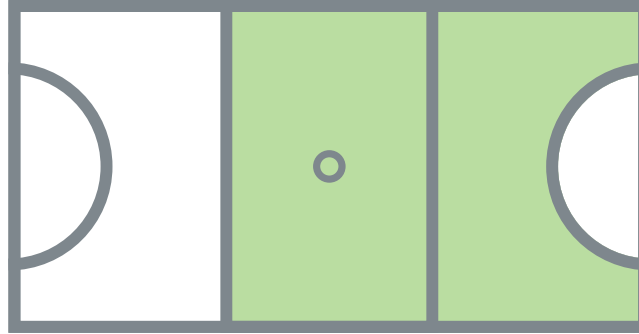
These diagrams are shaded to indicate the areas in which certain players are allowed on court. For each diagram state the two opposing players permitted in the shaded area.

**Remember**

A player is NOT offside if they are on a line bounding their own area of play.

**But**

A player is offside if any part of their body touches the ground BEYOND the line bounding their own area of play.

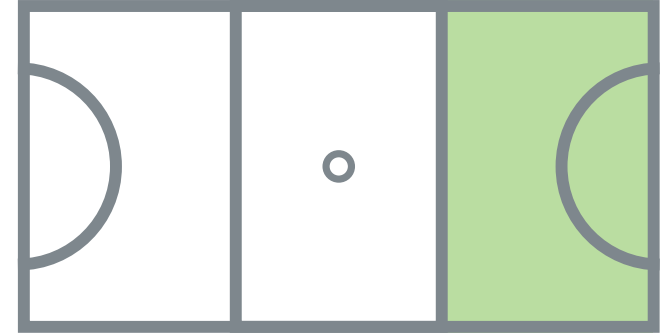


Players permitted in this area

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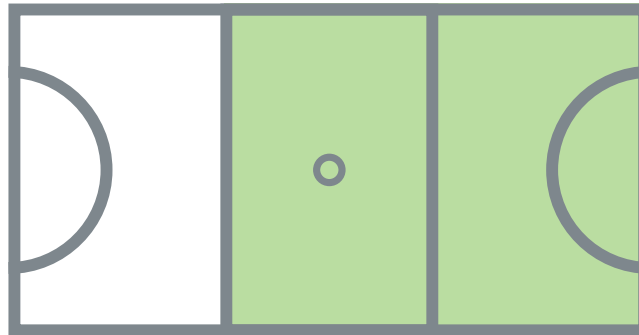


Players permitted in this area

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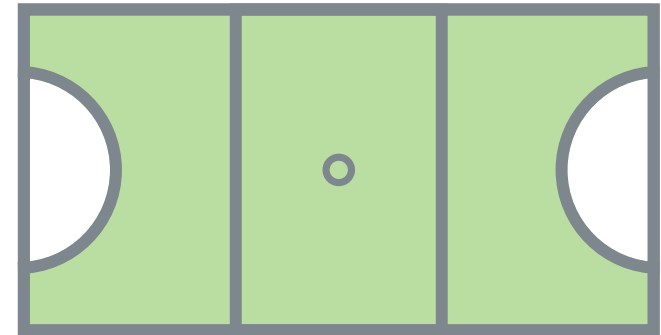


Players permitted in this area

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Players permitted in this area

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# PLAYING AREAS



## Offside



### IS THE GD OFFSIDE?

Why/Why not?

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If yes, what is the Sanction?

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Where would it be taken?

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### IS THIS OFFSIDE?



Why/Why not? \_\_\_\_\_

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If yes, what is the Sanction? \_\_\_\_\_

Where would it be taken? \_\_\_\_\_

### IS THIS OFFSIDE?



Why/Why not?

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If yes, what is the Sanction? \_\_\_\_\_

Where would it be taken? \_\_\_\_\_

## Out of Court

Answer the following questions with a **YES** or **NO**.

Is a ball out of court when?

**YES / NO** *It touches the ground out of court.*

**YES / NO** *It touches any object or person in contact with the ground outside the court.*

**YES / NO** *It hits the goalpost and rebounds back into the court.*

**YES / NO** *A ball is thrown towards a sideline and a player jumps into the air from an on-court position knocks the ball back onto the court and then the player lands outside the court.*

**YES / NO** *The ball hits the umpire*

### IS THE WD OFFSIDE?



Why/Why not? \_\_\_\_\_

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If yes, what is the Sanction? \_\_\_\_\_

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Where would it be taken? \_\_\_\_\_

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## Quick Quiz

- When a player enters an area other than their player's designated playing area, what is the infringement?  
*A. Offside*
- When a player goes Offside into an area other than the player's designated playing area, is the Free Pass taken in the Offside area or the player's own area?  
*A. In the Offside Area*
- May a player reach over and take the ball from an Offside area?  
*A. Yes*
- May a player lean on the ball in an Offside area?  
*A. Yes*
- What is the umpire's ruling when two opposing players go Offside at the same moment and neither makes contact with the ball?  
*A. They are not penalised, and play continues*
- Two opposing players, one in possession of the ball, go offside at the same moment.
  - What action will the umpire take?  
*A. Toss up*
  - Who will be involved?  
*A. The two players concerned*
  - In which area?  
*A. Their own areas of play*
- Two opposing players, both touching the ball, go offside at the same moment.
  - What action will the umpire take?  
*A. Toss up*
  - Who will be involved?  
*A. The two players concerned*
  - In which area?  
*A. Their own areas of play*
- One player who is allowed only in the Goal Third goes Offside into the Centre Third at the same moment as an opposing player goes Offside into the Goal Third. Both contacted the ball, what action will the umpire take?
  - What action will the umpire take?  
*A. Toss up*
  - Who will be involved?  
*A. Any two players*
  - In which area?  
*A. the Centre Third*
- May a player who is on court, stand on a line bounding that players playing area?  
*A. Yes*
- Is the ball out of court when:
  - It touches the ground outside the court.  
*A. Yes*
  - It touches any object or person in contact with the ground outside the court?  
*A. Yes*
- What would the umpire's decision be if:
  - A player who has received the ball with the right foot in contact with the ground outside the court, steps on to the left foot inside the court before throwing.  
*A. A Throw in to opposing team*
  - A Player who is off the court, jumps from out of court, catches the ball and then lands on court before throwing?  
*A. A Throw in to opposing team*
- May a Player standing out of court, or jumping from out of court, defend a player on court?  
*A. No*
- The ball is caught by two opposing players simultaneously, one of who lands out of court.
  - What action would the umpire take?  
*A. Toss up*
  - Who will be involved?  
*A. The two players concerned*
  - In which area?  
*A. An area common to both players*

## Activity Objective

To deliver a practical fitness session relevant to the skills of umpiring.

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. Whistle per umpire
2. Stopwatch
3. Skipping ropes
4. Coloured cones (15-20)

## Ask the Umpires

- Why is it important to have a good level of fitness for umpiring?
- What other ways can you improve your fitness?

## What to Do

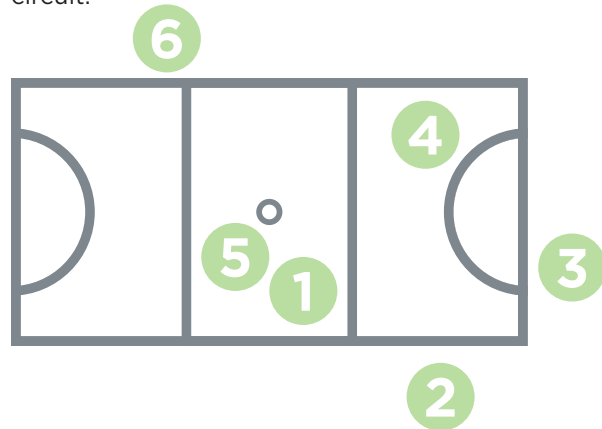
- Set up the umpire interval training circuit as indicated.
- All stations are to be completed in numerical order
- Each session involves three (3) laps of the circuit.
- Use the Ask the Umpires questions to promote further discussion and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips.

## Umpire Coaching Tips

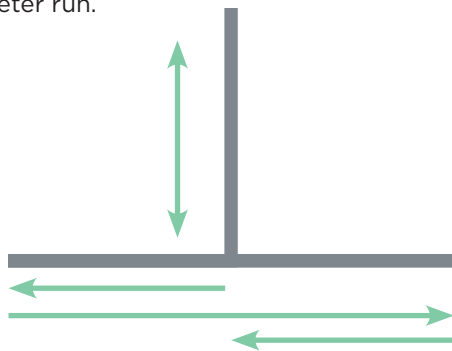
- Umpiring netball requires sufficient physical fitness to keep up with the play, achieve correct positioning and make good decisions.
- Physical qualities that are required include aerobic fitness, speed, agility, and flexibility.
- An umpire's physical preparation should be like that of a player, and attention to diet and nutrition will also assist in meeting the physical requirements of umpiring netball.

## Umpire Intervals and Training Circuit

Set up the interval circuit as indicated. Stations are to be completed in numerical order. Each session involves three laps of the circuit.



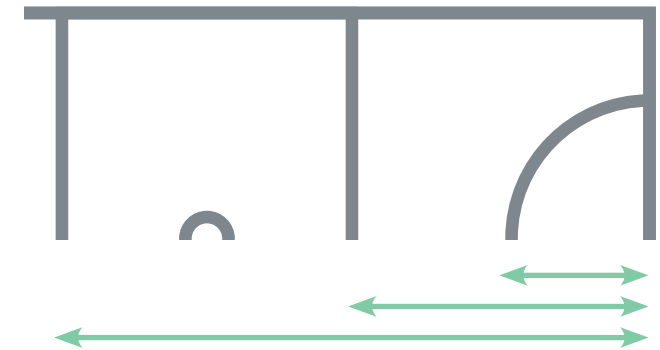
**1 Station**  
 Set up in a 'T' formation. Run forward five meters then back to starting point, then five meters to the left, then five meters to the right. Repeat five times. To make it harder, blow the whistle after each five meter run.



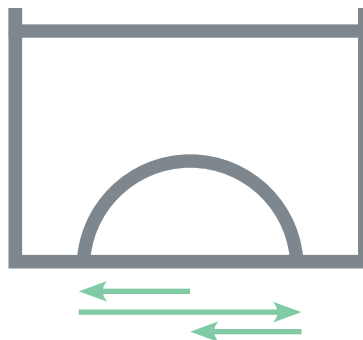
**2 Station**  
 Start by blowing the whistle, then side stepping just forward of the Centre Circle. Sprint from just beyond the transverse line around to the goal post and indicate a goal is scored. Sprint back to the starting point. Keep the body open to the court, eyes up and looking forward. Repeat 5 times.



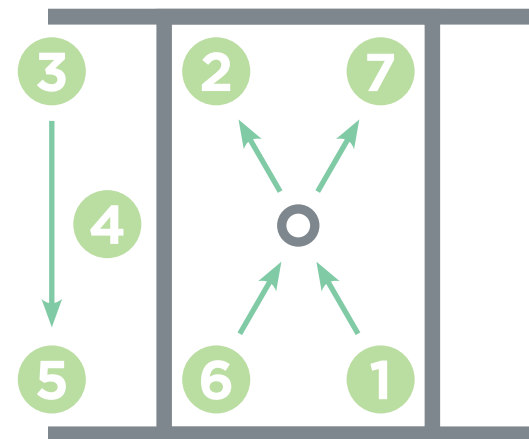
**4 Station**  
 Shuttle run as per diagram. Repeat 5 times



**3 Station**  
 Start behind the Goal Line at the Goalpost. Sidestep to the right midway to the edge of the goal circle. Sidestep back to the left midway to the other side of the goal circle. Repeat 5 times.



**5 Station**  
 Complete the following as per the diagram and repeat five times (in centre third if available).



1. Sidestep
2. Sprint
3. Three dodges (change direction)
4. Sprint
5. Three dodges (change direction)
6. Sidestep
7. Sprint

**6 Station**  
 Finish by skipping 100 times.

# AWARDING SANCTIONS



## Rule Reference: 7.1, 7.2, Appendix A

### Activity Objective

To provide umpires with a basic knowledge of the two Sanctions and which infringements they relate to.

### Area Required

Your choice of indoor or outdoor playing area.

### Equipment Required

1. **Awarding Sanctions** worksheet per umpire.
2. Rule book per umpire.
3. Pen or pencil per umpire.

## Ask the Umpires

- What's the difference between a major and minor infringement?
- Which infringements involve only one player?
- Which infringements involve two players?

## What to Do

- Prior to the session, photocopy enough of the Awarding Sanctions worksheets so that there is at least one per pair.
- On the day, provide each pair with a copy of the Awarding Sanctions worksheet to complete.
- Pairs work together, using the rule book, to complete the worksheet, including identifying all the Infringements that relate to each Sanction,
- where the Sanction would be taken for each Infringement and whether any player would be out of play
- Use the Ask the Umpires questions to promote further discussions around the topic and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips.
- Always finish each training session with the Quick Quiz section.

## Umpire Coaching Tips

- During a game, the umpires may award the following sanctions unless the Advantage rule applies: Free Pass, Penalty Pass.
- For all major infringements, the sanction is taken where the infringer was standing unless this places the non-offending team at a disadvantage.
- For all minor infringements, the sanction is taken where the infringement occurred.
- All Sanctions are awarded to a team. The Sanction may be taken by any member of the team allowed in the area.
- A Goal Shooter or Goal Attack taking a Free Pass in the Goal Circle may not shoot for goal.
- A Goal Shooter or Goal Attack taking a Penalty Pass in the Goal Circle may either pass or shoot for goal.
- A Penalty Pass is awarded to a team for all major infringements of the rules.
- Both the player taking the Sanction and the offending player/s must move quickly to take up the positions clearly directed and indicated by the umpire.
- The infringer must stand beside but away from the player taking the Penalty Pass so as not to impede that player.
- The infringer must remain in this position and not move or take any part in play (including verbal comments) until the ball has been released.
- Once the player taking the Penalty Pass is in the correct position, the player may choose to either play the ball immediately or to wait for the infringer to stand out of play. 3 seconds is measured from the time both players are in position.

# AWARDING SANCTIONS



Using the rule book identify all the infringements that relate to each Sanction and action, where the Sanction or action would be taken and whether there would be any player out of play.

		<i>RELATED INFRINGEMENTS What Happened?</i>	<i>RELATED INFRINGEMENTS Where is it taken?</i>	<i>Anyone out of play?</i>
		<i>SANCTIONS / ACTION</i>		
<i>MAJOR</i>	<i>PENALTY PASS</i>			
	<i>TOSS UP</i>			
	<i>THROW IN</i>			
	<i>FREE PASS</i>			
<i>MINOR INFRINGEMENT</i>				





## Quick Quiz

1. May a Goal Shooter or a Goal Attack attempt a shot for goal from a Free Pass awarded in the Goal Circle?  
*A. No*
2. What Sanction is awarded if the player taking a Free Pass has not released the ball within three seconds?  
*A. Free Pass*
3. May a Free Pass be defended?  
*A. Yes*
4. May a Penalty Pass be defended?  
*A. Yes*
5. May a player taking a Throw In place a foot on the line as the ball is released?  
*A. No*
6. When a player takes a Throw In and does not ensure that all other players are already on Court before taking the Throw In, what does the umpire award?  
*A. Throw In*
7. What action would the umpire take when two opposing players gain simultaneous possession of the ball?  
*A. Toss Up*
8. Name the Sanction for each of the following infringements and state where the sanction would be taken.  
9. Footwork infringement  
*A. Free Pass where the infringement occurred*
10. Player Offside  
*A. Free Pass in the offside area where the infringement occurred*
11. Contact of the Centre taking the Centre Pass  
*A. Penalty Pass where the infringer was standing*
12. Short Pass on Court  
*A. Free Pass where the pass was released*
13. Obstruction of the player taking a Throw In along the Sideline  
*A. Penalty Pass where the infringer was standing*

**Rule Reference:** 8.0 Controlling Play

## Related Sanction and Action

Free Pass  
Throw In

## Activity Objective

To provide umpires with a basic knowledge of the positioning of players for the start of play and how to start play.

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. Rule book per umpire.
2. Whistle per umpire
3. Start of Play worksheet per umpire
4. Pen or pencil per umpire.

## Ask the Umpires

- What 'tools of the trade' do you have to control the start and restart of play?
- Why is it important to blow the Centre Pass whistle as quickly as possible once players are positioned?
- What is the Sanction for a player who enters the Centre Third prior to the whistle being blown for a Centre Pass?
- Where is the Sanction awarded?
- What is the action taken by the umpire if a ball from the Centre Pass goes untouched over the Sideline bounding the Centre Third?

## What to Do

- Prior to the session, photocopy enough of the Start of Play worksheets so there is one per pair
- Using the rule book, pairs are to complete the worksheet.
- Use the Ask the Umpires questions to promote further discussions around the topic and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips

## Umpire Coaching Tips

- Immediately after a goal is scored, both umpires must indicate the direction of the Centre Pass, and if they disagree the umpires shall appeal to the scorer.
- The Centre Pass whistle should be blown as quickly as possible once players are positioned to prevent 'breaking'.
- Tools of the trade include: whistle, voice, hand signals, Centre Pass ring/band.
- The Sanction for a player entering the Centre Third prior to the whistle being blown for a Centre Pass is a Free Pass.
- The Sanction is taken where the infringement occurred, e.g., in the Centre Third where the player first crossed the Transverse Line.
- The action for a ball crossing the Sideline in the Centre Third, untouched, on a Centre Pass is a Throw In.

## Positioning Players for Start of Play

Use your rule book to complete the following

### 1. For the start and restart of play

- Must the Centre in possession of the ball stand wholly within the Centre Circle?  YES  NO
- May the Centre in possession of the ball have one foot grounded in the Centre Circle and the other foot lifted in the air?  YES  NO
- May the Centre in possession of the ball have one foot grounded in the Centre Circle and the other foot grounded outside the Centre Circle?  YES  NO
- Where should the opposing Centre be? \_\_\_\_\_
- Is the opposing Centre free to move before the whistle has been blown to start play?  YES  NO
- Where are the other players positioned? \_\_\_\_\_
- Are the other players free to move before the whistle has been blown?  YES  NO
- Are the other players allowed to move into the Centre Third before the whistle has been blown?  YES  NO

### 2. Penalising Infringements at the start and restart of play

To penalise an infringement at the start and restart of play, is the umpire required to blow the whistle for the Centre Pass, then blow it again for the infringement?

YES  NO

### 3. When two opposing players simultaneously enter the Centre Third before the whistle has been blown for the Centre Pass, what would the umpire do.

If neither makes contact with the ball? \_\_\_\_\_

If one of them touches or catches the ball? \_\_\_\_\_

# START OF PLAY



1. Play is started at the \_\_\_\_\_ of each quarter/half and after each \_\_\_\_\_ by a \_\_\_\_\_.

The Centre Pass is taken \_\_\_\_\_ by the \_\_\_\_\_ of each team.

At a \_\_\_\_\_, before the whistle was \_\_\_\_\_ to end the \_\_\_\_\_, the centre pass will be ruled \_\_\_\_\_ to have been \_\_\_\_\_ if:

- a. The ball is still in the \_\_\_\_\_ hands and no player from that team has been \_\_\_\_\_.
- b. The \_\_\_\_\_ is knocked out of the Centre's hands by a player from the \_\_\_\_\_ team.
- c. An \_\_\_\_\_ infringement by the \_\_\_\_\_ team has been penalised and the penalty pass has not been \_\_\_\_\_.

2. After the whistle has been blown may the Centre taking the Centre Pass:

- Ground one foot outside the Centre Circle before throwing the ball.
- Ground one foot outside the Centre Circle and lift the other foot from within the Circle before throwing the ball?
- Jump from both feet and land on one before throwing the ball?

YES  NO

YES  NO

YES  NO

3. Within what time after the umpire blows the whistle for the Centre Pass, must the Centre with the ball release the pass? \_\_\_\_\_

4. Would a member of the team taking the Centre Pass be judged to have received the ball legally if that player:

- Lands with the first foot wholly within the Centre Third, then grounds the other foot in the Goal Third
- Jumps from the Goal Third, touches the ball in the air and lands in the Centre Third?
- Lands on both feet simultaneously astride the Transverse Line?

YES  NO

YES  NO

YES  NO



# CONTACT 1

## Rule Reference:

7, 12

## Related Sanction and Action

Penalty Pass

## Activity Objective

To provide umpires with the basic knowledge of the Contact rule through a fun and engaging classroom-based activity.

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. Contact worksheet per pair.
2. Rule book per umpire.
3. Whistle per umpire.
4. Envelope per pair.

## Ask the Umpires

- To penalise a player for Contact, what needs to have happened?
- What is the Sanction for Contact?
- Where is the Sanction taken?
- Do any players need to stand out of play?
- What is the hand signal for Contact?

## What to Do

- Prior to the session, photocopy enough of the Contact worksheets so that there is one between two umpires
- Prepare the worksheets by cutting them along the dotted lines and place each set in an envelope.
- On the day, divide the group into pairs and provide them with an envelope that contains the pre-prepared rule
- Pairs are to attempt to piece the rule, including the Sanction, back together in the right order without using their rule book.
- Once everyone has finished, read the correct version of the rule from the rule book, and see who is closest to being correct.
- Use the Ask the Umpires questions to promote further discussions around the rule and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips.
- Always finish each training session with the Quick Quiz section.

## Umpire Coaching Tips

- The Sanction for Contact is a Penalty Pass.
- The Sanction is taken where the infringer was standing, unless this places the non-offending team at a disadvantage.
- The infringer must move quickly to the position indicated.
- The infringer must stand beside but away from the player taking the sanction so as not to impede that player.
- The infringer must remain in this position and not move or take any part in play (including verbal comments) until the ball has been released.
- Whenever Contact of two opposing players occurs, an umpire must ask themselves:
  - Why did it happen?
  - Who caused it to happen?
- To be in the best position to see and recognise Contact, be at least level with, if not a little ahead of where the ball is.
- Be aware of the first movement of two players contesting a ball.
- Contact occurs when a player's actions interfere with an opponent's play whether these are accidental or deliberate.
- Umpires should be aware that opposing players may come into contact with each other and provided players don't interfere with or disadvantage their opponents, this is considered a 'Contest' and play continues.
- What happened?

# CONTACT 1



Cut out each section along the dotted lines. Once cut out, piece the rule, including the Sanction, back together in the right order.

When attacking, defending, or playing the ball	Opposing players may come into
Physical contact with each other	Provided the players
Do not interfere with each	Other's play or use their bodies
To gain an unfair advantage	Over their opponent, it is
Deemed to be 'contest' and	Play continues.
'Contact' occurs when a	Player's actions interfere with
An opponent's play whether	These are accidental or deliberate.
Interference may occur in the following ways:	Physical contact using any part of the
Body to limit an opponent's ability to move freely	This includes, but is not limited to, pushing, tripping,
Holding or leaning on an opponent.	Knocking or hitting a player
Including when shooting for goal.	Placing hand/s on the ball
Held by an opponent.	Hitting the ball held by an
Opponent or removing it	From an opponent's possession.
While holding the ball,	Pushing it into an opponent.





# CONTACT

## CONTACT 1



### Quick Quiz

1. Is a player penalised for accidental Contact that interferes with the play of an opponent?  
*A. Yes*
2. What Sanction would the umpire award if the following occurred in the Centre Third:
  - Pushing an opponent in an effort to get free?  
*A. Penalty Pass*
  - Tripping an opponent accidentally in an effort to get free?  
*A. Penalty Pass*
3. What Sanction would the umpire award if the incident occurred within the following occurred in the Goal Circle:
  - The Goal Defence moves so quickly into the path of an opponent that contact cannot be avoided?  
*A. Penalty Pass*
  - The Goal Attack or Goal Shooter pushes through the Goal Defence or the Goal Keeper?  
*A. Penalty Pass*
  - The Goal Keeper or Goal Defence holds an opponent's uniform?  
*A. Penalty Pass*
  - The Goal Keeper or Goal Defence pushes their elbow against an opponent?  
*A. Penalty Pass*
  - The Goal Keeper and Goal Defence position themselves so near an opponent that Contact cannot be avoided?  
*A. Penalty Pass*

## Rule Reference:

7, 12

## Related Sanction and Action

Penalty Pass

## Activity Objective

To provide umpires with the opportunity to apply the Contact rule through action photos shots.

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. Rule book per umpire.
2. Contact photo card per umpire.

## Ask the Umpires

- To penalise a player for Contact, what needs to have happened?
- What is the Sanction for Contact?
- Where is the Sanction taken?
- Does anyone stand out of play?
- What is the hand signal for Contact?

## What to Do

- Divide the group into smaller groups of 3-4 (depending on numbers).
- Provide each group with one of the Contact photo cards.
- Ask groups to look at the photo and discuss the questions.
- After about five minutes, ask groups to share their thoughts on the photo and explain their answers to the question.
- Use the Ask the Umpires questions to promote further discussions around the rule and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips.
- Always finish each training session with the Quick Quiz section.

## Umpire Coaching Tips

- The Sanction for Contact is a Penalty Pass.
- The Sanction is taken where the infringer was standing, unless this places the non-offending team at a disadvantage.
- The infringer must move quickly to the position indicated.
- The infringer must stand beside but away from the player taking the sanction so as not to impede that player.
- The infringer must remain in this position and not move or take any part in play (including verbal comments) until the ball has been released.
- Whenever Contact of two opposing players occurs, an umpire must ask themselves:
  - What happened?
  - Why did it happen?
  - Who caused it to happen?
- To be in the best position to see and recognise Contact, be at least level with, if not a little ahead of, where the ball is.
- Be aware of the first movement of two players contesting a ball.
- For Contact to occur, it must involve interference.

# CONTACT

## CONTACT 2



### CONTACT PHOTO ACTIVITY

Use your rule book to complete the following

#### PHOTO 1

Would you call Contact?  YES  NO

If so, on which player?

---

Why?

---

---

What Sanction would you award if it occurred in the Goal Third and where would the Sanction be awarded?

---

---

Would any players need to stand out of play?

---



# CONTACT

## CONTACT 2



### CONTACT PHOTO ACTIVITY

Use your rule book to complete the following



#### PHOTO 2

Would you call Contact?  YES  NO

If so, on which player?

---

Why?

---

---

What Sanction would you award if it occurred in the Goal Third and where would the Sanction be awarded?

---

---

Would any players need to stand out of play?

---

# CONTACT

## CONTACT 2



### Photo Activity Answers

#### CONTACT PHOTO ACTIVITY ANSWERS

##### PHOTO 1

Would you call Contact?  YES  NO

If so, on which player?

*On the defender*

Why?

*Placing a hand on the ball held by an opponent is interference*

What Sanction would you award if it occurred in the Goal Third and where would the Sanction be awarded?

*Penalty Pass where the infringer was standing*

Would any players need to stand out of play?

*Yes, the defending player would need to stand out of play*

#### CONTACT PHOTO ACTIVITY ANSWERS

##### PHOTO 2

Would you call Contact?  YES  NO

If so, on which player?

*On the blue Centre*

Why?

*Knocking or hitting a player is interference. In this case the*

*blue Centre hit her arm.*

What Sanction would you award if it occurred in the Goal Third and where would the Sanction be awarded?

*Penalty Pass where the infringer was standing*

Would any players need to stand out of play?

*Yes, the offending Centre would need to stand out of play*

# CONTACT 2



## Quick Quiz

1. May a player while holding the ball, touch or push an opposing player with it, in such a manner as to interfere with the opponent's play?  
A. No
2. What would the umpire's ruling be if a defending player placed a hand on the ball held by the opposing Goal Shooter during a shot for goal?  
A. Penalty Pass
3. Is a sanction awarded against a player who accidentally knocks the ball from an opponent's hands?  
A. Yes

## Rule Reference:

7, 12

## Related Sanction and Action

Penalty Pass

## Activity Objective

To provide umpires with the opportunity to apply the Contact rule through action photos shots.

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. Rule book per umpire.
2. Contact photo card per umpire.

## Ask the Umpires

- To penalise a player for Contact, what needs to have happened?
- What is the Sanction for Contact?
- Where is the Sanction taken?
- Does anyone stand out of play?
- What is the hand signal for Contact?

## What to Do

- Divide the group into smaller groups of 3-4 (depending on numbers).
- Provide each group with one of the Contact photo cards.
- Ask groups to look at the photo and discuss the questions.
- After about five minutes, ask groups to share their thoughts on the photo and explain their answers to the question.
- Use the Ask the Umpires questions to promote further discussions around the rule and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips.

## Umpire Coaching Tips

- The Sanction for Contact is a Penalty Pass.
- The Sanction is taken where the infringer was standing, unless this places the non-offending team at a disadvantage.
- The infringer must move quickly to the position indicated.
- The infringer must stand beside but away from the player taking the sanction so as not to impede that player.
- The infringer must remain in this position and not move or take any part in play (including verbal comments) until the ball has been released.
- Whenever Contact of two opposing players occurs, an umpire must ask themselves:
  - What happened?
  - Why did it happen?
  - Who caused it to happen?
- To be in the best position to see and recognise Contact, be at least level with, if not a little ahead of, where the ball is.
- Be aware of the first movement of two players contesting a ball.
- For Contact to occur it must involve interference.



# CONTACT

## CONTACT 3



### CONTACT PHOTO ACTIVITY Use your rule book to complete the following

#### PHOTO 1

Would you call Contact?  YES  NO

If so, on which player?

---

Why?

---

---

What Sanction would you award if it occurred in the Goal Third and where would the Sanction be awarded?

---

---

Would any players need to stand out of play?

---

# CONTACT 3



## CONTACT PHOTO ACTIVITY Use your rule book to complete the following

### PHOTO 2

Would you call Contact?  YES  NO

If so, on which player?

---

Why?

---

---

What Sanction would you award if it occurred in the Goal Third and where would the Sanction be awarded?

---

---

Would any players need to stand out of play?

---

# CONTACT

## CONTACT 3



### Photo Activity Answers

#### CONTACT PHOTO ACTIVITY ANSWERS

##### PHOTO 1

Would you call Contact?  YES  NO

If so, on which player?

*On the Goal Keeper*

Why?

*The Goal Keeper is knocking or hitting his opponent causing*

*interference.*

What Sanction would you award if it occurred in the Goal Third and where would the Sanction be awarded?

*Penalty Pass where the infringer was standing*

Would any players need to stand out of play?

*Yes, the infringing player would need to stand out of play*

#### CONTACT PHOTO ACTIVITY ANSWERS

##### PHOTO 2

Would you call Contact?  YES  NO

If so, on which player?

*No Sanction*

Why?

*The players are not using their bodies to gain an unfair advantage.*

What Sanction would you award if it occurred in the Goal Third and where would the Sanction be awarded?

*No Sanction*

Would any players need to stand out of play?

*No Sanction*

# OBSTRUCTION 1



## Rule Reference:

7, 11

## Related Sanction and Action

Penalty Pass

## Activity Objective

To provide umpires with the opportunity to apply the Obstruction rule in a games-based activity.

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. Rule book per umpire.
2. Whistle per umpire.
3. Stopwatch.
4. Set of patches or bibs.
5. Coloured cones (14).

## Ask the Umpires

- How does positioning affect your ability to judge defending distance?
- If the player with the ball decides to step forward, backward or sideways onto the other foot, is the distance for Obstruction still measured from the spot where the landed foot was, even if this is lifted from the ground in the stepping movement?

## What to Do

- From the Centre Circle, randomly place seven sets of cones, in pairs, at varying distances around one half of the Court -some at exactly 0.9m (three feet), some less than and some more than.
- Ask the group except for one (the umpire) to pair up.
- Each pair is to stand at a set of cones facing one another.
- One person in each pair is to wear a patch/bib. The patches/bibs are the attacking team.
- The 'umpire' is to take up their position on the side of the Court, 'controlling the half' where the cones are laid out and the participants are standing.
- Starting with a Centre Pass, the umpire blows their whistle and uses the correct hand signal to indicate the start of play.
- The attacking team, who must remain stationary at their cones, throw the ball around in any direction they like, ensuring that each attacking player has caught the ball once. Attackers must pass the ball within three seconds.
- Each time the attacking player has caught the ball, the defending player (the player without the patch/bib) must put their arms up to defend the pass, again remaining stationary at their cone.
- At the same time, the umpire moves up and down the Sideline and onto the Goal Line, attempting to be in the best position to see the player with the ball and their defending player.
- Each time an attacker catches the ball, the umpire must make one of three calls — 'short', 'long', or 'correct' — in relation to the distance between the attacker and the defender.
- Once the last attacking player has caught the ball and the umpire has made their final call, they blow their whistle to indicate the end of play.
- Select another umpire from the group and start again.
- After all umpires have had a turn, the umpire who has the most number of correct calls wins.
- Use the Ask the Umpires questions to promote further discussions around the rule and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips.
- Always finish each training session with the Quick Quiz section.

# OBSTRUCTION 1



## Umpire Coaching Tips

- Remember that Obstruction must also be judged with reference to three seconds and the footwork skills of the thrower.
- The Sanction for Obstruction is a Penalty Pass.
- Sanction is taken where the infringer was standing unless this places the non-offending team at a disadvantage.
- The infringer must move quickly to the position indicated.
- The infringer must stand beside but away from the player taking the sanction so as not to impede that player.
- The infringer must remain in this position and not move or take any part in play (including verbal comments) until the ball has been released.
- Understand that the legal distance (0.9m) is measured from the nearest foot of the defending player to:
  - The nearest part of the landed foot of the receiver,
  - The nearest part of the landed foot the thrower uses to pivot on,
  - The spot on the ground from which the landed foot was lifted, or
- The nearer foot of the thrower who lands simultaneously on both feet and does not move either.
- Legal defending has two aims:
  - Attempting to prevent the opponent from throwing or moving in the direction desired.
  - Attempting to intercept the pass.
- Be aware of a player with the ball who shortens the distance. Know that if the defending player takes up the correct distance from the original landed foot, they do not have to readjust their defending position.
- Understand that a defending player may take up the correct distance prior to or after a player with the ball shortens the distance.
- When a Penalty Pass is awarded, the Sanction is 'set' when the player taking the Penalty Pass is positioned correctly with the ball and the infringer is also positioned correctly. 3 seconds is measured from the time both players are in position.

## Quick Quiz

1. A player is within a distance of 0.9m (3 feet) of an opponent without the ball. Would the player be penalised for Obstruction if outstretched arms were used to:
  - Deflect or catch a pass? A. No
  - Deflect or catch a fake pass? A. No
  - Obtain a rebound from an unsuccessful shot at goal? A. No
  - Signal momentarily for a pass? A. No
  - Signal momentarily to indicate the intended direction of movement? A. No

# OBSTRUCTION 2



## Rule Reference:

7, 11

## Related Sanction and Action

Penalty Pass

## Activity Objective

To provide umpires with the opportunity to apply the Obstruction rule in a games-based activity.

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. Rule book per umpire.
2. Whistle per umpire.
3. Stopwatch.
4. Set of patches or bibs.
5. Coloured cones (14).

## Ask the Umpires

- How does positioning affect your ability to judge defending distance?
- What is the Sanction for Obstruction?
- Where is the Sanction taken?
- Who is allowed to take the Sanction?
- Do any players need to stand out of play?
- What is the hand signal for Obstruction?

## What to Do

- From the Centre Circle, randomly place seven sets of cones, in pairs, at varying distances around one half of the Court - some at exactly 0.9m (three feet), some less than and some more than.
- Umpires take it in turns to be the umpire who 'controls the half' where the cones are laid out.
- The umpire blows their whistle and uses the correct hand signal to indicate the start of play.
- Start the stopwatch.
- The umpire then has up to 21 seconds to move along the Side Line and onto the Goal Line, while making one of three calls; 'short', 'correct, or 'long'; - in relation to the distance between each set of cones.
- When the umpire has made their final call, they blow their whistle to indicate the end of play.
- Stop the stopwatch and record the correct number of calls.
- The umpire who has the greatest number of correct calls in the shortest time wins.
- To make it harder, have the other umpires stand at each set of cones, with one player pretending to be the defender and the other the attacker.
- After all umpires have had a turn, the umpire who has the most number of correct calls wins.
- Use the Ask the Umpires questions to promote further discussions around the rule and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips.
- Always finish each training session with the Quick Quiz section.

## Umpire Coaching Tips

- Remember that Obstruction must also be judged with reference to three seconds and the footwork skills of the thrower.
- The Sanction for Obstruction is a Penalty Pass.
- Sanction is taken where the infringer was standing unless this places the non-offending team at a disadvantage.
- The infringer must move quickly to the position indicated.
- The infringer must stand beside but away from the player taking the sanction so as not to impede that player.
- The infringer must remain in this position and not move or take any part in play (including verbal comments) until the ball has been released.
- Understand that the legal distance (0.9m) is measured from the nearest foot of the defending player to:
  - The landed foot of the receiver,
  - The landed foot the thrower uses to pivot on,
  - The spot on the ground from which the landed foot was lifted, or
  - The nearest foot of the thrower who lands simultaneously on both feet and does not move either.
- Legal defending has two aims:
  - Attempting to prevent the opponent from throwing or moving in the direction desired.
  - Attempting to intercept the pass.
- Be aware of a player with the ball who shortens the distance. Know that if the defending player takes up the correct distance from the original landed foot, they do not have to readjust their defending position.
- Understand that a defending player may take up the correct distance prior to or after a player with the ball shortens the distance.
- When a Penalty Pass is awarded, the Sanction is 'set' when the player taking the Penalty Pass is positioned correctly with the ball and the infringer is also positioned correctly. 3 seconds is measured from the time both players are in position.

## Quick Quiz

1. A player is standing within 0.9m (3 feet) of an opponent in possession of the ball. The player is making no effort to defend and there is on interference with the throwing action. Would this player be penalised?  
*A. No*
2. A defending player wishes to attempt to intercept or defend a throw by an attacking player who has caught the ball in the air and landed on the right foot. What is the minimum distance the defending player must stand from the right foot of the attacking player before attempting to defend?  
*A. A distance of 0.9m (3 feet).*
3. From which foot of the defending player is the distance measured on the ground?  
*A. The nearer foot.*

# OBSTRUCTION 3



## Rule Reference:

7, 11

## Related Sanction and Action

Penalty Pass

## Activity Objective

To provide umpires with the opportunity to apply the Obstruction rule in a games-based activity.

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. Whistle per umpire.
2. Ball per pair
3. 0.9m (3 feet) stick or measuring tape.

## Ask the Umpires

- How does positioning affect your ability to judge defending distance?
- What is the Sanction for Obstruction?
- Where is the Sanction taken?
- Who is allowed to take the Sanction?
- Does anyone need to stand out of play?
- What are the hand signals for Obstruction?

## What to Do

- Ask the group, except for one (the umpire) to pair up and spread out across one half of the Court.
- Provide each pair with a ball.
- Number each set of pairs, starting with one for the pair closest to the Centre Circle and so on.
- The 'umpire' is to take up their position on the side of the Court, 'controlling the half' where the participants are standing.
- The umpire blows their whistle and uses the correct hand signal to indicate the start of play.
- As the whistle is blown, the player with the ball in pair one throws the ball up in the air and catches it. At the same time, their partner attempts to intercept. If they are unsuccessful, they are to recover and step back to 0.9m (three feet) and put hands up to defend.
- The umpire is to assess the defending distance, in relation to the landed foot of the attacking player and the nearer foot of the defending player, and either:
  - Call out loudly (correct' indicating that the distance is good, or
  - Blow their whistle, call Obstruction, and use the correct hand signal to indicate that the distance is short.
- The umpire has up to three seconds to make their decision.
- Pairs are to remain stationary in their attacking and defending positions until the end of the activity.
- As soon as the umpire has made their call, the player with the ball in pair number two is to throw their ball up in the air and the process is repeated.
- The umpire is to have repositioned along the Sideline or Goal Line (depending on the best positioning to be in to judge the distance) and again make their call.
- Continue until the umpire has made a call for every pair.
- Once the umpire has made their final call, they blow their whistle to indicate the end of play.
- Using the three feet stick/measuring tape, measure the distance of each pair. The umpire is awarded one point for each correct decision.
- Select another umpire from the group and start again.
- The umpire with the highest number of correct calls wins.
- Use the Ask the Umpires questions to promote further discussions around the rule and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips.
- Always finish each training session with the Quick Quiz section.



# OBSTRUCTION 3



## Umpire Coaching Tips

- Remember that Obstruction must also be judged with reference to three seconds and the footwork skills of the thrower.
- The Sanction for Obstruction is a Penalty Pass.
- Sanction is taken where the infringer was standing unless this places the non-offending team at a disadvantage.
- The infringer must move quickly to the position indicated.
- The infringer must stand beside but away from the player taking the sanction so as not to impede that player.
- The infringer must remain in this position and not move or take any part in play (including verbal comments) until the ball has been released.
- Understand that the legal distance (0.9m) is measured from the nearer foot of the defending player to:
  - The landed foot of the receiver, or
  - The landed foot that the thrower uses to pivot on, or
  - The spot on the ground from which the landed foot was lifted, or
- The nearer foot of the thrower who lands simultaneously on both feet and does not move either.
- Legal defending has two aims:
  - Attempting to prevent the opponent from throwing or moving in the direction desired.
  - Attempting to intercept the pass.
- Be aware of a player with the ball who shortens the distance. Know that if the defending player takes up the correct distance from the original landed foot, they do not have to readjust their defending position.
- Understand that a defending player may take up the correct distance prior to or after a player with the ball shortens the distance.
- When a Penalty Pass is awarded, the Sanction is 'set' when the player taking the Penalty Pass is positioned correctly with the ball and the infringer is also positioned correctly. 3 seconds is measured from the time both players are in position.





# OBSTRUCTION 4



## Rule Reference:

7, 11

## Related Sanction and Action

Penalty Pass

## Activity Objective

To provide umpires with the opportunity to discuss the Obstruction rule through action photo shots

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. Rule book per umpire.
2. Obstruction photo card per umpire.

## Ask the Umpires

- How does positioning affect your ability to judge defending distance?
- What is the Sanction for Obstruction?
- Where is the Sanction taken?
- Who is allowed to take the Sanction?
- Does anyone stand out of play?
- What are the hand signals for Obstruction?

## What to Do

- Divide the group into smaller groups of 3-4 (depending on numbers).
- Provide each group with one of the Obstruction photo cards.
- Ask groups to look at the photo and discuss the questions.
- After about five minutes, ask groups to share their thoughts on the photo and explain their answers to the question.
- Use the Ask the Umpires questions to promote further discussions around the rule and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips.

## Umpire Coaching Tips

- Umpires' decisions are influenced by:
  - What they see.
  - When they see it.
  - From where they see it.
- Legal defending has two aims:
  - Attempting to prevent the opponent from throwing or moving in the direction desired.
  - Attempting to intercept the pass
- The Sanction for Obstruction is a Penalty Pass.
- The Sanction is taken where the infringer was standing, unless this places the non-offending team at a disadvantage.
- The infringer must move quickly to the position indicated.
- The infringer must stand beside but away from the player taking the sanction so as not to impede that player.
- The infringer must remain in this position and not move or take any part in play (including verbal comments) until the ball has been released.
- Be aware of a player with the ball who shortens the distance. Know that if the defending player takes up the correct distance from the original landed foot, they do not have to readjust their defending position.
- Understand that a defending player may take up the correct distance prior to or after a player with the ball shortens the distance.

# OBSTRUCTION 4



## OBSTRUCTION PHOTO ACTIVITY

Use your rule book to complete the following



### PHOTO 1

Would you call Obstruction?  YES  NO

If so, on which player?

---

Why?/Why not?

---

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---

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---

---

# OBSTRUCTION 4



## OBSTRUCTION PHOTO ACTIVITY

Use your rule book to complete the following

### PHOTO 2

Would you call Obstruction?  YES  NO

If so, on which player?

---

Why?/Why not?

---

---

---

---

---

---



# OBSTRUCTION 4



## Photo Activity Answers

### OBSTRUCTION PHOTO ACTIVITY ANSWERS

#### PHOTO 1

Would you call Obstruction?  YES  NO

If so, on which player?

No Sanction

Why?/Why not?

Obstruction of a player not in possession of the ball: A player

who is within 0.9 m (3 ft) may not, whether attacking or

defending, use movements that take the arms away from the

body so as to limit the possible movement of an opponent,

except as required for natural body stance. Her arm position

and movement are part of a natural body stance

### OBSTRUCTION PHOTO ACTIVITY ANSWERS

#### PHOTO 2

Would you call Obstruction?  YES  NO

If so, on which player?

No Sanction

Why?/Why not?

An opposing player who is the correct distance from a player

with the ball may attempt to intercept the ball or defend the

player with the ball jumping upwards or towards the player

with the ball and landing within 0.9 m (3 ft) provided this

does not interfere with the shooting or passing action.

# OBSTRUCTION 5



## Rule Reference:

7, 11

## Related Sanction and Action

Penalty Pass

## Activity Objective

To provide umpires with the opportunity to discuss the Obstruction rule through action photo shots

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. Rule book per umpire.
2. Obstruction photo card per umpire.

## Ask the Umpires

- How does positioning affect your ability to judge defending distance?
- What is the Sanction for Obstruction?
- Where is the Sanction taken?
- Who is allowed to take the Sanction?
- Does anyone stand out of play?
- What are the hand signals for Obstruction?

## What to Do

- Divide the group into smaller groups of 3-4 (depending on numbers).
- Provide each group with one of the Obstruction photo cards.
- Ask groups to look at the photo and discuss the questions.
- After about five minutes, ask groups to share their thoughts on the photo and explain their answers to the question.
- Use the Ask the Umpires questions to promote further discussions around the rule and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips.

## Umpire Coaching Tips

- Umpires' decisions are influenced by:
  - What they see.
  - When they see it.
  - From where they see it.
- Legal defending has two aims:
  - Attempting to prevent the opponent from throwing or moving in the direction desired.
  - Attempting to intercept the pass
- The Sanction for Obstruction is a Penalty Pass.
- The Sanction is taken where the infringer was standing, unless this places the non-offending team at a disadvantage.
- The infringer must move quickly to the position indicated.
- The infringer must stand beside but away from the player taking the sanction so as not to impede that player.
- The infringer must remain in this position and not move or take any part in play (including verbal comments) until the ball has been released.
- Be aware of a player with the ball who reduces the distance to the defender. Know that if the defending player takes up the correct distance from the original landed foot, they do not have to readjust their defending position.
- Understand that a defending player may take up the correct distance prior to or after a player with the ball shortens the distance.



# OBSTRUCTION 5



## OBSTRUCTION PHOTO ACTIVITY Use your rule book to complete the following

### PHOTO 1

Would you call Obstruction?  YES  NO

If so, on which player? \_\_\_\_\_

Why?

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What Sanction would you award if it occurred in the Goal Third and where would the Sanction be awarded?

---

---

Would any players need to stand out of play?

---

# OBSTRUCTION 5

## OBSTRUCTION 5



### OBSTRUCTION PHOTO ACTIVITY Use your rule book to complete the following

#### PHOTO 2

Would you call Obstruction?  YES  NO

If so, on which player? \_\_\_\_\_

Why?

---

---

---

---

---

What Sanction would you award if it occurred in the Goal Third and where would the Sanction be awarded?

---

---

Would any players need to stand out of play?

---

# OBSTRUCTION 5



## Photo Activity Answers

### OBSTRUCTION PHOTO ACTIVITY ANSWERS

#### PHOTO 1

Would you call Contact?  YES  NO

If so, on which player? The Centre

Why?

An opposing player may attempt to deflect or intercept the ball or defend a player in possession of the ball, provided there is a distance of not less than 0.9 m (3 ft) measured on the ground from the nearest part of the landing foot of the player with the ball to the nearest part of the opposing player's nearer foot.

What Sanction would you award if it occurred in the Goal Third and where would the Sanction be awarded?

Penalty pass where the infringer (C) was standing.

Would any players need to stand out of play?

Yes the Centre would be out of play.

### OBSTRUCTION PHOTO ACTIVITY ANSWERS

#### PHOTO 2

Would you call Contact?  YES  NO

If so, on which player? No Sanction

Why?

An opposing player who is the correct distance from a player with the ball may attempt to intercept the ball or defend the player with the ball if the player with the ball reduces the distance between them.

What Sanction would you award if it occurred in the Goal Third and where would the Sanction be awarded?

No Sanction

Would any players need to stand out of play?

No Sanction

## Rule Reference:

7, 11

## Activity Objective

To provide umpires with a basic knowledge of the Scoring a Goal rule through a fun and engaging classroom-based activity.

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. Scoring a Goal worksheet per umpire.
2. Rule book per umpire.
3. Pen or pencil per umpire.
4. Whistle per umpire.

## Ask the Umpires

- Which two players are allowed to shoot for goal?
- What would the Infringement and Sanction be if a Goal Shooter or Goal Attack had contact with the ground outside the Goal Circle while taking a shot for goal?
- Where would the Sanction be taken and who would take it?
- Do any players need to stand out of play?
- May a defending player cause the Goal Post to move to interfere with a shot at goal?
- If no, what would the Sanction be and where would it be taken?
- Do any players need to stand out of play?

## What to Do

- Prior to the session, photocopy enough of the Scoring a Goal worksheets so there is one per umpire.
- Using the rule book, umpires are to complete the worksheet, identifying whether a goal is scored or not.
- Us the Ask the Umpires questions to promote further discussions around the topic and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips.
- Always finish each training session with the Quick Quiz section.

## Umpire Coaching Tips

- The only two players allowed to shoot for goal are the Goal Shooter (GS) and Goal Attack (GA).
- In taking a shot for goal, a player shall:
- Have no contact with the ground outside the Goal Circle either during the catching of the ball or while holding it. It is not contact with the ground to lean on the ball, but if this happens behind the Goal Line the ball is considered to be out of Court.
- A defending player may not cause the Goal Post to move so as to interfere with the shot at goal.
- If a Goal Shooter or Goal Attack does shoot for goal after first having made contact with the ground outside the Goal Circle, a Free Pass would be awarded to the opposing team, in the Goal Circle, where the infringement occurred. No players would be required to stand out of play.
- If a defending player causes the Goal Post to move, a Penalty Pass would be awarded. The defending player would be required to stand out of play and the Sanction would be taken from where the infringer was standing, unless this places the non-offending team at a disadvantage.

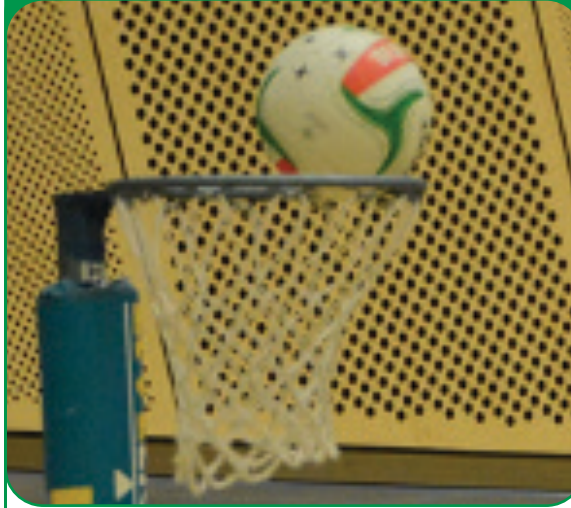
# SCORING A GOAL



Use your rule book to complete the following

A goal is \_\_\_\_\_ when the  
ball is thrown or \_\_\_\_\_  
above and completely \_\_\_\_\_  
the \_\_\_\_\_ by the Goal  
\_\_\_\_\_ or Goal \_\_\_\_\_  
from \_\_\_\_\_ point within the \_\_\_\_\_  
\_\_\_\_\_ circle including the lines  
bounding the Goal \_\_\_\_\_.

PHOTO 1



Would this be considered a goal?

YES  NO

Why or why not?

---

---

PHOTO 2



Would this be considered a goal?

YES  NO

Why or why not?

---

---

# SCORING A GOAL



1. If another player throws the ball through the ring, would this be considered a goal?

YES  NO

2. If a defending player deflects a shot for goal and the ball then passes over and completely through the ring, would this be considered a goal?

YES  NO

3. If the whistle for an interval or 'time' is blown after a Penalty Pass has been awarded in the Goal Circle, can the Penalty Pass be taken?

YES  NO

4. If the whistle for an interval or 'time' is blown before the ball has passed completely through the ring, would this be considered a goal?

YES  NO

5. If the ball is won at a Toss Up in the Goal Circle, may the Goal Shooter or Goal Attack shoot for goal or pass the ball?

YES  NO



## Rule Reference:

9.6

## Related Sanction and Action

Free Pass

## Activity Objective

To provide umpires with the opportunity to recognise a player's landed foot in relation to when the ball is caught and recognise any infringements of the Footwork rule.

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. Rule Book per umpire
2. Stopwatch
3. Whistle per umpire
4. Set of bibs/patches

## Ask the Umpires

- To penalise a player for Footwork, what needs to have happened?
- What is the Sanction for a Footwork Infringement?
- Where is the Sanction awarded?
- What is the hand signal for Footwork?
- Do any players need to stand out of play?

## What to Do

- Divide the group into two teams and select two extras as the 'umpires'.
- Place patches/bibs on half the group - the attackers.
- Using one quarter of the Court, the attackers attempt to make as many passes as possible within two minutes.
- The defenders (non-patches/bibs) attempt to stop the attackers by intercepting the ball.
- Each time the ball is intercepted, dropped or one of the players steps, the count starts again.
- Normal netball rules apply (for example, Obstruction, Contact, Held Ball, Footwork).
- Each umpire selects a Sideline to stand on.
- While the game is in play, umpires are to call out 'left', 'right' or 'both' each time a player catches the ball, to indicate which foot/feet they landed on.
- If the umpires see a player step, they are to blow their whistle, call 'footwork' and use the correct hand signal. The count starts again,
- When the two minutes are up, indicate to one of the umpires, who will blow their whistle to indicate the end of the game.
- Swap umpires and play again, this time making the non-patches/bibs team the attackers.
- Use the Ask the Umpires questions to promote further discussion and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips.
- Always finish each training session with the Quick Quiz section.

## Umpire Coaching Tips

- A player in possession of the ball may not drag or slide the landing foot; hop on either foot; or jump from both feet and land on both feet unless the ball has been released before landing.
- The Sanction for Footwork is a Free Pass to the opposing team where the infringement occurred.
- Learn to view the whole player, not just the hands or feet.
- Recognise the moment of gaining possession.
- Recognise the landed foot.
- Be aware of the time from gaining possession of the ball to the moment of release.



## Quick Quiz

1. May a player who has received the ball with the left foot on the ground, step with the right foot, lift the left foot and throw before this foot is reground?  
A. Yes
2. May a player who has received the ball with the left foot on the ground, step with the right foot any number of times, pivoting on the left foot, then lift and re-ground the left foot before throwing?  
A. No
3. May a player who jumps to catch the ball and lands on the left foot, jump from the left foot on to the right foot before throwing?  
A. Yes
4. May a player who has received the ball with both feet grounded, step with the right foot any number of times, pivoting on the left foot, then lift and re-ground the left foot before throwing?  
A. No
5. May a player who jumps to catch the ball and lands simultaneously on both feet, jump from both feet and land on the left foot before throwing?  
A. Yes
6. May a player who has received the ball with both feet grounded, step with the right foot, then jump and throw before re-grounding either foot?  
A. Yes
7. May a player in possession of the ball:
  - Drag the landing foot?  
A. No
  - Slide the landing foot?  
A. No
  - Hop on either foot?  
A. No
  - Jump from both feet and land on both feet before the ball is released?  
A. No

## Rule Reference:

9

### Activity Objective

To provide umpires with a basic knowledge of the Playing the Ball rule through a game of Heads or Tails.

### Area Required

Your choice of indoor or outdoor playing area.

### Equipment Required

1. Playing the Ball Heads or Tails game card.

### Ask the Umpires

- What is the Sanction for incorrectly playing the ball?
- Where is the Sanction taken?
- Do any players need to stand out of play?

### What to Do

- Using the rules of heads or tails, umpires are to select 'heads' by placing their hands on their head for yes or 'tails' by placing their hands on their backs for no.
- All umpires are to start the game from a standing position.
- Read out the first question from the Playing the Ball Heads or Tails game card.
- Before providing the answer, umpires are to select whether they think the answer is yes (hands on head) or no (hands on backs).
- Provide the answer.
- All umpires who answered incorrectly are to sit down and all umpires who were correct are to stay standing.
- Repeat the process with the next question.
- Continue the game until there is one umpire standing.
- Use the Ask the Umpires questions to promote further discussion and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips.

### Umpire Coaching Tips

- The Sanction for incorrectly playing the ball is a Free Pass.
- The Sanction is taken where the infringement occurred, and no players are required to stand out of play.
- An umpire must know and understand what a player may do to play the ball and the skills involved. It is important to be able to:
- Determine when a player gains possession of the ball - a player may have possession with one or both hands.
- Assess when a player gains possession of the ball in relation to the first landed foot.
- Determine in which third of the court the player catches the ball.
- Count three seconds from the instant the ball is caught, being consistent with timing.

## *Heads or Tails*

May a player gain control of the ball if it rebounds from the Goalpost?	<b>YES</b>	May a player tip the ball in an uncontrolled manner into the air more than once?	<b>YES</b>	May a player jump from a position in contact with the court and play the ball outside the court, provided neither player nor the ball make contact with the ground or any object or person outside the court?	<b>YES</b>
May a player throw the ball and play it before it has been touched by another player?	<b>NO</b>	May a player tip the ball in an uncontrolled manner, then bat it forward, then catch it?	<b>NO</b>	May a player strike the ball with a fist?	<b>NO</b>
May a player toss the ball into the air and then replay it?	<b>NO</b>	May a player tip the ball in an uncontrolled manner, then direct it to another player?	<b>YES</b>	May a player bounce the ball and replay it?	<b>NO</b>
May a player deliberately kick the ball?	<b>NO</b>	May a player bat or bounce a ball forward, then bat/bounce it again?	<b>NO</b>	May a player with the ball bounce it to another player?	<b>YES</b>
May a player drop the ball and replay it?	<b>NO</b>	May a player bat or bounce a ball forward, then direct it a second bat or bounce to another player?	<b>YES</b>	May a player who has caught the ball hold it for three seconds before releasing it?	<b>NO</b>
May a player bat or bounce the ball to another player without first having had possession of it?	<b>YES</b>	May a player roll the ball to themselves to gain possession?	<b>YES</b>	May a Goal Shooter or Goal Attack shoot for goal and replay the ball before it has been touched by another player if it rebounds from the Goalpost?	<b>YES</b>
May a player throw the ball while lying, sitting, or kneeling on the ground?	<b>NO</b>	May a player in possession of the ball roll it to another player?	<b>NO</b>	May a player fall on the ball to gain possession?	<b>NO</b>
May a player use the Goalpost as a support in recovering the ball going out of court?	<b>NO</b>	May a player fall while holding the ball, regain footing and throw within three seconds of receiving the ball?	<b>YES</b>	May a Goal Shooter or Goal Attack shoot for goal and replay the ball before it has been touched by another player if it does not touch the Goalpost?	<b>NO</b>
May a player use the Goalpost as a means of regaining balance?	<b>NO</b>	May a player attempt to gain possession of the ball while lying, sitting, or kneeling on the ground?	<b>NO</b>		

## Rule Reference:

9.5

## Related Sanction and Action

Free Pass  
Throw In

## Activity Objective

To provide umpires with a basic knowledge of the Over a Third rule through a fun and engaging classroom-based activity.

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. Rule book per umpire.
2. Over a Third worksheet per umpire

## Ask the Umpires

- Why is it important to know which Third the thrower first landed in?
- What do you need to be aware of when the receiver touches or catches the ball?
- Why are there two different Sanctions and actions for Over a Third?
- What is the hand signal for Over a Third?

## What to Do

- Prior to the session, photocopy enough of the Over a Third worksheets so there is one per umpire.
- Using the rule book, umpires are to complete the worksheet, identifying when a ball would be considered to have been thrown Over a Third, what Sanction would be awarded and where it would be awarded.
- Use the Ask the Umpires questions to promote further discussions around the topic and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips.
- Always finish each training session with the Quick Quiz section.

## Umpire Coaching Tips

- It is important to know which Third the ball came from. This is achieved by knowing which Third the first landed foot of the thrower was in, and whether the thrower landed on both feet, or whether they were astride or across the Transverse Line.
- Be aware of when the receiver touches or catches the ball and where they land by:
  - Seeing the whole player.
  - Knowing when the player received the ball.
  - Knowing in which Third the receiver lands on one or both feet.
  - The Sanctions and actions for Over a Third are a Free Pass, and a Throw In.

# OVER A THIRD



Use your rule book to complete the following

The ball must be \_\_\_\_\_ or \_\_\_\_\_ by a player in each \_\_\_\_\_ of the court.

The player who touches or catches the ball must:

- a) Be standing \_\_\_\_\_ in the third concerned when the ball is \_\_\_\_\_ or \_\_\_\_\_ ;
- b) After catching or touching the ball in the air, \_\_\_\_\_ either with the \_\_\_\_\_ or both feet in the third.

After catching the ball correctly a \_\_\_\_\_ into an adjacent \_\_\_\_\_. Any subsequent \_\_\_\_\_ is deemed to have been made from the third where the \_\_\_\_\_.

If a player either catches the ball landing with \_\_\_\_\_ astride the \_\_\_\_\_ line, or is standing on both feet \_\_\_\_\_ the transverse line when the ball is caught, the pass made by this player must be \_\_\_\_\_ or \_\_\_\_\_ in one of these two thirds.

# OVER A THIRD



## OVER A THIRD

Use this court diagram to draw the scenario and answer the relevant questions

### A ball being thrown Over a Third from a Goal Line Throw In.

What is the Sanction?

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Where would the Sanction be awarded?

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Who may take the Sanction?

---

### A ball being thrown Over a Third to another Goal Third.

What is the Sanction?

---

Where would the Sanction be awarded?

---

Who may take the Sanction?

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### A ball being thrown Over a Third from the Centre Third.

What is the Sanction?

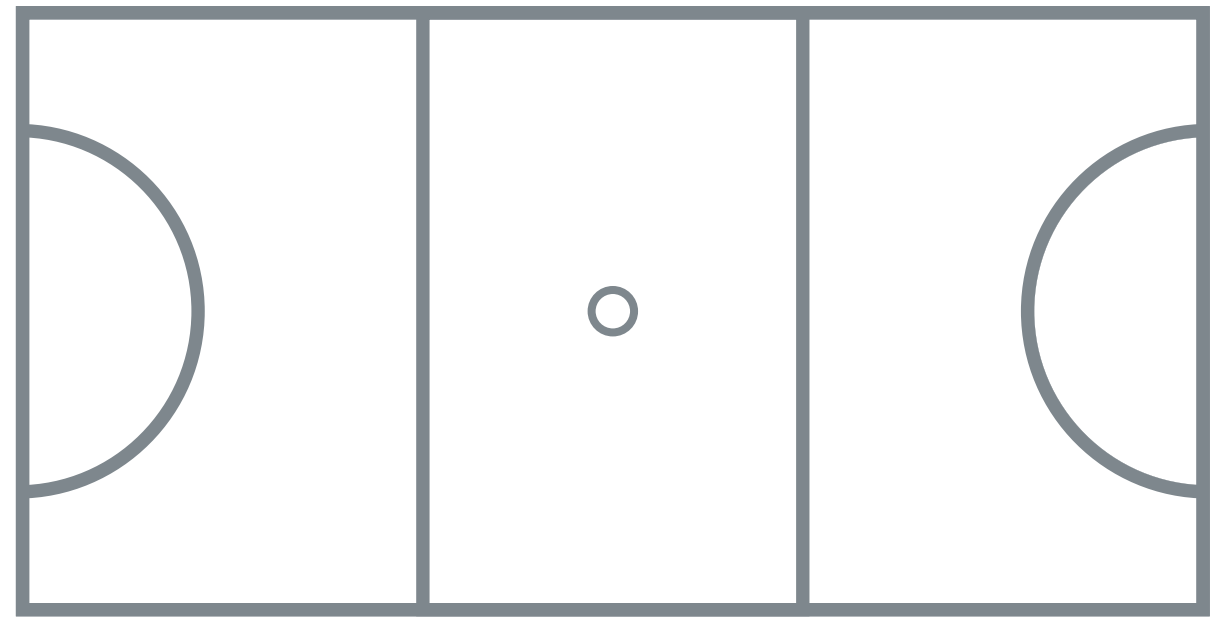
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Where would the Sanction be awarded?

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Who may take the Sanction?

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### Umpire Notes

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## Quick Quiz

1. A ball, thrown in from behind the Goal Line, is caught in the air by a player who jumped from the Goal Third, then landed in the Centre Third. Would this pass be considered to have been thrown over a complete Third?

A. Yes.
2. A ball, thrown in from behind the Goal Line, is caught by a player in the same team who lands on both feet simultaneously astride the transverse line. Would play be allowed to continue?

A. No
3. A ball, thrown in from behind the Goal Line, is caught by a player in the same team standing in the Centre Third.

  - What is the Sanction?  
A. Free pass.
  - Where would it be awarded?  
A. In the Centre Third, just behind the second line that the ball has crossed.
4. A ball is received by a player with both feet in one Third and, in throwing, this player moves one foot into another Third, from which third will the ball be considered to have been thrown?

A. From the Third where the player first landed.
5. A ball, thrown from the Centre Third passes out of Court over the Goal Line.

  - What is the action?  
A. Throw in.
  - Where would it be awarded?  
A. Immediately behind the point where the ball crossed the Goal Line.

# VISION

## VISION



### Activity Objective

To provide umpires with practical exercises to improve their peripheral vision.

### Area Required

Your choice of indoor or outdoor playing area.

### Equipment Required

1. Set of coloured cards per umpire.

### Ask the Umpires

- Why is it important to practise developing your peripheral vision?
- What other ways can you think of to help develop your peripheral vision?

### What to Do

- Divide the umpires into groups of three,
- Two umpires are provided with a pack of coloured cards and stand approximately 2-3 metres to the left and right sides of the third umpire, at about a 45 degree angle.
- The umpire stands facing forward ready to make their call.
- Each umpire takes it in turn to 'flash' their coloured card and the umpire needs to call out what colour it is. It is important that the umpire does not turn their head to see the coloured card - they need to remain facing forward.
- After approximately 6-8 successful calls, the two umpires with the cards move to narrow the angle to around 60 degrees, making it harder for the umpire to see.
- Repeat the process and have the umpire's step back again if all the calls are correct.
- Keep going until the calling umpire cannot make any successful calls.
- Swap turns.
- Use the Ask the Umpires questions to promote further discussion and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips.

### Umpire Coaching Tips

- Working on your peripheral vision is one of the most important techniques an umpire can develop.



## Rule Reference:

9.4.1

## Activity Objective

To provide umpires with the opportunity to apply the Held Ball rule in a fun and engaging activity.

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. Rule book per umpire
2. Stopwatch
3. Pen or pencil per umpire
4. Device capable of playing music
5. Blank piece of paper per umpire

## Ask the Umpires

- Why is it important to practice counting three seconds?
- Why does an umpire need to be aware of the moment a player receives the ball?
- What is the Sanction for a Held Ball?
- Where is the Sanction awarded?
- Do any players need to stand out of play?
- Can you think of other ways to practice counting three seconds?

## What to Do

- Provide each umpire with a blank piece of paper and pen/pencil.
- Explain that the aim is to practise counting three seconds.
- Play a number of songs for different lengths of time - some within three seconds, some right on and some longer. Keep a record of the times for each song.
- Each time the song starts, it signals a player catching the ball. Each time the song is stopped, it signals a player releasing the ball.
- For each song, umpires are to write down the length of time they thought the song was played for and whether it would be considered a Held Ball.
- Change it up by getting participants to do different tasks while counting (for example, shut their eyes, run on the spot, sidestep, etc.).
- At the end of the activity, read back the length of each song and get participants to record those that they answered correctly
- Use the Ask the Umpires questions to promote further discussion and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips.

## Umpire Coaching Tips

- A player who has caught or held the ball needs to pass or shoot for goal within three seconds.
- Be aware of the moment of receipt as this is when the count starts.
- Keep the player in view until they release the ball.
- The Sanction for a Held Ball is a Free Pass.
- The Sanction is taken where the infringement occurred (e.g. where the player was standing).
- No players are required to stand out of play.

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## Rule Reference:

9.5

## Related Sanction and Action

Free Pass

## Activity Objective

To provide umpires with a basic knowledge of the Short Pass rule through a fun and engaging classroom-based activity.

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. Short Pass worksheet per umpire.
2. Rule book per umpire.
3. Pen or pencil per umpire.

## Ask the Umpires

- What is the Sanction for a Short Pass?
- Where is the Sanction for a Short Pass taken?
- Do any players need to stand out of play?
- What is the hand signal for a Short Pass?

## What to Do

- Prior to the session, photocopy enough of the Short Pass worksheets so there is one per umpire.
- Using the rule book, umpires are to complete the Short Pass worksheet
- Use the Ask the Umpires questions to promote further discussion around the rule and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips.

## Umpire Coaching Tips

- The Sanction for a Short Pass is a Free Pass
- The Sanction is taken where the infringement occurred, which is where the thrower was standing, and no players are required to stand out of play.
- An umpire should be in a position to see between the hands of the thrower and the hands of the receiver at the moment of release.
- Where the ball is caught or where the player's feet are does not affect the judgement of the short pass distance

# SHORT PASS

## SHORT PASS



### SHORT PASS PHOTO ACTIVITY



Use your rule book to complete the following

Rules

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Sanction

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Hand Signal

*Draw the Short Pass hand signal*

## Rule Reference:

9.3

## Activity Objective

To provide umpires with a basic knowledge of Stoppage rule through a game of Heads or Tails

## Area Required

Your choice of indoor or outdoor playing area.

## Equipment Required

1. Rule book per umpire.
2. Stoppages Heads or Tails game card

## Ask the Umpires

- Why is it important to make sure a player has possession of the ball before calling time for injury/illness or blood?
- What should an umpire check before restarting play when time has been called for blood?
- What are some examples of other stoppages that an umpire may call time for?

## What to Do

- Using the rules of Heads of Tails, umpires are to select 'Heads' by planning hands on their head for yes or 'Tails' by placing their hands on their backs for no.
- All umpires are to start the game from a standing position.
- Read out the first question from the Stoppages Heads or Tails game card
- Before providing the answer, umpires are to select whether they think the answer is yes (hands on head) or no (hands on back).
- Provide the answer.
- All umpires who answered incorrectly are to sit down and all umpires who were correct are to stay standing.
- Repeat the process with the next question.
- Continue the game until there is only one umpire standing
- Use the Ask the Umpires questions to promote further discussions around the topic and reinforce the most important aspects of the learning by referencing the Umpire Coaching Tips.

## Umpire Coaching Tips

- Use a loud whistle and correct hand signal for 'Time' to stop play for injury/illness or blood.
- It is important to make sure a player has possession of the ball before calling time, to allow a quick restart of play following the Stoppage. If the umpire is unable to determine who had the ball when play was stopped, a Toss Up is required.
- During a stoppage for blood, the umpire should check:
  - Any blood-stained clothing has been replaced: and
  - The ball and court are clean.
- When play is stopped for injury/illness or blood, the injured or ill player for whom play was stopped must leave the court within 30 seconds.
- Use a loud whistle and correct hand signal to restart play after a Stoppage for injury/illness or blood.
- An umpire may stop play for other Stoppages such as the equipment, court, weather, or injury/illness of an umpire.

# STOPPAGES

## STOPPAGES



### ***Heads or Tails***

During a Stoppage may any team official approach players at the Sideline for hydration?

**YES**

Do umpires have the discretion to stop play?

**YES**

Blue Centre injures herself and calls time. May the umpire stop play?

**YES**

To restart play after a Stoppage for injury, illness, or blood, should the umpire signal to the timekeeper and blow the whistle for play to be resumed?

**YES**

If, after a Stoppage for injury or illness the umpire was unable to say who was in possession of the ball, would a Toss Up be taken between any two opposing players allowed in that area where the ball was when play was stopped?

**YES**

If an injured or ill player returning to the Court infringes any of the rules for re-entering the game, is this player required to leave the Court until the next goal is scored, the next interval

**YES**

or the next stoppage for injury/illness or blood?

**YES**

During a Stoppage may team officials approach players at the Sideline for coaching?

**YES**

During a Stoppage may bench players approach the Sideline if coaching occurs?

**YES**

During a Stoppage is the Primary Care Person/s permitted on the Court to assess the player's medical condition?

**YES**

Play was stopped for the Blue Wing Attack who was bleeding. Do they need to leave the court to receive treatment?

**YES**

During play the umpire notices that the Goal Post padding is dislodged. May the umpire stop play to adjust the Goal Post padding?

**NO**

During a Stoppage, is the coach permitted on court?

**YES**

Blue Centre injures herself and calls for Time. Can the Red team make substitutions during the Stoppage?

**YES**

Blue Centre injures herself and calls for Time. The Blue Centre then leaves the Court. May the Blue team leave this playing position vacant?

**NO**

Blue Centre notices the Blue Wing Attack is bleeding and calls for time. May the umpire stop?

**YES**

To stop play for injury or illness, should the umpire blow the whistle to signal the timekeeper to hold time?

**YES**

Blue Centre had possession of the ball when a stoppage was called. Do they need to be in possession of the ball when play restarts?

**NO**



PRINCIPAL PARTNER

