

LEVEL I UMPIRE AWARD



Welcome to the Course



OUR UMPIRING STRUCTURE

Why umpire?

Going up the ladder...

LEVEL 1 – club / county

LEVEL 2 – club / county / region

LEVEL 3 – national programme



PRESENTATION

LOOK THE PART – how to dress for umpiring

USING THE WHISTLE - make it ‘speak’

SIGNALS – make them clear & give with confidence

RELAX - don’t be officious; relax & learn to smile



UMPIRES EQUIPMENT

Rules book – current rules

Two types of whistle – one is a spare

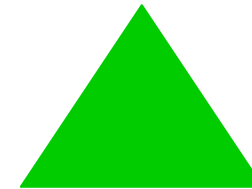
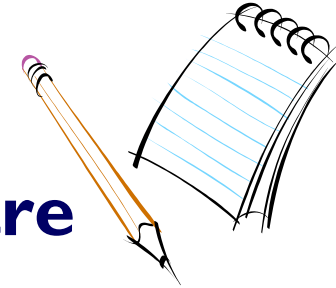
Stop watch – wear it on the wrist

Control cards – different pockets

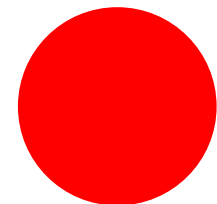
Score-pad and pencil – to keep a record

Coin

Scissors, string & tape



Peaked cap – for bright sunny days only!



FIELD OF PLAY

Dimensions

Length	91.40m
Width	55.00m
Radius of the circle	14.63m
Penalty Corner markers	10.00m from each goalpost
Corner markers	5.00m from corners on side-lines
Penalty Stroke spot	6.40m from the goal-line
Goals	3.66m wide & 2.14m high
Height of Backboards	466mm



Description of pitch – lines, flags and goals

PREPARATION

Arrival - at least 30 minutes before the game

Pre-match Chat - *very* important

- teamwork and consistency
- cooperation

Inspecting the Pitch

- goals, nets, lines
- dangerous objects, remove risks

Warming Up - importance

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PREPARATION & AREAS OF RESPONSIBILITY

Shooting circles, side lines and pitch diagonals

Play approaching the umpire / colleague

When to blow the whistle

- Free hit, penalty corner, penalty stroke
- 15m hit in, hit in from the side-line, corner



COMPOSITION OF TEAMS, CLOTHING & EQUIPMENT

Field Players

– how many, clothing, equipment

Goalkeepers

– different goalkeepers & equipment

Substitutions

– field players & goalkeepers

Captains

– their responsibilities



GAME DURATION / STARTING & RE-STARTING

- LENGTH OF GAME**
- 2 halves of 35 minutes,
 - half-time 5-10 minutes

STARTING THE GAME – the toss, choices, whistle

- RE-STARTING THE GAME** – when ball goes out of play
- hit-in from side-line
 - hit out from 14.63m
 - corner
 - penalty corner



POSITIONING & MOBILITY

Best position to see

Reading the game & anticipating the play

Positioning when the ball is in play

- **Mobility & movement**
- **Set piece positioning**
- **Corners, PCs & PSs**



SIGNALS

As per the book...

Clear

Confident

Held for long enough

Don't make up your own!



THE BULLY

When Awarded

- simultaneous breach of the rules
 - time stopped and no offence
 - ball has to be replaced

Taking a bully

- who knows how to do it!??? (demo)

Where is it taken

Position of other players



SCORING A GOAL

Completely over the goal-line

Off an attacking player's stick in the shooting circle

Goal awarded in a penalty stroke situation



ACCIDENTS & INJURY

When to stop / not stop time

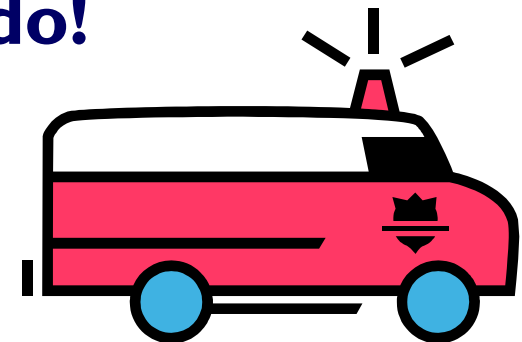
Assessing an injury

Treatment on the pitch

The bleeding player

Re-starting the game

The injured umpire...what to do!



STICK

Composition and materials

Danger

Size and weight

Bow of handle



CONDUCT OF PLAY

Use of the back of the stick / over opponents head

Use of the edge of the stick forehand / backhand

High sticks – midfield, front of goal, in the circle

Using the hand / feet / body

Raising the ball / aerial balls

Raising the ball into the circle



TACKLING & OBSTRUCTION

Tackling

- must be in a position to tackle fairly
- tackles from left, right, in-front, behind (demo)

Stick tackles

- penalise from the start of the game
- what to look for

Obstruction

- body, stick, third party and shielding (demo)
- P.I.T. (consider position, intention & timing)



MISCONDUCT

Manufacturing an offence

- Examples?

Time wasting

- Examples?

Penalties e.g. 'up 10m' and PC

Other offences (some obvious...others not)



GOALKEEPERS MAY / MAY NOT

May / may not

- when using a fully equipped GK
- when GK wearing protective headgear only
- when using 11 field players (no GK)

Inside the circle

- using their hands and their equipment
- lying on the ball

Outside the circle



ADVANTAGE AND FLOW

Object of good umpiring

Delaying the whistle

Signalling advantage is being played

Advantage for the defence – no such thing!

Advantage for the attack – in opponents circle



AWARDING & TAKING FREE HITS

Reasons for awarding a free hit

- offence between the 23m areas
- offence by attacker in opponents 23m area
- intentional offence by defender outside their circle but in their 23m area

Where should the hit be taken from?

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TAKING FREE HITS

The procedure for taking a free hit

- stationary ball
- must move at least 1 metre
- ball must not be intentionally lifted
- opponents must be 5m from the ball
- all players except the taker must be 5m if hit is within 5m of the circle
- player taking hit must not go near the ball until it has been touched by another player



PENALTY CORNER (I)

Awarding a Penalty Corner

- for an offence in the circle by a defender which does not prevent the probable scoring of a goal
- for an intentional offence in the circle by a defender against an opponent who does not have the ball or chance to play it
- for an intentional offence by a defender outside the circle but in the 23m area
- for a defender intentionally playing the ball over their back-line (from anywhere on the pitch)
- the ball becomes lodged in a players equipment



TAKING A PENALTY CORNER (2)

Lots for the umpire to check...

- taken 10m from goal post on back-line
- injector at least one foot off pitch – ball must not be intentionally raised
- attackers – feet & sticks outside circle
- no player within 5m of the ball when injected
- 5 defenders behind back-line, remainder beyond centre-line
- no entry to circle until ball injected
- injector can't play ball 2nd time until touched by other player
- no goal can be scored until ball has passed outside circle
- PC rules cease once ball passed beyond 5m of circle



PENALTY CORNER POSITIONING (3)

Positioning and roles of umpires & players

First hit at goal

Subsequent attempts at goal

The danger element



PC IMMEDIATELY BEFORE ½ TIME OR FULL-TIME

The PC must be completed by...

- When a goal is scored
- When an attacker commits an offence
- When the ball travels more than 5m outside circle
- When ball travels outside circle a 2nd time
- When ball played over back-line and no further PC awarded
- A defender commits an unintentional offence
- A penalty stroke is awarded (game prolonged until this is taken)



PENALTY STROKE (I)

Awarded for

- Offence by a defender in the circle that prevents probable scoring of a goal
- Intentional offence in circle by defender against an opponent who has possession of the ball or an opportunity to play the ball
- For defenders persistently crossing over the back-line before permitted before the taking of a PC

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TAKING A PENALTY STROKE (2)

- Time stopped when PS awarded
- All non-involved players to be beyond near 23m line and out of line of defender
- Taker must be behind ball & within playing distance
- Defender must stand on goal-line and not moved until ball played
- If defender is a GK must wear at least protective headgear; if field player may wear only a face-mask. If defending team has chosen not to use a substitute GK the defender may use only the stick to make a save
- Whistle blown when both players in position (ready)
- Taker may push/flick/scoop but not drag the ball & must not feint at playing ball
- Taker can only play ball once – no follow up!

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PENALTY STROKE (3)

Positioning of umpires

- controlling umpire
- assisting umpire

Who can take a PS?

Completion of a PS

- goal scored
- if ball becomes lodged in defenders equipment or they catch the ball
- if ball comes to rest or goes outside circle
- if the taker commits an offence

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PENALTY STROKE (4)

When is a PS re-taken?

- When the GK/defender prevents a goal being scored but moves their feet before the stroke is taken
- When the player defending the stroke commits an offence which not prevent a goal being scored (e.g. ball going wide or over goal)
- When a player in the defending team commits an offence and a goal is not scored
- When a player in the attacking team commits an offence and a goal is scored

Re-starting the game

- if goal is scored/awarded, by a centre pass
- if no goal is scored/awarded, by a push/hit to the defence at the top of the circle



PERSONAL PENALTIES

Misconduct (revise slide 18)

- players who intentionally break the rules must be strongly penalised
- this also applies to substitutes and coaches

Upgrading penalties and reversing decisions

Cautioning, warning & suspending players

- verbal caution
- official warning
- temporary suspension
- permanent suspension



USE OF CARDS

What does each card represent?

The general principles to apply

Same colour...different offences



Duration of the suspension for minor offence versus duration for more physical or serious offences



PROCEDURE FOR CARDING A PLAYER

General principles

- blow the whistle to stop the game
- beckon offending player – meet $\frac{1}{2}$ way?
- hold appropriate card high in air
- use calm body language...neutral
- ask player to turn - other umpire/official see number
- avoid speaking, but if asked give short polite reply
- record player number, card colour and time
- if player suspended ensure they go to designated area
- re-start game having signalled to other umpire

Take your time...be **relaxed** but **firm**



DEVELOPING AS AN UMPIRE

Control of the game

Players expect umpires to

- penalise fairly and **consistently**
- **communicate** effectively
- be **confident** and relaxed

Learning to umpire

- watch others, talk to others and **practice**



CLOSING THE COURSE

Help raise the standard of the game

Ensure every game is played in the right spirit

Make sure you are suitably insured

Work at your fitness

Enjoy your umpiring

