



Community Umpiring Course

Junior Badge Theory Course



Date:

Presenter:

Course Outline

Course Objective: To provide players, coaches, supporters and new umpires with the basic knowledge of hockey umpiring.

Course covers:

- Structure of the game
- Equipment
- Players and goalkeepers
- Path of the umpire
- Areas of control
- Signals
- Blowing the whistle
- Rules and interpretations
- Procedures for taking penalties
- Body language and game management
- Decision making

The course will also include an interactive quiz and decision making scenarios.

Programme:

0 – 5 min	Introduction
5 – 15 min	Structure of the game, equipment, players and goalkeepers
15 – 30 min	Path of the umpire and areas of control
30 – 45 min	Signals and blowing the whistle
45 – 70 min	Rules and interpretations
70 – 85 min	Interactive Quiz
85 – 100 min	Procedures for taking penalties
100 – 110 min	Body language, control ladder and game management
110 – 120 min	Decision making



Structure of the Game

THE GAME

Played with 11 players (one of which may be a goalkeeper) on each team. Two umpires, who control a side of the field each, and are solely in charge of their own circle.

SUBSTITUTIONS

- No player may be substituted once a penalty corner has been awarded (except for the defending goalkeeper if injured or suspended).
- Completion of a penalty corner for substitution purposes is defined in the same way as completion of Penalty Corner at half or full-time.
- Substitutions must take place in the proper manner.
- If a goalkeeper is suspended after the award of a penalty corner (or at any other time), the reserve goalkeeper may be put in goal but a field player shall leave the field of play so that the team concerned has one less player on the field.

GOALKEEPERS

The 2007 rule change has allowed for a more liberal approach towards goalkeepers privileges. The GK may now use their glove in the same way that they have previously been allowed to use their stick.

Path of the Umpire and Area of Control

Positioning

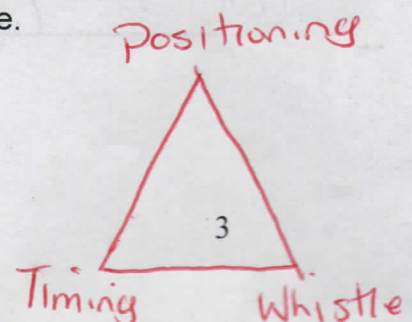
Positioning is critical to “sell” our decisions to the players.

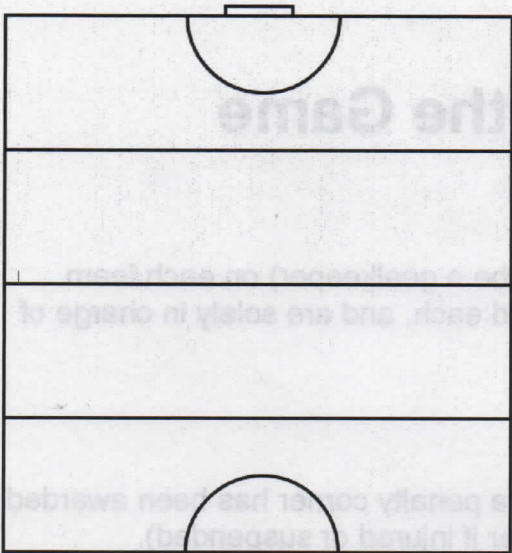
- Whenever possible be as close to the play as you can
- Keep ahead of the play coming into your own half and towards your circle to give yourself the best possible view.
- Anticipate the play and be position early to avoid sprinting into position to make decisions.
- Umpires making decisions close to the play can sell decisions easier and are also in position to defuse any contentious incidents.

You are expected to support your fellow umpire when she/he is unsighted or has difficulty in seeing certain parts of the pitch.

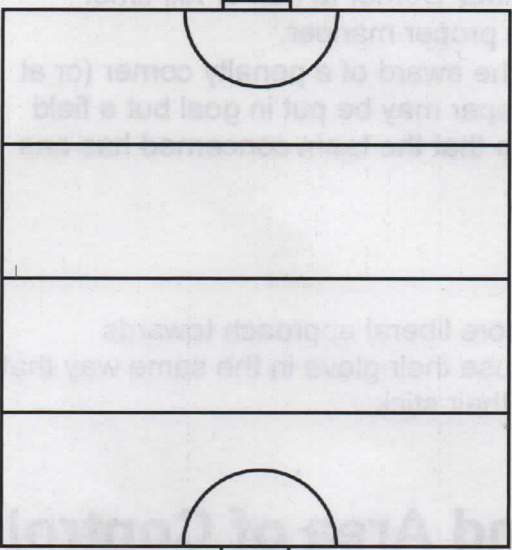
You need to discuss your positioning with your fellow umpire to gain an understanding of where he/she will be if you require assistance.

- 45° angle ahead of play.
- Strong big signals
- team work between umpires (support each other)

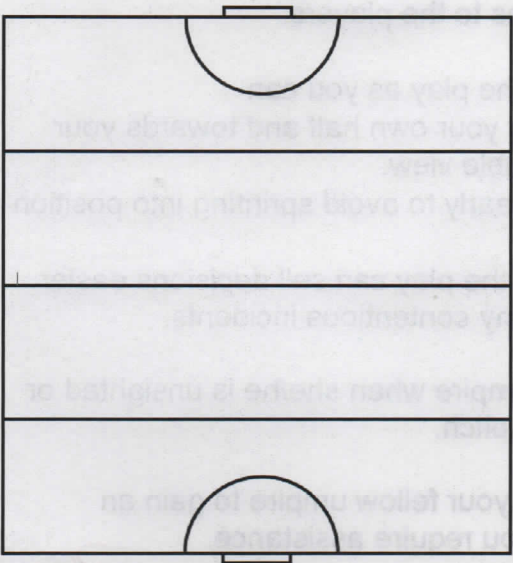




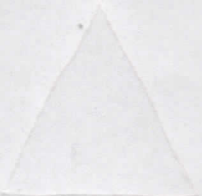
Starting the game



Attacking into circle (45 degrees)

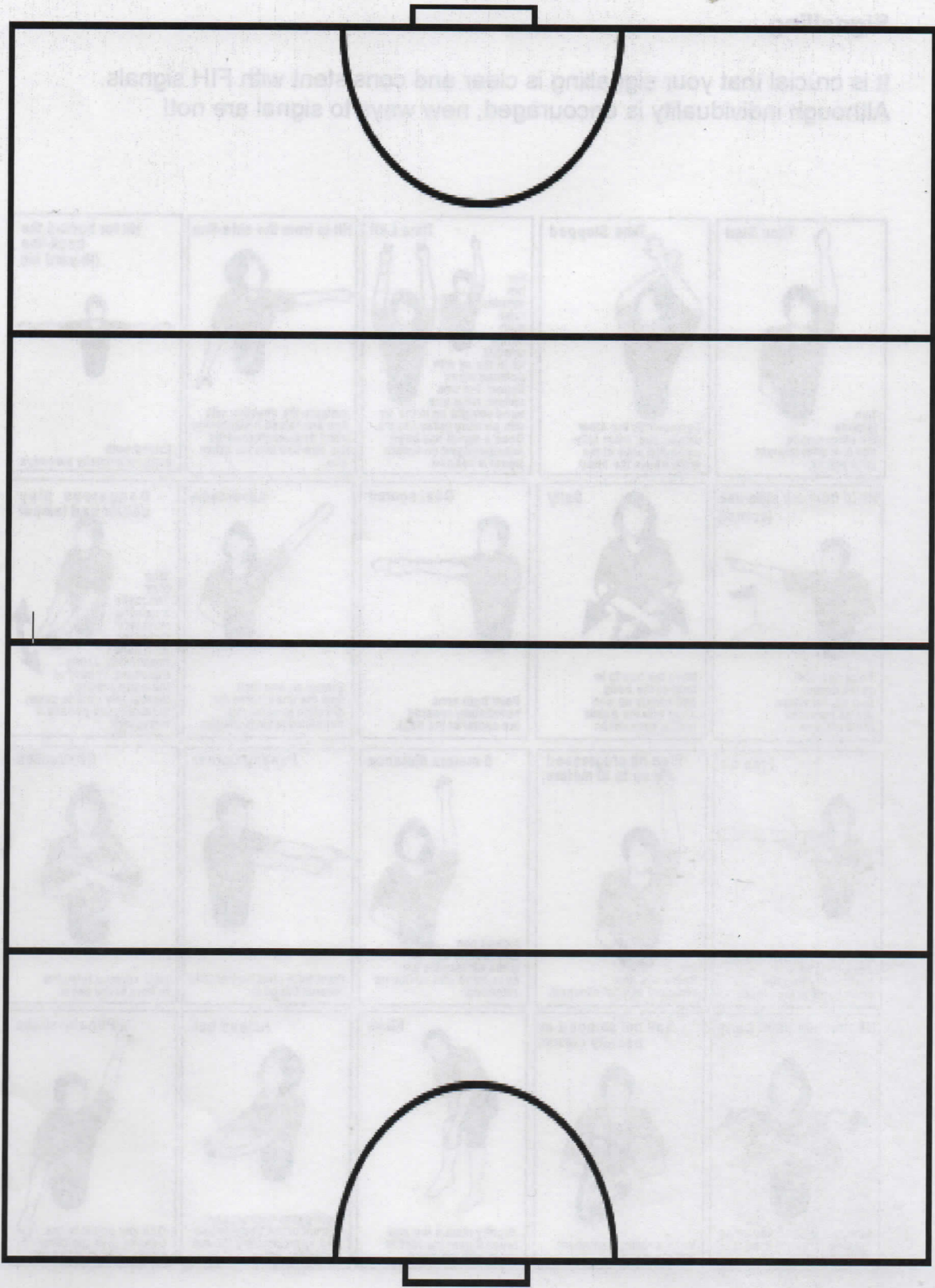


PC and PS (engaged and non-engaged)



Handwritten notes in red ink:
 - A triangle ahead of play
 - Stop by player
 - Forward player
 - (Goal + back end)

AREAS OF CONTROL



Absolute areas
Grey areas
Areas of support

Signalling and Blowing the Whistle

Signalling

It is crucial that your signalling is clear and consistent with FIH signals. Although individuality is encouraged, new ways to signal are not!

<p>Time Start</p>  <p>Turn towards the other umpire with one arm straight up in the air.</p>	<p>Time Stopped</p>  <p>Turn towards the other umpire and cross fully-extended arms at the wrists above the head.</p>	<p>Time Left</p> <p>For two minutes, raise both hands straight up in the air with pointing index fingers. For one minute, raise one hand straight up in the air with pointing index fingers. Once a signal has been acknowledged no further signal is needed.</p> 	<p>Hit-in from the side-line</p>  <p>Indicate the direction with one arm raised horizontally; point downwards towards the side-line with the other arm.</p>	<p>Hit for behind the back-line (16-yard hit)</p>  <p>Extend both arms horizontally sideways.</p>
<p>Hit-in from the side-line (corner)</p>  <p>Point one arm at the corner flag nearer where the ball crossed the back-line.</p>	<p>Bully</p>  <p>Move the hands in front of the body alternately up and down with the palms facing each other.</p>	<p>Goal scored</p>  <p>Point both arms horizontally towards the center of the field.</p>	<p>Advantage</p>  <p>Extend an arm high from the shoulder in the direction in which the benefiting team is playing.</p>	<p>Dangerous play and/or bad temper</p>  <p>Stop play and make a calming movement by raising both hands horizontally palms downward, in front of the body, moving them slowly up and down; indicating the penalty if necessary.</p>
<p>Free hit</p>  <p>Indicate the direction with one arm raised horizontally and the open hand at face level.</p>	<p>Free hit progressed up to 10 meters</p>  <p>Raise one arm vertically with fist clenched.</p>	<p>5 meters distance</p>  <p>Extend one arm straight up in the air showing an open hand with all fingers extended.</p>	<p>Penalty Corner</p>  <p>Point both arms horizontally towards the goal.</p>	<p>Obstruction</p>  <p>Hold crossed forearms in front of the chest.</p>
<p>Obstruction (third party)</p>  <p>Alternately open and close crossed forearms in front of the chest.</p>	<p>Ball not stopped at penalty corner</p>  <p>Make a rolling movement with the hand.</p>	<p>Kicks</p>  <p>Slightly raise a leg and touch it near the foot or ankle with the hand.</p>	<p>Raised ball</p>  <p>Hold palms horizontally in front of the body, facing and approximately 150 mm from each other.</p>	<p>Penalty stroke</p>  <p>One arm points to the penalty spot, the other points straight in the air.</p>

Whistling

It is crucial that when you blow your whistle you;

- Blow to allow all players on the pitch to hear
- Consider whistle tone, timing and variation
- Blow to enforce a penalty
- Blow to start and end each half of the game
- Blow to signal a goal and to restart after the goal has been scored
- Blow to stop and restart the game for any reason

Rules and Interpretations

FREE HIT

Remember we want to encourage a fast, flowing and open game, but:

- Players should make an attempt to at least make the ball stationary before taking the free-hit – however use common sense!.
- The ball should move one metre (unless an 'autopass').
- The free hit must be taken "close to" the offence. Typically 2 metres from the original infringement is fine. You can be a little more lenient in the midfield. Inside the 23 metres area however, you need to be more precise.
- Any free hit awarded inside the dotted 5 metre line (attacking), can be taken from where the infringement occurred.

FIVE METRES DISTANCE at FREE HITS

Make it easy for yourself by being consistent with the 5 metre requirement:

- Establish 5 metres early, if possible before the hit is taken.
- If you can avoid it, do not blow the whistle a second time to indicate 5 metres. This may break down the flow of the game and destroy the chance of a quickly taken free hit.
- All players to be 5 metres from the ball at a free hit to the attack within the attacking 23 metres area.
- Opponents to be 5 metres from the ball at all other free hits or when the ball is put back into play (e.g. from the side-line, at a 14 metre re-start).

TACKLING

Destructive tackling is one of the greatest detractors from our game and we must eliminate bad and poor tackles.

- The tackler should only be trying to play the ball (and not the opponent).
- Deal appropriately with, and therefore eliminate from play, destroying tackles designed to break down open skilful play especially potential goal-scoring situations.

SLIDING / DIVING TACKLES

Keep in mind that sliding and/or diving towards the ball with the body can be dangerous and can lead to injury. You should be strict in enforcing this rule.

- If a player plays only the ball with the stick and there is no danger, allow play to continue; there is no offence.
- Diving/sliding into a shot or a player in possession of the ball, in most instances should be penalised.
- Be aware of players who fall deliberately across the path of an opponent to break down the play.
- In addition to the appropriate penalty, a caution or suspension may be necessary.

PHYSICAL PLAY

There is a tendency for defending players within the 23 metres area but outside the circle and attacking players within the circle to be more physical.

- A wide variety of penalties are available to be used.
- If players do not stop this behaviour, upgrade to a more severe penalty.
- Players who are skilful and play within the rules must be protected.

DANGEROUS PLAY

- Be aware of the ball coming off the pads and/or the goalkeeper especially if they use foam protection; a rebound is not of itself an offence.
- Prevent the raised stick especially over the head of an opponent.
- Do not allow players to use their stick or leg to trip an opponent.

PLAYING THE BALL: THE "SLAP" HIT

The action of "slap" hitting the ball involves a long pushing or sweeping stroke with the stick before making contact with the ball.

- The result of this action is defined as a hit.
- If this action is used for the first shot at goal at a penalty corner, the shot is limited in height in the same way as any other hit shot.

THE HAND ON THE STICK

This interpretation applies to the hand(s) holding the stick.

- No offence is committed if the ball hits the hand but would otherwise have hit the stick and there is no positive action to use the hand to play the ball.
- Using the hand on the stick to propel the ball is an offence.
- Using the hand in any way to stop the ball at a penalty corner is not allowed.

LOFTED BALL

- Make sure the player to whom a lofted ball (i.e. a ball raised intentionally, legitimately, high and safely over a distance) is directed gets time and the space to control the ball.
- An opponent should not approach within 5 metres of the player receiving the ball (be it an attacker or defender), until the ball is received and is on the ground.
- If a player lofts the ball safely into free space and another player of the same team and an opponent reach the area where the ball shall land at the same time, then the player of the team which played the ball shall give the opponent time and space to bring the ball under control.

RAISED BALL

- **A raised ball must be judged explicitly on actual or potential danger** and not solely whether the ball is off the ground.
- Any ball going into the circle should be judged the same way.
- A raised ball hit into a crowded circle in most instances should be penalised on the basis that it is likely to lead to dangerous play.
- Note in particular that a shot at goal should be considered dangerous if players are in close proximity to the shot and therefore have no time to react safely and to play the ball legitimately.
- Remember, there is no rule that says the ball must be on the ground.

THE USE OF STICK ABOVE THE SHOULDER

- Players may stop, receive and deflect or play the ball in a controlled manner in any part of the field when the ball is at any height including above the shoulder unless this is dangerous or leads to danger.
- Umpires should pay particular focus on control and danger (and leading to danger). The umpire should deal strictly with players who are swinging their stick in the air dangerously. In particular, in junior competitions, the emphasis should be on 'controlling the ball' and players should not swing or hit the ball in the air. In open space, inside the circle, an attacker may play a controlled shot in order to shoot at goal.
- Around the field, the receiving player still has 5 metres to bring the ball down, however, other players can also attempt to bring down the ball earlier in the flight path of the ball.
- Players should not be allowed to wave their sticks above their heads to try and stop aerial free hits and passes. The action of putting the stick above the shoulder should be to trap or receive the ball in the air and not to distract or intimidate opposition players.

'WRESTLING FOR THE BALL'

Allow players to 'wrestle for the ball.' There may be sounds of sticks clashing – this noise is two players contesting possession – it will not be a silent process. Distinguish clearly between sticks fighting for the ball and 'hacking.'

RAISED BALL AT A PENALTY CORNER

Guidance has been provided by the Hockey Rules Board about a defender who is within 5 metres of the ball when struck by the first shot at a penalty corner that has been flicked.

- If a defender is struck below the knee, another penalty corner should be awarded.
- If, in a normal stance, the defender is struck above the knee, a free hit should be awarded to the defending team.

OBSTRUCTION

Obstruction still exists.

- Be aware of players who are in possession of the ball who:
 - back into an opponent
 - turn and try to push past an opponent
 - shield and stand still when under pressure
 - drag the ball near their back foot when moving down the sideline or along the back-line.
- Be aware of players who shield the ball with the stick to prevent a legitimate tackle.

BALL OVER THE BACK-LINE

If you are absolutely sure that a defender intentionally played or deflected the ball over their own goal/back-line, you should award a penalty corner. In this context intentionally means that the player had different options to play the ball, but chose to play it over their own back-line. Players who are making legitimate tackles close to the baseline will inevitably play the ball over the baseline – this is a tackle and should not result in a penalty corner.

FREE HIT WITHIN 5 METRES OF THE CIRCLE

Players may now take free hits awarded within 5 metres of the edge of the circle, from the point of the offence (they do not need to take the ball back outside the dotted 5 metre line around the circle). However, rules surrounding the entry of the ball into the circle apply and you should refer to Rule 13.2.

- The ball still has to travel at least 5 metres before it can be played into the circle OR it has to be touched by another player of either team (other than the player taking the free hit).
- All players standing outside the circle should be 5 metres from the player taking the free hit (however play should be allowed to continue if they are not influencing).

- However, players standing inside the circle (only need to stand on the circle edge) do not need to be 5 metres (as the player taking the free hit cannot bring the ball into the circle until it has been moved 5 metres or touched by another player) so any defenders are not interfering by standing inside the circle.
- Players standing inside the circle cannot leave the circle to play at the ball until the ball has been moved 5 metres or the ball has been touched by another player. One of these two actions would deem the end of the self-passed free hit and therefore the defender is allowed to engage in play.
- It is unreasonable to expect defenders to allow attackers into the circle without a contest just because they were not 5 metres from the original free hit.
- Essentially, once the ball has moved 5 metres, or it has been touched by another player, the ball is alive, can be injected into the circle, and therefore attackers should expect that defenders whether 5 metres away, or not, will then re-engage with play.
- Umpires will not be able to recall the position of numerous defenders at the point when a free hit is taken and therefore the only way to ensure all players are 5 metres is to stop play, and move people back into the circle. This action negates the quick free hit application and game flow which attackers want when awarded a free hit close to the circle. Umpires should resist 'managing' these situations as flow will be upset.
- Note: any interference from the defender who is not 5 metres, while the attacker is moving the ball 5 metres may be deemed a deliberate act and dealt with accordingly.

Procedures for Taking Penalties

LONG CORNERS

When the ball is played unintentionally over the back-line by a defender or goalkeeper and no goal is scored, play is re-started with the ball on the 23 metre line and in line with where it crossed the back-line and the procedures for taking a free hit within the 23 metre area apply.

PENALTY CORNER

At half-time or full-time there is a possibility that the penalty corner is being played when the end of time is indicated.

- You must realise that this or a following penalty stroke is allowed to be completed, before you indicate the end of that period of the game.

- The penalty corner is ended either when:
 - the ball is played over the back-line by an attacker or
 - the ball is played unintentionally over the back-line by a defender or
 - the ball goes over the circle line for the second time or
 - the ball travels more than 5 metres from the circle or
 - a goal is scored or
 - an attacker breaches any rule.
- But remember that before any of these things happen another penalty corner (or a penalty stroke) might be awarded and it too must be completed.

NOTE: the rule now states that the ball needs to go out of the circle before a goal is awarded! The rule used to say "Before a shot at goal can be taken" You need to understand the possible problems this word change may create??

BREAKING AT A PENALTY CORNER

No attacker or defender can enter the circle before the ball has been pulled out from the baseline.

Attackers:

- will be sent to halfway (they can be replaced however play should not be delayed)
- If the dragger feints or does a double movement they are to be replaced (from someone on the circle edge)

Defenders:

- will be sent back to halfway
- if a goalkeeper or player with goal keeping privileges then another defender will be selected to return to halfway
- if two defenders break at the same time only one is sent back to halfway
- *Attackers and defenders cannot return if the penalty corner is being re-taken. In order for a new penalty corner to be awarded, one of the following conditions need to be met (Refer 13.5 and 13.6):*
 -
 - *a goal is scored*
 - *a free hit is awarded to the defending team*
 - *the ball travels more than 5 metres outside the circle,*
 - *the ball is played over the back-line and a penalty corner is not awarded,*
 - *a defender commits an offence which does not result in another penalty corner,*
 - *a penalty stroke is awarded,*
 - *a bully is awarded.*
 - *For the purposes of substitution and completion of a penalty corner at half time or full-time, the penalty corner is also completed when the ball travels outside the circle for the second time (Refer 13.6).*

Control and Management

THE CONTROL LADDER

Using a range of control techniques is the key to controlling a good game of hockey. Below is a list of interventions which may be useful for you to use in a game.

- Finger Point
- Free hit reversal
- Loud Whistle
- Calming hand movements
- Whistle variations
- Body language
- Hand signal intensity
- Verbal Warning
- Talk to captains
- Coloured cards
 - 2 minute Green card
 - Yellow card (suspension)
 - Red card (removed from the game)



BODY LANGUAGE

Good use of whistle (tone and variation) combined with clear signalling and appropriate body language is the key to selling decisions.

ADDITIONAL INFORMATION

MAIN UMPIRING OBJECTIVES

Work together as a team on and off the pitch.

- Establish control.
- Endeavour to understand what the players are trying to do.
- Encourage a flowing, open game, allowing maximum advantage and skill.
- Support and encourage skill.
- Deal promptly and firmly with foul play and direct abuse.
- Make your decisions understandable for all concerned.

CO-OPERATION BETWEEN THE UMPIRES

Team work and co-operation are essential

- Use every opportunity to demonstrate that you are a team
- You are expected to support your fellow umpire when she/he is unsighted or has difficulty in seeing certain parts of the pitch.

- Be as close as possible to the play. Do not hesitate to cross the centre-line and if necessary, go as far as is possible and reasonable into your colleague's half to assist but also to convince the players about your decision.
- Prior to the match discuss and agree the assistance to be given and received.
- Remember and practise eye contact.
- The umpire furthest from the play is usually better able to take responsibility for control of any "off the ball" incidents and if appropriate in cases of misconduct must intervene as soon as possible (subject to advantage) and penalise severely.

CAPTAINS

The Captain is responsible for the behaviour of all their players. Use him/her! Sometimes the Captain may need to be spoken to about team conduct.

VERBAL ABUSE / MISCONDUCT

Do not accept verbal abuse directed at you, your colleague or opponents.

- Do not accept other types of misconduct.
- Deal with misconduct promptly.
- Substitute players not on the field should also adhere to misconduct guidelines.

USE OF COLOURED CARDS

Cards are not only personal penalties but also signals to all players of both teams, to spectators, etc.

- If players are misbehaving and initial control ladder techniques have not worked, then use your cards.
- Use them in a proper and consistent way.
- A green card means a suspension of 2 minutes and can be given for minor offences (small bad tackle, not 5m from a free hit the first time).
- A yellow card means a minimum suspension time of 5 minutes.
- There should be a clear time difference between yellow cards issued for a minor offence and those awarded for a more serious and/or physical offences.
- As a guide, the minimum of 5 minutes will normally be appropriate for non-personal verbal offences or other minor offences, such as not moving away from a free hit or straightforward stick interference.
- There may be particular circumstances where you feel an additional one or two minutes suspension is appropriate. However, in the case of physical offences where the body is played or rough play takes place, a 10 minute suspension will usually be appropriate and might be even longer depending on the severity of the offence. Penalty points awarded should reflect the suspension time.

- Where a player deliberately strikes another with the stick or fist, or deliberately kicks or spits at another player, verbally abuses (repetitive dissent, threats or racial remarks) a player or umpire the red card may be appropriate.

UMPIRING OBJECTIVES – A SUMMARY

- **Be Consistent**

Good umpires maintain respect by being consistent and never uncertain. Keep control of the game – use preventative umpiring.

- **Be Approachable**

One of the things that annoys coaches and players is when umpires seem unapproachable, detached, and even unfeeling. You can be excellent with the rules, signalling whistling, positioning etc. but unless this is combined with a good rapport with the players you will have problems.

- **Be Prepared**

No matter how long you have been an umpire or how many times you have worked with the same colleague umpire, it is essential you have a pre-match conference (including the reserve umpire) for every match.

- **Be Focussed**

In order to do a good job you must maintain concentration at all times. To do that you cannot allow anything or anyone to distract you.

- **Be Clear**

Use only official signals – including advantage. Vary use of the whistle to communicate decisions. See yourself on video.

- **Be Yourself**

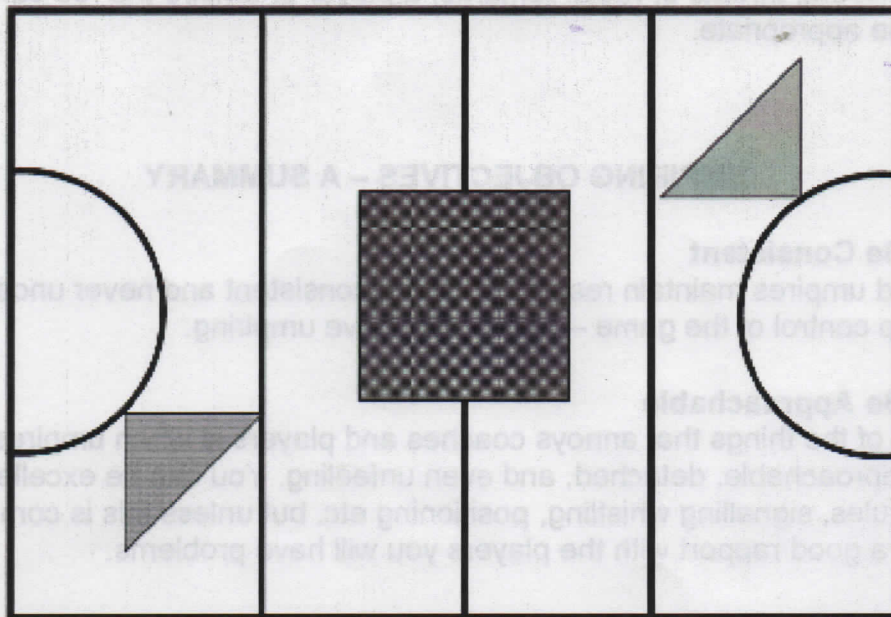
Umpire the game and enjoy it. Make sure you are developing your own style and not 'masquerading' as a colleague.

- **Be Better**

Do not be complacent. No matter how well you have umpired recently and no matter how elevated your reputation, you must aim to become an even better umpire with each and every game.

- **Make sure you are umpiring modern hockey**

The modern game is evolving and changing very quickly. Old interpretations will now be out of date. What have you changed since last year? If you haven't re-assessed some of your umpiring strategies in the last 12 months you will be certainly out of date.



Umpires Control Areas—Pre-game discussion card

Whistle Tone

Have Fun

Dress Code

- Areas of control
- Sideline assistance
- Shaded areas
- Signaling
- Advantage
- Timing of match
- Coat hangers
- Use of 10m / cards
- Dangerous Play
- Positioning
- Check nets
- Check placement of goals
- 5m / 1m

Cards

Body Language

Be Consistent