



Community Umpire Development Guide

Participant Version

Based upon the Community Umpire Tool Kit – revised and edited by Cameron Williamson

Introduction

This purpose of this introductory document aims to assist umpires improve their knowledge and skill to apply the Rules of Netball.

There are two versions of the Community Umpire Development Guide available:

1. Participant Version ~ Includes slides providing content for participants to be aware and prompt learning from the Rules of Netball about key netball topics.
2. Facilitator Version ~ Contains slides with 'what to do' and 'coaching tips' and most importantly....the answers.
 - (a) The appendix section replicates the topic order within the PowerPoint presentation. There will be a printable worksheet (i) and the answers (ii) commencing slide 81.

The Facilitator Version is available upon request from the Netball Queensland Officials Development Coordinator.



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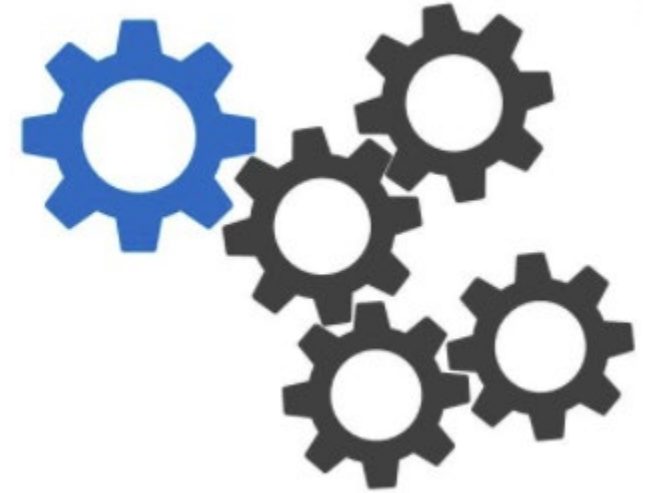
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Contact Netball Queensland to receive a Facilitators version which includes answers

Tools of the trade

Activity Objective	Area Required	Equipment Required
To introduce umpires to the tools of the trade required to assist in effectively fulfilling their umpiring duties through a fun and engaging activity	Your choice of indoor or outdoor playing area	1. Rule book per umpire 2. Pen/pencil * Tools of the trade worksheet available in the Facilitators version

Tools of the trade



Ask the Umpires

- Why is it important to know and understand the rules of netball?

- What ways could you keep track of the Centre Pass?

- Why is good presentation important?

Tools of the trade

Activity: What tools does an umpire need to fulfill their role effectively? (List below)

- _____
- _____
- _____
- _____
- _____



Area of control

Rule reference 5.2.1

Activity Objective	Area Required	Equipment Required
To provide umpires with a basic knowledge of Areas of control, including the centre pass, through a fun and engaging activity	Your choice of indoor or outdoor playing area	1. Rule book per umpire 2. Pen/pencil * Area of control worksheet available in the Facilitators version

Area of control

Ask the Umpires

- Does the umpire control the same half throughout the game?

☐ Yes ☐ No

- Are all the lines considered part of the court?

☐ Yes ☐ No

- Which umpire controls the restart of play after a goal is scored?

- How will the umpire keep track of center pass?

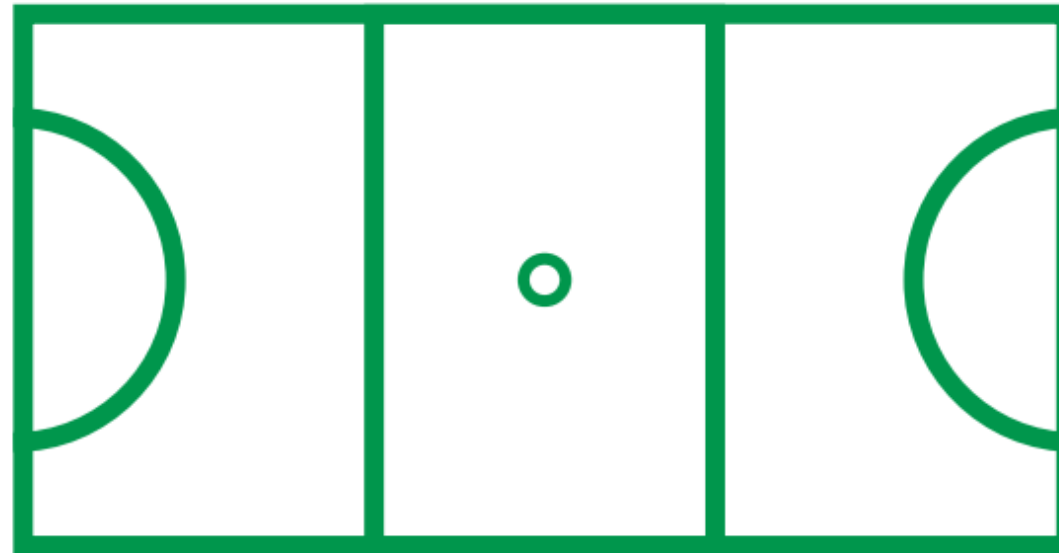
Area of control

Activity:

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



Area of control

Activity:

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

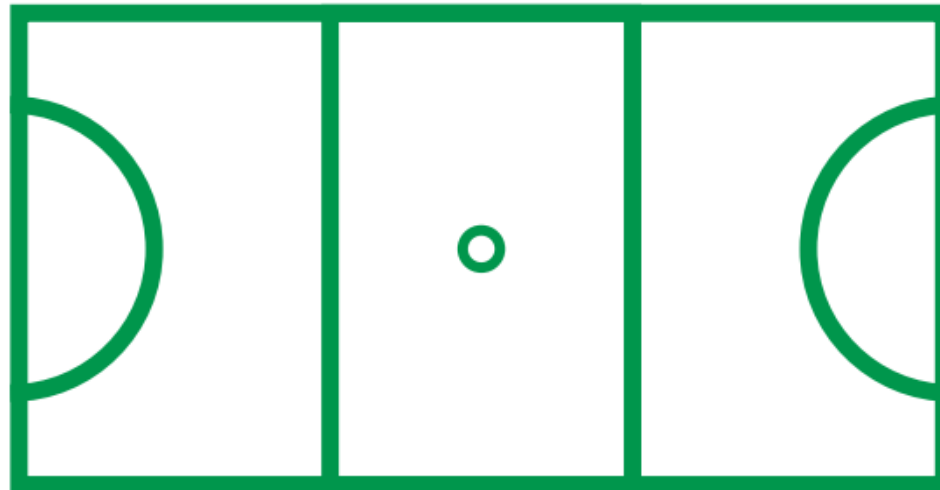
1. _____

2. _____

3. _____

4. _____

5. _____



Pre-game responsibilities

Rule reference 3.1, 3.2, 3.3, 5.1.1 (iv)

Activity Objective	Area Required	Equipment Required
To provide umpires with knowledge of pre-game responsibilities through a fun and engaging activity	Your choice of indoor or outdoor playing area	1. Rule book per umpire 2. Pen/pencil * Pre-game responsibilities worksheet available in the Facilitators version

Pre-game responsibilities

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?

Pre-game responsibilities

Ask the umpires

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.

Answer:



Pre-game responsibilities

Ask the umpires

- 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? Answer:

- 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? Answer:

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

Hand signals

Activity Objective	Area Required	Equipment Required
To provide umpires with the opportunity to practice the different hand signals used to indicate the most common infringements	Your choice of indoor or outdoor playing area	1. Rule book per umpire 2. Pen/pencil * Hand Signals worksheet available in the Facilitators version

Hand signals

Ask the umpires

- Why do umpires use hand signals?

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

Activity Objective	Area Required	Equipment Required
To provide umpires with the understanding of the different types of whistle blows through a fun and engaging activity	Your choice of indoor or outdoor playing area	<ol style="list-style-type: none">1. Rule book per umpire2. Pen/pencil3. Whistle per umpire <p>* Blowing the whistle worksheet available in the Facilitators version</p>

Blowing the whistle

Ask the Umpires

- An umpire's whistle should be loud, short and sharp. When might an umpire use a different whistle tone/length? Answer: _____

- Which of the following stops the game: the umpire's whistle or the timekeepers signal?

Answer: _____

Blowing the whistle

Quick Quiz

- What hand signal does an umpire use with their whistle to indicate the end of an interval?

(A)



(B)



(C)



Playing areas

Activity Objective	Area Required	Equipment Required
To provide umpires with knowledge of the playing areas, offside, and the out of court rules through fun and engaging activities	Your choice of indoor or outdoor playing area	1. Rule book per umpire 2. Pen/pencil * Playing areas worksheet available in the Facilitators version

Playing Areas

Quick Quiz

- 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? ☐ Yes ☐ No

- What is the Sanction for Offside? _____

- Where is the Sanction taken? _____

- Is this the hand signal for Offside? ☐ Yes ☐ No

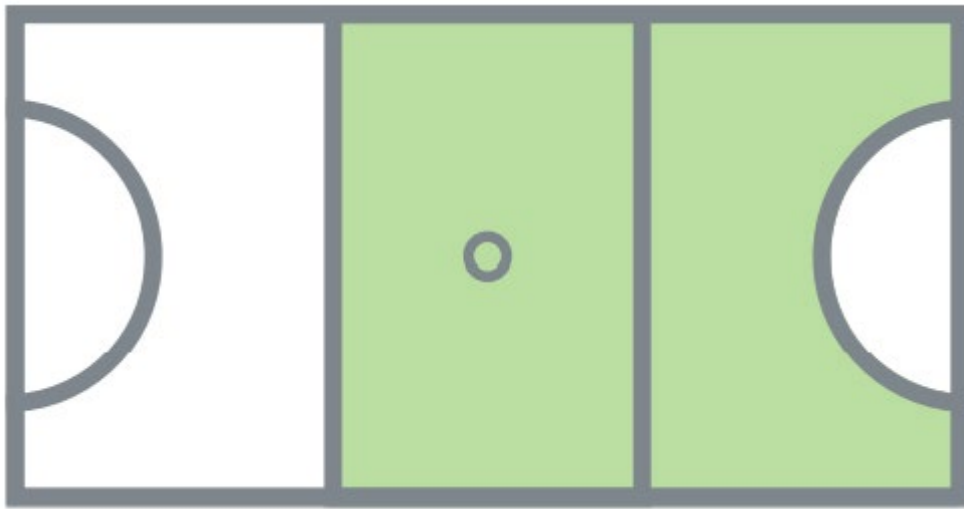


Playing Areas

Question 1

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.

12 Players permitted in this area: •



- _____
- _____
- _____
- _____
- _____
- _____

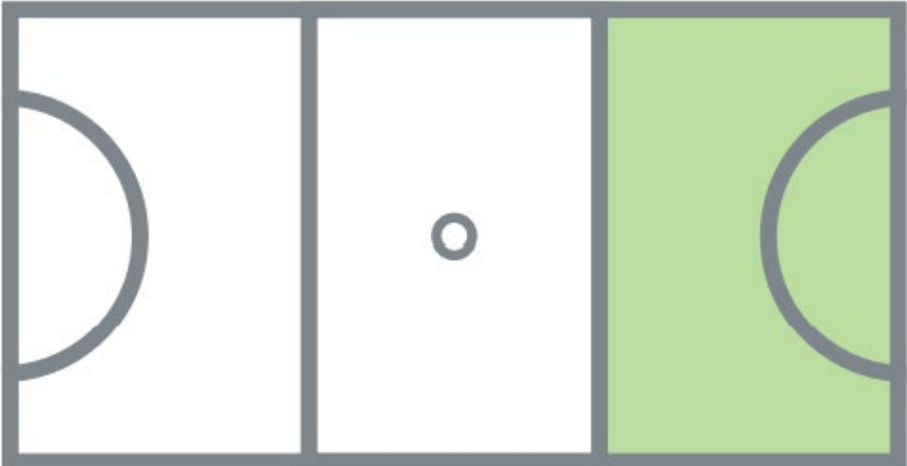
- * _____
- * _____
- * _____
- * _____
- * _____
- * _____

Playing Areas

Question 2

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.

8 Players permitted in this area:



- _____
- _____
- _____
- _____

- * _____
- * _____
- * _____
- * _____

Playing Areas

Quick Quiz

1. When a player enters an area other than their player's designated playing area, what is the infringement?
Answer: _____
2. 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?
Answer: _____
3. May a player reach over and take the ball from an Offside area? Answer: _____
4. May a player lean on the ball in an Offside area?
Answer: _____
5. What is the umpire's ruling when two opposing players go Offside at the same moment and neither makes contact with the ball?
Answer: _____
6. May a player who is on court, stand on a line bounding that players playing area? Answer: _____
7. Is the ball out of court when It touches the ground outside the court. Answer: _____
8. Is the ball out of court when it touches any object or person in contact with the ground outside the court?
Answer: _____
9. 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.
Answer: _____
10. What would the umpire's decision be if: A Player who is off the court, jumps from out of court, catches the ball and then lands on court before throwing?
Answer: _____

Fitness

Activity Objective	Area Required	Equipment Required
To deliver a practical fitness session relevant to the skills of umpiring	Your choice of indoor or outdoor playing area	<ol style="list-style-type: none">1. Whistle per umpire2. Stopwatch3. Skipping ropes4. Coloured cones/markers (15-20) <p>* Fitness worksheet available in the Facilitators version</p>

Fitness

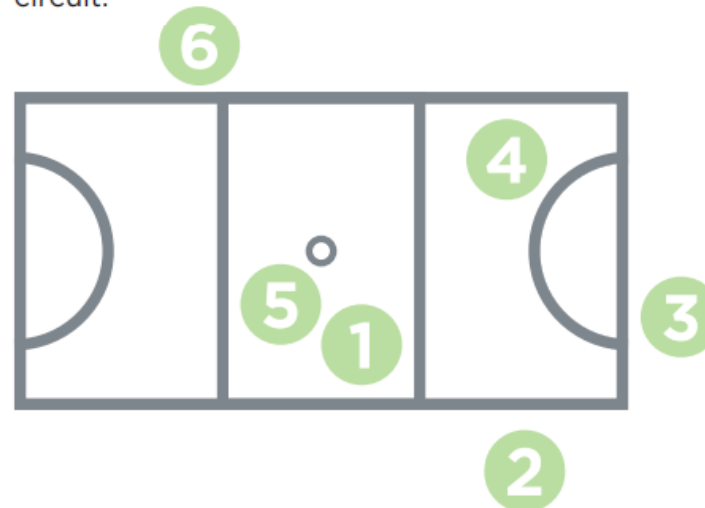
Quick Quiz:

- Why is it important to have a good level of fitness for umpiring? Answer: _____

- What other ways can you improve your fitness? Answer: _____

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.



Fitness

Station 1:

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.



Station 2:

2 **Station**

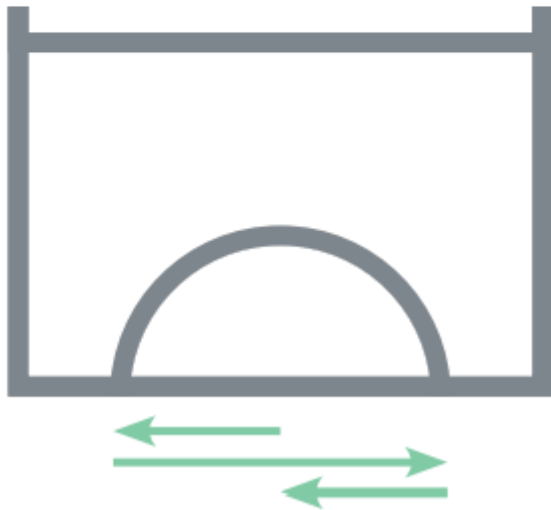
Start by blowing the whistle, then side stepping just forward of the Centre Circle. Sprint from just beyond the transverse line around to the goal post and indicate a goal is scored. Sprint back to the starting point. Keep the body open to the court, eyes up and looking forward. Repeat 5 times.



Fitness

Station 3:

- 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.



Station 4:

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



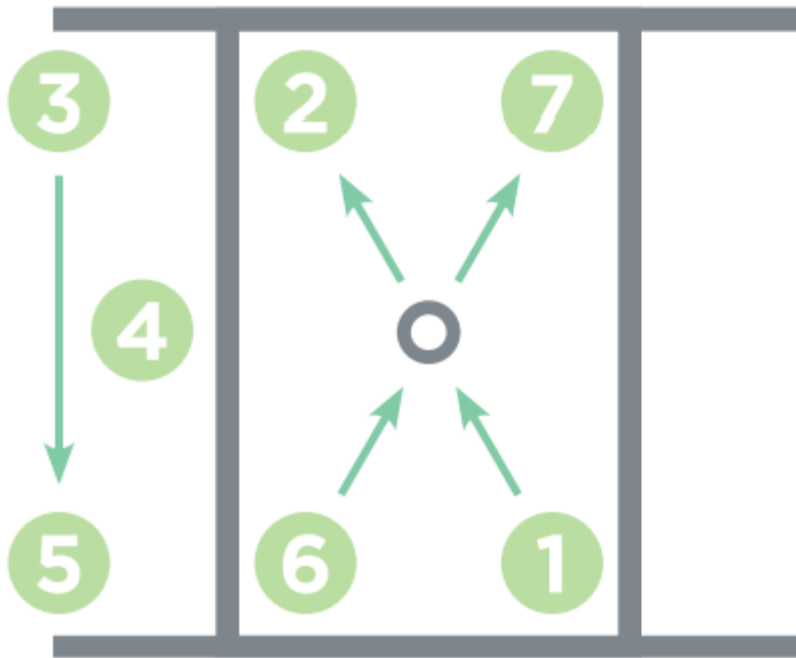
Fitness

Station 5:

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

Station 6:

6

Station

Finish by skipping 100 times.

Awarding Sanctions

Activity Objective	Area Required	Equipment Required
To provide umpires with knowledge of the two Sanctions and which infringements they relate to	Your choice of indoor or outdoor playing area	1. Rule book per umpire 2. Pen/pencil * Awarding Sanctions worksheet available in the Facilitators version

Awarding Sanctions

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?

Answer: _____

2. What Sanction is awarded if the player taking a Free Pass has not released the ball within three seconds?

Answer: _____

3. May a Free Pass be defended? Answer: _____

4. May a Penalty Pass be defended? Answer: _____

5. May a player taking a Throw In place a foot on the line as the ball is released? Answer: _____

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? Answer: _____

7. What action would the umpire take when two opposing

players gain simultaneous possession of the ball?

Answer: _____

8. Name the Sanction for each of the following infringements & state where the sanction would be taken:

8(i) Footwork infringement Answer: _____

8(ii) Player Offside Answer: _____

8(iii) Contact of the Centre taking the Centre Pass Answer: _____

8(iv) Short Pass on Court Answer: _____

8(v) Obstruction of the player taking a Throw In along the Sideline

Answer: _____

Start of play

Rule Reference 8.0 Controlling Play

Activity Objective	Area Required	Equipment Required
To provide umpires with knowledge of the positioning of players for the start of play, and how to start play	Your choice of indoor or outdoor playing area	<ol style="list-style-type: none">1. Rule book per umpire2. Pen/pencil3. Whistle per umpire <p>* Start of play worksheet available in the Facilitators version</p>

Start of play



Start of play

Quick Quiz:

- What 'tools of the trade' do you have to control the start and restart of play?

Answer _____

- What is the Sanction for a player who enters the Centre Third prior to the whistle being blown for a Centre Pass? Answer _____

- Where is the Sanction awarded? Answer _____

- What is the action taken by the umpire if a ball from the Centre Pass goes untouched over the Sideline bounding the Centre Third? Answer _____

Start of play

Positioning players for the start of play: (use the rules book)

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
- Are other players free to move before the whistle has been blown to start play? ☐ Yes ☐ No
- Are other players allowed to move into the Centre Third before the whistle has been blown to start play? ☐ Yes ☐ No

Start of play

Positioning players for the start of play: (use the rules book)

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
- 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 make contact with the ball?

Answer: _____

- ❖ If one of them touches or catches the ball?

Answer: _____

Start of play

Start of play: (use the rules book)

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 _____

Start of play

Start of play: (use the rules book)

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

☐ Yes ☐ No

- Jumps from the Goal Third, touches the ball in the air and lands in the Centre Third?

☐ Yes ☐ No

- Lands on both feet simultaneously astride the Transverse Line?

☐ Yes ☐ No

Start of play

Start of play: (use the rules book)

- What Sanction would the umpire award and where would it be taken if a member of the team taking the Centre Pass fails to receive the ball legally and it passes over the Sideline in the Centre Third?

Answer: _____

- What would the umpire do if a member of the opposing team touched or caught the Centre Pass in the Centre Third, or in the Goal Third, or with feet astride the transverse line?

Answer: _____

Contact

Rule Reference 7, 12

Related sanction/action:

Penalty pass

Activity Objective	Area Required	Equipment Required
To provide umpires with knowledge of the Contact rule through a fun and engaging activity	Your choice of indoor or outdoor playing area	1. Rule book per umpire 2. Pen/pencil * Contact worksheet available in the Facilitators version

Contact

Quiz Questions:

1. Is a player penalised for accidental Contact that interferes with the play of an opponent? Answer: ____
2. What Sanction would the umpire award if the following occurred in the Centre Third:
 - Pushing an opponent in an effort to get free? Answer: _____
 - Tripping an opponent accidentally in an effort to get free? Answer: _____



Contact

Quiz Questions:

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?

Answer: _____

- The Goal Attack or Goal Shooter pushes through the Goal Defence or the Goal Keeper?

Answer: _____

- The Goal Keeper or Goal Defence holds an opponent's uniform? Answer: _____

- The Goal Keeper or Goal Defence pushes their elbow against an opponent? Answer: _____

- The Goal Keeper and Goal Defence position themselves so near an opponent that Contact cannot be avoided? Answer: _____

Contact

Quiz Questions:

4. 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? Answer: _____

5. 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? Answer: _____

6. Is a sanction awarded against a player who accidentally knocks the ball from an opponent's hands?
Answer: _____

Obstruction (Part1)

Rule Reference 7, 11

Activity Objective	Area Required	Equipment Required
To provide umpires with the opportunity to apply the Obstruction rule in a game-based activity	Your choice of indoor or outdoor playing area	<ol style="list-style-type: none">1. Whistle per umpire2. Stopwatch3. Set of bibs4. Coloured cones (14) <p>* Obstruction worksheet available in the Facilitators version</p>

Obstruction (Part1)

Ask the umpires:

- How does positioning affect your ability to judge defending distance?

Answer: _____

- 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?

Answer: _____

Obstruction (Part1)

Quick Quiz:

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? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| ❖ Deflect or catch a fake pass? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| ❖ Obtain a rebound from an unsuccessful shot at goal? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| ❖ Signal momentarily for a pass? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| ❖ Signal momentarily to indicate the intended direction of movement? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Obstruction (Part 2)

Rule Reference 7, 11

Activity Objective	Area Required	Equipment Required
To provide umpires with the opportunity to apply the Obstruction rule in a game-based activity	Your choice of indoor or outdoor playing area	<ol style="list-style-type: none">1. Whistle per umpire2. Ball per pair3. 0.9m measuring tape/stick <p>* Obstruction worksheet available in the Facilitators version</p>

Obstruction (Part 2)

Quick Quiz:

- What is the Sanction for Obstruction? Answer: _____
- Where is the Sanction taken? Answer: _____

- Who is allowed to take the Sanction? Answer: _____

- Do any players need to stand out of play? Answer: _____
- What is the hand signal for Obstruction? (A) (B)



(B)



Obstruction (Part 2)

Quick Quiz:

Q1. 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? ☐ Yes ☐ No

Q2. 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?

Answer: _____

Q3. From which foot of the defending player is the distance measured on the ground?

Answer: _____

Obstruction (Part 3)

Rule Reference 7, 11

Activity Objective	Area Required	Equipment Required
To provide umpires with the opportunity to apply the Obstruction rule in a game-based activity	Your choice of indoor or outdoor playing area	<ol style="list-style-type: none">1. Whistle per umpire2. Ball per pair3. 0.9m measuring tape/stick <p>* Obstruction worksheet available in the Facilitators version</p>

Obstruction (Part 3)

Quick Quiz:

1. An attacking player catches the ball in the air and lands on both feet simultaneously. If the defending player wishes to take a legal position from the attacking player with the ball, from which foot of the attacking player should the distance be judged if:

• The attacking player remains grounded on both feet? Answer: _____

• The attacking player pivots on the right foot and steps forward with the left? Answer: _____

Obstruction (Part 3)

Quick Quiz:

2. During an attempt at interception a defending player jumps from the correct distance from the player with the ball and lands close to that player. The defending player's body interferes with the throwing motion.

- Name the infringement. Answer: _____
- State the Sanction if the incident occurred in the Centre Third. Answer: _____
- State the Sanction if the incident occurred in the Goal Circle. Answer: _____

Obstruction (Part 3)

Quick Quiz:

3. A defending player has taken a legal position at the correct distance from the player with the ball. May the defending player remain at that position and attempt to intercept if the player with the ball lessens the distance between them? Answer: _____



Scoring a goal

Activity Objective	Area Required	Equipment Required
To provide umpires with knowledge of the scoring a goal rule through a fun and engaging activity	Your choice of indoor or outdoor playing area	<ol style="list-style-type: none">1. Rule book per umpire2. Pen/pencil3. Whistle per umpire <p>* Scoring a goal worksheet available in the Facilitators version</p>

Scoring a goal

Quick Quiz:

- Which two players are allowed to shoot for goal? Answer: _____ or _____
- 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? Answer: _____
- Where would the Sanction be taken and who would take it? Answer: _____

- May a defending player cause the Goal Post to move to interfere with a shot at goal? ☐ Yes ☐ No
- If no, what would the Sanction be and where would it be taken? Answer: _____
- Do any players need to stand out of play? Answer: _____

Scoring a goal

‘Scoring a goal’ Activity (use your rule book):

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 _____.

Scoring a goal

Scoring a goal Activity (use your rule book):

1. If a player other than the Goal Shooter or Goal Attack 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

Scoring a goal

Scoring a goal Activity (use your rule book):

6. Is a goal scored if the Goal Defence touches the ball as it leaves Attack's hands on a shot?
☐ Yes ☐ No
7. May a Goal Attack shoot for goal with one foot on the Goal Line?
☐ Yes ☐ No
8. Can the Goal Shooter; with one foot on the ground outside the Goal Circle shoot for goal?
☐ Yes ☐ No

Footwork

Rule reference 9.6

Activity Objective	Area Required	Equipment Required
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	Your choice of indoor or outdoor playing area	<ol style="list-style-type: none">1. Rule book per umpire2. Stopwatch3. Whistle per umpire4. Set of bibs <p>* Footwork worksheet available in the Facilitators version</p>

Footwork

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? ☐ Yes ☐ No
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? ☐ Yes ☐ 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? ☐ Yes ☐ No
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? ☐ Yes ☐ No

Footwork

Quick Quiz:

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 ☐ Yes ☐ No

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? ☐ Yes ☐ No

7. May a player in possession of the ball:

• Drag the landing foot? ☐ Yes ☐ No

• Slide the landing foot? ☐ Yes ☐ No

• Hop on either foot? ☐ Yes ☐ No

• Jump from both feet and land on both feet before the ball is released? ☐ Yes ☐ No

Playing the ball

Rule reference: 9

Activity Objective	Area Required	Equipment Required
To provide umpires with knowledge of the playing the ball rule	Your choice of indoor or outdoor playing area	1. Rule book per umpire 2. Pen/pencil * Playing the ball worksheet available in the Facilitators version

Playing the ball

Quiz Questions:

- May a player use the Goalpost as a support in recovering the ball going out of court? ☐ Yes ☐ No
- May a player gain control of the ball if it rebounds from the Goalpost? ☐ Yes ☐ No
- May a player use the Goalpost as a means of regaining balance? ☐ Yes ☐ No
- May a player throw the ball and play it before it has been touched by another player? ☐ Yes ☐ No
- May a player tip the ball in an uncontrolled manner into the air more than once? ☐ Yes ☐ No
- May a player toss the ball into the air and then replay it? ☐ Yes ☐ No
- May a player tip the ball in an uncontrolled manner, then bat it forward, then catch it? ☐ Yes ☐ No
- May a player deliberately kick the ball? ☐ Yes ☐ No
- May a player tip the ball in an uncontrolled manner, then direct it to another player? ☐ Yes ☐ No
- May a player drop the ball and replay it? ☐ Yes ☐ No
- May a player bat or bounce the ball forward, then bat/bounce it again? ☐ Yes ☐ No
- May a player bat or bounce the ball to another player without first having had possession of it? ☐ Yes ☐ No
- May a player bat or bounce a ball forward, then bat/bounce it again? ☐ Yes ☐ No
- May a player throw the ball while lying, sitting, or kneeling on the ground? ☐ Yes ☐ No
- May a player bat or bounce a ball forward, then direct it a second bat or bounce to another player? ☐ Yes ☐ No

Playing the ball

Quiz Questions:

May a player roll the ball to themselves to gain possession? ☐ Yes ☐ No

May a player in possession of the ball roll it to another player? ☐ Yes ☐ No

May a player fall while holding the ball, regain footing and throw within three seconds of receiving the ball? ☐ Yes ☐ No

May a player attempt to gain possession of the ball while lying, sitting, or kneeling on the ground? ☐ Yes ☐ No

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? ☐ Yes ☐ No

May a player strike the ball with a fist? ☐ Yes ☐ No

May a player bounce the ball and replay it? ☐ Yes ☐ No

May a player with the ball bounce it to another player? ☐ Yes ☐ No

May a player who has caught the ball hold it for three seconds before releasing it? ☐ Yes ☐ No

May a player fall on the ball to gain possession? ☐ Yes ☐ No

Over-a-third

Rule reference 9.5

Activity Objective	Area Required	Equipment Required
To provide umpires with knowledge of the Over a Third rule through a fun and engaging activity	Your choice of indoor or outdoor playing area	1. Rule book per umpire 2. Pen/pencil * Over a third worksheet available in the Facilitators version

Over-a-third

Quick Quiz:

- Why is it important to know which 'Third' the thrower first landed in? Answer: _____

- What do you need to be aware of when the receiver touches or catches the ball? Answer: _____

- Why are there two different Sanctions and actions for Over a Third? Answer: _____

- Is this the hand signal for Over a Third? ☐ Yes ☐ No



Over-a-third

1. Over a Third Activity (use your rule book):

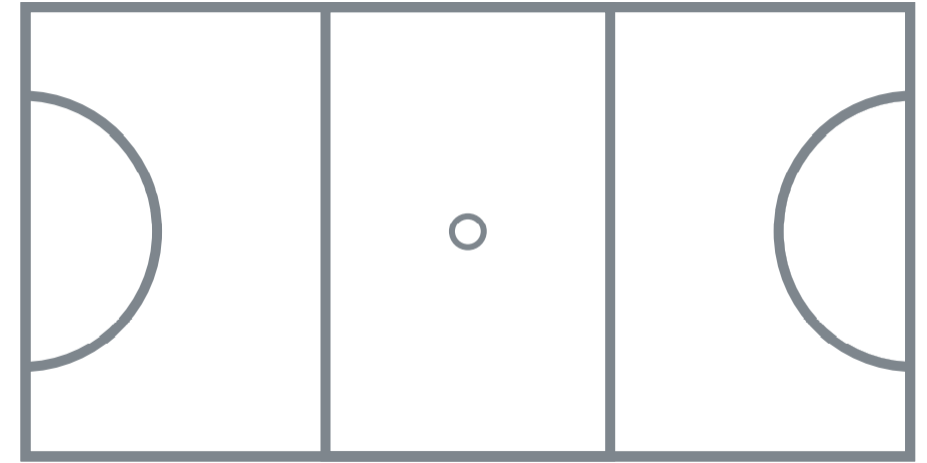
The ball must be _____ or _____ by a player in each _____ of the court. The player who touches or catches the ball must: a) Be standing _____ in the third concerned when the ball is _____ or _____; b) After catching or touching the ball in the air, _____ either with the _____ or both feet _____ in the 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

2. Over a Third Activity:

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



Q: A ball being thrown Over a Third from a Goal Line Throw In:

What is the Sanction? _____

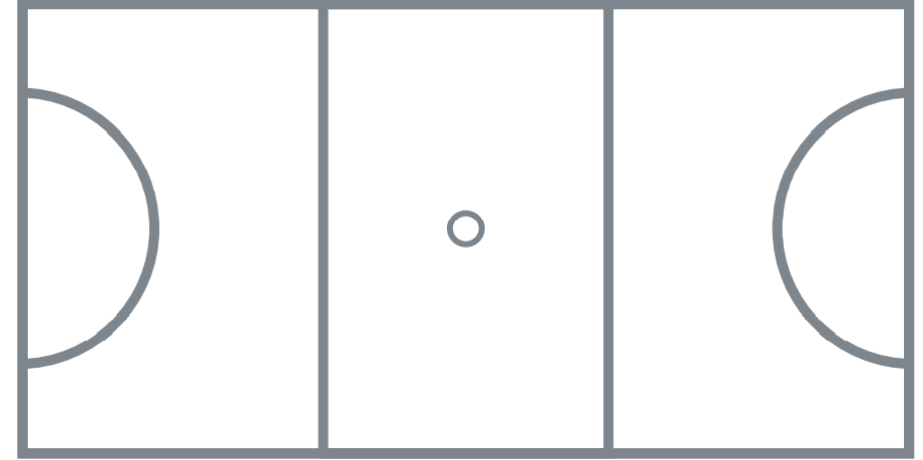
Where would the Sanction be awarded? _____

Who may take the Sanction? _____

Over-a-third

3. Over a Third Activity:

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



Q: A ball being thrown Over a Third from the Centre Third:

What is the Sanction? _____

Where would the Sanction be awarded? _____

Who may take the Sanction? _____

Over-a-third

Quiz Questions:

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?

☐ Yes ☐ No

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?

☐ Yes ☐ 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? Answer: _____.

Where would it be awarded? Answer: _____

Over-a-third

Quiz Questions:

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? Answer: _____

5. A ball, thrown from the Centre Third passes out of Court over the Goal Line.

What is the action? Answer: _____ .

Where would it be awarded? Answer: _____ .

Vision

Activity Objective	Area Required	Equipment Required
To provide umpires with practical exercises to improve their peripheral vision	Your choice of indoor or outdoor playing area	1. Set of coloured cards per umpire * Vision worksheet available in the Facilitators version

Vision

Quick Quiz:

- Why is it important to practise developing your peripheral vision?

- What other ways can you think of to help develop your peripheral vision? _____

Held Ball

Rule reference 9.4.1

Activity Objective	Area Required	Equipment Required
To provide umpires with the opportunity to apply the Held Ball rule through a fun and engaging activity	Your choice of indoor or outdoor playing area	<ol style="list-style-type: none">1. Rule book per umpire2. Stopwatch3. Pen/pencil4. Device capable of playing music5. Blank piece of paper per umpire <p>* Held Ball worksheet available in the Facilitators version</p>

Held Ball

Quick Quiz:

- 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? ☐ Yes ☐ No
- Is this the hand signal for Held Ball? ☐ Yes ☐ No



Short pass

Rule reference 9.5

Activity Objective	Area Required	Equipment Required
To provide umpires with knowledge of the short pass rule through a fun and engaging activity	Your choice of indoor or outdoor playing area	1. Rule book per umpire 2. Pen/pencil * Short pass worksheet available in the Facilitators version

Short pass

Quick Quiz:

- 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? ☐ Yes ☐ No
- What is the hand signal for a Short Pass?

(A)



(B)



(C)



Stoppages

Activity Objective	Area Required	Equipment Required
To provide umpires with knowledge of the stoppage rule through a series of questions	Your choice of indoor or outdoor playing area	1. Rule book per umpire 2. Pen/pencil * Stoppages worksheet available in the Facilitators version

Stoppages

Quick Quiz:

- Why is it important to make sure a player has possession of the ball before calling time for injury/ illness or blood? Answer: _____

- What should an umpire check before restarting play when time has been called for blood? Answer: _____

- What are some examples of other stoppages that an umpire may call time for?

Stoppages

Questions:

During a Stoppage may any team official approach players at the Sideline for hydration? ☐ Yes ☐ No

Do umpires have the discretion to stop play? ☐ Yes ☐ No

Blue Centre injures herself and calls time. May the umpire stop play? ☐ Yes ☐ No

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 ☐ No

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 ☐ No

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 or the next stoppage for injury/illness or blood?

☐ Yes ☐ No

During a Stoppage may team officials approach players at the Sideline for coaching? ☐ Yes ☐ No

Stoppages

Questions:

During a Stoppage may bench players approach the Sideline if coaching occurs? ☐ Yes ☐ No

Blue Centre injures herself and calls for Time. Can the Red team make substitutions during the Stoppage? ☐ Yes ☐ No

During a Stoppage is the Primary Care Person/s permitted on the Court to assess the player's medical condition? ☐ Yes ☐ No

Blue Centre injures herself and calls for Time. The Blue Centre then leaves the Court. May the Blue team leave this playing position vacant? ☐ Yes ☐ No

Play was stopped for the Blue Wing Attack who was bleeding. Do they need to leave the court to receive treatment? ☐ Yes ☐ No

Blue Centre notices the Blue Wing Attack is bleeding and calls for time. May the umpire stop? ☐ Yes ☐ No

During play the umpire notices that the Goal Post padding is dislodged. May the umpire stop play to adjust the Goal Post padding? ☐ Yes ☐ No

To stop play for injury or illness, should the umpire blow the whistle to signal the timekeeper to hold time? ☐ Yes ☐ No

During a Stoppage, is the coach permitted on court? ☐ Yes ☐ No

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? ☐ Yes ☐ No

Umpire Development Guide

Participant Version

