

# Beginner Umpires To Official



Prepared by:  
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# Beginner Umpires

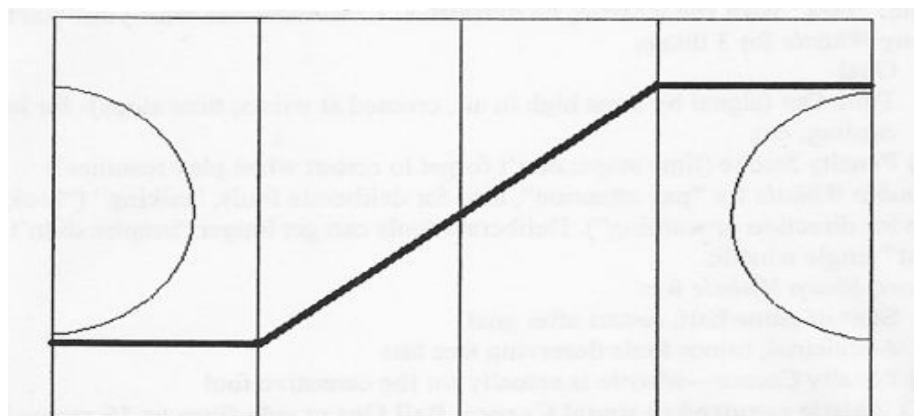
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As a new umpire there will be many things for you to become familiar with.

In your first game blow the infringements that you see, unless you believe there is a clear advantage. E.g. Free hit for the tackle that hit the stick, Ball hits the foot hard, Player shepherds an opposing player away from the ball

## Positioning:

- General Field Play:** Stay within your own half of the ground and out wide. Move along the sidelines to gain the best view you can. Stay behind the ball and keep moving.
- Around the circles:** Go to the base line and find a clear view of the game, it is easier to umpire what is coming towards your chest than away from you. Keep on the move and if unsure look towards you co-ump for support.
- Area of Control:** Each umpire is responsible for decisions in their half of the field, I have attached a diagram of areas of control for you to use.



Your area is your sideline to the goal on your RIGHT. Co-Umpire takes opposite side and works the same pattern to his/her right


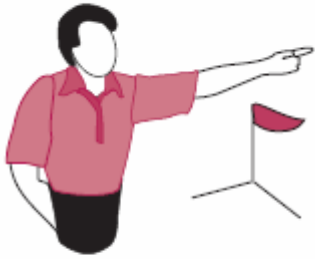





- Signals:** Use only one arm for all calls except PC's and 14.3 metre hits. I have attached a copy of the most used signals for hockey for your perusal. You do not have to signal every decision, however signal Free Hits and Penalty Corners. Use an extended arm, open palm or finger pointing in the direction of the free hit. Hold signal for 2 –3 seconds to gain confidence.

- Whistling:** Strong whistles, make sure the players and your co-ump can hear your whistle. If your co-ump can hear then the players will also be able to hear. As you develop your skills you will learn how to use different tones and length of whistle.

## Terminology

<b>Player</b>	❖ One of the participants in a team.
<b>Team</b>	❖ A team consists of a maximum of sixteen persons composed of a maximum of eleven players on the field and up to five substitutes.
<b>Field Player</b>	❖ One of the participants on the field other than the goalkeeper.
<b>Attack (Attacker)</b>	❖ The team (player) which is trying to score a goal.
<b>Defence (Defender)</b>	❖ The team (player) which is trying to prevent a goal being scored.
<b>Back-line</b>	❖ The shorter (55 metres) perimeter line.
<b>Goal-line</b>	❖ The back-line between the goal-posts.
<b>Side-line</b>	❖ The longer (91.40 metres) perimeter line.
<b>Circle</b>	❖ The area enclosed by and including the two-quarter circles and the lines joining them at each end of the field opposite the centre of the back-lines.
<b>23 metres area</b>	❖ The area enclosed by and including the line across the field 22.90 metres from each back-line, the relevant part of the side-lines, and the back-line.
<b>Playing the ball</b>	❖ Stopping, deflecting or moving the ball with the stick; in the case of the goalkeeper also stopping, deflecting or moving the ball with the kickers or leg-guards.
<b>Hit</b>	❖ Striking the ball using a swinging movement of the stick towards the ball.
<b>Push</b>	❖ Moving the ball along the ground using a pushing movement of the stick after the stick has been placed close to the ball. When a push is made, both the ball and the head of the stick are in contact with the ground.
<b>Flick</b>	❖ Pushing the ball so that it is raised off the ground.
<b>Scoop</b>	❖ Raising the ball off the ground by placing the head of the stick under the ball and using a lifting movement.
<b>Shot at goal</b>	❖ The action of an attacker attempting to score by playing the ball towards the goal from within the circle.
<b>Playing distance</b>	❖ The distance within which a player is capable of reaching the ball to play it
<b>Tackle</b>	❖ An action to stop an opponent retaining possession of the ball.
<b>Offence</b>	❖ An action contrary to the Rules penalised by an umpire.

## The most common signals

<p><b>Time Start</b></p>  <p>Turn towards the other umpire with one arm straight up in the air.</p>	<p><b>Hit-in from the side-line (corner)</b></p>  <p>Point one arm at the corner flag nearer where the ball crossed the back-line.</p>	<p><b>Goal scored</b></p>  <p>Point both arms horizontally towards the center of the field.</p>	<p><b>Hit for behind the back-line 15 Metre Hit</b></p>  <p>Extend both arms horizontally sideways.</p>
<p><b>Free hit</b></p>  <p>Indicate the direction with one arm raised horizontally and the open hand at face level.</p>	<p><b>Advantage</b></p>  <p>Extend an arm high from the shoulder in the direction in which the benefiting team is playing.</p>	<p><b>Penalty Corner</b></p>  <p>Point both arms horizontally towards the goal.</p>	<p><b>5 meters distance</b></p>  <p>Extend one arm straight up in the air showing an open hand with all fingers extended.</p>
<p><b>Obstruction</b></p>  <p>Hold crossed forearms in front of the chest.</p>	<p><b>Obstruction (third party)</b></p>  <p>Alternately open and close crossed forearms in front of the chest.</p>	<p><b>Penalty stroke</b></p>  <p>One arm points to the penalty spot, the other points straight in the air.</p>	<p><b>Free hit progressed up to 10 meters</b></p>  <p>Raise one arm vertically with fist clenched.</p>

## Junior Games

- ◆ Walking with a senior umpire to get the feel for the game and places they need to go.
- ◆ Two games behind, then two in front of a senior umpire
- ◆ Umpiring with a senior umpire shadowing me. Actually making decisions
- ◆ Taking more of the game control

When umpiring these games Inductee is expected to make decisions ( in the mind and talk to the senior umpire, this is to display they are aware of the breach and the penalty for such. When being the lead umpire they still talk through their decisions for reassurance.)

### **Senior umpire to officiate major errors so as not to influence the course of the game and to ensure player management issues over novice umpires.**

- Actually umpiring a game with an experienced Co-Umpire
- Tutoring and Mentoring to gain the skills I will need.
- Rules – Simple Twenty - Twenty Quiz just to gain some basic knowledge

Whistle Control	• Learning to blow my whistle: Different tones for decisions
Signaling	• What signaling should I know and be able to do
Positioning	• Where should I stand and move
Paperwork	• Team sheets and other paperwork to complete
Reward	• Recognition from Club/Association during the year and years end etc
	• Local Badge
	• Encouragement Awards
	• Monthly Awards
	• Junior Umpire of the Year Awards
Presentation	• Uniform and Certificate etc.
	•
Reviewing Games	• Reviewing self assessment sheets
	• Working on areas of control
	• Player management and decision making
	• Positive re-enforcement of progress

- **Umpires must still be able to enjoy the work and commitment.**

When undertaking the review process it is important that correct feedback and outcomes are discussed. By allowing errors to go unnoticed this will affect this umpire later in the decision-making process.

**Remember consistency is important.**

## Junior Games

- ◆ Things I need to call
- ◆ Whistling
- ◆ Signals
- ◆ Advantage
- ◆ Penalty Corner
- ◆ Free Hits
- ◆ Sideline Hits
- ◆ Nerves
- ◆ Support

The things you need to call are obvious free hits, major fouls and dangerous play. If you think it is dangerous call it as it will be easier to learn to allow later than miss at the first instance. Sideline hits and 15 metre hits.

Call what you see, what you miss can be dealt with later when you are speaking with your umpire or coach. First few games just get through the game and relax.

### Whistle:

Whistle: “talk” with the whistle; be definitive! Communicate with your partner!

- a) *Long whistle* for 4 things
  - Goal
  - Time out (signal by arms high in air, crossed at wrists); time stops for injury, carding etc.
  - Penalty stroke (time stops; don't forget to restart when play resumes!)
  - Serious, deliberate fouls – long, hard whistle says “don't do that again!” or “I didn't like that!”
- b) *Double Whistle* for “pay attention”, “talking” (“look at me for direction or warning)
- c) *Short, Sharp Whistle* for:
  - Start of game/half, restart after a goal
  - Accidental, minor fouls deserving free hits
  - Penalty corner – whistle is actually for the causative foul
- d) **NO whistle required** to signal corner (“long corner”), ball out at sidelines or 15 metre hit
- e) *“Singing” whistle* for end of half/game.

### Signals:

Use the signals and be positive, when making a call. Use the signal for that decision. The most common signals have been included for your usage.

### **Advantage.**

Allow the player to develop play, just having possession does not mean advantage.

Example: players from team A receives a stick check by a defender, the ball and the attacker absorb the tackle and have the opportunity to continue playing the ball as the defender has stopped playing expecting a whistle. By holding your whistle, not blowing it, the attacker has continued to play the ball and has an opportunity to gain an advantage by having both possession and the ability to develop the play, by either passing the ball or dribbling further without the defender or another defender tackling.

### **Penalty Corner**

This is awarded for infringement inside the circle that is not deliberate or would have prevented a definite goal.

If a defending team breaks certain rules, the other team may be awarded a '*penalty corner*.' It is awarded when a team breaks a rule while defending in their 'shooting circle'. It can also be awarded when a defender is guilty of a particularly bad foul inside the defending quarter of the field – the area enclosed by a line 23 metres from the end of the field.

### **Free Hits**

Awarded for breaches, fouls, that occurs in general field play. E.g ball hits the foot of a player and that player would have gained an advantage from this contact,

### **Sideline Hits**

When the entire ball has crossed the sidelines, the team that played the ball last shall defend the ball back into play.

### **Nerves**

Relax and award, blow what you have seen, do not guess. Remember it is your call.

### **Support**

Your Co-umpire will support you in the game by providing signals or control measures for you. This support should be discussed in your pre-game talk. If in doubt or a major decision it is OK to stop time and have a quick discussion with your co-ump. Use wisely and only on the necessary occasions.

## Appearance

The umpires should LOOK like umpires - shirts of the same colour, properly pressed skirts or trousers, same colour socks for women and clean footwear appropriate to the surface on which the game is to be played.

If the umpires look smart, arrive in good time and can be seen by the players to be the third team making as great an effort to prepare for the match as they are doing, the players' confidence level in the umpires will be high before the game even starts.

Pitch Checks. Check the pitch TOGETHER. If anything is wrong, e.g. holes in the goal nets, nets not properly secured, glass on the pitch or its surrounds, ask the home team Captain, whose responsibility it is, to deal with the matter.

Warm Up. There is no need to do your own physical preparation together, as different people have different routines, but you SHOULD each have a proper warm-up routine. Again, the players will notice, especially if you do NOT have such a routine and start the match "cold".

## Injuries:

Do not over-react to injuries. If a player goes down hurt but play moves well away and the player is clearly conscious, wait until the next natural stoppage before stopping time for the injury to be dealt with.

On the other hand, if the injury seems to be serious or the player appears not to be conscious, stop play immediately and have the player dealt with.

Go and look at the injured player, when you do stop play, to be sure of the extent of the injury and, indeed, that the player is not feigning injury, but DO NOT TOUCH THE INJURED PLAYER. If you are a doctor or a trained first-aider, you may offer to help but do not do so unless asked. Restart either with a bully (but not within the circle or 15-metre area) or an appropriate penalty

Yours in hockey



Charlie Martin