

UMPIRING MADE EASY



A Guide for Players 2004



But I can't umpire...I've never done it before!

Umpiring can and should be an enjoyable experience. It can and should be a rewarding and challenging. Why not give it a go?

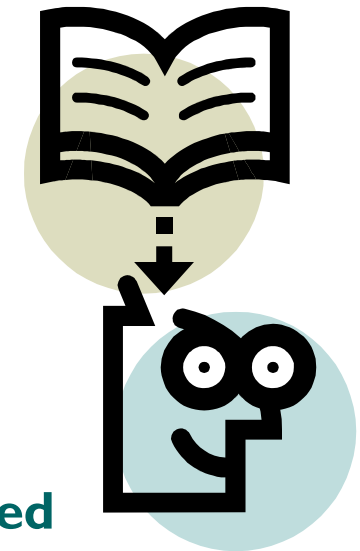
As a player, it is very likely that you will be required to umpire at some stage.

This presentation is designed to help and inform you but most of all to give you **confidence.**



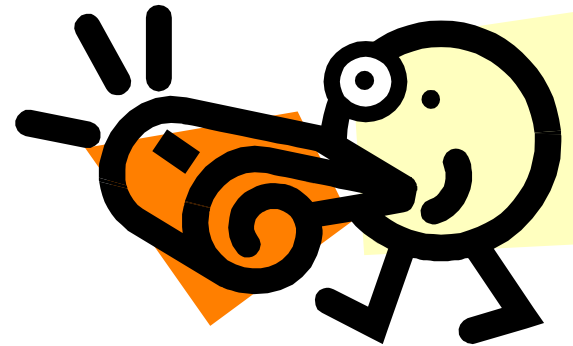
General Principles

- Read the **Hockey Rules** book – you need to know and understand the **Rules** of the game.
- Show that you are **interested** in the game... the players will be more prepared to accept the decisions.
- To umpire matches fairly, you need to be prepared to be an effective **‘manager’**. Treat the players with **respect**.



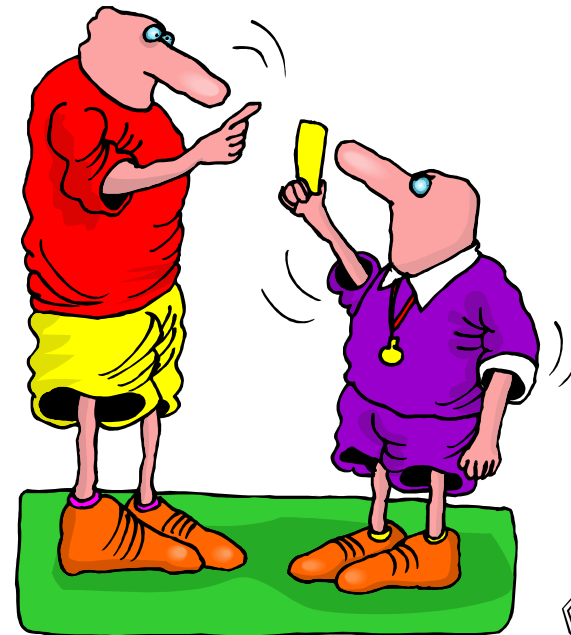
General Principles cont...

- **Avoid talking excessively to the players. Communicate through your whistle, your body language and where appropriate, your warning cards.**
- **Look like an umpire.**
- **If you can, wear a shirt that is a different colour to the teams and make sure that you have all the equipment you need.**



General Principles cont...

- **Discussions with players and coaches during the game about decisions are guaranteed to distract your attention and instigate further questioning by the players. Try to avoid it.**
- **Umpires are encouraged to use Team Captains as a means of controlling the behaviour of the players on the pitch and off the pitch.**



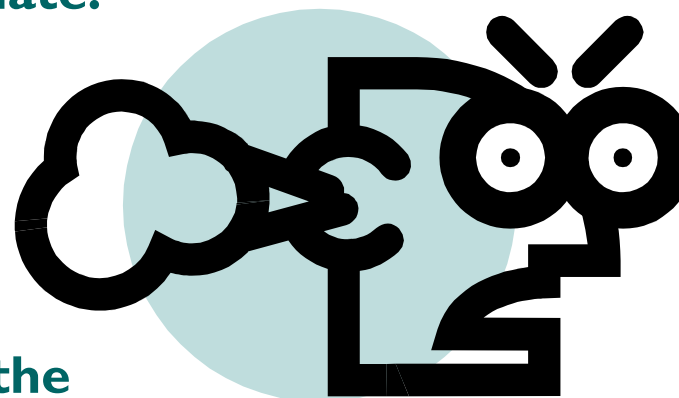
General Principles cont...

- **Be ready and prepared to assist the other umpire with signals especially when the ball goes out of play or it is apparent that something that needs the whistle to be blown has been missed.**
- **Never blow the whistle in the other umpire's circle. Make the assisting signal instead but never before the umpire looks to you for assistance.**



General Principles cont....

- **Be consistent – don't 'even up decisions' if you have made a mistake.**
- **Control abuse and any unreasonable remarks from the players early in the game and use the 10m penalty or warning cards as appropriate.**

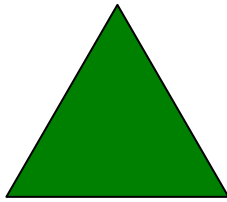


- **Don't be too fussy about the positioning of the ball on free hits.**

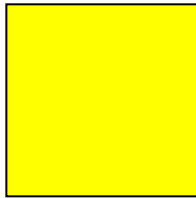




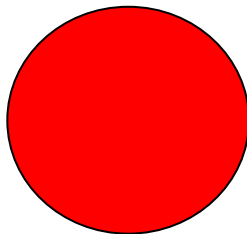
Hockey Warning Cards



Green: Warning



Yellow: Minimum of 5 minutes suspension



Red: Permanent suspension



Players Equipment

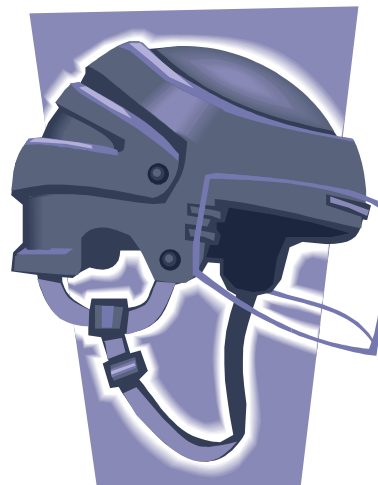
- **Shin Pads** }strongly recommended
not compulsory
- **Gum Shields** }strongly recommended
not compulsory



Goal Keepers Equipment

Equipment

- **Body protector**
- **Leg protectors**
- **Elbow pads**
- **Hand protectors**
- **Feet protectors**
- **Full helmet**
- **GK shirts** } must be of a different colour to the field players



**The GK MUST wear the helmet throughout the match, unless
TAKING a penalty stroke**



Umpires Equipment

- **Whistles**
- **Stop – Watch**
- **Warning Cards**
- **Pen & Paper**
- **Coin**
- **Scissors / Penknife**
- **String / Tape**
- **Hockey Rules Book**





Before the game, check the pitch

The pre-match pitch check is very important

- **Goals**
- **Back-boards and side-boards**
- **Nets**
- **Circles**
- **Lines and markers**
- **Flags**
- **No debris on the pitch**
- **The lines are part of play**
- **The circle line is part of the circle**



Pre-game chat with other umpire

Umpires need to be at a game 30 minutes before it starts. Why?

To plan and discuss...to prepare to be consistent

- **Who whistles what?**
- **What to blow and what not to blow**
- **Giving fair and consistent decisions**
- **Working together – especially in the circles**
- **Recording the score & any warning card/s**
- **Timing**

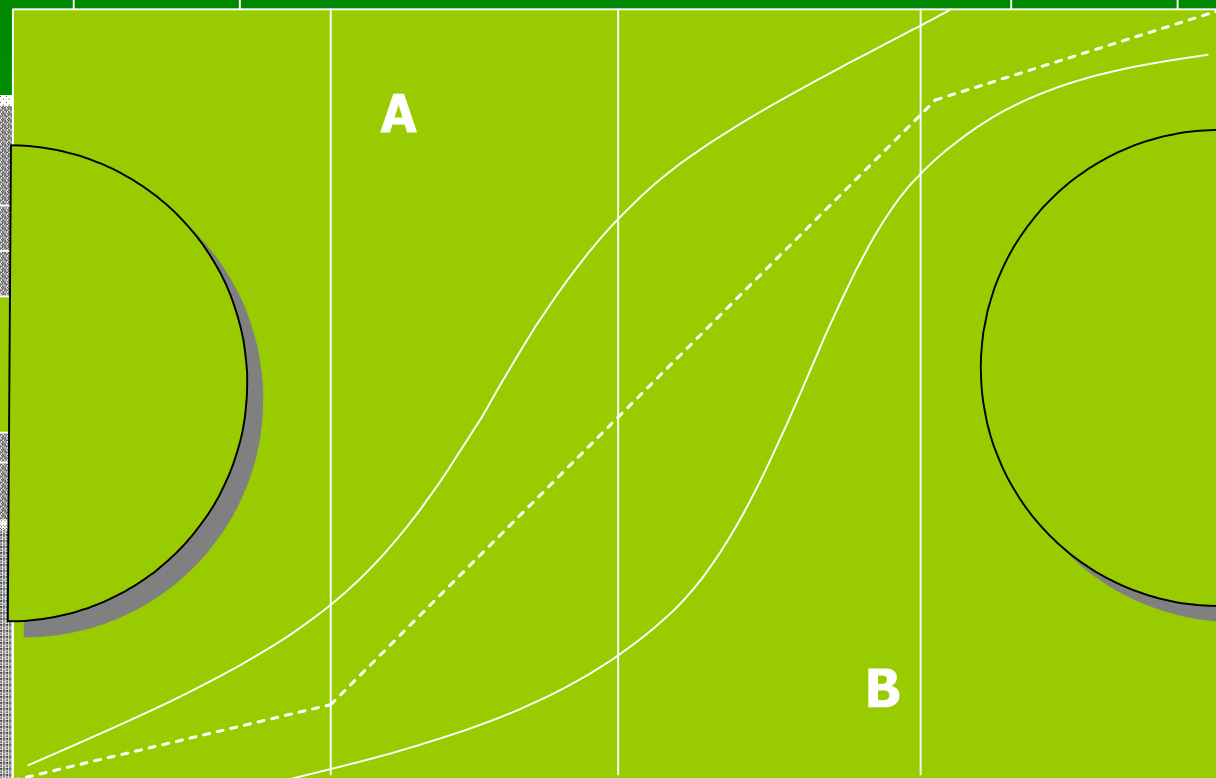




Positioning

- **Keep a clear view of the ball at all times and be mobile.**
- **Read the game and try to keep play on your left (in other words, stay ahead of it). However, if something unexpected happens be ready to follow it...quickly!**
- **The most important factor is that you can (a) see the ball and the play around it and (b) avoid getting in the way of the player/s.**
- **When play is in the circle approaching the goal, it is essential to move in towards the goal to be in a position to make any important decision that is required. This could include whether or not the ball crossed the goal line.**

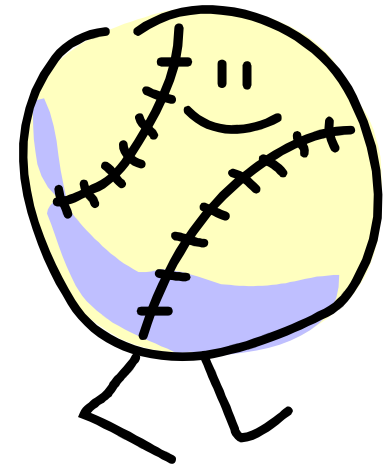




The principles of the hockey umpires areas of responsibility

Free Hits

- **The ball should be stationary**
- **It should not be intentionally lifted**
- **It must move at least 1 metre before it can be played by a player of the same team**
- **If it is within 5 metres of the circle, all players except the taker must be at least 5 metres from the ball**





Raised Ball

- A raised ball into the circle should be judged only on actual or potential **danger**.
- Not every raised ball entering the circle is dangerous. Umpires must use their judgement.
- Players receiving a high ball should be given 5m space by the opposition in order to bring the ball down safely. Flicks or scoops made within 5m of any incoming player are often dangerous and **should** be penalised.



Penalty Corners

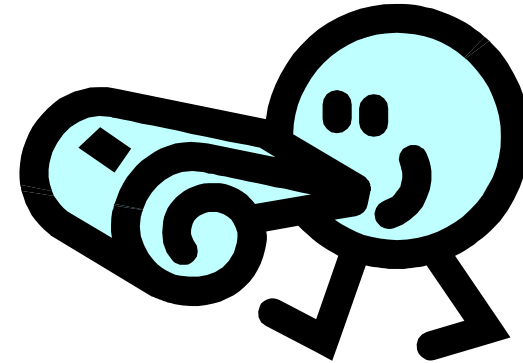
- **Lots to look for and lots to see...or miss**
- **Key to your success will be good vision and good teamwork with the other umpire.**

**If you miss something, don't panic.
All you need to do is look to the other
umpire immediately, see the signal offered,
blow your whistle and make the decision...
take the signal.**



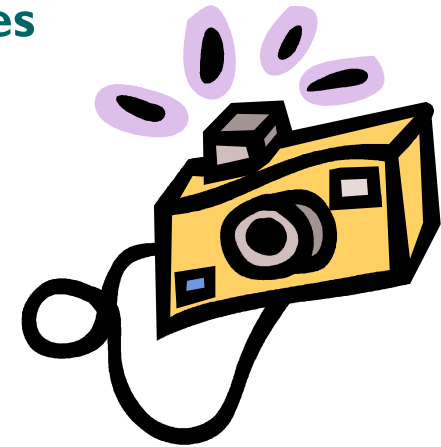
Penalty Strokes

- **Time is stopped immediately the stroke is awarded**
- **It is essential that you 'manage' effectively**
- **Good team work and cooperation between the umpires is very important**



Tackling

- **Umpires sometimes need to use their eyes like a camera lens...focus in so as you see exactly what is happening**
- **Look out for the clever stick tackles... they must be penalised**
- **The big bad tackles are easy to see...everyone sees them!**
- **Remember that a player can tackle from any side... left, right, in-front or behind.**





Advantage

- **Blow the whistle as little as you can but as often as you must.**
- **Defenders often prefer to be given a free hit unless a clear advantage is gained. Attackers can be allowed longer to gain an advantage but dangerous play should be controlled promptly.**
- **By signalling the advantage with one arm in the direction of the benefiting team, both players and spectators will know the infringement has been seen by the umpires and that advantage is being played.**



Whistling

- **One loud, firm blast of the whistle is all that should be necessary.**
- **If the players don't stop immediately, it should have been blown louder.**
- **Try to talk with the whistle – a shorter blast for less serious or obvious infringements or a longer blast for something more serious. The whistle is the umpires voice in a game and variation of tone is very important it will assist in the control process.**
- **Do not blow for corners, ball over the back-line or the side-line. Always blow for the re-start of the game following a 'time-out' or the awarding of a goal.**



Signalling

- **Be definite and use strong and clear signals.**
- **Try to be stationary, hold the signal for a short time and keep your eyes on the ball and the players around it.**
- **Just one straight arm raised slightly above the horizontal and slightly forward of the body towards the left or right is sufficient for most free hits. The use of the second arm to indicate the exact place that the penalty or free-hit is to be taken should not be necessary and should only be used when and if there are queries or signs of doubt by the players.**



Signalling cont....

- **Eye contact with the players will assist in the control process and the message/s that the players receive when you look directly at them, is that you are confident in your decisions.**
- **If the umpire makes an obvious mistake, the best decision is to speedily reverse it! The whistle should be blown again and the new signal made.**
- **Use the centre line as a dividing line if umpires signal simultaneously in opposite decisions.**



Misconduct

- **Responsibility of captains**
- **Misconduct includes:**
 - rough or dangerous play
 - any intentional offence
 - time-wasting
 - any bad behaviour
- **Reversing and upgrading decisions**
- **Progressing free-hit up to 10 metres**
- **Upgrading to PC if in 23 metres area**



In addition to these penalties the umpire can give the offending player/s and/or the team a warning card.



Good Luck!

😊 **Enjoy your game and your role as an umpire.**

😊 **Make sure you read the Hockey Rules book first.**

😊 **Why not think seriously about taking a Level 1 Umpiring Course ?**

