

Guide for Umpires

Contents

- THE ROLE OF THE UMPIRE
- IMPORTANT THINGS FOR YOU TO REMEMBER
- GENERAL PRINCIPLES
- WHISTLE BLOWING
- SIGNALLING
- UNIFORM AND EQUIPMENT
- POSITIONING
- ADVANTAGE
- DESCRIPTIONS & DIAGRAMS OF SIGNALS

RULES THAT CAN BE MISUNDERSTOOD

- OBSTRUCTION
- BALL IN/OUT OF PLAY
- TACKLING
- GOALKEEPERS
- RAISED BALLS
- FREE HITS
- PENALTY CORNERS
- PENALTY STROKES

Make umpiring a fun experience! As a player, you will be required to umpire. By being prepared you will find that umpiring does not have to be an ordeal. This guide has been prepared to help you.

THE ROLE OF THE UMPIRE

- Make the game fair for both teams
- Be consistent with the decisions you make
- Protect the players from danger

IMPORTANT THINGS FOR YOU TO REMEMBER

- Umpire to the best of your ability, fairly and with a sense of justice.
- Respect, protect and encourage playing skills.
- Eliminate unsafe and dangerous play.
- Co-operate with the other umpire.
- Recognise that no umpire can be perfect.
- Dismiss any mistakes from your mind and concentrate even more.
- Keep up-to-date with the Rules and their Interpretations.
- Help raise the standards of the game.
- Encourage and assist others in developing umpiring skills.
- Arrive in good time for the match.
- Wear appropriate clothing/colours.
- Avoid any post-match confrontation with players, managers, coaches or spectators
- Be prepared to discuss aspects of the match with the teams, in a non-confrontational manner.
- Accept hospitality.
- Give full support to colleagues faced with difficult situations.

GENERAL PRINCIPLES

- **Be interested in the game.** Players will be more prepared to accept the decisions that you make.
- Discussions with players and coaches during the game about decisions can distract your attention and instigate further questioning by the players.
- Use your whistle, colour cards and voice to communicate with the players.
- Umpires are encouraged to use the captains as a means of controlling the team's behaviour on the pitch and captains can be warned if any person on a team bench is abusive.
- Assist the other umpire with signals, especially when the ball goes out of play.
- Never blow in the other umpire's circle if it can be avoided.
- Do not be too fussy about the positioning of the ball on free hits unless it is inside the 23m area.
- Control abuse early with a firm whistle and warning cards.
- Treat the players with respect.

WHISTLE BLOWING

- One loud, firm blast of the whistle, to allow all players on the pitch to hear, is all that should be necessary. If the players do not stop immediately, the whistle should be blown louder.
- Try to talk with the whistle – a shorter blast for less serious or 'routine' infringements; a longer, harder blast for those offences that you consider to be either intentional or highly avoidable and leaning towards misconduct.
- The whistle is not normally blown for long corners, balls over the back-line or side-line hits (unless players keep playing).
- Always blow for the restart of the game after a goal.
- Blow to stop and restart the game for any reason.
- **Blow the whistle as little as you can, but as often as you must.** This is a good thing to remember when deciding whether or not to play Advantage.

SIGNALLING

- Be definite and clear with your signals. Use the correct signals – **never** make up your own.
- Try to be stationary and hold the signal for a short time.
- Don't signal across the body (use left hand for signals to the left and right hand for signals to the right)
- Keep watching the ball and the players around it – don't look at the ground or the hand signalling.
- Just one straight arm held towards the left or right is sufficient for most free hits – The spot of the infringement should **only** be given as a follow up when there are queries or signs of doubt by the players.
- Eye contact with the players will control the players and indicate to them that you are confident in your decisions.
- As a basic rule if both umpires happen to signal simultaneously in opposite directions, use the centre line or direction of play to determine which decision prevails.
- If you blow the whistle for an offence and are asked why, **NICELY**, by all means signal the reason and maybe even explain briefly, do not get into discussions with players.
- Generally, there is no need to signal the reason for all offences penalised.
- **Decisions may be reversed if the mistake is obvious and it is done immediately.** The whistle should be blown again and the new signal made.

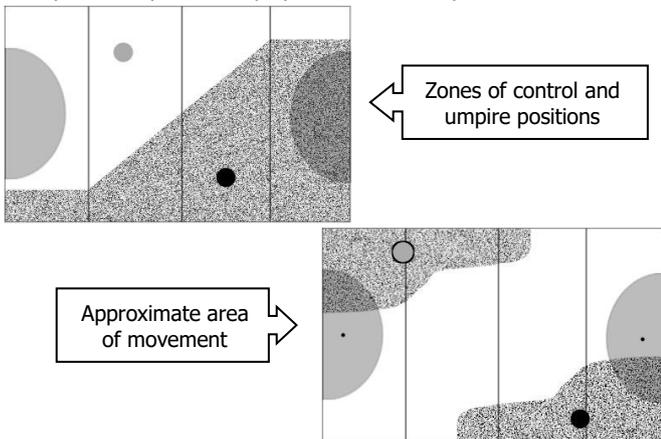
The correct signals are listed in the back of the FIH Rule Book, alternatively refer to the back of this booklet.

UNIFORM & EQUIPMENT

- A coloured shirt that contrasts with both teams' colours
- If possible, the umpire should also carry a copy of the rulebook, coloured warning cards, pen, stopwatch and scorecard in addition to a whistle.
- Umpires wearing appropriate colours, and who are well equipped, will gain more respect from players from the start.

POSITIONING

- Start with the goal on your right hand side as you face the centre line.
- Keep a clear view of the ball at all times and be mobile.
- Try to anticipate play and move into position early.
- Be ahead of the play and facing the players.
- Move up-field to support your colleague, but not so far that you cannot recover to your own end.
- When the play is in the circle it is essential to move in towards the goal to a position where it is possible to make important decisions in the goal mouth.
- Do not be afraid to move into your circle but avoid getting too close (inside of 5 metres of where the ball is).
- Retreat over the back-line to avoid interfering with the play if necessary.
- Move into the field especially when play is on the far side, off the field when play is on the near side, up the field when play is deep in the other half, etc.
- When the ball is in the midfield, try to keep to around 25 yards away from the play. This will allow you to see better.



ADVANTAGE

- If you are signalling Advantage, do so clearly and with the proper signal. This is primarily for the benefit of the other umpire, although it is of value to the players and spectators as well. There is no reason why you should not call "play on" also, if it will help to keep the game flowing.
- Defenders often prefer to be given a free hit (particularly on grass fields) unless a clear advantage is gained. Attackers can be allowed longer to gain an advantage, but dangerous play should be controlled promptly.
- If you do play Advantage, the player to whom you give the advantage must have room to move, with no opponents within playing distance, and time to decide what to do next.
- Having decided to play advantage, a second opportunity must not be given by reverting to the original penalty.

FINALLY:

- **BE CONVINCING.** It is difficult to give convincing decisions if you are long way from where the incident occurs, or if you do not appear to be confident in what you are doing. Sometimes you will need to make a decision from a long distance, but you should move quickly nearer the incident when you actually give the signal. To convince, you must be convincing.
- Be smart, be confident, but avoid being over-bearing.
- Concentrate all the time – do not allow yourself to be distracted by off-field incidents or chat from the players.
- Make sure you read your rule book.
- Umpiring, like many things in life, is an ART – with practice it can be improved and enjoyed.

**Time Start**

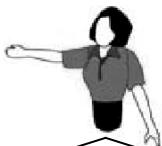
Turn towards the other umpire with one arm straight up in the air.

**Time Stop**

Turn towards the other umpire and cross fully-extended arms at the wrists above the head.

**Bully**

Move hands alternately up and down in front of the body with palms facing each other.

**Sideline Hit-in**

Indicate the direction with one arm raised horizontally.

**Ball over back-line (16 yard hit)**

Face the centre of the field and extend both arms horizontally sideways.

**Ball over back-line - Corner Hit-in**

Point one arm at the corner flag nearest where the ball crossed the back-line.

**Goal Scored**

Point both arms horizontally towards the centre of the field.

**Misconduct/Bad Temper**

Stop play and make a calming movement by moving both hands slowly up and down, palms downward, in front of the body.

**Kick**

Slightly raise a leg and touch it near the foot or ankle with the hand.

**Raised Ball**

Hold palms facing each other horizontally in front of the body, with one palm approx. 15cm above the other.

**Obstruction**

Hold crossed forearms in front of the chest.

**Third Party Obstruction**

Alternately open and close crossed forearms in front of the chest.

Stick Obstruction

Hold one arm out and downwards in front of the body half-way between vertical and horizontal; touch the forearm with the other hand.

**5 metres distance**

Extend one arm straight up in the air showing an open hand with all fingers extended.

**Advantage**

Extend one arm high from the shoulder in the direction in which the benefiting team is playing.

**Free Hit**

Indicate the direction with one arm raised horizontally.

**Dangerous Play**

Place one forearm diagonally across the chest.

Penalty Corner

Point one arm at the penalty stroke towards the goal.

**Penalty Stroke**

Point one arm at the penalty stroke mark and the other straight up in the air; this signal also indicates time stopped.

RULES THAT CAN BE MISUNDERSTOOD

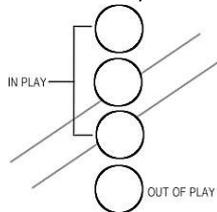
OBSTRUCTION

- A player may receive the ball facing in any direction and the onus is on the tackler to move into a position to make a legitimate tackle (usually to move around the receiver).
- The tackler may not crash into the receiver to claim an obstruction.
- Having received the ball, the receiver must move away in any direction, except bodily into the tackler, or release/pass the ball immediately.
- A player may not deliberately shield the ball with the leg, stick or body to prevent the tackler from playing the ball.
- Players lifting their sticks over the heads of the opposition to force an obstruction should be penalised immediately.

BALL IN/OUT OF PLAY

Definition of the ball being in or out of play:

The ball is out of play when it passes completely over the side-line or back-line.



TACKLING

- Diving or sliding tackles that ground the opponent should be strictly penalised, often with a yellow card.
- Remember that a player can tackle from any side... left, right, in-front or behind.
- To execute a legitimate reverse side (left) tackle, the tackler should not be permitted to use their stick, hand or body to interfere in any way with the player who has the ball. Generally, the tackler should be at least level with the player in possession of the ball to make the tackle cleanly.
- If the ball is played into a hand that is holding the stick there is no offence, unless the ball was lifted dangerously.
- Even though a player may look awkward when making a tackle watch closely to ensure it actually is an infringement.

GOAL KEEPERS

- When the ball becomes lodged in the goalkeeper's equipment the whistle should be blown immediately and a penalty corner awarded.
- Goalkeepers may use their stick to stop or deflect the ball above their shoulder providing it is not in a dangerous manner.
- Goalkeepers may not use their gloves to *propel* the ball forcefully, but rebounds, deflections and pushing the ball as part of a goal saving action are acceptable.
- Goalkeepers may not lie on the ball (obstruction).
- Goalkeepers can only play in their defensive 23m area unless they have removed their headgear or are taking a penalty stroke.
- Goalkeepers may only use their stick (as a field player) when outside of their circle.
- Goalkeepers MUST wear a helmet throughout the match.

RAISED BALLS

- Raised balls should be judged on their *actual* or *potential* danger. The ball must be safe at the point of take-off, safe in travel and safe at the point of landing.
- The penalty is taken where the danger occurs.
- The ball may not be *intentionally* raised from a free hit but, if it is, should be judged on its actual or potential danger.
- The player closest to the point of landing is entitled to 5m of space to collect and control the ball.
- Often, if a ball is raised even slightly into a crowded circle it is nearly always dangerous, but not every time. Umpires must use their judgement.
- Flicks or scoops made within 5m of an oncoming player are often dangerous and should be penalised.
- Defenders are permitted to use their stick to stop or deflect a *shot at goal* at any height, unless dangerous or leading to dangerous play.

FREE HITS

- The ball should be stationary (or very close to it!).
- The ball should not be intentionally lifted with a hit.
- Ensure that the opposition is 5m from the free to avoid congestion, but don't prevent a team in possession from taking it quickly or self-playing the free.
- The team retreating 5m should not be disciplined if the team in possession of the ball plays the ball directly towards them. The free should simply be taken again.
- A slap hit is regarded as a hit not a push.
- If the attacking free is within the 23m area all players except the taker must be at least 5m from the ball.
- An attacking free earned within 23m area must not be played into the circle until it has travelled 5m OR has been touched/played by a player other than the taker of the free.

PENALTY CORNERS

- No player (attacker or defender) may enter the circle until the ball has been moved off the back-line, this includes sticks touching the ground inside the circle.
- No shot at goal is allowed unless the ball has travelled outside the circle.
- *On* the circle line is considered to be *inside* the circle.
- The first **hit** at goal (including slap hits) must cross, or be going to cross, the goal line no higher than the backboard. If this hit is deflected by either a defender or attacker the 'first hit' is over and the ball may enter the goal at any height providing it is not dangerous.
- If the first shot at goal is a **flick**, scoop or drag flick, any height is acceptable providing it is not dangerous. If the flick hits a defender, less than 5m away from the attacker, above the knee a free hit should be given to the defence. If below the knee another penalty corner should be awarded or advantage played.
- A penalty corner awarded just before half or full time must be completed.
- A penalty corner is the only free that cannot be self-played.

- The penalty corner (PC) is over when:
 - a goal is scored
 - an attacker commits an offence
 - when the ball travels outside the 5m circle
 - when the ball travels outside of the circle for a second time
 - when the ball goes over the back-line and another PC is not awarded
 - a defender commits an offence and another PC is not awarded
 - a penalty stroke is awarded
- The key to your success here will be good vision and good teamwork with the other umpire. If you miss something, don't panic. Look to the other umpire immediately, see the signal offered, blow your whistle and make the decision.

PENALTY STROKES

- Time is stopped as soon as the penalty stroke is awarded.
- All players except the stroke taker and the goalkeeper must be beyond the 25 yard line.
- The ball can be flicked, scooped, or pushed. No hits, slaps or drag flicks are allowed.
- The stroke may not be taken before the whistle is blown.
- The player taking the stroke must start behind and within playing distance of the ball. This player must not approach either the ball or the goalkeeper after taking the stroke (no playing on!).
- The goalkeeper must stand with both feet touching the goal-line and must not move their feet until the ball moves. If they move their feet and prevents a goal being scored, another penalty stroke is awarded.
- The outcomes of a penalty stroke can only be a goal, a 16 yard hit or another penalty stroke
- Another penalty stroke is awarded if the goalkeeper commits an offence which doesn't prevent a goal being scored or if the attacker takes the stroke before the whistle is blown and scores a goal.