



**BULIMBA HOCKEY
CLUB**

**Umpiring
Development**

Preparation

- **Be thorough in your match preparation**
- **Make sure that you understand the Briefing –this is our match plan**
- **You are expected to umpire to this Briefing –the players want to see the same consistent decisions and actions between each umpire every match, so ask if you are not sure**
- **Have a personal action plan –try to improve something every match**
- **Maintain your fitness level**
- **Report any injuries –get treatment**
- **Look after yourself –eating, drinking, resting ... always be prepared and consider weather etc.**

The Match

- **Be yourself at all times**
- **Help the players –the players need to understand what you want**
- **Teamwork and co-operation are critical –let’s help and support each other**
- **Be aware of the areas of the pitch where your colleague could need assistance**
- **If you have to, take time in making decisions**
- **Try to get the decisions correct and consistent between the two of you**
- **Use common sense -understand the players’ intentions**

- **Our watchwords should be Awareness –Recognition –Action**
- **Be pro-active. Prevention is better than cure**
- **Set standards early –TALK to the players**
- **Make it easy on yourself –get them 5 metres at free hits from the beginning**
- **Recognise early when the ball is not in the right place for free hits –avoid replays**
- **Ensure free hits are taken correctly**
- **Change your game plan if you need to**
- **Communicate with your colleague**

Flow

- **Encourage the game to flow by only interfering when necessary**
- **However do not lose your grip on the match as a result of allowing too much flow!**
- **Allow the players to contest the ball**
- **Allow as much advantage as possible**
- **Read the game –do not ball watch**
- **Sometimes a free hit is a better advantage and causes less frustration**
- **Whistle timing is critical**

Tackling

- **Watch tackles carefully –only penalise if you are sure there has been an offence**
- **Do not penalise just because there is a noise or it looks bad**
- **Do not penalise if the tackler initially appears to be in an impossible position from which to make a legal tackle**
- **Watch which direction the ball travels**
- **Be strict on the breaking down of play and intentional stopping tackles**
- **A sliding tackle which takes a player to ground is a high risk, high penalty action**
- **Be aware of intentional shielding and body blocking**

Obstruction

- **Are the players trying to play the ball?**
- **Is there a possibility to play the ball?**
- **Is there active movement to prevent the playing of the ball?**
- **Be aware of professional use of the body to illegally block opponents from the ball**
- **Stick obstruction is a 'hot issue' for players. Judge it fairly and correctly and blow only if you are 100% sure**

Ball off the ground

- **Blow only in dangerous situations everywhere on the pitch -forget lifted, think danger**
- **Low balls over defenders sticks in a controlled manner that hit half shin pad are not dangerous**
- **Use common sense and show understanding of the play**
- **Be consistent as an individual and as a team**

Ariel Balls

- **Set up free hits correctly, make sure that the players are 5 metres from the ball**
- **Watch the ball on the way up –the ball must not be flicked dangerously towards an opposing player**
- **The ball landing –apart from the receiver, players must stay 5 metres away until the ball is safely on the ground**
- **Penalise poor skill when the receiver makes the ball dangerous**
- **Defenders may stop or deflect a shot at goal with the stick above their shoulder –be aware that there will be stick movement towards the ball, use common sense and only penalise if the ball is genuinely hit**

Rules of Hockey 2011

- **Make sure that you understand the latest set of the Rules**
- **A forehand hardhit using the edge of the stick is not allowed and should be penalised even for a shot at goal**
- **Be aware that there is no change to the interpretation of the rule concerning the ball hitting the foot, hand or body of a field player –the text in the rules reinforces the existing interpretation**
- **Also be aware of any FIH or Competition Tournament Regulations which may vary the Rules of Hockey**

Applying the Rules

The following Rules are sometimes inconsistently applied –remember that: -

- **If the ball is intentionally played over the back-line by a defender and no goal is scored, play is re-started with a penalty corner. If it is clear that the action is intentional, you should award a penalty corner**
- **‘Players must not play the ball with any part of the stick when the ball is above shoulder height etc’. To be consistent and fair, shoulder height should be strictly enforced**

Free Hits

These previously Mandatory Experimental Rules now become full Rules for use in all International Hockey with effect from 1 January 2011

For free hits (including centre passes, corners and all sideline restarts after the ball has been outside the field): -

- **All opponents must be at least 5 metres from the ball**
- **For free hits awarded to the attack within their attacking 23 metre area -all players must be at least 5 metres from the ball**

In all situations -if taken quickly and a player is within 5 metres of the ball but is not playing, attempting to play the ball or influencing play, the taking of the free hit does not need to be delayed –be consistent in your judgment of this

- **Attacking free hits awarded within 5 metres of the circle are taken back to the nearest point 5 metres from the circle**

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A player taking a free hit, centre pass, corner or sideline restart can be the next player to play the ball –a ‘self-pass’: -

- **Taking the free hit and the next playing of the ball must be two distinct and separate actions**
- **The ball does not have to move 1 metre before the player may play the ball again**

At a free hit, which is not a ‘self-pass’, the ball must move at least 1 metre before it can be played by a teammate of the player taking the free hit



Free Hits

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For free hits (including corners and sideline restarts) taken by the attacking team inside the 23 metre area the ball cannot be played directly into the circle : -

- At a 'self-pass' the ball must travel at least 5 metres from the point of the free hit (not necessarily in a single direction) before the taker himself can play the ball into the circle**
- Alternatively the ball must be touched, deflected, hit or pushed by any other player before either it enters or can be played into the circle**

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For free hits (including corners and sideline restarts) taken by the attacking team inside the 23 metre area: -

- **Be pro-active and use your common sense regarding the placement of free hits either close to the circle or the 23 metre line**
- **Be flexible, only penalise if the ‘wrong spot’ for the free hit is chosen in order to either gain an unfair advantage or for reasons which are against the spirit and aim of the Rules**
- **Intentionally moving the location of an attacking free hit outside the 23 metre area to create an opportunity to play the ball directly into the circle must be seen as an unfair advantage and penalised accordingly**



Free Hits – Penalties

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For a free hit taken by the attacking team within their attacking 23 metre area which is played directly into the circle: -

- Do not penalise unless and until the ball actually enters the circle**
- A free hit is awarded to the opposing team from the spot where the free hit was incorrectly executed**

Award the appropriate penalty for infringements and be aware of break down play situations, intentional interference with free hits etc. Use technical and personal penalties as required or appropriate

Goalkeepers & Players with Goalkeeping Privileges

- **Goalkeepers and players with goalkeeping privileges must wear a single coloured shirt or garment of a different colour to both teams**
- **Players with goalkeeping privileges may wear protective headgear in their defending 23 metres area; it must be worn to defend penalty corners and penalty strokes. They may take part in the game outside their own 23 metres area provided that they have safely removed their headgear**
- **At penalty corners, a defending injured or suspended goalkeeper may be replaced by a similarly attired goalkeeper or a player with goalkeeping privileges**

Goalkeepers & Players with Goalkeeping Privileges

- **At penalty corners, a defending injured or suspended player with goalkeeping privileges may only be replaced by another player with goalkeeping privileges**
- **Allow goalkeepers and players with goalkeeping privileges to move the ball away with their hand / hand protector / arm / body, as part of a goal saving action. Permit this action in situations where attackers have an opportunity to score or attempt to score a goal, so it can also be used to deny attackers the possibility of possession of the ball or another shot at goal. If they intentionally propel the ball over long distances they should be penalised with a penalty corner**



No Goalkeepers

- **If a team uses only field players, no player has goalkeeping privileges – following the award of a penalty corner it is not permitted for one of the on field players to assume goalkeeping privileges by putting on a different coloured shirt and/or protective headgear**
- **Substitutions are allowed at penalty strokes; but if a team chooses to defend a penalty stroke with a player who is taking part in the game as a field player, this will not be considered as a substitution so they may only wear a face mask as protective equipment and may only use their stick to make a save**

Manufactured Offences Rule Deleted

- The Rule which used to say that ‘players must not force an opponent into offending unintentionally’ is deleted -any action of this sort can be dealt with under other Rules
 - Be aware of attempts to gain free hits by the ball carrier, for example, by: -
 - Deliberately running into opponents
 - Playing the ball dangerously into a defender’s body
 - Trying to demonstrate an obstruction by lifting their stick dangerously over an opponent’s head
- These are offences in their own right and upset opponents; think through where the ball carrier is likely to do this

Penalty Corners

- **Positioning is critical –sell decisions**
- **Manage the set up –including the meetings on the top of the circle or in defence**
- **Use pro-active and preventative reminders to prevent possible breaking and other offences**
- **Apply the drag flick interpretations; co-operation needed if runner is hit – be sure whether this was below or on/above the knee**
- **Position of disengaged umpire should allow support of colleague on the height and direction of the shot, the possibility of suicide runners and possible obstruction of runners**
- **When the ball is missing the goal and the defender is hit high on the body, decision is a free hit to the defence**



Offences during the taking of Penalty Corners

Remember that the Penalty Corner is now taken again if: -

- **A defender crosses the back line before permitted**
- **An attacker enters the circle before permitted**
- **The injector does not have at least one foot outside the pitch. A free hit is awarded to the defence for any other offence by: -**
 - **The injector**
 - **An attacker**

Deal appropriately with persistent offences by defenders or attackers

Penalty Corners

- **A goal cannot be scored unless the ball has travelled outside the circle. If the ball has stayed inside the circle, it is not an offence to take a shot at goal—allow play to continue; if a defender commits an offence which *normally* would have prevented the probable scoring of a goal, a further penalty corner should be awarded**
- **If a player defending a penalty corner continues to wear a face mask after the corner has been completed a free hit should be awarded. Repetition means another free hit and appropriate card**
- **Players should, however, be allowed to complete a defending action, even if it means that they play the ball just outside the circle when wearing a face mask –common sense should prevail**

Penalty Strokes

- **No personal interpretations**
- **Stick to the Rules and guidance**
- **Sell decisions**
- **Ensure that goalkeeper and taker are in position and prepared**
- **Taker to be within playing distance of the ball -communicate this early**
- **At penalty strokes allow the stroke if it looks natural –even if there is a minor drag**
- **The penalty stroke is a major decision for a major foul**

Offences during the taking of Penalty Strokes

If the Penalty Stroke is taken before the whistle is blown: -

- **By the attacker and a goal is scored –re-take**
- **By the attacker and a goal is not scored –free hit to the defence**

**A free hit is awarded to the defence for all other offences by the attacker
For any offence by the player defending the Penalty Stroke and: -**

- **A goal is scored –the goal stands**
- **A goal is not scored –re-take**

Other than those involved in the taking of the Penalty Stroke, for any offence by the defenders and a goal is not scored or by the attackers and a goal is scored, the Stroke is taken again

Appealing

- **Appealing for free hits –abuse or shouting spoils the game**
- **Do not allow comments at every penalty corner you award**
- **Harassment, intimidation and surrounding of umpires after decisions should not be tolerated**
- **Make it easy on yourself –use your skills and the tools at your disposal to stamp these problems out early in the game**
- **Make use of the captains, who are responsible for the behaviour of their team**

We all need to do this every match!

Approach to Injuries

For FIH Tournaments and, depending upon their Regulations, other Competitions: -

- **Go quickly to the player and ask them if they need attention**
- **If no response ask Captain if the Doctor/Physio is required**
- **If bleeding is obvious or serious –call Doctor/Physio immediately**
- **If Doctor/Physio enters pitch the player must leave the pitch for two minutes**
- **Be aware of players who are feigning injury and delaying the game –if this is the case, call Doctor/Physio immediately**



The Key to Success

GOOD COMMUNICATION

With the players

With your colleague

and

With your support team



Finally...

GOOD LUCK

&

ENJOY YOUR TOURNAMENT!!