

Junior Umpiring

Beginner's Guide

Role of the Umpire

Remember that your job as an umpire is to ensure that the game is played fairly under the **Rules of the Game**.

Umpire's Tools

Ring or band – use a ring or elastic band on your hand to keep track of which team has the next centre pass. After each goal is scored change the ring/band to the other hand. The centre pass is then given to the team having the goal end the umpire's ring/band is on. At the end of a quarter, do not change the hand the ring/bank is on.

Whistle – A finger whistle is recommended. Just remember to keep your whistle at your side when not being used. You need to blow your whistle with short sharp blasts. To start and stop the game it is a long rolling whistle. Make sure players and the other umpire can hear it.

Voice – Make every effort to project your voice across the whole of the court when making decisions and calling the centre pass after each goal etc. Do not just talk to the players in and around an infringement that you have penalised. Try to keep your voice firm but friendly. Make sure your instructions are simple and clear.

Hand signals – Learn the correct hand signals and use them. This will help players understand your calls.

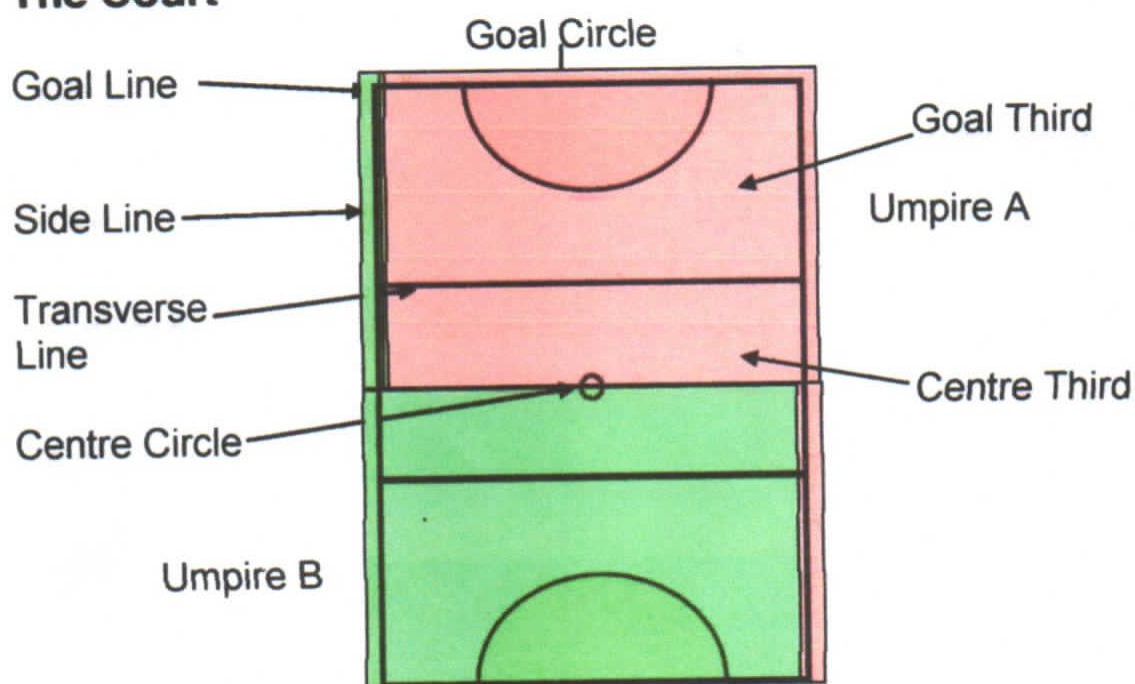
Official Rules – Get a copy of the current rules and read them.

Clothing – Neat presentation and wear a plain white top.

What you need to do before a game.

1. Sign in at the umpiring shed.
2. Introduce yourself to the other umpire. Agree on which side to umpire and what to call the teams.
3. Check the court and equipment look to be safe.
4. Check the players for:
 - a. Uniforms
 - b. Jewellery
 - c. Correct length fingernails
 - d. Adornments
5. Be ready in your sideline position to start the game when the time signal sounds.

The Court



Remember – The lines on a netball court are “IN”. The only exception is the centre circle where a player must have one foot fully within the circle before play starts.

Areas of Control

Each umpire controls half the court and the side line on the side they are standing on, always umpiring to their right.

Umpires are responsible for making calls in their area of control and should not make calls when the play is in the other umpire's area of control.

Positioning

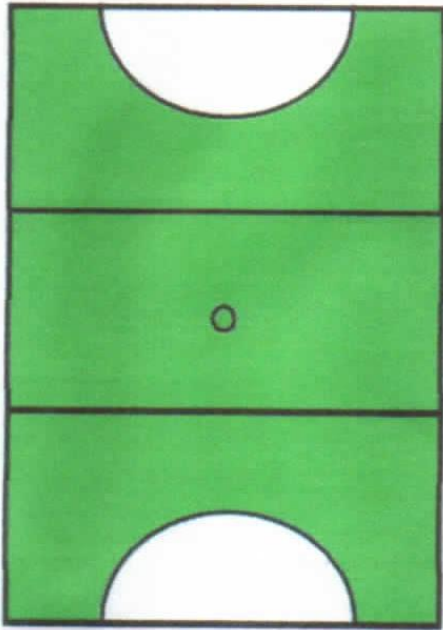
Positioning/Movement: Positioning and movement are very important factors there is no set position to be in but the following might assist you:

- Know your area of responsibility
- Be in the right spot to see all the players in your area
- Try not to be too far ahead of play
- Try not to be too far behind play
- Make sure you can see between the attacker with the ball and the defender
- Make sure you can see all the other players
- Do not let players block your vision (if they do and you cannot see everyone then move to one side of the play)
- Whilst a shot at goal is being taken make sure that you can see all the players around the circle as well as those inside
- Do not take your eyes off the players to watch the ball going through the ring or watch the flight of the ball
- Remember that when the ball is in your half of the court you will probably be moving most of the time – so when the ball moves you move
- When you blow your whistle for an infringement the player should be able to see you without having to turn a full circle. If they cannot see you then you need to check your positioning
- When you are moving along the sideline or the goal line try to face the court at all times. Do not turn your back on the court (particularly when waiting for a player to get the ball ready to take a throw-in) as this could mean you might miss some 'on court infringements'
- Do not get into the habit of just walking away from the goal line after a goal is scored or if the ball is intercepted in the goal circle and then thrown quickly into the centre third. You must try very hard to keep up with the play not only when it moves into your attacking half but when it starts to leave the goal third. You keep up with it until it goes into the other umpires half.

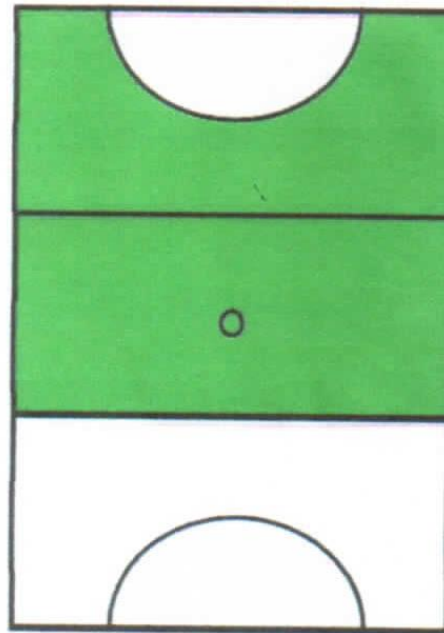
Areas of Play for Players on the Court

As an umpire you need to know what areas of the court different players are permitted to play in. The below drawings show the court areas and the positions permitted in those areas.

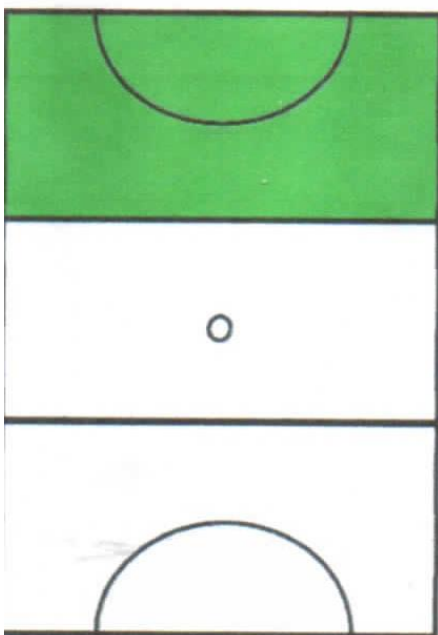
Centre



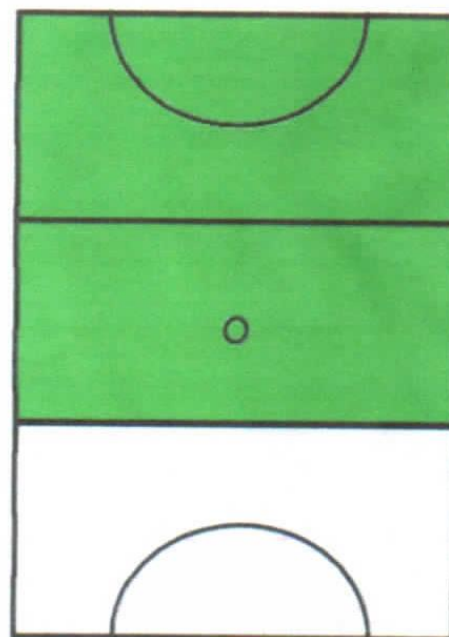
Wing Attack/Wing Defence



Goal Shooter/Goal Keeper



Goal Attack/Goal Defence



Basic Rules of the Game

All umpires should have an official copy of the rules of Netball. All explanations below highlight the rules that all umpires must know to get them started; and the sanctions for any infringements.

Offside

A player is offside when they enter an area with or without the ball in which they are not allowed. A player can reach for or lean on a ball in an offside area. The penalty for offside is a **Free Pass** to the other team.

Out of Court

A ball is out of court when it is carried or touches anything out of court. The goal posts in Netball are “IN”.

The last team to have touched the ball is deemed to have caused the ball to go out of court. The penalty for out of court is a **Throw In** to the other team.

Note: A player must approach the line before throwing the ball in, but must not be touching or over the line. The player cannot be more than 15cm from the line.

Centre Pass

The game commences with the first centre pass taken at the umpire’s whistle. The centre must have 1 foot fully within the circle before the whistle is blown. After each goal is scored, a new centre pass is taken alternatively by the two centre players, irrespective of who scores the goal.

The centre pass must be caught by a player standing within the centre third, or who lands within the centre third.

A player (other than the centres) may not enter the centre third until the whistle is blown. This is called breaking and the sanction is a **Free Pass** to the opposing team in the centre third where the player crossed the line.

Untouched Centre Pass

If the centre passes the ball from the centre pass and it goes over the transverse line untouched the opposing team is awarded a **Free Pass** in the goal third where the ball passed over the line.

Over a Third

The ball cannot be thrown over a complete third without being touched by a player in that third. The pass is taken from the third where the player gained possession. It does not matter if they step into an adjacent third to throw. The opposing team is awarded a **Free Pass** in the goal third where the ball crossed the second transverse. However if the ball is thrown out of court from the centre third over the goal line, then it is a **Throw In** where the ball crossed the goal line.

Scoring a Goal

A goal is scored when a Goal Shooter or Goal Attack within the goal circle throws the ball completely through the goal ring. If a whistle for the end of time for the quarter is blown before the ball goes completely through the goal ring, then it does not count.

Except in the case of a **Penalty pass** where the shooter is permitted to take a shot.

The Goal Post

A player cannot use the goal post to swing off, push off, to steady themselves or to regain their balance.

The sanction for this is a **Free Pass** to the opposing team unless the defending team has committed the offence while a player is shooting. In this case it is a **Penalty Pass**.

Playing the Ball

A player who has possession of the ball may not bounce or release the ball and regain possession of the ball (replay it). If a player does not catch the ball cleanly, it may be bounced once to gain possession or batted or bounced to another team mate. The sanction is a **Free Pass** to the opposing team.

A player cannot:

- Punch, roll, kick or fall on the ball
- Gain or pass the ball in any way while lying, sitting or kneeling on the ground.
- Use the goal post as a way to regain balance or as a support while stopping the ball going out of court.

The sanction is a **Free Pass** to the opposing team.

Replay

After throwing the ball, a player cannot play it again until it is touched by another player, or rebounds off the goal post.

The sanction is a **Free Pass** to the opposing team.

Short Pass

There must always be room for a third player to be able to intercept the ball between the hands of the thrower and the hands of the receiver when passing. Passes that do not have this room are called short passes.

The sanction is a **Free Pass** to the opposing team.

Held Ball

A player must pass the ball or shoot for goal within three seconds of receiving the ball. The timing starts from when the player gains possession of the ball.

The sanction is a **Free Pass** to the opposing team.

Contact

A player cannot accidentally or deliberately come into contact with another player in a way, which interferes with their play. For example, pushing, charging, tripping, throwing the body against an opponent or using the ball to push or contact an opponent. Players must not hold an opponent, nor keep their elbows against another player.

The sanction is a **Penalty Pass** to the opposing team.

Obstruction

A player with arms extended cannot defend a player with the ball when closer than 0.9m (3 feet). This distance is measured from the first landed foot of the attacking player to the nearest foot of the defending player.

A player may stand closer to an opponent without the ball provided their arms are not extended, but a player may not use intimidating actions against an opponent with or without the ball.

A player may not be positioned so close to a player with the ball that it interferes with the throwing or shooting action of the player (when within the 3 feet allowed). This is regardless of whether or not an attempt is being made to defend.

If the attacking player lessens the distance in their throwing or shooting action, then the defending player is not considered to be obstructing because it was the attacking player and not the defending player who shortened the distance.

The sanction is a **Penalty Pass** to the opposing team.

Footwork (Stepping)

One-foot landing.

When a player lands on one foot they may step with the other foot, lift the landing foot, but must throw the ball before re-grounding the lifted foot.

They may use the landing foot as a pivoting foot, stepping in any direction with the other foot as many times as they wish. Once the pivoting foot is lifted they must pass or shoot before re-grounding this foot. A player may jump from the landing foot onto the other foot and jump again, providing they throw the ball before re-grounding either foot. BUT a player cannot drag or slide the landing foot, or hop on either foot.

Two-foot landing

If a player catches the ball and lands on both feet (simultaneously), they may step in any direction with one foot, lift the other foot but must throw or shoot before re-grounding this foot. They may pivot on one foot, stepping in any direction with the other foot as often as they wish. Once the pivot foot is lifted they must throw the ball before re-grounding this foot. They may jump from both feet onto either foot, or step and jump but must throw or shoot before re-grounding either foot.

The sanction for stepping is a **Free Pass** to the opposing team.

Hand Signals

It is important to use good hand signals each time you blow the whistle. This helps the other umpire and players on the court know why you have blown the whistle. Your hand signals basically “mimic” the action on the court.

Stepping	Moving Hands in an up and down motion, slowly and deliberately.
Obstruction	Hands apart in front of body
Contact	One hand hits the other on the inner arm or area of contact.
Held Ball	3 fingers apart held up
Direction of Pass	Arm pointed towards one goal line
Toss Up	Palm of hand moved vertically upward
Hold Time	One hand vertical, other hand horizontal to form a 'T'
Short Pass	Hands held a short distance apart in front of the body
Breaking/Offside/Over Third	Hand and arm moving in an arc beside the body
Advantage	Arm swept outright in front of the body in the direction of play

Sanctions (Penalties)

There are 2 types of sanctions awarded for infringements in netball:

SANCTION	ACTION
Free Pass	Toss Up Throw In
Penalty Pass	

Sanction

A **Free Pass** is awarded for infringements on the court involving one player. The pass is taken where the infringement occurred by any player who is allowed in the area. The offending player does not have to stand beside the thrower taking the pass. If a free pass is awarded in the goal circle, the shooter may only pass the ball, not shoot for goal.

A **Penalty Pass** is taken where the infringer was standing except if it places that player at a disadvantage. Any player who is allowed in the area can take the pass or shot.

The penalised player may stand “out of play”. That is, beside and away from the player taking the pass; and makes no attempt to take part in play. This includes verbal comments and directing play, until the ball has left the throwers hands.

If a penalty is given to a Goal Shooter or Goal Attack in the goal circle they are awarded a “Penalty Pass”.

Action

Toss Up

A **Toss Up** is used to put the ball in play in situations such as, simultaneous possession by opposing players or if the umpire cannot decide who touched the ball out of court.

The two players stand 0.9m (3 feet) apart, facing each other and their own goal end. Their arms should be straight with hands by their sides. Once in position, they must not move until the umpire has tossed it up from just below shoulder height of the

shorter player, and blown the whistle. The ball may be caught or batted except directly at an opponent.

A Goal Shooter or Goal Attack may shoot for goal from a successful possession at a Toss Up.

Throw In

When the ball goes out of court, it is thrown-in by an opponent of the team in the court that was last to touch it. The player taking the **Throw In** should place one or both feet (within 15cm) behind the point where the ball crossed the line and make sure all other players are on the court before throwing the ball.

Where is the Sanction taken from?

Where sanctions are taken from is simple; they are taken from the spot where the infringement occurred OR where the infringer was standing.

An example would be:

- a. Ball is passed untouched from one goal third to the 2nd goal third. The sanction is taken from the 2nd goal third where it crossed over the transverse line.
- b. A Centre obstructs the Wing Defence. The sanction is taken from where the Centre was standing.
- c. A Wing Attack contacts the Goal Defence. The sanction is taken from where the Wing Attack was standing.

Advantage

There are times when an umpire will call **Advantage** and allow play to proceed without blowing the whistle when an infringement occurs. A beginner umpire will not be expected to call Advantage except in the case of a successful shot at goal when a defender has infringed.

For example:

A Goal Keeper is defending closer than 3 feet and the Goal Shooter shoots. The Umpire has blown the whistle for Obstruction, but the shot goes in. The umpire should call “Advantage Goal” and play should continue with the centre pass.

Blood Policy

An umpire is required to call time when no “on court” player has called time and the umpire observes that a player is bleeding or there is blood on the court, ball or any other player. Play may be stopped for up to 30 seconds and the rules regarding stoppages shall apply.

Before any player may retake the court:

1. The flow of blood must be stopped
2. Any wound must be cleaned and adequately covered
3. Any blood stained clothing must be cleaned or removed
4. If necessary, the ball and court must be cleaned before play restarts.
5. The player involved must leave the court.