



**Everything you  
need to know**

**about becoming**

**an UMPIRE**

**for beginners**







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## Role of an umpire:

- The role of an umpire is to control the match, apply the rules of hockey & uphold a duty of care to the players. This means keeping the game safe by being the judges of fair play.
- Each umpire has the primary responsibility for decisions in one half of the field, and is the only one allowed to award a Penalty corner, Penalty Stroke or Goal in their half of the field or a Free Hit to the defenders in their circle.
- Their duty is to protect skilful play and penalise offences or unskilful play
- The success of the umpire can be measured by the degree to which he keeps the game flowing within the rules, interfering as little as possible

Following are a few things to keep in mind to help you on your umpiring journey.

- Umpires are their own team within an association just like each player plays with a specific club. So respect fellow umpires and never put them down. They need encouragement just as the players on the field do.
- Finally at the end of the game make sure the card is correct (check the score and that any cards that may have been given that game have been reported) before you sign the card.  
Your signature states that the information on the card is correct.





## Objectives to being a good umpire:

As an umpire you should aim to become even better with each and every match, below are a few points to help you improve with every game:

Approachable – By being approachable you can ease tension in the game. This can be achieved through a good understanding of the rules & through a good connection with the players. **However, remember the game must still go on so don't get caught up in answering their questions or listening to them argue. Keep your attention to the game.**

Natural – An umpire must be themselves and not imitate another person, at all times. Bring your own natural flare to the game and your umpiring. **Enjoy yourself – Umpiring can be a lot of fun when done well.**

### Displaying correct attitude:

Be appropriately dressed – look like umpires – make sure you have the correct shirt on, Black shorts/skirt and joggers/closed in shoes. **Do not umpire in thongs or bare feet!!**

Arrive in time for the games – where possible try to be there 10 to 15min before the start of the game ready to go.

Show total interest and concentration for the entire game – Whatever game you umpire remember to pay attention for the entire game – It is harder to umpire a slower game than it is a faster game.

Be fair, don't prejudge games or players on past performances or events

### Prepared:

No matter how long an umpire has been officiating, it is important to prepare thoroughly for every match

Keep your clean sharp appearance from arrival to departure

**Look the part and give confidence to everyone in the game**

Relax and enjoy the experience as tension is transmitted to the players, coaches, co-umpire and spectators - **Don't forget to have fun !!!!**





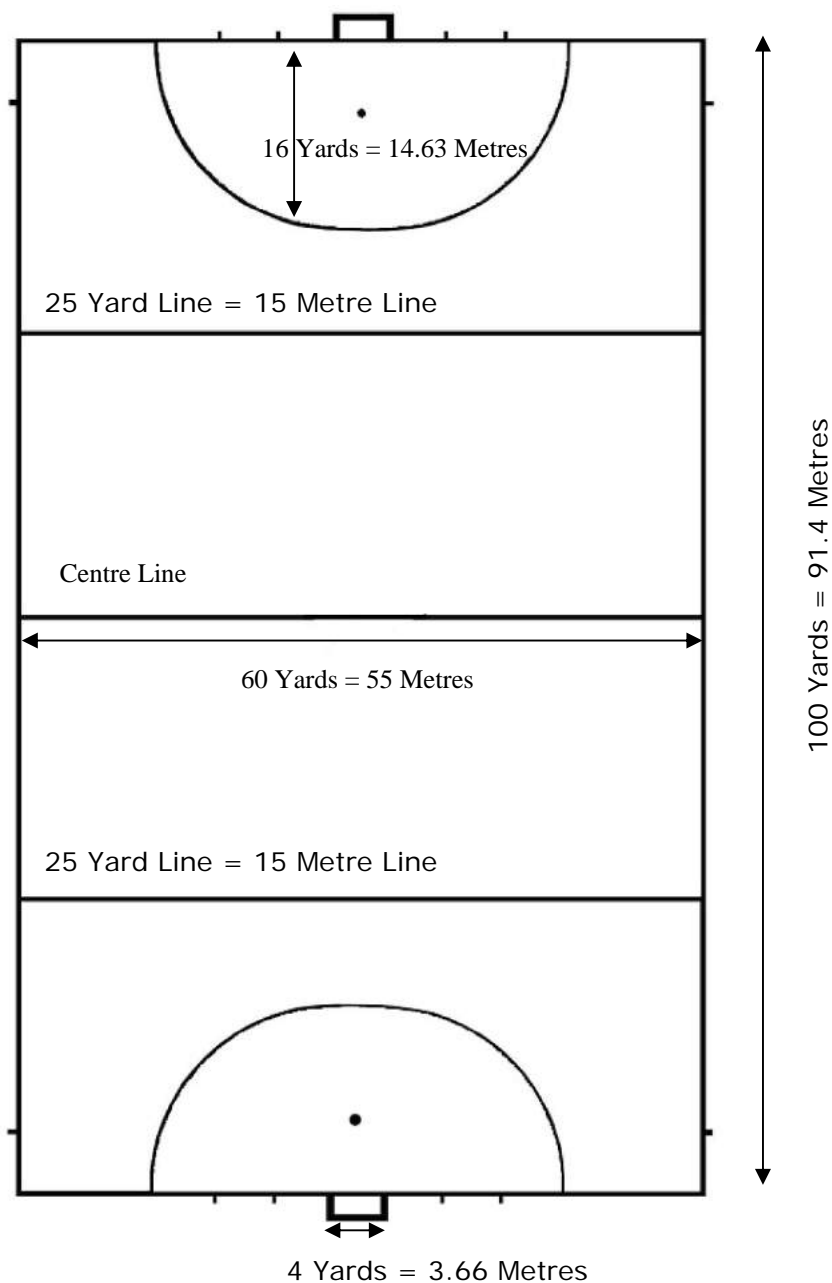
## Facts for you to keep in mind:

### Stick allowances:

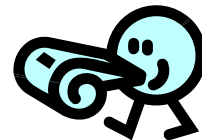
- The entire stick must be smooth and must not have any rough or sharp parts.
- Inclusive of any additional coverings used, the stick must be able to pass through a ring with an interior diameter of 51mm.
- The stick rake or bow must not exceed 25mm at any part of the stick.

### Dimensions of a typical field:

This picture shows the field in yards and the equivalent in metres.







## Positioning/Area of Control:

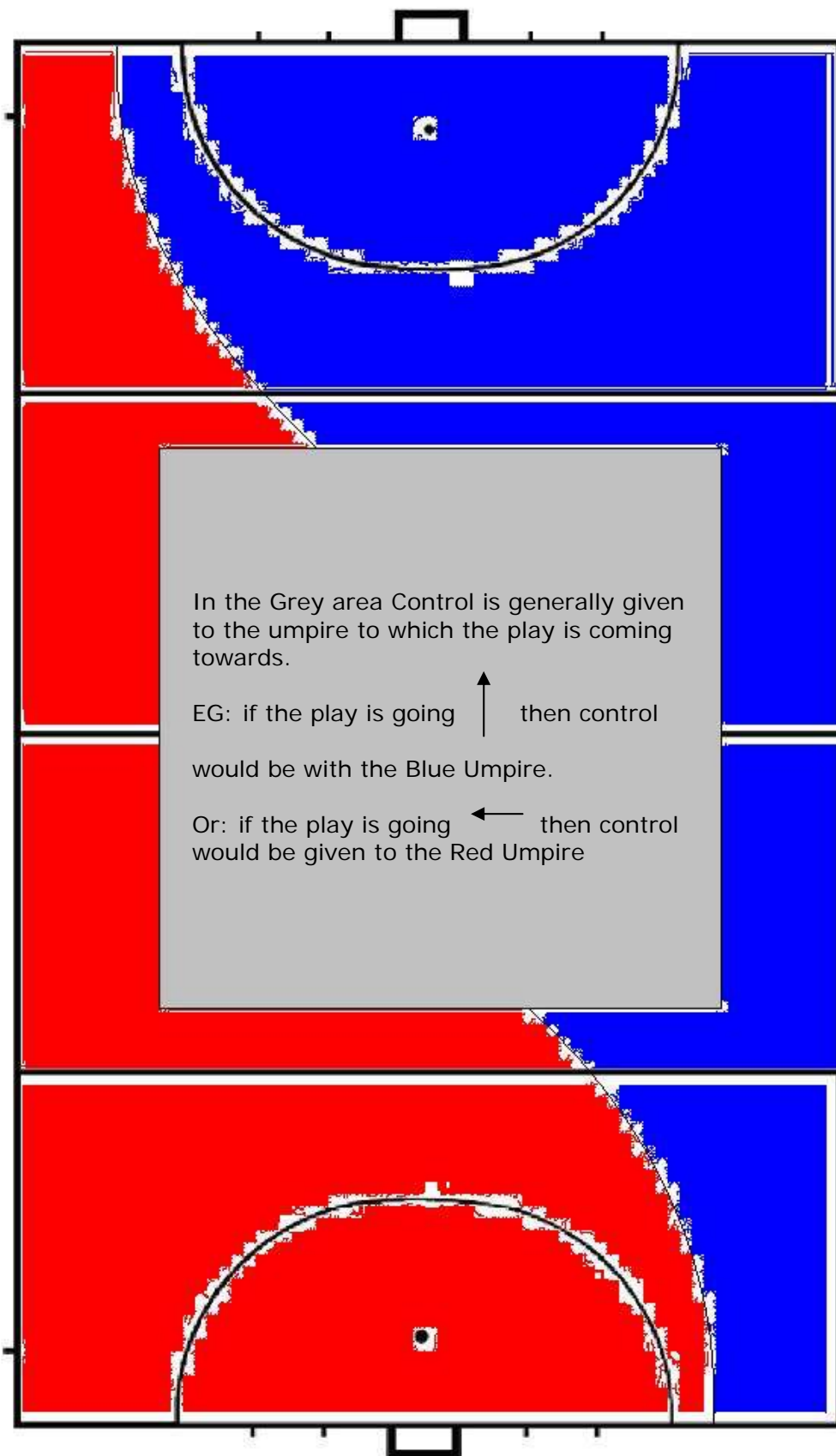
- Never Guess Decisions - Good positioning between yourself and the other umpire (a 45° angle), along with cooperation will ensure you are not guessing the rules. **REFER TO FIGURE 1**
- 16 yard hits – never stand ahead of play or in line with the hitter
- Anticipate play - Scan off the ball – Read the play this will help you anticipate and keep ahead of the play
- Generally try to keep ahead of play even if that means you have to sprint to get there. You can rest once you are in position.
- Penalty Strokes – The umpire who called stroke stands behind the attacker on an angle, your co-umpire stands on the backline facing the goal **REFER TO FIGURE 4**
- Positioning in the shooting circle is critical. Correct decisions are necessary here to maintain the control of the match as well as the outcome of the match. To successfully achieve this don't be afraid to get close to the play/players. The closer you are the more you will see.  
If you have to crouch or squat or bend down to see the game (especially in the circle) then you are not in the right position move yourself around the circle until you can see clearly! **REFER TO FIGURE 3 FOR POSITIONING ON A PENALTY CORNER**
- Don't be scared to adjust your position in the circle if you can't see through players etc. Remember mobility is the key to successful umpiring
- For rules bordering the umpires 'area of control', jurisdiction is generally given to whichever umpire the play is coming towards. **REFER TO FIGURE 2**
- Double whistling can be avoided by communication, cooperation and eye contact with your fellow umpire
- Chasing the play and being out of position can be a sign of poor umpiring (sometimes this can't be helped if the attacking team get a quick breakaway. In this case just do your best to try and keep up with the play and eventually get ahead of it again)
- Position is individual. Everyone is different. Your height and speed may allow you to modify where you stand! Most of all, your ability to read the game will enable you to get the best position.
- When following the ball out of your end do not get too close – Make sure you cover the line when coming out of your area on the left hand side. – Stay more to the midfield when play exits down the right hand side of the field

There is no doubt that an umpire who appears to be right on the spot will sell a decision better than one some distance away. This means the closer to the play you the easier it is for you to sell the decision, and the more you will see.





This Field is Broken up into 3 Sections: Red, Blue and Grey.  
This is a basic Area of Control Diagram.  
The Red and Blue Sections show the general areas that each umpire has control of.

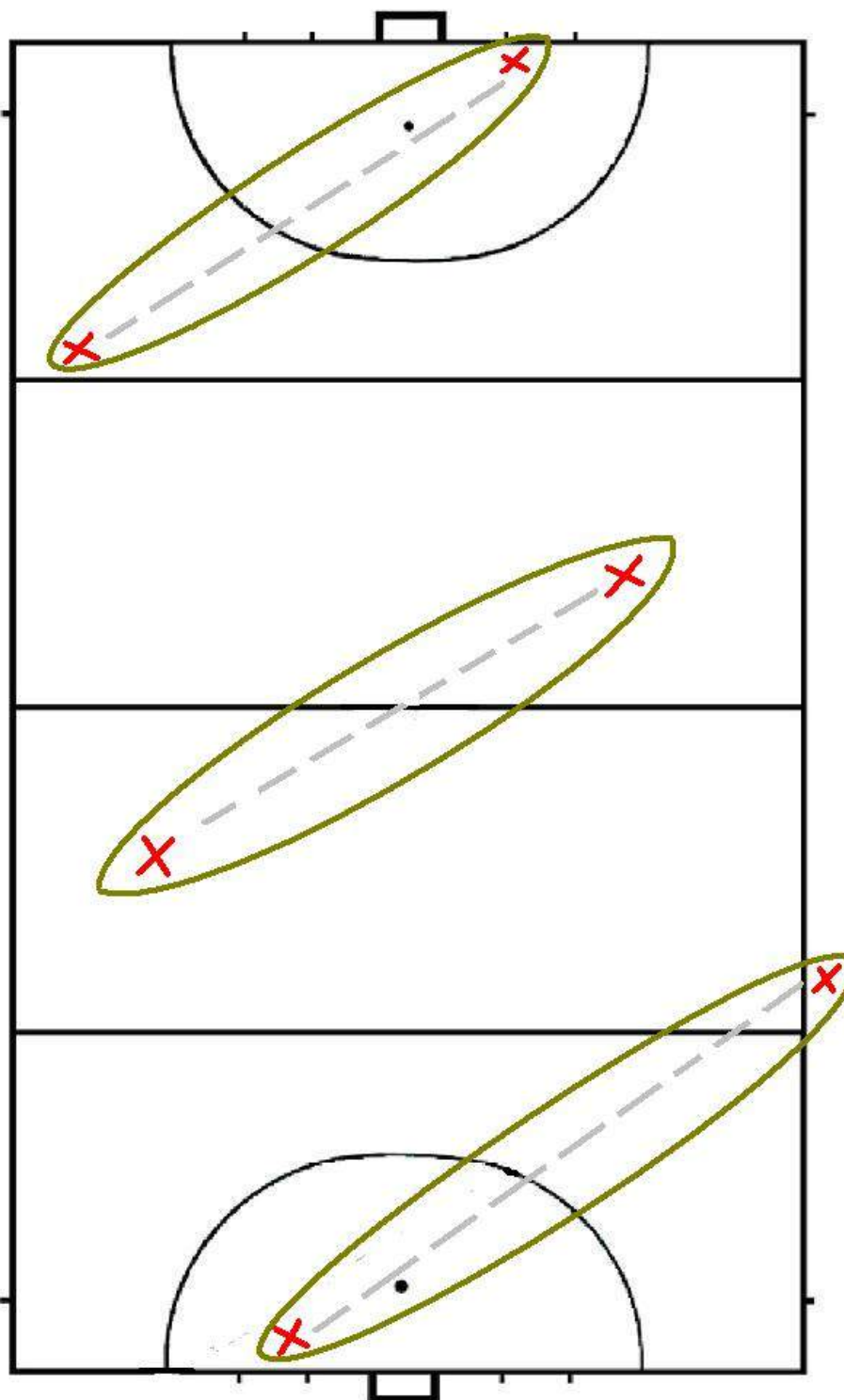


**FIGURE 2**



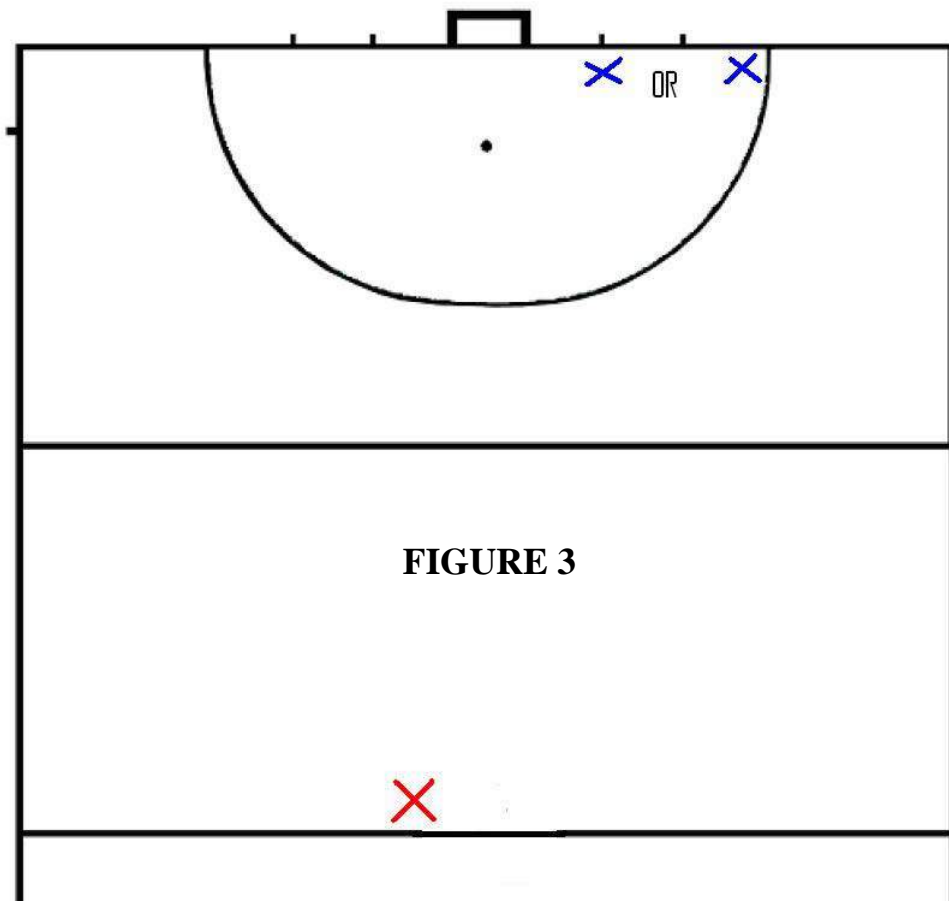


Whilst Umpiring try to keep a 45° Angle from your co-umpire. This will help with vision of the play and being able to easily locate your fellow umpire when in need of assistance. Also try to keep as close to your fellow umpire as possible. Imagine there is a piece of string and you have to stay that distance as much as possible.

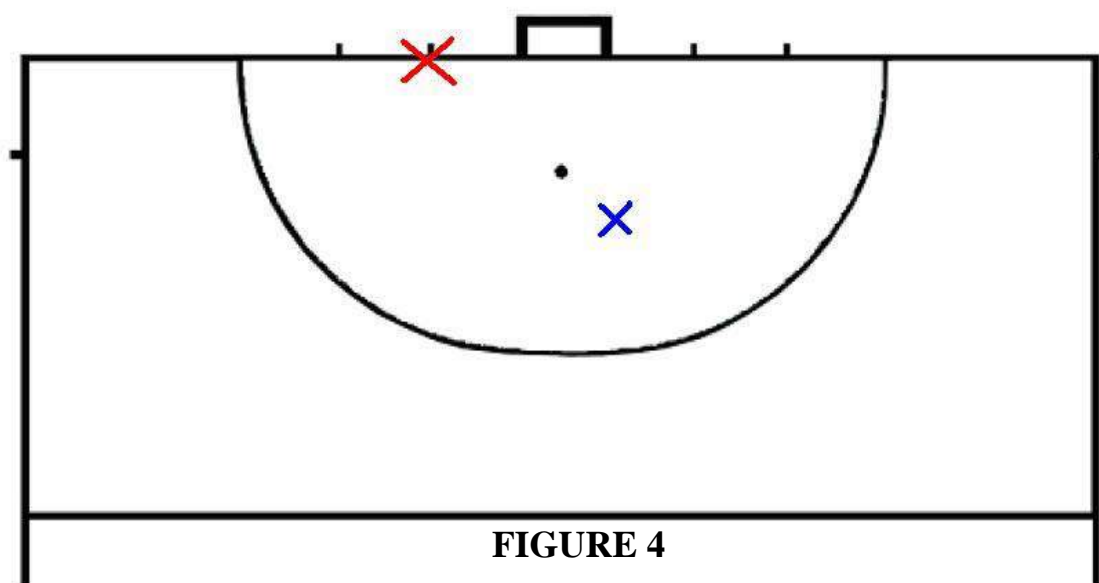


**FIGURE 1**



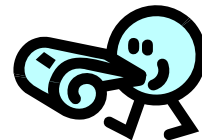


Positioning within the circle is of personal preference to where you are most comfortable can see the play best. Above is 2 general spots on a penalty corner where the engaged umpire (in this case the blue umpire) and the disengaged umpire (red umpire) would stand. NOTE: the second X closest to the circle line is approximate positioning for a corner where the attaching team has decided to take the push out from the side on which you stand.



Above is where you would position yourself on a penalty Stroke. The Engaged umpire (Blue) stands on an angle slightly behind the Stroker. Their Job is to watch the stroker to ensure they don't breach while taking the stroke. The Disengaged umpire (Red) stands on the backline standing on an angle so they can see both the stroker, keeper and the backline. (remembering not to get too close in case the stroke goes wide of the box.) Their job is to watch the goalkeeper doesn't breach during the stroke and to confirm if the ball has crossed the backline when there is doubt.





## Co-Operation with your fellow umpire

- Have a Pre game discussion – Discuss areas of control, choose umpiring ends, Control Methods etc
- Maintain eye Contact with your fellow umpire as much as possible Don't let the gap between you and your partner stretch too far apart.  
**SEE FIGURE 1**
- It is **Very Important** that you only signal when asked for help by your partner (You fellow umpire should look up and find you when they are un sure of a decision in their area of control. This is when you signal the call and the reason for the call)
- If you unsure on a crucial decision don't be afraid to consult your fellow umpire. This is done by calling off time and meeting your partner somewhere around the centre of the field. Ensure that when consulting your fellow umpire that there are no players able to hear your discussion.
- Discuss any warnings or suspensions you may have issued in the first half at half time with your fellow umpire to help keep consistency
- It is essential that both umpires watch each other and observe changes to remain consistent & to keep the game flowing.





## Whistling & Signalling

### Whistling:

- Have a good solid sounding whistle
- The whistle must be blown decisively and loudly enough for all involved in the match to be able to hear it. This does not mean long loud whistling at all times
- Use the whistle to talk to players or to get their attention.
- Tone is important. It ensures the players know what you as the umpire want to happen without the overuse of words.
- Reserve the Loud long and strong whistles to communicate when you don't like what is happening in control situations (ie: a break down tackle, push and shove etc)
- Don't whistle balls that leave the field of play. (eg: ball that goes over a sideline) If there is some doubt or dispute with players use a double whistle & signal to let them know it has gone out of the field of play.

### Signalling:

- Signals must be clear and held up long enough to ensure that all players and your fellow umpire are aware of decisions.
- Be stationary when giving a signal, if on the run slow down/stop signal then continue to get in the correct position.
- Make positive and clear signals
- Directional signals must not be made across the body
- Never turn your back or head on the play or players
- If you are playing advantage make sure you also signal that you are as well.
- Sell your decision by signalling the reason for your call. ie: Point to your foot if off the foot. Selling your decision is vital when delivering major decisions like a penalty corner.
- Do not signal when play is in your fellow umpire's area unless asked. This is a bad habit, often the engaged umpire has seen an earlier offence which he blows, only to find his partner pointing in the opposite direction. The player's will notice this and a control problem could be generated.





## Signals:

- Bully – Move hands alternately up and down in front of the body with palms facing each other
- Dangerous play – place one forearm diagonally across the chest
- To whether you signal with a pointed finger or an open palm is up to your own personal preference. Below are some examples of different signals:



**Time start:** Turn towards the other umpire with one arm straight up in the air.



**Free hit:** one arm raised slightly above the shoulder level, to right or left. Try and train yourself to use the left arm for signals going left and the right for those going right



**Penalty Corner:** both arms pointed firmly to the goal line



**Penalty Stroke:** one arm raised vertically above the head and the other pointing to the penalty stroke spot





**Goal:** both arms pointed firmly towards the centre spot



**Stopping time:** arms raised with both hands crossed above the head



**16 yard hit:** both arms extended side ways  
(15 Metre Hit)

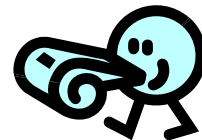


**Hit in from sideline:** one extended arm in direction one pointing downwards.



**Long corner:** extended arm in the direction of corner flag





**Advantage:** extended arm in the required direction

Hold this signal in the direction to which you are giving the advantage. This lets fellow players, coaches & spectators know that you have seen the breach and are giving the team advantage. However if the team isn't advantaged by this don't be scared to call the hit back where the original breach occurred.



**Five meters distance:** Extend one arm straight up in the air showing an open hand with all fingers extended



**10 metre penalty:** A free hit is progressed up to 10 metres. Raise one arm vertically with fist clenched.



**Stick check:** Hacking motion with one arm across the other.



**Kicking:** Slightly raise a leg and touch it near the foot or ankle with the hand.  
(Off the Foot)



**Obstruction:** Crossed forearms in front of the chest

This signal is used for any obstruction other than stick obstruction.





## Consistency

- Consistency is a matter of adjusting the mental approach of both umpires to achieve a uniform application of the rules and discipline
- Being consistent will help maintain the respect of players
- Try to blow the same as your fellow umpire when ruling on danger and bad tackles/obstruction. Also remember if you blow a rule a certain way in the first half you must blow it the same way in the second half.
- Be Fair – decisions must be made with a sense of justice and integrity
- Concentration must be maintained at all times; nothing must distract an umpire.

## Control

- Most control problems can be broken down to – Player to player which is normally physical and player to umpire which is generally verbal
- Control is achieved not exclusively through the use of warning and suspensions. In all control situations the whistle must be the first action, it can also be achieved through:
- Displaying the correct attitude to the game and its participants
- Clear whistling, signalling and communication - Decisions must be made promptly, positively, clearly and consistently
- Correct use of penalties including cards
- Allowing the game to flow
- Making sure you **maintain the 5m distance** at all times.
- Remember: Prevention is better than a cure blow it early and keep the game clean and flowing
- If you have troubles with the sideline (spectators, players on the bench, managers or coaches) you can call over the captain and warn them verbally and ask them to have their spectators, players, managers or coaches to stop. **Also make sure if the abuse is bad to report it by writing it on the back of the card briefly explaining what they were doing who it was and what team they belong to. You can also go find your umpire co-ordinator or a board member of your association to report this so that they are aware and can keep an eye on it.**





Controlling a game doesn't always mean that you have to give out Cards. There will be circumstances where this will be necessary however below are some techniques you can use as an umpire to show disapproval in what a player is doing in order to keep the game controlled.

## Control Ladder - Queensland Hockey

- Two or More Repeated Whistles
- Free Hit Reversal
- Loud Whistle
- Calming hand movements
- Gestures
- Hard Signal intensity
- 10 Metre March
- A 'Quiet' Word
- Verbal Warning
- A Chat with the Captain(s)
- Penalty Corner inside the 23 Metres (25)
- Penalty Stroke





### Dangerous Play:

It is very important that the rules of the game of hockey protect the players. Without these rules things could get dangerous. Here are some rules that prevent dangerous play.

- Players must not lift their stick over the heads of other players
- A Ball is considered Dangerous when it causes legitimate evasive action by players (this means that the player that is being endangered by the ball has to duck or dive to get out of the way. If the player wasn't to move they would have been hit by the ball) A penalty is awarded where the action causing the danger took place (Not where the danger occurred)
- Players running into the path of the ball to create danger should be penalised.
- Intentional offences must be penalised firmly

### Obstruction:

Obstruction is very open to interpretation rule. When umpiring it is easier to pick up on obstruction by watching the players don't watch the ball – the ball itself cannot commit an offence, it is the players who offend.

Players Obstruct if they:

- Back into an opponent
- Physically interfere with the stick or body of an opponent
- Shield the ball from a legitimate tackle with their stick or any part of their body
- A player who runs in front of or blocks an opponent to stop them legitimately playing or attempting to play the ball is obstructing
- Be sure that the attacking player would be able to get to the ball and makes an attempt to try to get the ball.





## New Self Hit Rule: (as written in the 09/10 FIH – Rules of Hockey Book)

### 13 Procedures for taking penalties

#### 13.1 Mandatory Experimental Rule

Location of a free Hit:

- a a free hit is taken close to where the offence occurred  
*'Close to ' means within playing distance of where the offence occurred and with no significant advantage gained.*  
  
*The location from which a free hit is taken must be more precise inside the 23 metres area.*
- b a free hit awarded within 5 metres of the circle to the attack is taken at the nearest point 5 metres from the circle.
- c a free hit awarded outside the circle to the defence within 15 metres from the backline is taken up to 15 metres from the back-line in line with the location of the offence, parallel to the side-line
- d a free hit awarded inside the circle to the defence is taken anywhere inside the circle or up to 15 metres from the back-line in line with the location of the offence, parallel to the side-line

#### 13.2 Mandatory Experimental Rule

Procedures for taking a hit, centre pass and putting the ball back into play after it has been outside the field:

- a the ball must be stationary
- b opponents must be at least 5 metres from the ball  
*If an opponent is within 5 metres of the ball, they must not interfere with the taking of the free hit or must not play or attempt to play the ball. If this player is not playing the ball, attempting to play the ball or influencing play, the free hit need not be delayed.*
- c when a free hit is awarded to the attack within the 23 metres area, all players other than the player taking the free hit must be at least 5 metres from the ball
- d the ball is moved using a push or hit
- e the ball must not be raised intentionally directly from the free hit
- f if the player taking the free hit is the next player to play the ball, the actions of taking the free hit and of next playing the ball must be two separate actions
- g before another player of the same team which took the free hit is allowed to play the ball, the ball must move at least 1 metre  
*The ball does not have to move 1 metre before the player taking the free hit may play the ball again.*
- h from a free hit awarded to the attack within the 23 metres area, the ball must not be played into the circle until it has travelled at least 5 metres or has been touched by a player of either team other than the player taking the free hit.

*If the player taking the free hit continues to play the ball (ie no other player has yet played it):*

*That player may play the ball any number of times, but*

*The ball must travel at least 5 metres, before*

*That player plays the ball into the circle by hitting or pushing the ball again*

*Alternatively:*

*Another player of either team who can legitimately play the ball must deflect, hit or push the ball before it enters the circle, or*

*After this player has touched the ball, it can be played into the circle by any other player including the player who took the free hit.*

*All parts of Rule 13.2 apply as appropriate to a free hit, centre pass and putting the ball back into play after it has been outside the field.*





## Australia Hockey Level System & Criteria:

Below is the break down of how the old QLD Hockey Badging system fits into the new Hockey Ed Levelling.

<b>BADGE LEVEL UP TO 2006</b>		<b>BADGE LEVEL 2006</b>	<b>Hockey Ed Level</b>
<b>MEN</b>	<b>WOMEN</b>	<b>MEN &amp; WOMEN</b>	
QLD JUNIOR	QLD JUNIOR	QLD JUNIOR	<b>COMMUNITY UMPIRE</b>
QLD SENIOR	QLD C	QLD INTERMEDIATE	<b>BEGINNER UMPIRE</b>
QLD C	QLD B	QLD SENIOR	<b>DEVELOPMENT UMPIRE</b>
QLD B	QLD A2	QLD ADVANCED	<b>NATIONAL UMPIRE</b>
QLD A	QLD A1	QLD OPEN	No Hockey Ed Level for this Level
AUSTRALIAN	AUSTRALIAN	AUSTRALIAN	
INTERNATIONAL	INTERNATIONAL	INTERNATIONAL	

Following are a overview of the Competencies require to achieve each level in the Hockey Ed System:





# COMMUNITY UMPIRE

COMPETENCIES	ASSESSMENT TOOL	INDICATORS OF COMPETENCY
<b>Manage Self</b>		
1. Dress according to local competition standards for umpiring activity	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Equipment for session was organised and available</li> <li>➢ Equipment was suitable to participants size and ability</li> <li>➢ Equipment was safe</li> </ul>
2. Apply self-management principles for personal health and safety	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Coach was wearing appropriate sports clothing and shoes</li> <li>➢ Coaches clothing was suitable to weather conditions</li> <li>➢ The coaches presentation was neat and tidy</li> </ul>
	Online Quiz (HA)	<ul style="list-style-type: none"> <li>➢ HA Community Coach quiz completed (online training recorded on HockeyEd database)</li> </ul>
3. Identify roles and responsibilities involved in umpiring a match	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Coach was punctual</li> <li>➢ Coach was positive and enthusiastic</li> <li>➢ Positive encouragement and/ or constructive feedback provided to participants</li> <li>➢ Coach abided with Code of Behaviour guidelines</li> </ul>
	Online Quiz (HA)	<ul style="list-style-type: none"> <li>➢ HA Community Coach quiz completed (online training recorded on HockeyEd database)</li> </ul>
4. Display a positive attitude towards umpiring	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Umpire was punctual and organised</li> <li>➢ Umpire showed an enthusiastic and positive approach</li> <li>➢ Coach abided with Code of Behaviour guidelines</li> </ul>
<b>Manage Athletes</b>		
5. Apply the rules/ guidelines of the hockey activity	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Umpire applies rules/ guidelines of activity for safety</li> <li>➢ Umpire is able to effectively manage the players involved in the activity</li> </ul>
	Online Quiz (HA)	<ul style="list-style-type: none"> <li>➢ HA Community Coach quiz completed (online training recorded on HockeyEd database)</li> </ul>
6. Illustrate ability to recognise dangerous play and respond	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Identifies danger and responds quickly</li> <li>➢ Able to recognise when a ball or stick is lifted dangerously</li> <li>➢ Applies penalty to dangerous play</li> </ul>
	Online Quiz (HA)	<ul style="list-style-type: none"> <li>➢ HA Community Coach quiz completed (online training recorded on HockeyEd database)</li> </ul>
<b>Manage Others</b>		
7. Work cooperatively with coordinators, parents/ guardians and other umpires	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Positive and cooperative attitude shown towards others</li> <li>➢ Umpire displays willingness to learn</li> <li>➢ Umpire takes on board advice from more senior umpires</li> </ul>
	Online Quiz (HA)	<ul style="list-style-type: none"> <li>➢ HA Community Coach quiz completed (online training recorded on HockeyEd database)</li> </ul>
<b>Manage Environment</b>		
8. Ensure environment is safe for activity	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Training surface and area was checked to ensure it was safe</li> <li>➢ Umpire ensures the goal keeper is wearing protective equipment</li> <li>➢ Any obvious risks are acted upon</li> </ul>
9. Awareness of Officials Code of Behaviour	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Umpire abided by the HA Officials Code of Behaviour</li> <li>➢ Umpire signed off on Code of Behaviour by signing Practical Competency Checklist</li> </ul>
	Online Quiz (HA)	<ul style="list-style-type: none"> <li>➢ HA Community Coach quiz completed (online training recorded on HockeyEd database)</li> </ul>





# BEGINNER UMPIRE

COMPETENCIES	ASSESSMENT TOOL	INDICATORS OF COMPETENCY
<b>Manage Self</b>		
10. Attain a level of fitness appropriate to the standard of hockey	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Positioning did not affect decision making</li> <li>➢ Umpire is able to maintain concentration for duration of match</li> </ul>
11. Prepare physically and psychologically for umpiring activity	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Umpire is punctual and arrives prepared</li> <li>➢ Umpire completed warm-up with co-umpire</li> <li>➢ Adequately prepared for the match e.g uniform, cards, administration duties</li> <li>➢ Completes pre-match safety check</li> </ul>
	Online Quiz (HA)	➢ HA Beginner Umpire quiz completed (online training recorded on HockeyEd database)
12. Exhibit correct basic positioning on the field	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Umpire maintained a clear view of the game</li> <li>➢ Maintained constant movement</li> <li>➢ Positioning did not affect decision making</li> </ul>
	Online Quiz (HA)	➢ HA Beginner Umpire quiz completed (online training recorded on HockeyEd database)
13. Receive and respond to feedback from the Umpire Coach/ Senior Umpires	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Umpire was receptive to feedback from more senior umpires/ umpire coach</li> <li>➢ Shows willingness to learn</li> </ul>
	Online Quiz (HA)	➢ HA Beginner Umpire quiz completed (online training recorded on HockeyEd database)
<b>Manage Athletes</b>		
14. Apply the basic rules of hockey	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Basic rules of hockey applied</li> <li>➢ Decisions are consistent</li> </ul>
	Online Quiz (HA)	➢ HA Beginner Umpire quiz completed (online training recorded on HockeyEd database)
15. Demonstrate correct use of the whistle	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Whistle was clear and loud</li> <li>➢ Players responded to whistle</li> <li>➢ Variation in length used depending on seriousness of offence</li> </ul>
16. Demonstrate correct use of signals	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Correct basic signals used</li> <li>➢ Signals used as a method of communication</li> <li>➢ Players responded to signals</li> </ul>
17. Respond effectively to dangerous play	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Umpire recognises and responds to dangerous play</li> <li>➢ Umpire manages players to ensure match is played safely</li> </ul>
		➢ Suitable penalties/ control tools are applied to dangerous play
	Online Quiz (HA)	➢ HA Beginner Umpire quiz completed (online training recorded on HockeyEd database)
<b>Manage Others</b>		
18. Apply a positive and cooperative attitude towards others	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Positive and cooperative attitude shown</li> <li>➢ Avoids entering into communication with spectators during the game</li> <li>➢ Communicated in an Inclusive manner</li> <li>➢ Took on-board advice and feedback</li> <li>➢ Umpire promoted fair-play, cooperation and teamwork</li> </ul>
19. Communicate with co-umpire	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Pre, during and post match discussion held with co-umpire</li> <li>➢ Supported co-umpire in their decisions</li> <li>➢ Positive and constructive discussions held with co-umpire</li> </ul>
<b>Manage Environment</b>		
20. Identify and act upon potential risks and hazards in the competition environment	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Surface and area is checked to ensure it is safe</li> <li>➢ Any risks identified are acted upon</li> <li>➢ Implement local competition/ association guidelines e.g unplayable weather conditions</li> <li>➢ Manage the game to protect safety/ welfare of players</li> <li>➢ Ensure goal keeper is wearing protective equipment</li> </ul>
	Online Quiz (HA)	➢ HA Beginner Umpire quiz completed (online training recorded on HockeyEd database)
21. Abide by the Officials Code of Behaviour	Practical Demonstration	<ul style="list-style-type: none"> <li>➢ Umpire complied with Hockey Australia's Officials Code of Behaviour</li> <li>➢ Umpire signed off on Hockey Australia's Code of Behaviour by signing Practical Competency Checklist</li> </ul>
	Online Quiz (HA)	➢ HA Beginner Umpire quiz completed (online training recorded on HockeyEd database)





Development Umpire Competencies	
Manage Self	<ul style="list-style-type: none"><li>22. Perform all administrative duties as required</li><li>23. Prepare physically and mentally for umpiring activity</li><li>24. Attain a level of fitness appropriate to the standard of hockey</li><li>25. Exhibit correct positioning in relation to play and co-umpire</li><li>26. Review umpiring performance including response to feedback from Umpire Coach/ Senior Umpires</li></ul>
Manage Athletes	<ul style="list-style-type: none"><li>27. Interpret and apply the rules of hockey, encouraging flow</li><li>28. Exhibit correct signaling for all rules</li><li>29. Display appropriate whistle technique, including timing and force of whistle</li><li>30. Respond appropriately to player behaviour leading to dangerous and/ or illegal play</li><li>31. Communicate with team captains to create a co-operative match environment</li></ul>
Manage Others	<ul style="list-style-type: none"><li>32. Apply a positive and cooperative attitude towards coaches, officials, team management and spectators</li><li>33. Provide signaling support to co-umpire</li><li>34. Conduct pre-match, half time and post-match discussion with co-umpire</li><li>35. Identify and apply appropriate conflict resolution strategies</li><li>36. Ability to assess the practical competence of a lower level umpire</li></ul>
Manage Environment	<ul style="list-style-type: none"><li>37. Identify risk management strategies</li><li>38. Assess an injury and respond accordingly</li><li>39. Detail the ethical responsibilities of officials and demonstrate compliance</li><li>40. Identify legal responsibilities</li></ul>





Advanced Umpire Competencies	
Manage Self	42. Prepare for the role of an umpire at a national under age or senior national competition level 43. Attain a level of fitness appropriate to the standard of hockey 44. Exhibit correct positioning in relation to play and co-umpire 45. Design and implement a performance improvement action plan 46. Demonstrate professionalism and integrity in conducting umpiring duties and roles 47. Illustrate knowledge of advanced hockey skills and techniques used at the state level 48. Review umpiring performance with Umpire Coach and implement changes required
Manage Athletes	49. Interpret and apply the rules of hockey at state level 50. Exhibit signals with appropriate timing and application 51. Communicate decisions confidently to players 52. Demonstrate effective use of 'tools' to manage the game 53. Implement strategies to manage and resolve conflict 54. Encourage and promote an inclusive environment, 'a game for everyone'
Manage Others	55. Communicate in a professional manner towards others 56. Provide timely and accurate signalling support to co-umpire 57. Present feedback to co-umpire that is encouraging and provides constructive criticism 58. Demonstrate effective communication and interpersonal skills to deal with on and off field situations 59. Ability to assess the practical competence of lower level umpires
Manage Environment	60. Conduct a thorough pre-match safety check of the field and equipment with co-umpire 61. Achieve a minimum Level 1 First-Aid Certificate 62. Identify and implement risk management strategies as required 63. Adhere to ethical responsibilities of an official and applicable laws affecting sports officials

National Umpire Competencies	
Manage Self	64. Prepare for the role of an umpire at international competition level 65. Attain a level of fitness appropriate to the standard of hockey 66. Exhibit correct positioning in relation to play and co-umpire 67. Demonstrate a high level of professionalism and integrity in conducting umpiring duties and roles 68. Design, implement and review a professional and personal development plan 69. Actively develop officiating skills via research and discussion 70. Critically review and analyse match performance independently of Umpire Coach 71. Illustrate knowledge of elite hockey skills and techniques used at the international level
Manage Athletes	72. Interact and communicate effectively with players in an inclusive manner 73. Interpret and apply the rules of hockey at international level 74. Demonstrate effective use of all 'control tools' to manage the match 75. Implement strategies to prevent, manage, and resolve conflict 76. Display a range of body language techniques in order to promote and enhance an air of authority/ presence
Manage Others	77. Demonstrate on-field cohesion and support of your co-umpire 78. Convey a professional, cooperative and positive attitude 79. Exhibit consistent communication with Tournament Director and Technical Bench 80. Ability to assess the practical competence of lower level umpires
Manage Environment	81. Identify and implement risk-management strategies/ principles 82. Identify and comply with ethical responsibilities and applicable laws affecting sports officials





To finish off I have attached the Rules Familiarisation Paper used by Hockey Queensland to accredit Junior Badged Umpires. (Now community This is similar to the Quiz you will get when you go for your Community Umpire Level in the Hockey Ed System.

Have a go - Don't cheat off the answers at the back see how well you go then mark yourself!

### Section 1 - Answer True (T) or False (F) on the Answer Sheet provided

1. After completing a suspension, a play may be substituted without first returning to the field.
2. The captain who wins the toss **automatically** gets possession of the ball to start the game .
3. A goalkeeper may come up the field to take a penalty stroke awarded to their team.
4. The ball is in the shooting circle if it is on the circle line.
5. Only an **injured** player can be substituted after the award of a penalty corner.
6. All players, other than the player making the pass back, must be at least 5 metres from the ball at the start of the game.
7. A defender can take a free hit from anywhere inside the defending circle.
8. Every ball that is played into the circle, which is **raised**, should be penalised.
9. The ball must travel at least 1 metre when passing the ball from a free hit.
10. An umpire should penalise every breach of the rules.
11. The player taking a penalty corner from the back line must have at least one foot outside the field of play.
12. If the ball travels more than 5 metres outside the circle on a penalty corner the Penalty Corner Rules no longer apply.
13. At half-time and full-time the game shall be prolonged only until the **initial** penalty corner has been played out.
14. If the ball hits an umpire the teams shall have a bully so that neither team is disadvantaged.
15. A yellow card means that a player can only be suspended for 5 minutes.
16. Before a player can be issued with a yellow card they must have been shown a green card previously in the same game.





## Section 2 - Circle one answer for each question on the answer sheet provided

17. If a ball become lodged in a goalkeepers pads whilst they are attempting to save a shot:
  - A. Award a bully
  - B. Award a penalty stroke
  - C. Award a penalty corner
  
18. An injured forward may only be substituted after an award of a penalty corner:
  - A. If they are badly injured
  - B. once the penalty corner is completed
  - C. If the team is defending the corner
  
19. At the centre pass, the ball can only:
  - A. Be hit or pushed back towards the players on their own team
  - B. played in any direction
  - C. Passed to a player who is at least 5 metres away
  
20. A goalkeeper stops a legitimate shot at goal with their stick above their shoulder. The ball rebounds from the goalkeeper's stick over the backline outside the goal box. What is the right decision?
  - A. Long corner
  - B. penalty corner
  - C. penalty stroke
  
21. Can a coloured ball (**other than white**) be used in a game:
  - A. only if a white one is not available
  - B. only if it is a night game
  - C. if both captains agree
  
22. If a penalty corner has been awarded with 30 seconds to go and the defending team wishes to replace their injured goalkeeper, what should you do?
  - A. not worry about taking the penalty corner as the hooter has since gone
  - B. don't let them substitute the goalie and play the corner
  - C. let them substitute the goalie and play the corner out
  
23. A goalkeeper who is defending a penalty stroke, blocks the ball with their feet but the ball keeps rolling towards the goal line. The goalkeeper then reaches across and has a second attempt and stops the ball from crossing the goal line. Should you:
  - A. take the penalty stroke again and warn the goalkeeper for touching the ball twice
  - B. award a penalty goal
  - C. free hit to the defensive team as the penalty stroke was saved legitimately
  
24. On defensive penalty corners there are to be no more than five defenders (including GK) behind the back line. Their sticks, hands and feet **should not** be:
  - A. touching the ground inside the circle
  - B. resting on the ground at all
  - C. touching the goal line
  
25. A team has asked for **3 players** to be substituted at the same time after the award of a long corner:
  - A. allow only 1 sub to take place at a time
  - B. allow all 3 subs to take place at once
  - C. allow only 2 subs to take place at one





26. The player taking a sideline hit stands with both feet on the field and **drags** the ball to a team mate. What should you do:
- play on - Legal play
  - give a free hit to their opponents
  - ask the player to take it again
27. A defender who has both hands on the stick, attempts to do a legitimate flat stick tackle. In doing so the ball hits the knuckles of his/her hand. Do you?
- play on - the ball would have hit the stick had the hand not been there
  - free hit to the defenders - playing the ball straight into an opponents hand
  - free hit to the attackers - ball is not allowed to touch any part of the hand
28. On taking a penalty stroke an attacker uses a '**dragging motion**' to flick the ball towards goal, is this legal?
- yes, the ball may be pushed, flicked, scooped or dragged from the penalty spot
  - yes, as long as they only played the ball once
  - no, a drag is not permitted to be used for penalty strokes
29. When a '**10 metre advancement**' is awarded, the player taking the free hit:
- Must take the free hit up to 10 metres
  - can progress the free hit up to 10 metres
  - must at least take the free hit ahead of where the initial hit was to be taken
30. A free hit to the midfield must be taken:
- on the spot where the offence occurred
  - close to the spot where the offence occurred, but not further forward than where the actual breach occurred
  - close to the spot where the offence occurred
31. A ball **accidentally** glances off the stick of a defender who is over the half way line, and goes over their own back line. What is the correct decision?
- a 14.63 metre hit (sixteen), defender wasn't in their own half when the ball touched their stick.
  - a long corner as it doesn't matter where on the field the defender is
  - award a penalty corner
32. The hockey stick may be made of or contain:
- wood or any material other than metal or metallic components
  - wood with a small component of metal in the head only
  - any substance providing it is fit for the purpose of playing hockey and is no risk to health.
33. Goalkeepers are permitted to wear over any upper body protectors a shirt or garment of a colour that is:
- different from their own team
  - the same as their own team providing it is different to their opponents
  - different from that of their own team and of their opponents
34. When should time be stopped to allow a substitution to take place?
- only when a player is taking too long to come off
  - when there is a break in play and more than 2 players are waiting to make substitution.
  - only when a goalkeeper is being substituted
35. For a penalty stroke the defending goalkeeper **must defend** the stroke with:
- the helmet removed
  - helmet on and standing with both feet on the goal line
  - either the helmet on or off, whichever they prefer





36. When is the umpire required to blow the whistle at a penalty stroke?
- at the start and end of a penalty stroke
  - at the start and only if a goal is scored
  - only at the start, as the umpire just needs to signal a goal or 16yd hit
37. A goalkeeper accidentally drops their stick when stopping a shot at goal. They then kick the ball clear of the circle. What would be the correct decision?
- do nothing - play on as it is legal play
  - award a penalty stroke
  - award a penalty corner
38. A player takes a sideline hit, it is unintentionally raised knee high into a space between two opponents. Should this be penalised for being dangerous?
- yes, as it could lead to danger as it is knee height
  - yes, as it would be dangerous if it was from a sideline hit
  - no, play on as it was unintentionally raised into space
39. If an attacker makes a shot at an open goal from within the circle and a defender (not the GK) tries to prevent a goal from being scored by playing the ball with their hand, and the ball still carries through into the goal. What is the correct decision?
- goal, Advantage play
  - penalty stroke as the defender deliberately tried to prevent a goal being scored
  - penalty corner for the initial breach (using the hand)
40. An attacker enters the circle and has a shot at goal. The goalkeeper saves the shot deflects the ball to the fullback. In clearing the ball from the circle, the fullback miss hits the ball and ends up hitting the goalkeeper on the back of the leg, the ball then goes into the goal. What should happen?
- long corner
  - penalty corner
  - goal
41. A ball on the outer edge of the circle line is hit by an attacker along the ground towards the goal and deflects high into the net off a defender:
- goal
  - long corner
  - penalty corner
42. The attacking team is playing out a penalty corner that has been awarded right on the half time hooter. A miss trap is made at the top of the circle but the ball is regathered and trapped on the second attempt, inside the 4 metre area. The defender running out attempts to play at the ball but it hits their foot outside the circle. What should happen?
- another penalty corner
  - free hit to the attacker, play out free hit
  - end of half
43. If an attacker makes a breach of the rules inside their attacking circle, can the defender take the free hit outside the circle?
- yes, as long as it is taken at the 14.63m (16yd) mark and in line with where the breach occurred.
  - no, breach occurred in the circle, free hit should be on the spot
  - yes, providing it is taken in the middle of the field at the top of the circle
44. When a free hit is taken by an attacker **within** 15 metre area (25 yd), who needs to be standing at least 5 metres away from the ball?
- only the defending team
  - only the players in front of the ball
  - both attackers & Defenders

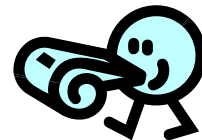




45. The attacking team has been awarded a penalty corner. They use a set play and trap the ball just outside the circle and lay it off to their left. This player on the left uses a slap shot and hits the ball through space and into the goal at waist height. What would your decision be?
- A. Goal, slap shot doesn't have a height restriction
  - B. free hit to the defence, shot wasn't 460mm (18 inches/backboard height) when it crossed the goal line
  - C. decision would depend on how close the players were to the ball
46. During the taking of a penalty stroke the umpire checks to make sure both the keeper and the striker is ready. Before the whistle is blown the striker takes the stroke. Do you?
- A. re-take the stroke and warn the attacker to wait for the whistle next time
  - B. award a goal if it goes in as they were both ready anyway
  - C. 14.63 metre hit (16yd) to the defence as they must wait for the whistle to go before the stroke can be taken
47. A player in possession of the ball can only be considered to be obstructing an opponent if that opponent:
- A. has moved into a position to put a legitimate tackle on and is attempting to make a tackle (must be attempting to move the stick towards the ball)
  - B. is close enough or is standing within playing distance from the ball
  - C. has pushed though the player with the ball to try and reach the ball
48. An attacker who is dribbling into the circle passes the ball around a defender and pulls their stick up over a defender's head, before attempting to re-gather the ball. The ball is trapped by a covering defender. What decision would be correct?
- A. free hit to the attacker just outside the circle, ask attacker to keep stick down
  - B. free hit to the defender, verbally warn the attacker for lifting the stick
  - C. play on
49. If a player receiving a ball, that is raised over a distance using a flick or scoop, **is clear of other players at the same time the ball is raised**, then no player of the opposing team should approach within 5 metres until:
- A. the receiving player has made contact with the ball
  - B. the receiving player has controlled the ball and it is on the ground
  - C. the receiving player has been given enough time to play at the ball
50. An attacker is dribbling at pace down the sideline with the opposing defender chasing him from behind. As they pass the ball across the field into the circle at **knee height** an unmarked team-mate deflects the ball on the full into the net past the goalkeeper. There were two defenders in the circle that the ball was passed at speed & the defenders had to move out of the way. What should you do?
- A. award a goal, not dangerous or didn't lead to danger
  - B. give a free hit to the defence as the ball was raised into the circle
  - C. give a free hit to the defence as there were defenders in the circle that the ball was deflected past at speed (Dangerous).

ANSWERS OVER PAGE





## ANSWERS

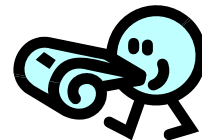
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15. F
16. F

### Section 2

17. C
18. B
19. B
20. A
21. C
22. C
23. A
24. C
25. B
26. A
27. A
28. C
29. C
30. C
31. B
32. A
33. C
34. C
35. B
36. B
37. A
38. C
39. A
40. C
41. B
42. C
43. A
44. C
45. B
46. A
47. A
48. B
49. B
50. C





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This Booklet was produced by Carrie Born from Cairns Hockey Association. Please don't hesitate to contact her if you have any questions on the material in this booklet.

