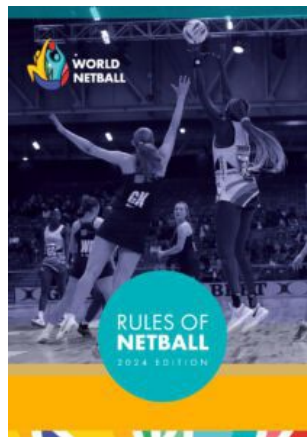




Baulkham Hills Netball Association



# LECTURER MANUAL



Reference International Rules of Netball (2024)

## INTRODUCTION

*The aim of this program is to give players and prospective umpires an understanding of an umpire's role; an umpire's duties; a good understanding of basic netball rules and some practical umpiring experience. The program should be FUN.*

*This is a beginner's course. You have done well if participants express a desire to go on and become umpires. For those participants who will not become umpires, if you impart an understanding of the umpire's duties and how to read a rule book, this will help the participant to be a better player and more tolerant of umpires in the future.*

*This is a worthy achievement.*

*Remember the object is to interest the participant in umpiring, so make sure the sessions are **fun**. If you are not enjoying yourself then the chances are your participants are not enjoying themselves either. To make sessions more enjoyable, encourage **participation** as much as possible. Get your group to act out and demonstrate the theory – so use as many **practical examples** as possible.*

*Use **simple language**. Do not accept a **Yes** answer, ask them "Do you understand?"*

*Ask participants to repeat what you just said in their own words.*

*Define any words where participants do not understand the meanings.*

***Encourage** students to ask **questions**.*

*Praise them for asking. Say "that is an important point" or "I am glad you asked that question?" The participants feel they can approach you and you are **helpful**. It shows they are listening to what you say and are interested.*

*If it is a difficult question and you do not know the answer, or are unsure – tell them.*

***Be honest** – say "That is a very difficult question. I am not sure what I would do if that happened. Let's see if we can find the answer together in the rule book."*

*This manual is designed to assist you. You can use it word for word if you like. More experienced lecturers may like to diverge a little. Do what suits you. Some participants may be more or less capable than this manual assumes so you may have to adapt the program and time accordingly.*

*Be flexible. Try your best. Remember to have fun. Good Luck!*

## **LECTURER'S PREPARATION and PREAMBLE**

Keep to the topics; use simple language and examples as suggested in the activities and demonstration sections.

If using the PPT presentation it should align with the manual and workbook.

### **Lecturer - Things to Bring**

Lecturer Manual & Current Rulebook

Elastic band or ring

Finger Whistle

Ball

90cm stick or ruler

Stopwatch

Whiteboard

**Introduce yourself to the participants and ask them to introduce themselves.**

**Use an ice-breaker – heads and tails – funny questions – try to get the participants speaking out loud so everyone can hear.**

### **Outline the Course**

This is a theory course that takes about 4 hours discussing netball rules. We will have a break halfway through and well as moving outside onto the courts to do some practical umpiring as well ie whistle blowing.

If we move quickly you should be able to complete your assessment before you leave.

Explain that your club will run the Blue Award (putting the rules into practice) for those girls who may wish to try umpiring when they finish this Red Award.

**WHILE ON OPENING SLIDE 1 -Ask them to complete the front page of their workbook and write down why they are doing this course. There are no right or wrong answers, give them a few minutes to write their answers.**

**Acceptable answers would be to learn the rules, learn how to umpire, become a better player by learning the rules etc.**

**BEFORE MOVING TO SLIDE 2 ASK THE PARTICIPANTS TO TELL YOU WHAT QUALITIES THEY BELIEVE A GOOD UMPIRE SHOULD HAVE..... AFTER A FEW MINUTES GO TO SLIDE 2**

## GO TO SLIDE 2 - UMPIRE ROLE and CHARACTERISTICS – page 1

What do you think a good qualities that a good umpire needs?

Think about some of the good umpires you have had on your own games, what did they do well?

Let's write them on the whiteboard.

An umpires should

- know and understand the rules
- be able to **communicate**
- be **consistent**
- be **confident**, you can hear their decisions
- be able to **concentrate** solely on the game
- have **commonsense**
- be friendly, pleasant and approachable
- be unnoticeable and unobtrusive

**Do you think some are more important than others?**

**The Best Of These Qualities Can Be Listed As The 5 Cs –**

**Move To Slide 3: CONFIDENCE, CONCENTRATION, CONSISTENCY,  
COMMONSENSE, COMMUNICATION**

**Look at the picture in your workbook and others on the screen, what else is important: UMPIRE PRESENTATION - Page 1 workbook – slides 2 & 3**

Rule states: "Umpires wear clothing that is distinct from the teams' playing uniforms and suitable sports footwear."

At this association players may wear whites or their playing uniform or some clubs provide their umpires with a white overshirt to wear over their playing uniform but this is not compulsory.

Umpires should not wear excess jewellery in case it falls off and should definitely not have their mobile 'phone on nor look at it.

**Good tip for all umpires! Tie hair back to keep out of your eyes! You will SEE more.**

Check out the photo of 4 of our umpires perfectly dressed to umpire. If they were on your game do you think that would do a great umpiring job?

## SLIDE 4 UMPIRE EQUIPMENT – page 2

Before we look at the slide, what tools does an umpire need, let them call these out and then look at the slide. Let's us talk about each of the umpire's tools.

When finished discussion ask participants how umpires communicate with players – seek their responses and then move to Slide 5

## SLIDE 5 COMMUNICATING WITH PLAYERS

### UMPIRE WHISTLE [Rule 4.6] – page 2 workbook

What kind of whistle?

How should the umpire blow the whistle?

When does an umpire blow the whistle ? Why does an umpire blow the whistle?

Does the umpire wait for the goal shot to go through the goal ring before they blow their whistle to stop the game? **No, WHY?**

**Explain that it is important for the umpire to stop the game as soon as they hear the timer because if a team scores a goal before the umpire blows the whistle, that goal is counted and that goal could be the difference between a loss or a draw.**

What have we determined:

An umpire's whistle starts and ends each quarter; starts play after a goal has been scored; indicates when an infringement is penalised; can be used when the ball is out of court if clarification is needed; signals when the timekeepers hold time & when to restart.

**Does an umpire blow their whistle when a goal is scored? NO, Umpires no longer blow their whistle to signal a goal scored, they simply raise one arm in the air.**

**COURT ACTIVITY: All to practice blowing their whistle, quick breath in and fast breath out.**

### UMPIRE VOICE – page 2 workbook

Players want an umpire that they can HEAR. As umpires, it is important to sound confident, even if you have to pretend. One way of appearing confident is by having a LOUD CLEAR VOICE and USE THE CORRECT WORDS.

How loud should an Umpire's voice be?

May a player ask an umpire to repeat their call

Let's us practice what the umpire says? **Free Pass, Penalty Pass, Throw In, Toss up**

**COURT ACTIVITY Have participants blow whistle and call an infringement from opposite side of the court.**

### UMPIRES HAND SIGNALS

#### page 2

All participants to stand up and follow the leader who goes through all the hand signals as shown in the current rule book. Make sure they do these correctly. We will be doing these again outside.

## SLIDE 6 – WHAT DO WE DO BEFORE THE GAME – page 3

Umpires who do these small things well instill confidence from the players even before the game starts, which is very important!

Umpires should make sure they are at the court in time to conduct these checks.

What do you think you will need to do before you actually umpire!

1. **Sign on** at Umpires' Control 15 minutes before the game is due to start. If not sure how to sign on or what to do, ask the umpiring committee for help.
2. When you arrive at your court, **Introduce** yourself to your co-umpire, she will be just as nervous as you are.
3. **Check** that the court, its surrounds, goalposts and the ball/s conform to the rules.
4. Off the **court inspect** the players for uniforms; jewellery; adornments; correct length of fingernails, hair tied back.
5. Decide with the other umpire what to call the teams (club name or bib colour).
6. **Shall toss for goal end** after notification from Captains of their Toss for first Centre Pass. The winning umpire shall control the half of the court whose sideline is in front of the team benches.
7. **Be ready**, in your sideline position, to commence the game when the time signal sounds. The whistle starts the game.

## SLIDES 7,8,9,10 - PLAYING AREAS - Rule 3.10 – 3.11 page 3

Using the Court displayed on each screen point to the relevant areas and ask what is this area called? Who can play in this area? Covers slides 7,8,9,10.

- **How many players are in a Team?** **7, Seven**
- **What is the minimum number of players a team must have to be able to play?** **5, Five**

Workbook - Participants to move to page 4 and write in their workbook the numbers that indicate where these players can play.

## SLIDE 11 - AREA OF CONTROL. – [Rule 4.8] – page 4

- **What are the lines called?** **Sideline 30.5m Goal line 15.25 Transverse line**
- **Are the thirds the same size? YES** How much court does each umpire have to look after? **50%**
- **Who controls the Centre Circle?** **The Umpire in control of that Centre Pass.**
- **Who controls the sideline?** **The Umpire standing on that sideline.**
- **What for?** **Out of Court, Throw In decisions.**
- **Who controls the Goal Line to their right?** **The Umpire standing on that sideline.**
- On page 4 of your workbook you should now be able to answer the question about AREA OF CONTROL.

**NB: REMEMBER SOME LINES ARE COMMON TO MORE THAN ONE AREA.**

## SLIDE 12 - PROCEDURES FOR CENTRE PASS – [Rule 8] - page 5

Why do we have a C pass? **To start the game and each quarter.**

**SPEND TIME MAKING SURE ALL PARTICIPANTS UNDERSTAND THAT CENTRE PASSES SHOULD BE KEPT AS ACCURATELY AS POSSIBLE.**

At the start of the game the umpires have the band on which hand?

After each goal is scored, the umpire changes the band to the other hand and signals.

The Centre pass is then taken by the team having the goal end the umpire's band is on.

At next 1/4 which team has the first Centre Pass? **The one whose end your band is on.**

**NB: At the end of a quarter the only time an umpire needs to swap her band to the other hand is if the C is still standing in the C-circle with the ball still in her hands as the C pass has not been taken or the opposing team has infringed and the sanction has not yet been taken.**

### **ON COURT ACTIVITY – Teaching Umpires Centre Passes.**

1. Set the players for half court and advise it is the start of the game Red -v- Blue
2. Place one umpire on each side of the court. Red is taking the C pass
3. Which hand is your band on? It should be on the hand in which play is directed
4. Start the game and allow a Goal to be scored, and band changes to other hand
5. Which hand is your band on now?
6. Repeat and change players and umpires.
7. All participants must take a turn at the exercise.

### **CONTROLLING A CENTRE PASS [Rule 8.12 – 8.17] – page 8**

- Where should the Umpire stand when blowing the C pass whistle?
  - What happens when the ball is in the Centre's hands when the ¼ ends?
1. I am the Centre. Stand with 2 feet in the Centre Circle. Put one foot on the ground outside the Centre Circle and throw the ball. **Am I allowed to do that? YES**
  2. I am the Centre. Stand with 2 feet in the Centre Circle. Put one foot on the ground outside the Centre Circle and lift the other foot, and then throw the ball. **Am I allowed to do that? YES**
  3. I am the Centre. Stand within the Centre Circle with one foot in the Centre Circle and the other foot in the air. Throw the ball. **Am I allowed to do that? YES**
  4. I am the Centre. Stand within the Centre Circle with one foot in the circle and the other foot on the ground over the line. Throw the ball. **Am I allowed to do that? YES**
  5. I am the Centre. Stand within the Centre Circle with one foot in the circle but across the circle line. **Am I allowed to do that? NO.** Free pass to be awarded outside the C circle near where the player's foot crossed the line.
  6. I am the Centre. I stand with one foot within the C circle and the other foot on the ground outside the C circle. As I release the ball I lift the foot from within the C circle and step forward on it outside the circle. **Am I allowed to do that? NO.** The foot within the C circle is considered the landing foot.

## **SLIDE 13 - DEMONSTRATIONS - CATCHING THE C PASS**

The rule states that the CENTRE PASS SHALL BE CAUGHT OR TOUCHED BY ANY PLAYER who runs into the Centre Third and catches the ball or who jumps and lands with the first landed foot, or both feet, wholly within the Centre Third.

1. WA catches the ball landing on both feet in the Centre Third.
2. WA catches the ball landing on one foot in the Centre Third and then the second foot in the Goal Third.
3. WA catches the ball landing simultaneously [i.e. at the same time] with one foot in the Centre Third and the other foot in the Goal Third.
4. WA catches the ball landing with both feet in the Goal Third. What is this infringement called? Where did the infringement occur? What does the Umpire do?
5. What does the Umpire do if the Blue GD catches the Red Centre Pass in the goal third?

## **DEMONSTRATE BREAKING page 9**

1. Attacking player enters C third before whistle blows.
2. Two players ie GA and GD break early into the C third
3. GA and GD break early into the C third and one of them catches or touches the ball?

## **DEMONSTRATE UNTOUCHED C PASS page 9**

8. C pass goes over the sideline
9. C pass is caught by attacking team in the goal third
10. C pass is caught by defending team in the goal third?

**Workbook - Participants to complete questions at home.**



**Positioning is of great importance for correct decision making.**

- Position on sideline or goal line in line with play or slightly ahead
- Keep your body facing the court at all times
- Your eyes should be constantly moving, looking off the ball, early, wide and often
- Make you move away from where you are prior to ball being released and to arrive as the ball is being caught

Treat this as a real challenge on every game you umpire and try to improve your positioning every game.

**SLIDE 15 and SLIDE 16 CAN HELP THE PARTICIPANT TO LEARN WHERE THEY SHOULD STAND, look at these before you go out on court**

### ***ON COURT PRACTICALACTIVITY - Tracking***

- *Set up half court in groups of 5 using a C/WA/GA/GS and a participant as the umpire*
- *Umpire to move along Sideline and Goal line following players' movements – ask players to pass the ball slowly initially*
- *Players vary the pace of the ball in order for the umpire to adjust to variations in speed and movement.*
- *Each umpire is to complete the entire exercise before rotating position.*
- *Umpire to endeavor to be at the top of the triangle when checking*
- *Players to follow below:*
  1. *C passes to WA, then GA, then GS, GS shoots for Goal, back to C circle*
  2. *C passes to GA, GS, GS who shoots for Goal, back to C circle*
  3. *C passes to WA, GA, GA shoots for Goal, back to C circle*
  4. *C passes to GA, GA, C on the edge of goal circle, GA, GA shoots for Goal, then back to C circle*
  5. *C passes to WA, GS, WA, C at the edge of goal circle, back to EWA, GA, GS, GS shoots for goal, back to C circle*

What is a Sanction?	A sanction is an action taken by an umpire against an infringing player, team official or bench player.
What is an infringement?	An infringement is an action contrary to the Rules that may be penalised by an umpire. When a player makes a mistake they have infringed.
What is a penalty?	A penalty is the price paid by a team whose player infringes.

In Netball there are **2 sanctions** that are awarded for players breaking the rules and they are awarded for different mistakes.

**A free pass** is awarded when a MINOR infringement occurs ie one player makes a mistake not involving another player. The player who makes a mistake does not stand out of play.

**What is a MINOR infringement? Response: Footwork, Playing the Ball, Offside, Breaking**

**A penalty pass** is awarded when a MAJOR infringement occurs. A major infringement is when one player interferes with another player or interferes with the goal post during a shot. The infringing player must stand beside and away and take no further part in play until the player has released the ball. This also means NO TALKING if you are the offending player.

**What is a MAJOR infringement? Response: Contact, Obstruction, Intimidation**

In Netball there are also 2 actions that Umpires take when players make a mistake.

**These are a Throw In and Possession.**

A throw in is awarded when the ball goes out of court, or a player with the ball goes out of court. The throw in is taken where the ball crossed the line.

Possession is awarded to the team who last had possession of the ball when two players simultaneously affect one another. The pass is taken where the infringement occurred.

**PRACTICAL – SIMPLY REPEAT THE WORDS – FREE PASS, PENALTY PASS, THROW IN, POSSESSION. Get used to saying these words because you will need to know them.**

**Workbook – Participants to fill in the missing words on page 8.**

## **SLIDE 18 - TIMING [Rule 11.4] – page 9**

**Question:** How soon must a player throw the ball after catching it?

**Response:** Within 3 seconds.

**Question:** If a player holds the ball for 3 seconds or more, what do we say?

**Response:** Held Ball

**Question:** What is the hand signal?

**Question:** Where is the sanction set?

**Question:** When does the umpire start counting?

**Response:** Show them when the counting of 3 seconds starts.

**Question:** What is the best way of counting to 3 seconds?

**Response:** Say 1 BANANA, 2 BANANA, blow whistle

**Stress to the participants that players cannot hold the ball for 3 seconds but MUST release before 3 seconds.**

### **ON COURT PRACTICAL ACTIVITY**

This can be done in the room or out on the court.

- Have a participant catch and hold the ball, all participants blow their whistle when they believe it is 3 seconds.
- Have a participant act as GS catching the ball facing away from the goal post and then swinging around to shoot.
- The coach checks with a stopwatch and blows her whistle when it is 3 seconds.
- Repeat until all participants are blowing 3 seconds correctly.

**BALL OUT OF COURT**

**Rule 15.1 -15.4**

When is a ball out of court? **When it touches the ground out of court or when it touches an object or a person standing on the ground outside the court.**

What would the umpire do? **Award a Throw In to the team that did not touch the ball last on court. The pass would be taken where the ball crossed the line.**

**PLAYER OUT OF COURT**

**Rule 15.5 – 15.9**

- a) A player may jump from an on court position and throw or bat the ball BEFORE landing out of court.
- b) A player having NO CONTACT with the ball may move into the court surround to gain a better on court position.  
**If these rules a) or b) is broken a FREE PASS is awarded on court near where the player left the court.**
- c) A player who leaves the court to retrieve the ball or to take a throw in must be allowed direct re-entry to the court.
- d) A player who is partly or wholly in the court surround (ie outside the court) must re-enter the court and have no contact with the court surround before playing the ball.
- e) A player who leaves the field of play without umpire permission may not be replaced. If this is the Centre, one player must move immediately and play the C position. The off court player may return to the game after a goal has been scored (and play in the vacant position), during a stoppage for injury or illness or an interval.

**If a player does try to re-enter they will be sent from the court and a penalty pass where the ball was when play was stopped and an infringing players allowed in that area must stand out of play.**

**DEFENDING A PLAYER FROM OUT OF COURT [Rule 15.10] page 10**

A player who is standing out of court, or partially out of court, cannot defend an on court player. **The umpire will award a PENALTY PASS ON COURT close to where the infringer was standing and the infringer will stand out of play.**

**DEFENDING A PLAYER WHO IS OUT OF COURT page 10**

A player may defend an opponent who has chosen to go out of court provided the defending player does not leave the court or infringe any other rule.

**The umpire will award a penalty pass on the court where the infringer was standing.**

## SLIDE 20 - THROW IN

[Rule 6.10 – 6.14]

page 10

When does an Umpire award a Throw In? **When the ball goes outside the court.**

When is the ball considered out of court? **When it touches the ground outside the court or a person with the ball touches the ground outside the court.**

1. Throw In taken where the ball crossed the line
2. Player taking the throw in must not stand in an offside position
3. Player taking the throw in can only be up to 15cm away from the line
4. The foot the player puts down first is considered the landing foot.
5. ALL OTHER PLAYERS MUST BE BACK ON COURT.
6. Where must all the other players be?
7. How far away from the line is the player taking the throw in?
8. Can a footwork infringement occur when a throw in is being taken?
9. How long do you have to throw the ball?
10. Can a short pass or an over-a-third occur at a throw in?
11. Is a player permitted to be outside the court, throw the ball, jump and catch the ball in the air and then land on court?
12. Is a player permitted when taking a throw in to use the goal post and catch the ball after they have landed on court?

WHAT ACTION does the Umpire take if any of the above rules are broken.

**Awards another throw in at the same spot.**

*Workbook – Participants to complete the 2 questions.*

## COURT ACTIVITY Practice Taking a Throw In

*When we go outside we will go through all these rules.*

## SLIDE 21 – SIMULTANEOUS and MUTUAL INFRINGEMENTS [Rule 20] page 10

If a simultaneous infringement occurs the umpire awards possession to the team that was last in possession of the ball, where the ball was when play stopped.

Any player from that team may take the ball for the restart of play. It does not have to be the player who actually had the ball last.

If it is in a team's goal circle, the GS or GA may shoot for goal.

Can a GS/GA who is awarded possession of the ball in the goal circle shoot for goal?  
**YES**

*Workbook – Participants to complete at home.*

## NO SLIDE FOR THIS

### INFRINGEMENTS WHEN THE BALL IS NOT IN PLAY. [Rule 8.6] page 11

Ask participants these questions:

Is a player allowed to infringe between the ball going out of court and the throw in being taken? **NO, take the new penalty straight away.**

If the umpire has blown the whistle for an infringement is another player allowed to infringe between the taking of a sanction or a toss up? **NO, take the new penalty.**

Between the scoring of a goal and the taking of the next C pass, is a player allowed to infringe? **NO, start game and then penalise infringement.**

Is a player allowed to infringe during a Stoppage? **NO, re-start game and then penalise.**

### SLIDE 22 - SUBSTITUTIONS & TEAM CHANGES - [BHN rule] page 11

**ROLLING SUBSTITUTION** is when a player leaves the court and is replaced by another player.

**POSITION CHANGES** are when players on Court change playing positions.

Both teams have the right to make substitutions and/or team changes either

- At any time if there is no interruption to flow of play
- How many substitutions/changes are allowed? **As many as you like but only one at a time.**
- Does the umpire hold time? **NO**
- Can a Centre roll off or change positions between a goal and Centre pass? **NO**

## NO SLIDE FOR THIS

### LATE PLAYERS - [Rule 9.2] page 11

**A player who arrives after the start of a match is a late player.** They must be checked by an umpire before they may take the court. They must be checked for jewellery, adornments and fingernail length.

**When can they join the game:** If there is a vacant spot on the court, the late player, after being checked can join the game immediately after a goal has been scored (vacant position), during a stoppage for injury/illness or blood or at an interval. If the vacant spot is WD and the late player wants to enter as WA/C she cannot, she must take the vacant spot.

### SLIDE 23 – STOPPAGES - [Rule 9.3] page 12

Umpires hold time for **injury/illness or blood** when appealed to by an on court player.

**The concerned player MUST LEAVE THE COURT and has 30 seconds to do so.**

They can be replaced or the position left vacant. If being replaced they player coming on must do so as the injured/ill player is leaving the court. Play restarts from where the ball was when play stopped. Coaching is permitted during stoppage time.

A player may gain possession of the ball by

- Catching the ball with one or two hands
- Rolling the ball to oneself
- Catching the ball if it rebounds from the goal post
- Bouncing/batting down and then taking in one or both hands
- A player must release the ball within 3 seconds of getting it. They can pass, throw, bounce or bat it to another player.
- A player who falls down whilst holding the ball must be allowed to **REGAIN** footing before passing the ball within 3 seconds of first catching it.

**A player may not: Strike the ball with a fist Kick the ball Fall on the ball Roll the ball to another player Gain possession of the ball whilst lying, sitting or kneeling on the ground Throw or play the ball whilst lying, sitting or kneeling on the ground A player may NOT use the goalpost as a means of getting possession of the ball ie lean on the goalpost**

**REPLAYED BALL [Rule 9.4.1(iv)] page 12**

Once a player has control/possession of the ball if they drop/lose control or possession and regain the ball, this is considered REPLAYED but if they fumble at it while getting possession this is not replayed.

What is the penalty for playing the ball incorrectly? Free pass

Where would the penalty be awarded? Where the infringement occurred.

**DEMONSTRATE CLEARLY THE DIFFERENCE BETWEEN HAVING CONTROL AND NOT HAVING CONTROL.**

**NO SLIDE PASSING DISTANCES Rule 9.5**

**SHORT PASS [Rule 9.5.1] page 13**

When a player passes the ball there must be sufficient space for an opposing player on the court to be able to intercept the ball WITH A HAND as it moves from the hands of the thrower to those of the receiver. SANCTION, Free Pass where the thrower was standing.

If 2 players from the same team gain possession of the ball in quick succession, the second player's hands must be removed or it will be deemed to be a short pass. SANCTION, Free Pass.

If 2 opposing players gain possession of the ball in quick succession, the umpire calls 'possession', indicates the player who caught the ball first and allows play to continue.

**DEMONSTRATE, MAKE SURE PARTICIPANTS UNDERSTAND THAT THIS IS NOT A MEASURED DISTANCE (LIKE OBSTRUCTION)**

**SLIDE 25 - OVER A THIRD**      **Rule 9.5.2**      **page 13**

The ball must be caught or touched by a player in each third of the court. If the ball is not caught in each third the FREE PASS is taken near the transverse line where the ball first entered the third incorrectly.

**Sanction, FREE PASS IS TAKEN WHERE THE BALL CROSSED THE SECOND LINE or THROW IN if the second line is the GOAL LINE.**

**DISCUSS / DEMONSTRATE.**

**Workbook - Participants to mark on court missing words.**

**SLIDE 26 - FOOTWORK**      **[Rule 9.6]**      **page 14**

***Good umpires learn to recognise the landed foot every time the ball is caught so they can rule correctly. It is important for you to drop your eyes downwards every time a player lands after catching the ball to check how they have landed.***

**ONE FOOT LANDING**      **Rule 9.6.1**

**What do we mean when we talk about the 'landing' foot?**

In one foot landings, the player's foot that touches the ground first, is the landing foot.

A footwork infringement occurs when a player regrounds their landing foot BEFORE releasing the ball.

When a footwork infringement occurs a FREE PASS is awarded where the infringement occurred.

**TWO FOOT LANDING**      **Rule 9.6.2**

**A two feet landing, is when a player lands on both feet as they catch the ball or who has their 2 feet on the ground when they catch the ball. When they lift one foot the other foot, ie the one that remains on the ground, is considered the landing foot.**

**OTHER FOOT MOVEMENTS**      **Rule 9.6.3**

**A player in possession of the ball MAY NOT**

- **Drag or slide the landing foot**
- **Hop on either foot**
- **Jump from both feet and land on both feet**

**Answer the question on page 14, under FOOTWORK.**

**SLIDE 27 - OFFSIDE**      **[Rule 9.7]**      **page 15**

What does Offside mean? **Ask one person to read from their workbook and ask participants if there are any words they do not understand?**

**OPPOSING PLAYERS OFFSIDE**      **[Rule 9.7.1]**      **page 15**

If 2 players go offside, one before the other, the first one is penalised.

If 2 players go offside AT THE SAME TIME, neither is penalised, play continues



## COURT ACTIVITY - OFFSIDE

1. I am the WD. Stand at the edge of the goal circle. The GS drops the ball. I pick it up. Anything wrong with this? NO
2. I am the WD. Stand at the edge of the goal circle. The GS drops the ball. LEAN ON THE BALL. Anything wrong with this? NO
3. I am the WD. Stand at the edge of the goal circle. The GS drops the ball. Lean one hand on the ball and the other hand on the ground inside the goal circle. Anything wrong with this? What would the umpire do? **Blow the whistle and award a FREE PASS to the other team. Where the player went offside [ie where the infringement occurred]**

## **SLIDE 28 - SCORING A GOAL**

**[Rule 10]**

**page 15**

Who would like to read the first 2 paragraphs under the heading Scoring a Goal.

**Are there any words you don't understand?**

**When an umpire awards a PENALTY PASS to the attackers in the Goal Circle, are they allowed to shoot for goal?**

Now let us look at the pictures which show when a goal is scored.

**Do you agree with them?**

What else does the umpire have to think about when a goal shot is happening?

**3 seconds, footwork, shaking of the goalpost**

**Can the GS or GA shoot for goal after winning the ball in a TOSS UP in the goal circle?**

**IF THE WHISTLE FOR TIME IS BLOWN AFTER A WHISTLE FOR A PENALTY PASS IS AWARDED TO THE ATTACK TEAM, THE UMPIRE ENDS THE GAME AND THEN MUST SET UP AND TAKE THE PENALTY PASS PREVIOUSLY AWARDED.**

## ON COURT PRACTICAL ACTIVITY – Goal Shooting

Player stands just inside the edge of the goal circle, catches the ball, then shoots.

Player stands just outside the edge of the goal circle, catches the ball, then shoots.

Player catches the ball and lands with one heel on the line but not over it, then shoots.

Player stands with one foot in the goal circle and the other foot outside the goal circle, catches the ball, then shoots. **Where does the Umpire award the Free Pass, outside goal circle.**

**NB**

**What signals the end of a game? The Umpire's Whistle.**

**When is a goal scored? After it has passed completely over and through the ring.**

## SLIDE 29 - OBSTRUCTION Rule 11

### Obstruction of a Player in Possession of the Ball [Rule 11.1] page 16

An opposing player may attempt to deflect or intercept the ball or defend a player in possession of the ball, provided there is a distance of not less than 0.9m measured on the ground from the nearest part of the landing foot of the playing with the ball to the nearest part of the opposing player's nearer foot. **It is therefore essential that the umpire understands correctly which foot is the landing foot.**

If the attacking player pivots on their landing foot and the distance changes, the defending player must adjust their distance otherwise they are obstructing. What is the Sanction awarded when a player obstructs? **A penalty pass is awarded where the infringer was standing & that player must stand beside & away & take no further part in play until the ball is passed.**

If the defending player has the correct distance from the attacker's landing foot and the attacking player lessens the distance, does the defender need to change their distance? **NO, the defender remains where they are because the attacker has lessened the distance.**

### Obstruction of a Player NOT in Possession of the Ball Rule 11.2

A player may be within 0.9m of another player without arms raised and are permitted to stretch out their arms to catch, deflect or intercept a pass or take a pass; catch or deflect a rebound, momentarily signal the direction for a pass to be thrown.

**However, a player within 0.9m of another player may not use movements to either attack or defend that take the arms away from the body so as to limit the possible movement of their opponent, except as required for natural body stance.**

### Workbook – Participants to fill in the missing words.

#### ON COURT ACTIVITY - OBSTRUCTION

Pair participants, make them stand 90cm apart, measure distance to make sure.

From which of the defender's feet does an Umpire measure the distance of 90cm?

What is the Sanction for Obstruction?

Where is the Sanction awarded?

What happens if the GD or GK obstructs in the goal circle?

What does the Umpire tell all players to do when a Penalty Pass is awarded? **Set**

When may a player who is standing "out of play" be allowed to move. Can they talk?

Is a player standing closer than 90cm [3ft] allowed to have her arms upraised to prevent their opponent moving to a position if their opponent does not have the ball?

## Slide 30 - CONTACT [Rule 12]

page 17

**What is contact?** Contact occurs when one player interferes with an opposing player's movement whether attacking or defending. For example runs into / pushes away / bumps into a player from the other team and gains an advantage over their opponent.

**Whether these interfering contacts are accidental or deliberate they do need to be penalised and controlled.**

**NB: Once a player has possession of the ball an opposing player cannot place their hand on the ball.**

What is the Sanction for Contact: Penalty Pass. If a Penalty Pass is awarded in the Goal circle to an attacker they may shoot for goal.

### DEMONSTRATION Interfere with a Shot at Goal

Ask one participant to be the GS while you act as GK. Place your hand on the ball to interfere with the shot at goal.

Workbook – Participants to fill in the missing words.

## INTERFERENCE [Rule 12.2]

page 17

Interference occurs when physical contact limits an opponent's ability to move freely ie pushing, tripping, holding or leaning on an opponent. Players cannot knock or hit a player especially when shooting for goal. Placing hands on the ball held by an opponent or removing the ball from their possession is interference. When you have the ball you may not push the ball into an opponent.

Sanction is a PENALTY PASS where the Infringer was standing, the infringer must stand beside and away.

## Moving into Player's Space [Rule 12.2.1]

page 17

A player cannot land or move into a space where their opponent is committed to land. This causes

### **Inevitable Contact**

[Rules 12.2.2]

page 17

Players may not move or be extra close to another player that they cannot move without contacting

Sanction for all the above is a Penalty Pass where the infringer was standing and the Infringer must stand beside and away.

NB: If any of these instances occur in the goal circle against a GA/GS, they may elect to shot for goal.

## Slide 31 - COMMUNICATING

1. See error or infringement
2. Make a decision
3. Blow whistle, loud and sharp
4. Announce infringement and sanction and use hand signal
5. Set penalty, make sure players know where to take the penalty
6. Prepare for the next player and ball movement

### TERMINOLOGY AND HAND SIGNALS

<b>C positioned incorrectly</b>	<b>Free pass will be outside the C circle</b>
<b>Untouched Centre</b>	<b>Free pass, where infringement occurred le in Goal Third</b>
<b>Breaking</b>	<b>Free Pass, where infringement occurred le in Centre third</b>
<b>Footwork</b>	<b>Free pass, where infringement occurred</b>
<b>Offside</b>	<b>Free Pass, where infringement occurred le in the offside area</b>
<b>Over a Third</b>	<b>Free Pass, where the ball crossed the second line</b>
<b>Out of Court</b>	<b>Throw In, where the ball crossed the line le sideline or goal line</b>
<b>Obstruction</b>	<b>Penalty pass, where infringer was standing. The infringer must stand beside and away and not move nor speak until the ball is released.</b>
<b>Contact</b>	<b>Penalty pass, where infringer was standing. The infringer must stand beside and away and not move nor speak until the ball is released.</b>

**DOWNLOAD THE RULE BOOK AND PRACTICE THE HAND SIGNALS.**

## **SLIDE 32 - Tips for Achieving Umpiring Excellence**

These are written in your workbook for you to read at a later date. I hope you will find them useful. Look at the slide on the screen, both these umpires are sprinting, looking at all the players under their watch and making decision on the run.

## **SLIDE 33 – BADGE FRAMEWORK**

Quick review of where you are at the moment and where you might be in a few years. A wonderful journey of learning.

## **SLIDE 34 - CONCLUSION**

*Participants do you have any questions?*

*Have you learnt one new rule today?*

*Do you think you will be a better player because you learnt the rules?*

## **SLIDE 35 – LIZ ELLIS in action**

*SLIDE 36, see you soon and happy umpiring*

*Lecturer, thank you for your time. I hope you have enjoyed your session/s with these enthusiastic netballers. Please return Red Award Program Lecturer's Manual; Attendance Card; marked Assessments; checked Workbooks to your Club Convenor. Your service to your club is highly valued and greatly appreciated.*

*Laurel Cunico District Convenor*