



Baulkham Hills Netball Association



PARTICIPANT WORKBOOK



Reference International Rules of Netball (2024)

My Name is _____

My Club is _____

Red Award Lecturer is _____

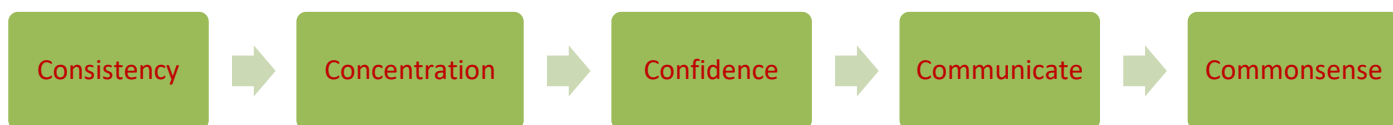
I am doing this course because:

ROLE OF THE UMPIRE

Your role as an umpire is to do your best to ensure the teams play fairly under the Rules of the Game. A well-controlled game is enjoyable for all concerned – players, coaches, spectators and not least, yourself. The best umpires only umpire what they SEE!

UMPIRE CHARACTERISTICS

Some characteristics of a good umpire are:



UMPIRE PRESENTATION



Neat presentation creates a good impression.

Clothing that is different to the players, preferably white.

Pictured L-R dressed perfectly are Kiri, Tayla, Monique & Alex.

Note: Hair tied back off face.

Do you think these umpires look professional and will do a good job of umpiring?

UMPIRE EQUIPMENT

Let's discuss each piece of equipment. Which ones are most important?

UMPIRE WHISTLE Rule 4.6 Your most important tool.

The Umpire's whistle STARTS and ENDS the game.

The Umpire blows the whistle with short crisp blasts.

When do you blow the whistle?.....

How do you blow the whistle?.....

Why do you blow the whistle?.....

No need to blow whistle when goal is scored or when the ball/player go out of court!

TIP: To clean your metal whistle, remove the rubber and place in the dishwasher.

VOICE

All players on the court and the other umpire should hear an umpire's voice.

Players may judge whether an umpire is confident by her voice.

Use a clear LOUD voice and reinforce all decisions with hand signals.

Use initials to indicate on court which players need to hear the umpire.

Later in this course we will practice the words you need to speak.

Draw stick figures for all the players who should hear what the umpire says?

WORDS UMPIRES USE

Free Pass, for a minor infringement

Penalty Pass, for a major infringement

Throw In

Possession

Practice saying these words at home



UMPIRES HAND SIGNALS

Stand up and we will all go through the hand signals as shown in the current rule book.

We can call what they are for when we do this. We will practice these outside and at

the end of this course when you will feel much more comfortable doing them.

BEFORE THE GAME

Umpires need to do the following

Sign on at Umpires' Control, introduce yourself to your co-umpire, check that the goalposts, post padding and the ball conform to the rules.

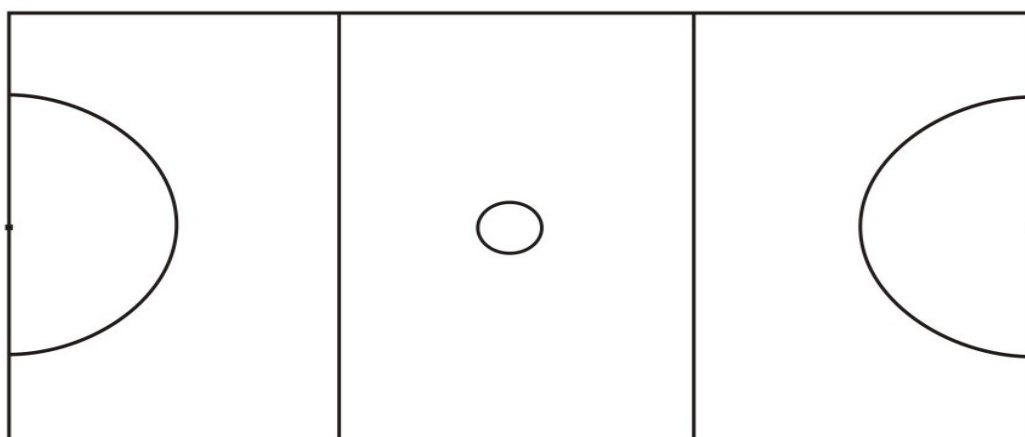
Off the court inspect the players for jewellery, adornments and the correct length of fingernails. Shall toss for goal end after the Captain/s advises who has the first C pass. Decide with the other umpire what to call the teams (usually Club name). The winning umpire shall take the sideline which is in front of the team benches. Encourage the teams to be on the court and ready to start the game. Stand on the sideline with C pass signal ready to commence the game. The attacking C should have one or both feet in the C circle ready to start.

The above seems a lot to do but if you arrive 15 minutes before you umpire, sign on and then go to your court you will develop good habits.

PLAYING AREAS

Rule 3.10 – 3.11

Draw two teams showing where they stand for the start of the game. If possible try to use two different colours, one for each team.

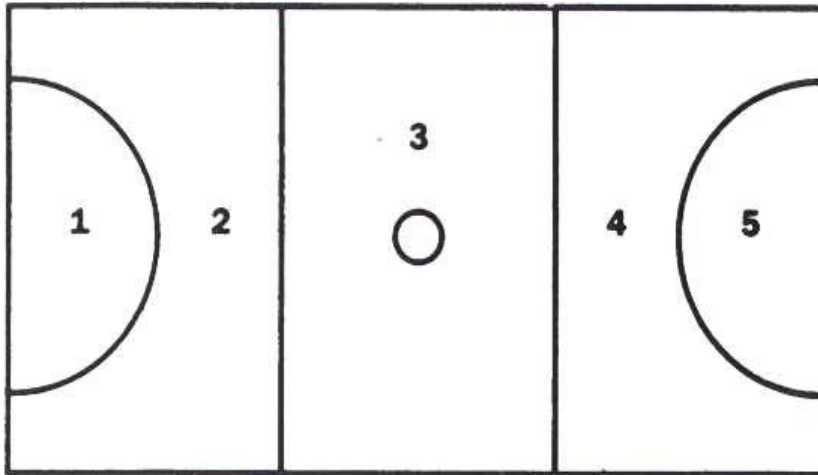


NB: Remember that the lines bounding each playing area are included as part of that playing area, some lines are part of two playing areas ie Transverse line, Goal Circle line.

Area of Play continued

From the numbers written on the court below, write down the area each player is allowed

- Blue GS _____
- Blue GA _____
- Blue WA _____
- Blue C _____
- Blue WD _____
- Blue GD _____
- Blue GK _____

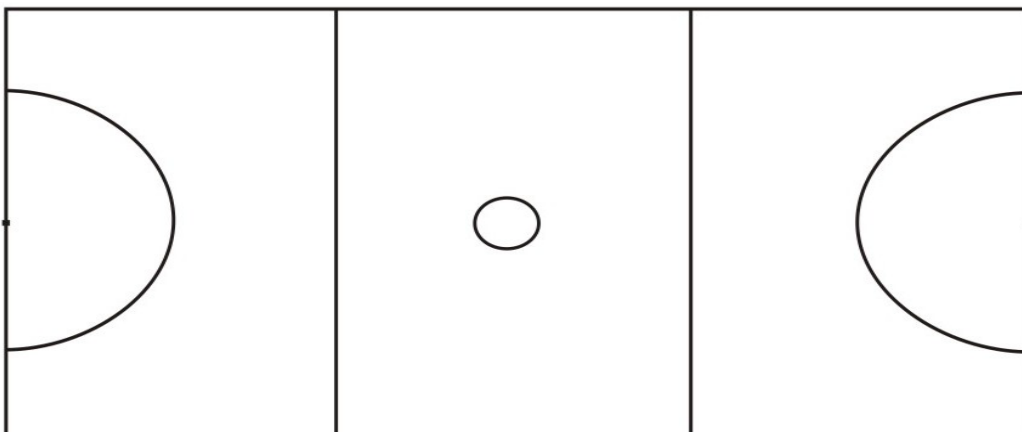


**Blue
Shooting
End**

AREA OF CONTROL

Rule 4.8

Show the area of the Court each Umpire has control over and show each Umpire's Sideline and Goal Line. **You can call them Umpire A and Umpire B**



THE UMPIRE IS ALWAYS RIGHTS BECAUSE SHE UMPIRES TO HER RIGHT.

PROCEDURES FOR CENTRE PASS

Rule 8

Why do we have a C pass?

To start the game.

At the start of the game the umpire has the band on the hand in which play is directed. After each goal is scored, the umpire changes the band to the other hand and signals. The Centre pass is then given to the team having the goal end the umpire's band is on. After quarter time, the Centre pass is given to the team having the goal end the umpire's band is on.

After quarter time which team has the first Centre Pass? **The one whose end your band is on.**

CONTROLLING A CENTRE PASS

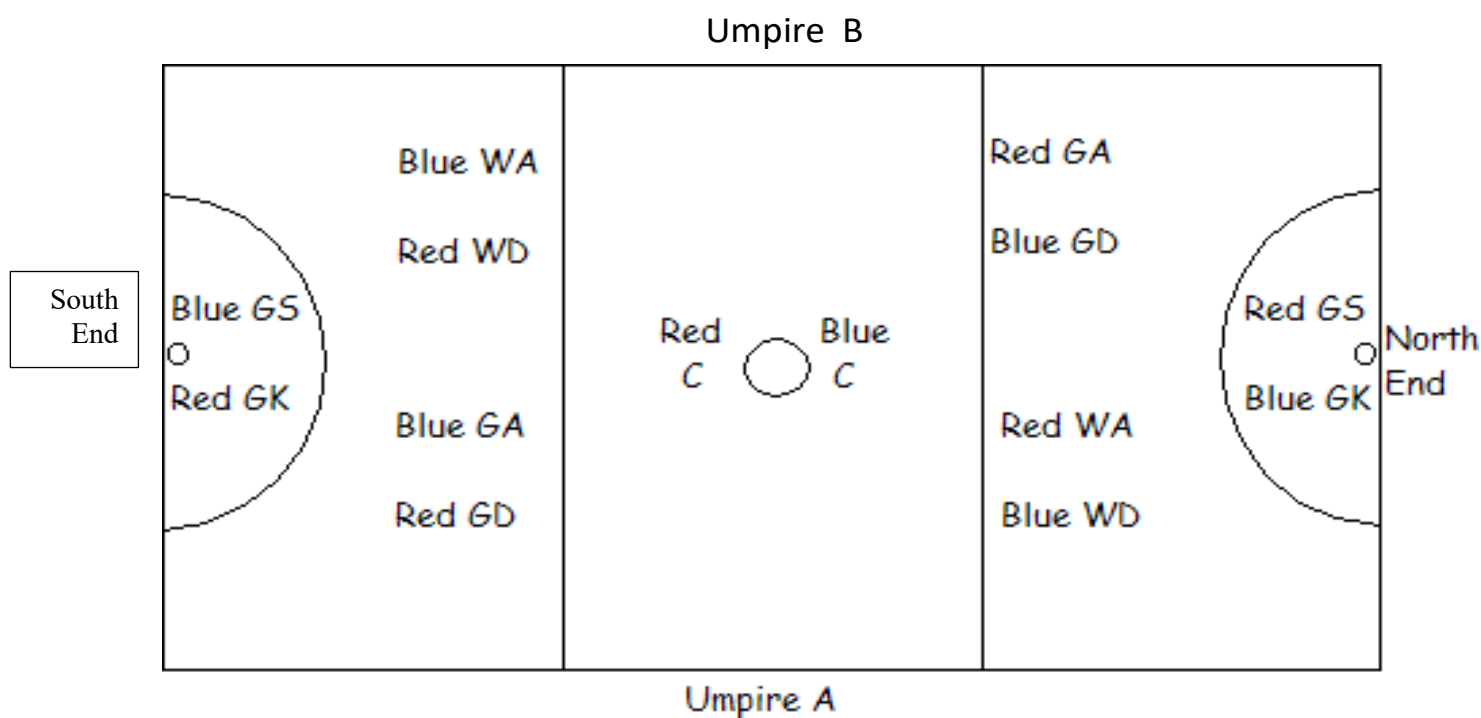
Rule 8.12 – 8.17

The Umpire uses a band on her wrist to remember which team has the next Centre pass.

At the start of the game, both umpires have the band on the wrist pointing towards the end in which play is to be directed. C passes are then taken alternately following each goal being scored. After each goal is scored, the Umpire changes their band to the other wrist. The Centre Pass is then given to the team having the Goal End the Umpire's band is on.

NOTE: WHEN PLAY STOPS AT THE END OF EACH QUARTER DO NOT CHANGE BAND, IT REMAINS ON THE SAME WRIST UNLESS THE ATTACKING CENTRE STILL HAS THE BALL IN HER HANDS.

After quarter time, the Centre Pass is given to the Team having the goal end the Umpire's band is on.



The RED team have the first Centre Pass and are going towards NORTH end.

Which umpire blows the whistle for the start of the game? _____

The RED team fail to score, the BLUE team intercept the ball and they score at SOUTH end.

Which umpire blows the whistle for the next centre pass? _____

The BLUE team have the first Centre Pass after quarter time and are going towards NORTH end. *Which Umpire blows the whistle to start the second quarter?* _____

The BLUE team score a goal in NORTH end from their Centre Pass.

Who gets the next Centre Pass? _____

Which umpire blows the whistle? _____

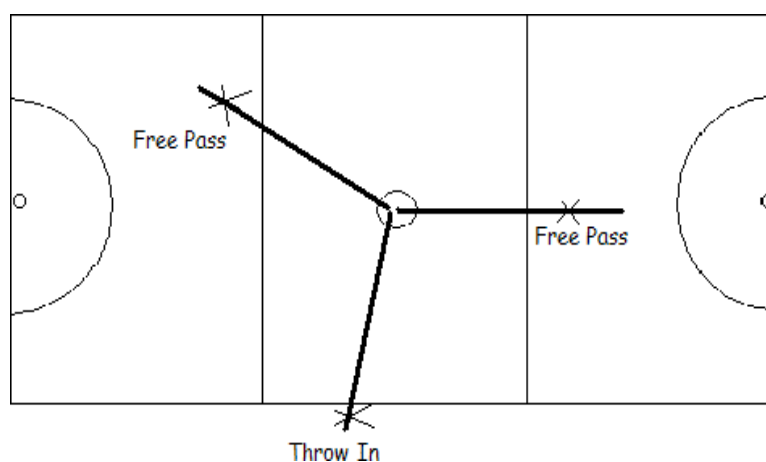
BREAKING

When a player enters the Centre Third before the Umpire blows the whistle we call this BREAKING. This is a minor infringement, involving one player, so a FREE PASS is awarded where the infringement occurred.

UNTOUCHED CENTRE PASS **Rule 8.14**

If when the Centre throws the Centre Pass

- (a) The ball passes untouched over the transverse line, a free pass is awarded to the opposing team for untouched Centre Pass
- (b) The ball passes untouched over a sideline, a throw in is awarded to opposing team
- (c) The ball is caught by an attacking player in the goal third, a free pass is awarded for untouched Centre Pass.
- (d) The ball is caught by defending player in the goal third, play continues because no infringement occurred.



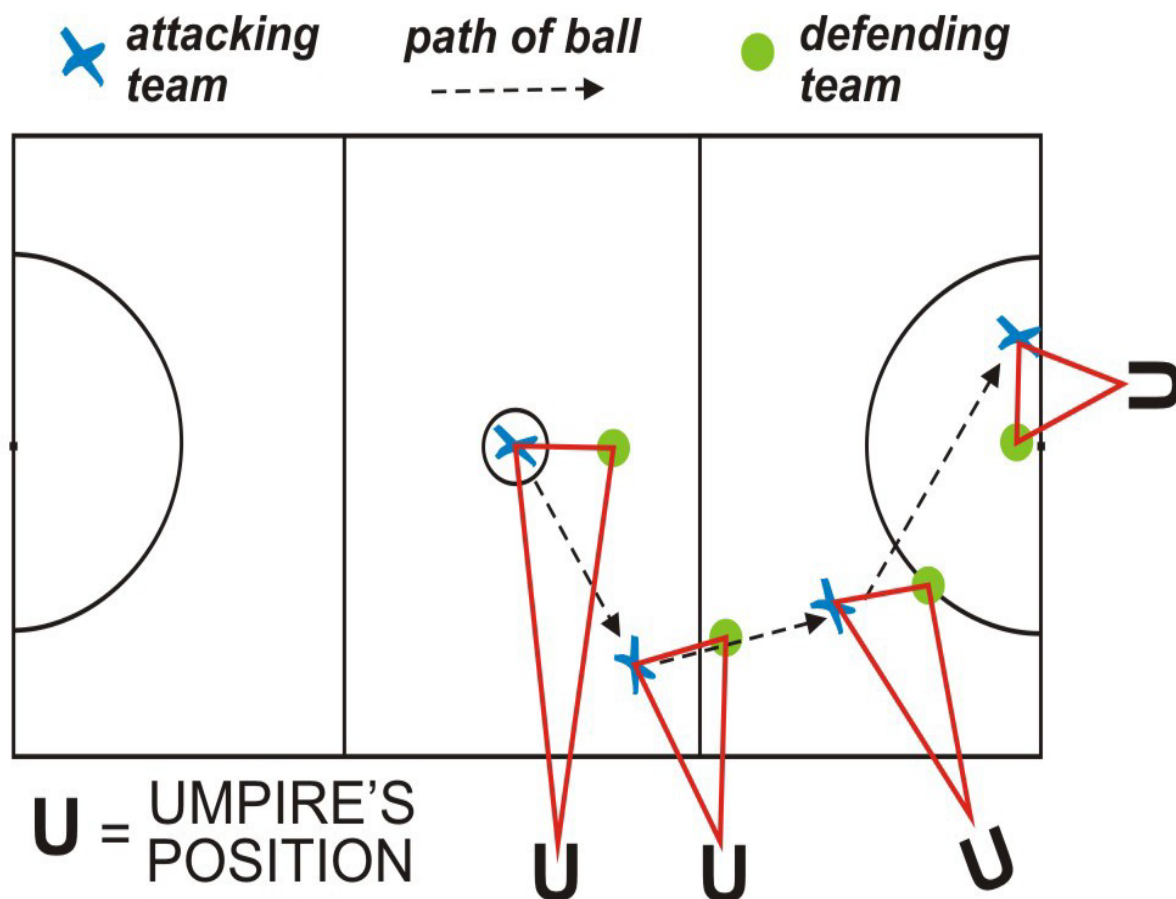
POSITIONING

Rule 4.9

The Umpire's position is of great importance for correct decision making.

Keep your body facing the court when moving down the sideline and along the goal line.

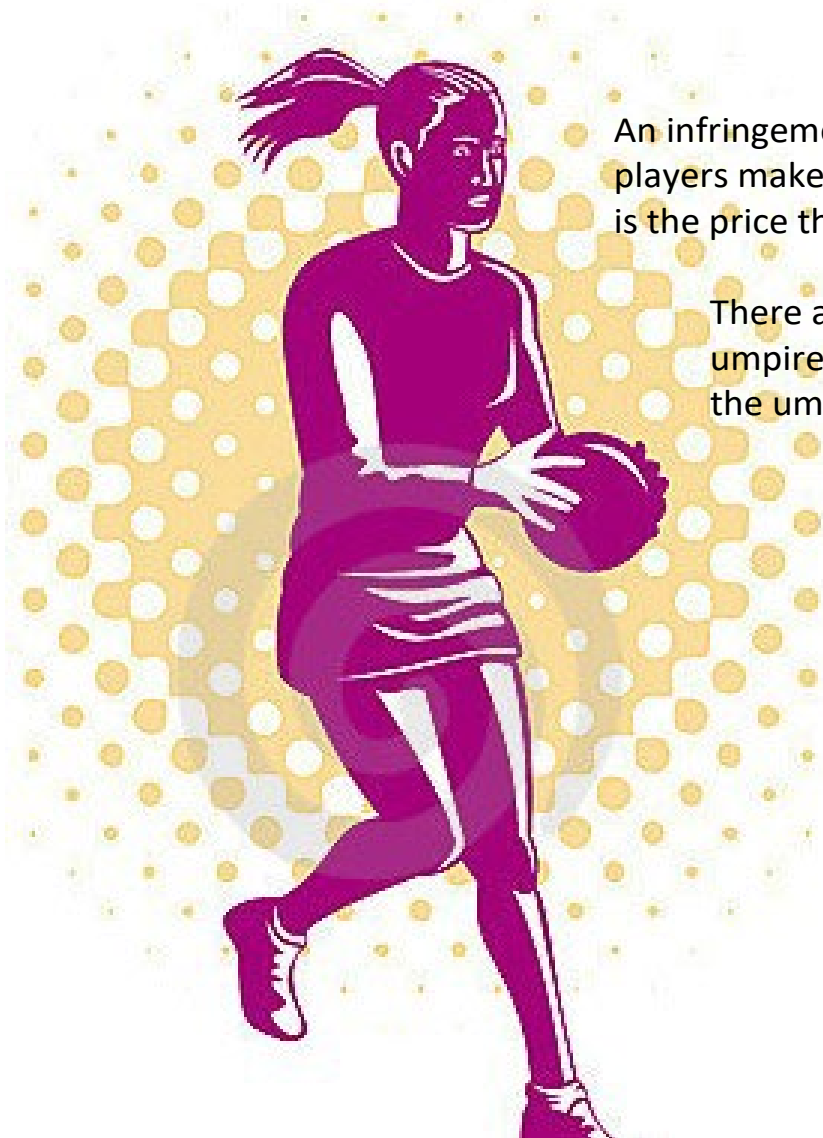
Below are some examples of possible positioning. It shows the movement of players and best position for the umpire to see the players.



*Umpires position themselves at the top of a triangle
Keep up with play at **ALL** times - scan play, flick eyes & re-position*

SANCTIONS

Rule 6



An infringement occurs when a player or players makes a mistake. A sanction or action is the price they pay for that mistake.

There are 2 sanctions and 2 actions an umpire can use during a game unless the umpires calls advantage.

Sanction 1

Sanction 2

Action 1

Action 2

A FREE PASS is awarded to a team for anyinfringement.

The FREE PASS is taken where the infringement occurred and no player stands out of play. Examples are

.....

A PENALTY PASS is awarded to a team for ainfringement.

The PENALTY PASS is taken where the infringer was standing unless this places the non-offending team at a disadvantage. The penalised player **MUST** stand out of play and take no part in play at all either verbally or physically until the ball is thrown. Examples are

.....

TIMING

Rule 11.4

The Umpire **MUST** start timing as soon as the player catches the ball.

A player who catches the ball, or shoots must release the ball within _____ seconds.

NB: This means that a player cannot hold onto the ball for three seconds.

The umpire will say HELD BALL WA, BAULKHAM HILLS FREE PASS WHERE YOU ARE.

Their hand signal will be arm held up in the air with 3 fingers extended.

It is important that the umpire is consistent when penalizing HELD BALL so practise how to count 3 seconds in front of your microwave at home.

OUT OF COURT

Rule 15

A THROW IN is the Action taken by the Umpire when the ball or a player with the ball goes out of court. This means that the ball or the player with the ball touches the ground outside the sideline or the goal line. A player with their foot on the sideline or goal line but not over the line is not out of court.

BALL OUT OF COURT

Rule 15.1 – 15.4

When is the ball considered to be OUT OF COURT?

.....
How do we re-start play when the ball is out of court?.....

PLAYER OUT OF COURT

Rule 15.5 – 15.9

When is a player with the ball considered to be OUT OF COURT?

.....
How do we re-start play?.....

DEFENDING A PLAYER FROM OUT OF COURT

Rule 15.10

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

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

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

THROW IN

Rule 6.10 – 6.14

A THROW IN is awarded to the team who did not touch the ball LAST BEFORE it went out of court. The THROW IN is taken outside the Court behind the point where the ball crossed the line. Umpires assist players by telling them where to take the THROW IN. The player taking the THROW IN must make sure that all other players are on the court; throw the ball within 3 seconds and have no contact with the line or the court.

If the player taking the THROW IN infringes any of these rules, a new THROW IN is awarded to the other team.

If the player taking the throw in infringes any rules then the Sanction given by the umpire is another _____

If a player on court defending a throw in obstructs or contacts the player taking the throw in then the umpire awards a _____ on the court.

POSSESSION

Rule 6.15 -6.17

Why does an umpire award possession of the ball to a team?

.....
.....

Can a **GS** or **GA** shoot for goal after being awarded possession? [yes or no]

Note – if two opposing players gain possession of the ball in quick succession during play, the umpire may allow play to continue by calling “possession” and indicating the team and playing position of the player who gained possession of the ball first so they can play the ball. The hands of the opposing player must be quickly removed, or they will be penalized for contact.

INFRINGEMENTS WHEN THE BALL IS NOT IN PLAY

Rule 6.20

Is a player allowed to infringe between the ball going out of court and the throw in being taken? Answer: **NO**

If the umpire has blown the whistle for an infringement is another player allowed to infringe between the taking of a sanction? Answer: **NO**

Between the scoring of a goal and the taking of the next C pass, is a player allowed to infringe? Answer: **NO**

Is a player allowed to infringe during a Stoppage? Answer: **NO**

ROLLING SUBSTITUTIONS & TEAM CHANGES

BHN rule

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

POSITION CHANGES happen when players on Court change playing positions.

When can substitutions/team changes happen?

Teams can make UNLIMITED number of substitutes or team changes.

LATE PLAYERS

Rule 3.8

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 (in the vacant position), during a stoppage for injury/illness or blood or at an interval or when a sanction or action is awarded.

STOPPAGES

Rule 10

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 the 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.

PLAYING THE BALL Rule 11

It is most important to watch the **WHOLE PLAYER** as they catch and land.

Remember a player gaining possession of the ball **must not** strike the ball with a fist; fall on the ball to get it; attempt to get the ball while lying, sitting or kneeling on the ground. A player **cannot** throw the ball while lying, sitting or kneeling on the ground. A player **must not** use the goal post as a means of regaining balance, as a support in recovering the ball going out of Court or in any other way for any other purpose and **cannot** kick the ball.

What does the umpire do when a player makes a mistake playing the ball?

.....

REPLAYED BALL Rule 9.7

This infringement does not happen as often as it is ruled. The Player must **first** have “possession” or “control”. Possession means having **control** of the ball with either one or two hands. Do not confuse the fumbling of the ball prior to possession as being replayed.

A player is allowed to bounce/bat the ball once BEFORE GAINING POSSESSION, this is NOT A REPLAYED ACTION and SHOULD NOT BE PENALISED.

What does the umpire do when a player replays the ball?

.....

PASSING DISTANCES Rule 12

SHORT PASS Rule 12.1 – 12.2

When a player passes the ball there must be sufficient space for an opposing player on the court to be able to deflect or intercept the ball as it moves from the hands of the thrower to those of the receiver.

- 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.
- 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.

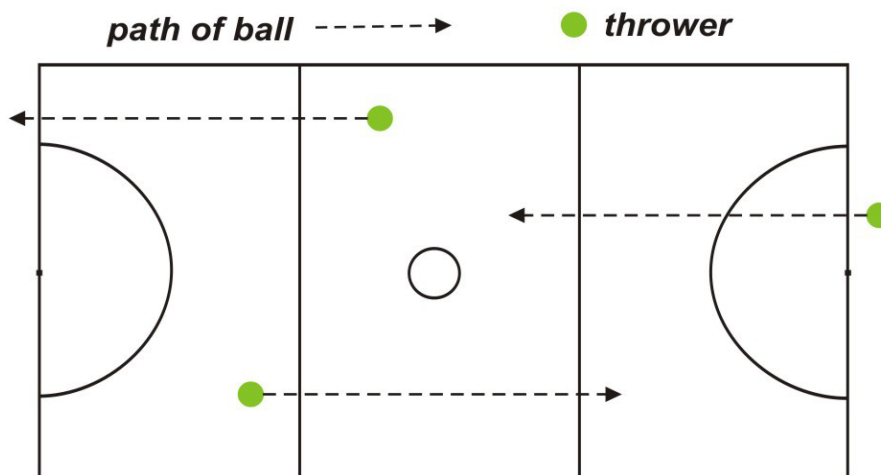
If this infringement occurs the umpire calls SHORT PASS and awards a FREE PASS where the THROWER is standing.

OVER A THIRD

Rule 12.3 – 12.6

The ball may not be thrown over a complete third of the court without being touched by a player.

In the court diagram below mark X where the Sanction is awarded, if the ball is thrown completely over a third without being touched, and write the Sanction awarded next to the X.



FOOTWORK

ONE FOOT LANDING

TWO FOOT LANDING

OTHER FOOT MOVEMENTS

Rule 13

Rule 13.1

Rule 13.2

Rule 13.3

Good umpires learn to recognise the landing 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.

- When a player catches the ball with one foot grounded, or lands on one foot, we call this foot the landing foot. The player can then pivot around on the landing foot, step onto the other foot, lift the landing foot and then must pass the ball before the landing foot is put back on the ground.
- When a player catches the ball with both feet grounded, or lands on both feet at the same time, as soon as they lift one foot off the ground the other foot left on the ground is called the landing foot. Then the same rules apply as if the player landed on one foot.
- A player with the ball may not drag or slide the landing foot along the ground. A player with the ball may not hop on either foot. A player with the ball may not jump from both feet and land on both feet unless the ball is released before landing.

What sanction does the Umpire award for a Footwork error? _____

OFFSIDE

Rule 14

Rule reads: A player is offside when the player enters a court area not designated for that player's position *except when solely to retrieve a ball to set a sanction or action.*

A player may reach over and take the ball from an offside area or may lean on the ball in an offside area without being offside if they do not touch the offside area.

A PLAYER STANDING ON A LINE IS NOT OFFSIDE BUT A PLAYER STANDING OVER A LINE IS OFFSIDE.

What penalty is given for OFFSIDE and where is it awarded:

Sanction: _____ **Given Where:** _____

OPPOSING PLAYERS OFFSIDE

Rule 14.2

When 2 players go offside, umpires should penalise the first one that went offside.

When 2 players go offside AT THE SAME TIME without touching the ball play continues.

When 2 players go offside AT THE SAME TIME and touch the ball POSSESSION is awarded to the team who last had the ball.

SCORING A GOAL

Rule 10

A goal is scored when the ball is thrown or batted **over and completely through the goal ring**, only by the Goal Shooter or the Goal Attack from any spot within the goal circle including the lines bounding the goal circle.

The umpire **must** blow the **whistle** for "**TIME**" the moment they hear the signal for the end of the quarter or game. This is very important as the game **ends only** on the umpires' whistle.

If the whistle to end a period of play or hold time is blown after the ball has left the hands of the Goal Shooter or Goal Attack and the shot is successful, the goal will be scored.



VERY IMPORTANT

If the whistle for 'TIME' is blown after a whistle for a Penalty Pass to be taken by the attacking team, the umpire ends the game and then must SET UP AND TAKE THE PENALTY PASS.

OBSTRUCTION

Rule 16

Obstruction of a Player in Possession of the Ball

Rule 16.1 – 16.7

Obstruction of a Player NOT in Possession of the Ball

Rule 16.8 – 16.9

A player is obstructing if their arms are raised up and they are standing within 90cm (3 feet) of their opponent with or without the ball.

If the defending player chooses to jump to intercept the ball from the CORRECT DISTANCE (90cm) and **lands within this distance** and the attacking player still has possession of the ball, obstruction may occur especially if the defender's arms are raised.

If the defending player is at the correct distance (90cm) and the **attacking player steps in** closer, the defending player is not obstructing and should NOT be penalised.

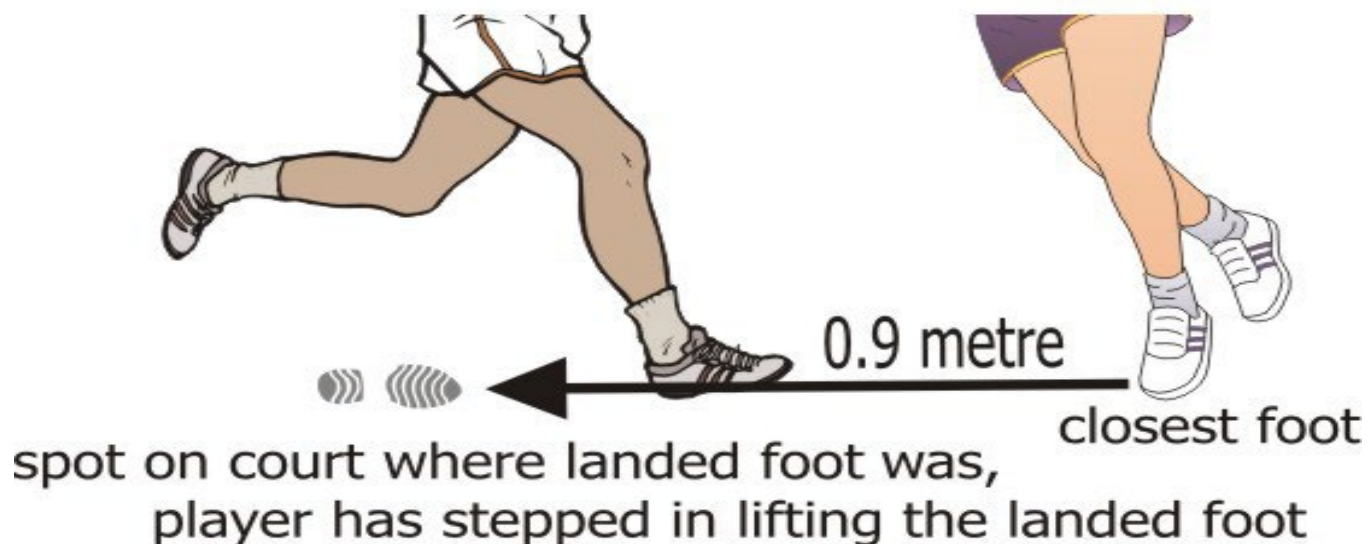
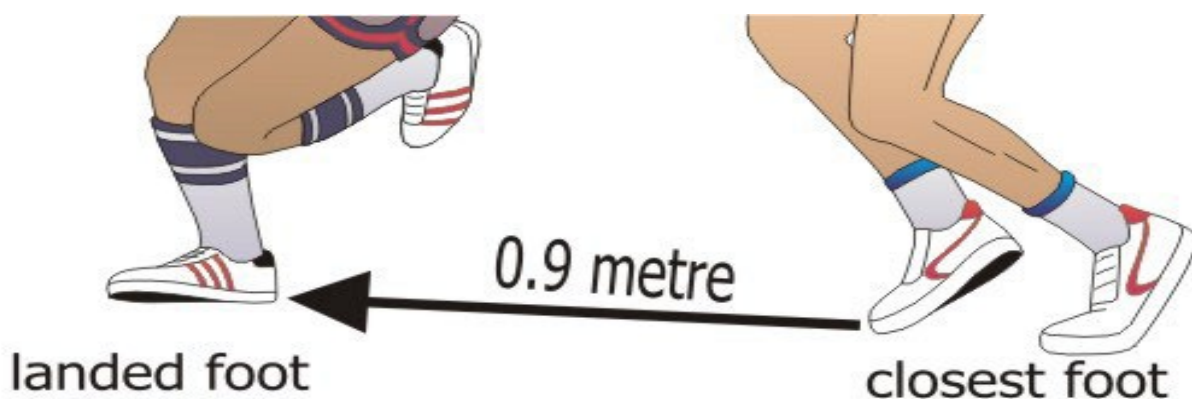
When the defending player is at the correct distance (90cm) but has her hands **not over the ball but over the eyes** of the attacker then the defending player is intimidating and should be penalised and cautioned.

What does the umpire say?

What sanction is awarded?

Where is the penalty set?

What happens to the infringer?



CONTACT

Rule 17

Contact occurs when a player's actions interfere with an opponent's play.

When attacking, defending or playing the ball, a player must not engage in physical contact with an opponent that unfairly interferes with the opponent's play, whether accidental or deliberate.

Incidental physical contact between opposing players in attacking, defending or playing the ball which does not cause interference will be deemed fair contest, and should not be penalized.

Players expect the umpires to protect them from unnecessary interfering contact such as: to be pushed away (arms/elbows) - bumped into - tripped - holding – leaned on -hits the ball out of opponent's hands – pushes the ball into an opponent - moves into a player's landing space - feels to know where opponent is.

What does the Umpire do and say if they see such infringement: Blow whistle, say CONTACT, use hand signal, name the infringer and set a PENALTY PASS where the infringer was standing and stand the infringer out of play.

When a **GK** or **GD** CONTACTS or OBSTRUCTS in the **GOAL CIRCLE**.

What Sanction is awarded? _____

When a **GS** or **GA** CONTACTS or OBSTRUCTS in the **GOAL CIRCLE**.

What Sanction is awarded? _____

A GS or GS who receives a PENALTY PASS in the Goal Circle can SHOOT FOR GOAL. Umpires are not required to state Penalty Pass or Shot.

INTERFERENCE

Rule 17.1 – 17.3

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 the same as for Contact, ie PENALTY PASS where the Infringer was standing, the infringer must stand beside and away.

Moving into Player's Space Rule 12.2.1

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

Inevitable Contact

Rules 17.8

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.

COMMUNICATING FROM UMPIRES TO PLAYERS

1. Umpire sees the player/s mistake and makes a decision
2. Umpire blows whistle and announces the infringement & player position
3. Then the umpire announces the sanction, displays hand signal and sets penalty.
4. Umpire indicates where penalty is to be taken and player must set as directed
5. Umpires then prepares for the next movement of players and ball.

GAME EQUIPMENT

GOALPOST: Height 3.05m (10 ft)



BALL: Size 5 Netball: Circumference is 690-710mm Weight 400-450gm



UMPIRE TERMINOLOGY

All umpires should keep the naming of the infringements SIMPLE and SHORT. Call the infringement and the player involved, then name the sanction, the team and where the penalty is to be taken.

INFRINGEMENT

PREFERRED TERMINOLOGY

Centre pass

Free Pass where the infringement occurred

Positioned incorrectly, free pass outside the C circle.
Breaking, free pass where the infringement occurred.
Untouched, free pass where the infringement occurred.

Out of court

Throw In where the ball crossed the line

*Held Ball, Footwork, Incorrect Throw In.
Throw In to opposing team in the same position.*

Playing the Ball:

Free Pass where the infringement occurred

Held Ball

Held Ball

Repossession

Repossession

Replayed Ball

Replayed Ball

Kick

Incorrect playing of the ball

Fall on ball

Incorrect playing of the ball

Strike

Incorrect playing of the ball

Roll

Incorrect playing of the ball

Playing the ball on the ground *Playing ball on ground*

Footwork

Free Pass where the infringement occurred

Stepping, Hop,

*These infringements are called **footwork**.*

Drag

Contact

Penalty Pass where infringer was standing

Causing contact

Penalty Pass where infringer was standing

Inevitable Contact

Penalty Pass where infringer was standing

Simultaneous Contact

Possession

Obstruction

Penalty Pass where infringer was standing

For all other infringements use the appropriate rule heading terminology.

Tips for Achieving Umpiring Excellence

Good Habits To Develop!!!

Positioning

- Remain level with if not just ahead of play, aim to be at the top of the triangle
- Move around behind goal circle when ball there and step backwards and keep your body facing the court at all times
- Position on the same side of the goal circle in line with the ball and scan all 8 players, keep your head up and use your eyes to scan the area
- Show some knowledge of the need to re-position to get a clearer view of play
- No umpire shall be on court except when cutting the corner to and from the goal line or to take a toss up.

Timing

- Move just before the ball is passed to arrive as it is being caught
- Show some ability to readjust if play moves back and forth

Vision

- Teach yourself to look wide, look often and look early

Control

- Basic umpiring techniques will help you keep control..
 - a) clear, crisp whistle blowing
 - b) firm, confident, friendly manner
 - c) audible calls using correct terminology
 - d) use hand signals as per rule book
 - e) penalise infringements clearly, quickly
 - f) correctly indicate and call C passes
 - g) apply stoppage procedures correctly

Decisions

- Consistent decisions
- Umpire without fear or favour
- Set penalties correctly
- Penalise obvious contact and obstruction
- Set throw in correctly

If you have any questions refer to your rulebook or ask an experienced umpire.

Thank you attending the Red Award and enjoy your umpiring and playing.