

AFL QUEENSLAND

# UMPIRE4FUN PROGRAM

2023 COORDINATOR HANDBOOK





<b>Participant Full Name</b>	
<b>Affiliated Club</b>	

<b>Version</b>	<b>Date of review</b>	<b>Description</b>
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Enquiries should be addressed to:

Garry Dunne – Umpire Recruitment, Retention and Development Lead QLD



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# WELCOME

Congratulations on being selected to be your Club Umpiring Coordinator! This role is a highly important one for our clubs and our game. You are assisting in the development of the future AFL Umpires - without Umpires, we don't have a game and we are grateful for your service to your club.

AFL Queensland is committed to the ongoing education of our Junior Football Umpires. A key strategy in meeting this goal is through the appointment of Junior Club Umpire Coordinators at Junior Australian Football Clubs.

Junior Club Umpire Coordinators are key influencers in developing and maintaining a positive club culture. They can also have a significant impact on the lives of individuals within the club, especially the young Umpires. A Junior Umpiring Coordinator is appointed to support and oversee the growth and development of individual Umpires and enhance the overall effectiveness of the junior Umpires at your club. AFL Queensland has also developed this handbook to assist you in your role efficiently.

We appreciate the time and effort that goes into coordinating Umpires to be at the club on time and represent the club to the best of their ability. We understand there are challenges for some clubs to find Umpires, other clubs have abundance, we would like to see as many Umpires as possible officiating games at your club, however, think about your neighbouring clubs, ask if any additional Umpires at your club could assist other clubs in your region until they start developing their own.

The AFLQ umpiring community is fantastic to be a part of. The kids make life-long friends; they understand what each other is experiencing throughout games. There are pathways all the way through to the elite level however we at AFLQ would like them to enjoy their "journey" regardless of what they want it to be. Our umpiring department will be here to support you and them every step of the way, you are contributing to that first step, and we thank you for your efforts.

*Enjoy your journey,*

Garry Dunne



## THE FOLLOWING TOPICS WILL BE COVERED

- Junior Club Umpire Coordinator
- Umpiring Tips
- General Rules that apply to all age groups
- Umpire Match Day Checklists
- Appendices



# AFLQ UMPIRING DEPARTMENT STAFF

**Sam Bridges** *Umpire Development Manager QLD*

[sam.bridges@afl.com.au](mailto:sam.bridges@afl.com.au) / 0408 765 361

Responsible for Umpiring Strategy and Implementation across Queensland, SEQ Senior Competitions and Major Projects

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**Garry Dunne** *Umpire Recruitment, Retention and Development Lead QLD*

[garry.dunne@afl.com.au](mailto:garry.dunne@afl.com.au) / 0498 666 249

Responsible for Women & Girls programs, Umpire Coach Support, Mentor Program, National Strategy Implementation and Umpire4Fun Regional programs

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**Chloe Webb** *Administration Coordinator – Umpiring*

[chloe.webb@afl.com.au](mailto:chloe.webb@afl.com.au) / 0499 777 425

Responsible for Umpire Payments, Uniforms, Communication, Administration Support and Appointments assistance

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**Thomas Calvert** *Umpire Coordinator*

[thomas.calvert@afl.com.au](mailto:thomas.calvert@afl.com.au) / 0498 666 014

Responsible for Mentor Program, Talent Programs, Umpire Coach Support, Umpire4Fun SEQ and SEQ Juniors support

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**Nicola Stevens** *Umpire Development Coordinator*

[nicola.stevens@afl.com.au](mailto:nicola.stevens@afl.com.au)

Responsible for Women & Girls, School Umpiring Programs, Diversity Programs and SEQ Seniors support



# JUNIOR CLUB UMPIRE COORDINATOR

## ROLES & RESPONSIBILITIES OF A JUNIOR CLUB UMPIRE COORDINATOR

The development of the specific role and responsibilities of the Junior Club Umpiring Coordinator will depend on the specific needs of individuals at each club however; the following are good examples:

- Well-developed communication skills especially as an effective listener.
- Good questioning skills.
- Empathetic.
- Well organized.
- Passion for assisting Umpire improvement.
- Enthusiastic positive encourager.

## SELECTING THE RIGHT UMPIRES TO YOUR PANEL

Ideally the Umpire you select to your umpiring panel should be 12 years or over, they have the ability to learn the specific requirement of umpiring and have the confidence to Umpire the game. As the Umpire gains confidence, challenge them by advancing the Umpire through the Footy4Fun age groups.

While considering their application ask them if they are willing to learn and understand the responsibilities that will be asked of them.

Does the potential Umpire have the ability to communicate effectively with adults? At times they will be tested by adults on the decisions they are making.

Does the potential Umpire have the ability to communicate with players, play themselves and have an understanding of the rules already?





## APPOINTING CLUB UMPIRES TO YOUR CLUB'S JUNIOR GAMES

You can use a simple spreadsheet to rotate Umpires through different games, newer Umpires should start in the lower grades - Superstars or under 8's. As they gain more experience and understanding of the Under 8 rules, you can challenge them a little by sending them to the Under 9's or 10's.

Gather feedback regarding their games and when you feel they are ready and confident enough they can Umpire Under 11 Girls.

If you have offered to assist with the coordination of the Umpires only and do not have any umpiring experience, that's OK... within your club there is a high probability there are SEQ youth Umpires (umpiring under 11- Under 17 games). If not, there will be a senior Umpire that you could ask to be available to be the club Umpire "Mentor".

The Mentor can supply you with feedback around the development of the umpiring group. As they are part of the Umpire4Fun program the mentors can take your club Umpire through the Umpire manuals we have supplied to them. We also have Mentor or Coordinator manuals for them to use as reference also.

## DEVELOP A POSITIVE COACHING AND DEVELOPMENT CULTURE AMONGST JUNIOR CLUB UMPIRES

This will fall to the responsibility of you or the mentor, the kids need to have fun and enjoy what they do. Give them the opportunity to get together for club training or an information session, discussing rules and having fun quizzes about the rules offering prizes etc. to keep them engaged while learning. This is designed to assist and support their ongoing development through their umpiring journey.

Alert their club coach of their new role within the club and ask for their support by allowing them to visit 2-3 of the Umpire4Fun sessions throughout the year at one of the local training venues. This is especially important if their team training night is on a session night, we would ask the coach to allow the Umpire to miss training for the night where possible.





## ATTEND A LOCAL UMPIRE4FUN TRAINING NIGHT

The AFLQ Umpiring Department has been working with local junior clubs in geographical locations to allow your Umpire to attend a structured coaching session where they will continue to learn the finer points of umpiring in the Footy4Fun program.

Whether you are Regional, on the Sunshine Coast, Gold Coast, Northern Rivers, North or South of Brisbane there will be a host venue every week throughout the season. The AFLQ Umpiring Department will send participants and Coordinators weekly updates of locations for you to send your Umpires.

Participation in the training nights is strongly encouraged, in fact critical your club Umpires attend. We would like to see your Umpires visit 2-3 training nights throughout the year to be sure they are receiving fantastic coaching, building confidence in their ability and having fun doing it. These sessions will also provide up to date information to the Umpires, not only learning specific skills they will learn the way to manage their match from the beginning to end, how to engage with teams, coaches and managers, what paperwork they need to collect and how to handle disputes between players.

## CONDUCT COACHING ASSESSMENTS AND EVALUATIONS OF UMPIRES

By assessing your Umpire's, you can identify specific things they need to learn or work on as an individual, your club Umpire mentor will be able to assist you with this. Ask them for feedback after the weekend's games, keep it handy so you can refer to it or ask the mentor to hold on to the information and send you a brief outline.

Why would we like you to do this? The AFLQ Umpiring Department see the Umpire4Fun program as the breeding ground of our next amazing crop of AFLQ junior Umpires. These Umpires officiate games in the under 11- Under 17 age groups. Your feedback will help to determine, if and when your more experienced Umpires (generally 2nd years and above) should be considered to move to the AFLQ junior ranks. (A sample Umpire feedback form is in support documents section)



## UMPIRE EXPECTATIONS AND RESPONSIBILITIES

1. Be on time to their allocated game, work on 30 minutes prior to their game.
2. Check in with you or their mentor.
3. Correct uniform, clean, shirt tucked in, socks up.
4. Whistle and hat.
5. Meet with the coaches and teams prior to their games, check boots and nails.
6. Collect team sheets from the managers and bring to the office, only 11 girls.
7. Meet with the Ground Marshall and hand them your drink bottle.
8. Be on the field 5 minutes before the game, coin toss with captains.
9. Run the game to the best of their ability.
10. After the game shake hands with the teams and collect the footy, return to the office.

## SUPPLYING UMPIRES WITH THE RIGHT EQUIPMENT

Ensuring the Umpires have the right equipment to conduct their games is vital, they will require:

- Club umpiring uniform of shirt, shorts and hat
- Whistle
- Notepad and pen
- Umpire4Fun manuals
- Water bottle (Optional)

## ASSISTANCE FROM AFLQ

AFL Queensland will assist you with ways to recruit Umpires for your club and assist them be part of the Umpire4Fun program.

We will assist you with ways to select mentors for your club (if they are over 18 they will need a blue card). Assistance with retention of Umpires for the following year so you are able to build a panel of experienced Umpires to shadow the younger Umpires the following season.

We will supply the resources required to help you develop the Umpire's skills, giving them the right start in their umpiring journey.

# UMPIRING TIPS

## What are my responsibilities as an Umpire?

- Introduce yourself to the coaches, team managers and teams (Check boots and fingernails of players)
- Flip the coin at the start of the game.
- Umpire the game.
- Make sure the players are safe and play fairly
- Pay all free kicks according to the laws of the game (only pay what you see, not what you think happened or the coach or crowd is calling. Don't be influenced).
- Finish the game and return the football to the clubhouse.

## Below is a list of things you DON'T need to do.

- Setting up the fields it is the responsibility of the club to do this
- First Aid, the club is required to have a first aid attendant available for your game, if they don't, please speak to the ground marshal
- Coaching of the players, you're the Umpire.
- Scoring, this is not permitted in the junior age groups
- Time keeping, this is a club responsibility.

## What you should be working on.

While the Footy4Fun games range from Under 8-11's it is vital that they understand the rules of the game as they transition from year to you, it is also your responsibility as an Umpire to work on your game and practice the following things on a regular basis.

- A very clear understanding of the rules across all age levels of the Footy4Fun program.
- Be sure you are blowing your whistle loudly and sharply (and long enough) to keep the attention of the players and the coaches.
- Using a loud and clear voice when communicating your decisions to the players. (Not Yelling)
- Not walking around the field, you need to be jogging, running and/or sprinting throughout the match.
- Displaying strong and accurate signals so the players, coaches and spectators



understand your decision.

- Making sure you stay side on (Dogging) to the play to give you the best vision of the play.
- Keep your eyes on the play, no running with your head down

## UNIFORM AND APPEARANCE

Appearance is an important part of Umpiring, and AFL Queensland recognises that for our Umpires to gain respect in the wider football community we must present ourselves in a professional manner. Therefore, we have adopted the following uniform guidelines:

### On Field Uniform

- Umpires wear their supplied Umpiring Uniform (Shirt, shorts, socks, and cap)
- Socks must always be pulled up and shirts tucked in
- Footwear must be clean (preference to white in colour, can be boots or sandshoes)

### Match Day

When preparing for your match it is important to think about the following:

- Make sure you are well rested (a good night's sleep)
- Well hydrated to ensure you are fit both physically and mentally
- Eaten a good dinner or breakfast to make sure you have enough energy for your match or matches
- Staying hydrated is crucial in ensuring that you can give your best for each game.

### Umpiring Checklist (What You Should Pack in Your Bag)

- Minimum of two (2) whistles
- Umpiring Hat
- Drink Bottle (Filled)
- Sunscreen

# GENERAL RULES THAT APPLY TO ALL AGE GROUPS

## What to do before the start of your game?

Make sure you arrive at the ground 40 - 50 minutes before your game, this is to ensure you are prepared correctly and have enough time to perform your Umpiring duties correctly.

When you arrive find your club Umpire Coordinator and let them know you have arrived.

- Head to the Umpire rooms and change into your grey shorts, shoes, and socks.
- Head out to the ground with the Umpire Coordinator, Umpire mentor or Ground Marshall and meet the coaches, team managers and players.
- Collect team sheets from the manager.
- Check the player's fingernails and that they have the correct boots for the game (Long fingernails need to be cut and no metal studs).
- Look around the ground and be sure that the goals are straight and boundary cones are in position, if not ask the Umpire Coordinator or Ground Marshall to adjust.
- Head back to the Umpire rooms and prepare for your match.
- Change into your green Umpire shirt; shorts and hat
- Have your whistle on your fingers
- Find the Umpire Coordinator or Ground Marshall so they can walk you out on to the ground.
- As you walk onto the ground raise the football above your head to indicate to the timekeeper you have entered the field of play, this will also remind the players and coaches you are on the ground.
- 2 minutes before your game is due to commence call the two captains to the centre of the field and perform the coin toss, the away team calls "heads or tails". (if you do not have a coin, you can hold your whistle behind your back and ask the away team captain to pick which hand the whistle is in behind your back)
- The coins toss winner decides which direction (Goals) they would like to run/kick towards.

## How do you start your game?

- Check the teams are in position (in their zones) and Goal Umpires are in place.



- Raise the ball above your head and wait for the siren to sound.
- When the siren finishes sounding blow your whistle, indicate the way you are going to exit the contest and throw the ball up for the rucks to compete. (Make sure it is high enough for them to jump up and tap the ball and for you to back out of the contest.)
- Run backwards for 3 – 5 meters to get a good view and out of the way of the contest. Keep an eye out for any infringements / free kicks that may need to be awarded.
- Once the ball clears the ruck area run in the direction of the ball staying approx. 5 - 10 meters away from the ball (this will give you the best view of the play)

### How do I get myself into the right positions to Umpire?

When you are running on the field as an Umpire there are many different positions you need to be in to see any free kicks that need to be awarded, see if players are in their zones, see if the player takes a mark etc. Below are some tips to help you be in a better position to see the play.

- Always try to be 5 - 10 meters away from the play and the person with the ball.
- The best place to see the contest is to make sure you are side on to the play 5 - 10 meters away.
- Always move from side to side (Dogging) when the ball is in a pack, keep moving until the ball is kicked or hand passed or if it is trapped, blow your whistle run in (Calling My Ball) and do a ball up.
- When the ball has been kicked and is about to be marked, watch the player not the ball to see if there is a free kick that needs to be awarded.
- When there is a mark, set the mark, bring the player having the kick onto the line and direction of kick, back out in the direction of the kick (45-degree angle), or if having a shot for goal, stand behind the player on the mark, bring the player having the kick onto the line and direction of goals and back out at 90 degrees. Position yourself to have a good view of the ball to see if it passes throw for a behind or goal to be able to give the goal Umpire the correct all clear signal.
- Run, you need to make sure you are running into position, NO Walking, we need to be moving swiftly and working around the ground.



### What to do if a goal has been scored?

When a player has kicked a goal for their team you signal to the goal Umpires by lifting your two hands in front of your face and call to the goal Umpire “all clear goal”

- Ask the players or the goal Umpire to collect the ball and bring it back to you
- Jog back to the middle of the field and check the players are in their zones
- If they are in their zones and the rucks are ready, throw the ball up again and back out 5 meters from the contest like you did at the beginning of the game/quarter.

### What to do if a behind is scored?

When a player has kicked a point for their team you signal to the goal Umpire by raising one hand in front of your face and call to the goal Umpire “all clear one point”

- The defending team will collect the ball
- The defending team player will kick the ball back into play from between the goals, if they kick from the wrong spot, blow your whistle, and call them back to between the goals to have their kick.
- Make sure the players give the kicker enough room (protected zone) to have a good kick.

### What happens when a player goes out of their zone?

- If you see a player out of their zone or coming out of the zone too far to collect the ball (Do we give a free kick if they gather and run back into their zone?)
- Call out to the player/s to go back into their zone
- If they don't return to their zone or they are repeatedly out of their zone award a free kick to the other team.

### What happens if there is an injured player on the field?

- If the injured player is in the same zone as the ball, play will stop.
- Blow your whistle, raise one hand above your head and call out to the coach or first aid to treat the player.
- If the injured player is NOT in the same zone as the football, then play will continue



until the ball is kicked into the zone where the injured player is.

### How do I end the quarter?

- When the siren sounds for the end of the quarter Blow you whistle and raise both of your hands above you head.
- This signals to players, officials, and spectators that the quarter has ended.
- If a player has taken a mark prior to the siren sounding and they are within kicking distance of the goals, they are permitted to have their kick at goal.
- If the siren sounds and the mark is taken after the siren, then you stop the player from kicking or playing on.

### What happens if players are behaving badly on the field?

If you have players that are continually not listening to you, giving away a major free kick, speaking badly or rudely to you, you have a few options you can use to help.

- Award a free kick against the player
- Award a distance penalty against the player for their behaviour of 15-metres
- Speak with the players' coach with the aid of the Ground Marshall at the end of the quarter and explain to them the situation so they can speak with their player.
- Speak with the Ground Marshall, they can then speak with the coach of the team for you.
- Send the player off the field for the rest of the quarter (under extreme circumstance only)

### What happens if you have a coach behaving badly?

If you have a coach behaving badly you have several options, we encourage you to use some or all these examples.

- Before approaching the coach, you can speak to the Ground Marshall and ask them to deal with the coach
- Speak with you club Umpire Coordinator and tell them what has occurred and allow them to speak with the coach.
- If you feel confident, approach the coach, and ask him to control their behaviour.



- You can pay a free kick against the coach. If you choose to pay a free kick against the coach, blow your whistle signal with one hand by bringing your fingers to your thumb (the talking signal) motioning that the free kick is for abuse)
- If you award a free kick against the coach blow you whistle and hand the football to the nearest opposition player, set the mark and allow the game to recommence.
- If the behaviour continues, please report it to the ground marshal and Umpire Coordinator again.



# MATCH DAY CHECKLISTS



# MATCH DAY CHECKLISTS

## UNDER 8.5 MODIFIED RULES

### How many players per team?

- 9 players are allowed on the field
- 3 players per zone

### How long are the Quarters?

- 10 Minutes per quarter (breaks 3/6/3)

### What size football is to be used?

- Size 1 synthetic football

### How does a player get the ball from the other team?

- A player can get the ball from their opponent while the ball is in the air (mid-air turnover)
- When the ball is on the ground (ground ball turn over)
- Corraling the player and they drop the ball or turn it over.

### What is a reasonable marking attempt?

- When a player makes attempts to mark /catch the ball with 2 hands or on their chest
- Do not award a mark if the player sticks out 1 hand as an attempt to mark the ball.
- There is no distance the ball must travel to award a mark

### Is kicking off the ground allowed?

- Kicking off the ground is **not permitted** unless you deem it to be accidental.
- What is accidental kicking off the ground?
  - If the player does not intentionally kick at the ball
  - If the player is reaching down to pick up the ball and accidentally kicks it.



### Are the players allowed to bounce the ball?

- Yes, players are permitted only 1 bounce they must hand pass or kick the ball and not take a second bounce.

### What happens when the ball goes out of bounds?

- When the ball goes out of bounds from a kick a free kick is awarded against the team that kicked the ball.
- Blow your whistle hold your arm out to towards the team receiving the free kick.
- Give the ball to the closest player to where the ball went out and allow them to kick the ball back into play.
- The free kick is to be taken where the ball crossed the boundary line
- If the ball has come off a player's hands or you believe the ball was touched blow the whistle and cross your arms up to your chest signalling a ball up.
- When conducting the ball up select a player from each team of similar height to contest for the ball.
- Throw the ball up and back out of the contest, signalling play on (raise both hands above your head calling, "play on") if there are no free kicks to be awarded in the ruck contest.

### Can the coaches be on the field?

- Yes, the coaches are allowed to be on the field during play.
- Only one coach from each team is allowed to be on the field
- They can coach their players on the field.
- They are allowed to place them into positions and tell them where to run.

The following things are **NOT** permitted in Under 8's football.

<b>Tackling</b>	<b>Shepherding</b>
<b>Bumping</b>	<b>Stealing the ball</b>
<b>Smothering the ball</b>	<b>Deliberate out of bounds</b>



Barging another player	Deliberate rushed behind
Fending off	Kicking off the ground

## UNDER 9 GIRLS MODIFIED RULES

### How many players per team?

- 9 players are allowed on the field
- 3 players per zone

### What size football is to be used?

- Size 1 synthetic football

### How long are the Quarters?

- 10 Minutes per quarter (breaks 3/6/3)

### How does a player get the ball from the other team?

- A player can get the ball from their opponent while the ball is in the air (mid-air turnover)
- When the ball is on the ground (ground ball turn over)
- Tackling the player with a **Modified Tackle** the player and they drop the ball or turn it over.

### What is a marking attempt?

- When a player makes attempts to mark the ball and shows reasonable control with 2 hands or on their chest
- Do not award a mark if the player sticks out 1 hand as an attempt to mark the ball.
- There is no distance the ball must travel to award a mark

### What is a modified tackle?

- A modified tackle is also known as a bear hug



- The player being tackled must be in possession of the ball
- The player tackling the ball carrier must wrap both of their arms around the player with the ball.
- A modified tackle can be laid from the front, side or behind the player if the player with the ball is not pushed in the back.
- The tackle must be a legal tackle; the tackle must be between the top of the shoulders and the top of the knees.

### How can I tell if a player has been pushed in the back?

- When a player is going for the ball and in the act of getting the ball or has grabbed the ball and the defending player places their hand on any part of the players back (hands on the number on the jumper) and then pushes off (extends their elbow) this will be a push in the back.

### How can I tell if a player has been grabbed too high?

- When a player has the ball and then is being tackled and the tackle goes above the top of the shoulder and hits any part of the players head a HIGH TACKLE shall be awarded.
- In a marking attempt if a player is contacted in the head in any action a HIGH CONTACT free kick shall be awarded.

### Is kicking off the ground allowed?

- Kicking off the ground is **not permitted** unless you deem it to be accidental.
- What is accidental kicking off the ground?
  - If the player does not intentionally kick at the ball
  - If the player is reaching down to pick up the ball and accidentally kicks it.

### Are the players allowed to bounce the ball?

- Yes, players are permitted only 1 bounce they must hand pass or kick the ball and not take a second bounce.



## What happens when the ball goes out of bounds?

- When the ball goes out of bounds from a kick a free kick is awarded against the team that kicked the ball.
- Blow your whistle hold your arm out to towards the team receiving the free kick.
- Give the ball to the closest player to where the ball went out and allow them to kick the ball back into play.
- The free kick is to be taken where the ball crossed the boundary line
- If the ball has come off a player's hands or you believe the ball was touched blow the whistle and cross your arms up to your chest signalling a ball up.
- When conducting the ball up select a player from each team of similar height to contest for the ball.
- Throw the ball up and back out of the contest, signalling play on (raise both hands above your head calling, "play on") if there are no free kicks to be awarded in the ruck contest.

## Can the coaches be on the field?

- Yes, the coaches are allowed to be on the field during play.
- Only one coach from each team is allowed to be on the field
- They can coach their players on the field.
- They are allowed to place them into positions and tell them where to run.

The following things are **NOT** permitted in Under 9's Girls football.

<b>Kicking off the ground</b>	<b>Shepherding</b>
<b>Bumping</b>	<b>Stealing the ball</b>
<b>Smothering the ball</b>	<b>Deliberate out of bounds</b>
<b>Barging another player</b>	<b>Deliberate rushed behind</b>
<b>Fending off</b>	<b>Kicking off the ground</b>

# UNDER 9.5 MIXED MODIFIED RULES

## How many players per team?

- 12 players are allowed on the field
- 3 players per zone

## What size football is to be used?

- Size 2 synthetic football

## How long are the Quarters?

- 10 Minutes per quarter (breaks 3/6/3)

## How does a player get the ball from the other team?

- A player can get the ball from their opponent while the ball is in the air (mid-air turnover)
- When the ball is on the ground (ground ball turn over)
- Tackling with a **Modified Tackle** and they drop the ball or turn it over.

## What is a modified tackle?

- A modified tackle is also known as a bear hug
- The player being tackled must be in possession of the ball
- The player tackling the ball carrier must wrap both of their arms around the player with the ball.
- A modified tackle can be laid from the front, side or behind the player if the player with the ball is not pushed in the back.
- The tackle must be a legal tackle; the tackle must be between the top of the shoulders and the top of the knees.

## How can I tell if a player has been pushed in the back?

- When a player is going for the ball and in the act of getting the ball or has grabbed

the ball and the defending player places their hand on any part of the players back (hands on the number on the jumper) and then pushes off(extends their elbow) this will be a push in the back.

### How can I tell if a player has been grabbed too high?

- When a player has the ball and then is being tackled and the tackle goes above the top of the shoulder and hits any part of the players head a HIGH TACKLE shall be awarded.
- In a marking attempt if a player is contacted in the head in any action a HIGH CONTACT free kick shall be awarded.

### What is “Holding the ball”?

- A free kick shall be awarded to the tackling player if;
  - The player with the ball has had prior opportunity to dispose the ball by handpass or kick.
    - Prior opportunity is Balanced and steady
    - Takes a few steps
    - Held the ball for a few seconds
    - Has a chance to pass but chooses not to.
  - If the tackled player chooses not to kick or hand pass and is tackled by an opponent, then this is deemed as holding the ball and a free kick will be awarded to the tackling player.

### What is incorrect disposal?

- When the player in possession of the ball does:
  - Not handpass the ball correctly
  - Not Kick the ball correctly
  - Throws the ball to another player
  - Drops the ball on the ground while being tackled

### What is a controlled marking attempt?

- When a player marks the ball and has caught the ball and held it in their hands or arms or against their chest with no movement of the ball.
- If the ball is deemed to be held and the ball falls out or is knocked out a mark should be paid.
- There is no distance the ball must travel to award a mark

### Is kicking off the ground allowed?

- Kicking off the ground is **not permitted** unless you deem it to be accidental.
- What is accidental kicking off the ground?
  - If the player does not intentionally kick at the ball
  - If the player is reaching down to pick up the ball and accidentally kicks it.

### Are the players allowed to bounce the ball?

- Yes, players are permitted only 1 bounce they must hand pass or kick the ball and not take a second bounce.

### What happens when the ball goes out of bounds?

- When the ball goes out of bounds from a kick a free kick is awarded against the team that kicked the ball.
- Blow your whistle hold your arm out to towards the team receiving the free kick.
- Give the ball to the closest player to where the ball went out and allow them to kick the ball back into play.
- The free kick is to be taken where the ball crossed the boundary line
- If the ball has come off a player's hands or you believe the ball was touched blow the whistle and cross your arms up to your chest signalling a ball up.
- When conducting the ball up select a player from each team of similar height to contest for the ball.
- Bring the ball in approx. 10 meters, throw the ball up and back out of the contest, signalling play on (raise both hands above your head calling, "play on") if there are no

free kicks to be awarded in the ruck contest.

## UNDER 10.5 MODIFIED RULES

### How many players per team?

- 12 players are allowed on the field
- 3 players per zone

### What size football is to be used?

- Size 2 synthetic football

### How long are the Quarters?

- 10 Minutes per quarter (breaks 3/6/3)

### How does a player get the ball from the other team?

- A player can get the ball from their opponent while the ball is in the air (mid-air turnover)
- When the ball is on the ground (ground ball turn over)
- Tackling with a **Modified Tackle** and they drop the ball or turn it over.

### What is a modified tackle?

- A modified tackle is also known as a bear hug
- The player being tackled must be in possession of the ball
- The player tackling the ball carrier must wrap both of their arms around the player with the ball.
- A modified tackle can be laid from the front, side or behind the player if the player with the ball is not pushed in the back.
- The tackle must be a legal tackle; the tackle must be between the top of the shoulders and the top of the knees.

### How can I tell if a player has been pushed in the back?

- When a player is going for the ball and in the act of getting the ball or has grabbed the ball and the defending player places their hand on any part of the players back (hands on the number on the jumper) and then pushes off(extends their elbow) this will be a push in the back.

### How can I tell if a player has been grabbed too high?

- When a player has the ball and then is being tackled and the tackle goes above the top of the shoulder and hits any part of the players head a HIGH TACKLE shall be awarded.
- In a marking attempt if a player is contacted in the head in any action a HIGH CONTACT free kick shall be awarded.

### What is “Holding the ball”?

- A free kick shall be awarded to the tackling player if;
  - The player with the ball has had prior opportunity to dispose the ball by handpass or kick.
    - Prior opportunity is Balanced and steady
    - Takes a few steps
    - Held the ball for a few seconds
    - Has a chance to pass but chooses not to.
  - If the tackled player chooses not to kick or hand pass and is tackled by an opponent, then this is deemed as holding the ball and a free kick will be awarded to the tackling player.

### What is incorrect disposal?

- When the player in possession of the ball does:
  - Not handpass the ball correctly
  - Not Kick the ball correctly
  - Throws the ball to another player
  - Drops the ball on the ground while being tackled

### What is a controlled marking attempt?

- When a player marks the ball and has caught the ball and held it in their hands or arms or against their chest with no movement of the ball.
- If the ball is deemed to be held and the ball falls out or is knocked out a mark should be paid.
- There is no distance the ball must travel to award a mark

### Is kicking off the ground allowed?

- Kicking off the ground is **not permitted** unless you deem it to be accidental.
- What is accidental kicking off the ground?
  - If the player does not intentionally kick at the ball
  - If the player is reaching down to pick up the ball and accidentally kicks it.

### Are the players allowed to bounce the ball?

- Yes, players are permitted only 1 bounce they must hand pass or kick the ball and not take a second bounce.

### What happens when the ball goes out of bounds?

- When the ball goes out of bounds from a kick a free kick is awarded against the team that kicked the ball.
- Blow your whistle hold your arm out to towards the team receiving the free kick.
- Give the ball to the closest player to where the ball went out and allow them to kick the ball back into play.
- The free kick is to be taken where the ball crossed the boundary line
- If the ball has come off a player's hands or you believe the ball was touched blow the whistle and cross your arms up to your chest signalling a ball up.
- When conducting the ball up select a player from each team of similar height to contest for the ball.
- Bring the ball in approx. 10 meters, throw the ball up and back out of the contest,





signalling play on (raise both hands above your head calling, “play on”) if there are no free kicks to be awarded in the ruck contest.

### Can the coaches be on the field?

- Yes, the coaches are allowed to be on the field during play.
- Only one coach from each team is allowed to be on the field
- They can coach their players on the field.
- They are allowed to place them into positions and tell them where to run.

The following things are NOT permitted in Under 9 & U10 Mixed football.

<b>Kicking off the ground</b>	<b>Shepherding</b>
<b>Bumping</b>	<b>Stealing the ball</b>
<b>Smothering the ball</b>	<b>Deliberate out of bounds</b>
<b>Barging another player</b>	<b>Deliberate rushed behind</b>
<b>Fending off</b>	

# UNDER 11 GIRLS RULES

## How many players per team?

12 players are allowed on the field

## What size football is to be used?

- Size 2 synthetic football

## How long are the Quarters?

- 10 Minutes per quarter (breaks 3/6/3)

## How does a player get the ball from the other team?

- A player can get the ball from their opponent while the ball is in the air (mid-air turnover)
- When the ball is on the ground (ground ball turn over)
- A player can tackle, bump, barge, smother, fend off, shepherd, and steal the ball.

## What is a Legal tackle?

- A legal tackle is when a player has been grabbed and had arms wrapped around the body of the player with the ball.
- The tackle needs to be laid between the top of the shoulders and the top of the knees.
- A tackle can be laid from the front, side or behind a player.

## How can I tell if a player has been pushed in the back?

- When a player is going for the ball and in the act of getting the ball or has grabbed the ball and the defending player places their hand on any part of the players back (hands on the number on the jumper) and then pushes off (extends their elbow) this will be a push in the back.

## How can I tell if a player has been grabbed too high?

- When a player has the ball and then is being tackled and the tackle goes above the

top of the shoulder and hits any part of the players head a HIGH TACKLE shall be awarded.

- In a marking attempt if a player is contacted in the head in any action a HIGH CONTACT free kick shall be awarded.

### What is “Holding the ball”?

- A free kick shall be awarded to the tackling player if:
  - The player with the ball has had prior opportunity to dispose the ball by handpass or kick.
    - Prior opportunity is Balanced and steady
    - Takes a few steps (3 steps)
    - Held the ball for a few seconds (3 seconds)
    - Has a chance to pass but chooses not to.
  - If the tackled player chooses not to kick or hand pass and is tackled by an opponent, then this is deemed as holding the ball and a free kick will be awarded to the tackling player.

### What is incorrect disposal?

- When the player in possession of the ball does:
  - Not handpass the ball correctly
  - Not Kick the ball correctly
  - Throws the ball to another player
  - Drops the ball on the ground while being tackled

### What is a marking attempt?

- When a player marks the ball and has caught the ball and held it in their hands or arms or against their chest with no movement of the ball.
- If the ball is deemed to be held and the ball falls out or is knocked out a mark should be paid.
- The ball MUST travel 10 metres to award a mark

### Is kicking off the ground allowed?

- Kicking off the ground is **not permitted** unless you deem it to be accidental.
- What is accidental kicking off the ground?
  - If the player does not intentionally kick at the ball
  - If the player is reaching down to pick up the ball and accidentally kicks it.

### Are the players allowed to bounce the ball?

- Yes, players are permitted only 1 bounce they must hand pass or kick the ball and not take a second bounce.

### What happens when the ball goes out of bounds?

- When the ball goes out of bounds from a kick a free kick is awarded against the team that kicked the ball.
- Blow your whistle hold your arm out towards the team receiving the free kick.
- Give the ball to the closest player to where the ball went out and allow them to kick the ball back into play.
- The free kick is to be taken where the ball crossed the boundary line
- If the ball has come off a player's hands or you believe the ball was touched blow the whistle and cross your arms up to your chest signalling a ball up.
- When conducting the ball up select a player from each team of similar height to contest for the ball.
- Bring the ball in approx. 10 meters, throw the ball up and back out of the contest, signalling play on (raise both hands above your head calling, "play on") if there are no free kicks to be awarded in the ruck contest.
- You will pick 2 players of similar height to contest the ball up.

### Can the coaches be on the field?

- No, the coaches are to remain on the sideline during play.



### Deliberate rule.

- Players are not allowed to deliberately kick or knock the ball out of bounds
- Players are not allowed to deliberately kick or knock the ball through the goals for a behind.

The following things are permitted in Under 11 Girls football:

<b>Tackling</b>	<b>Shepherding</b>
<b>Bumping</b>	<b>Stealing the ball</b>
<b>Smothering the ball</b>	<b>Fending off</b>
<b>Barging another player</b>	



# APPENDIXES





**Walking on to field**



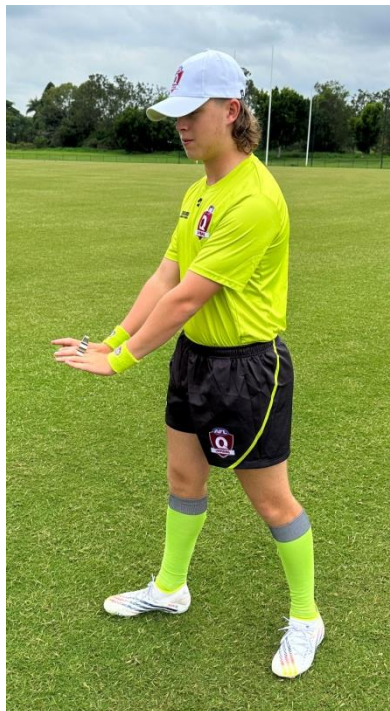
**Starting Quarter – Holding ball up for siren**



**Starting Quarter – Holding Ball up and Whistle**



**High Tackle**



**Push in the Back**



**Trip**





**Holding the Player**



**Holding the Ball**



**Play On**



**All Clear - Behind**

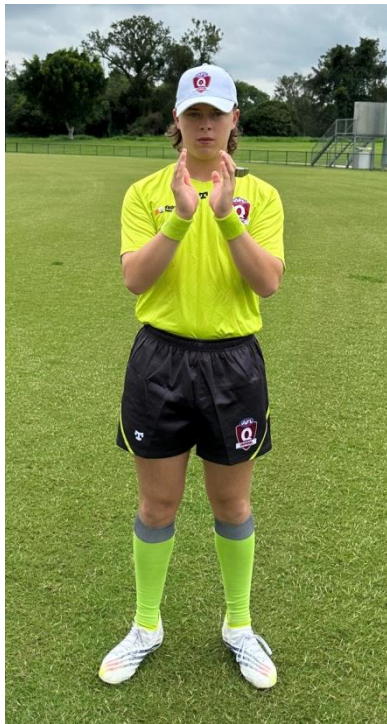


**All Clear - Goal**



**End of Quarter – Whistle, then two arms up**





**Mark – Front On**



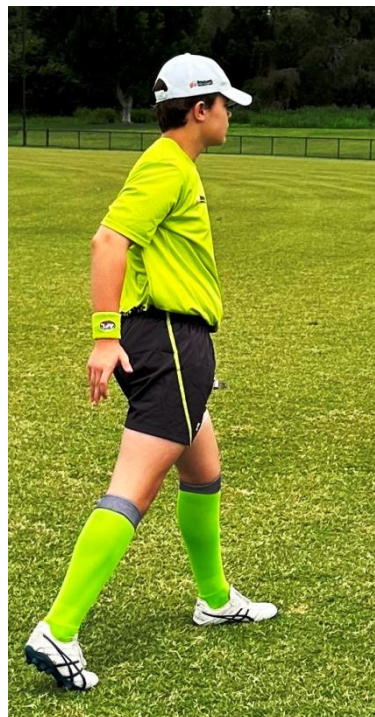
**Throw In**



**Kicking In Danger**



**Two Umpire Handover - Yours**



**Two Umpire Handover - Mine**



**Indicating a Free – including direction**





**Holding the Mark (Stand)**



**Run Too Far (No Bounce)**



**Blood Rule**



**Incorrect Disposal – Dropping the Ball (1)**



**Incorrect Disposal – Dropping the Ball (2)**



**Incorrect Disposal - Throw**





**Advantage**



**Abuse**



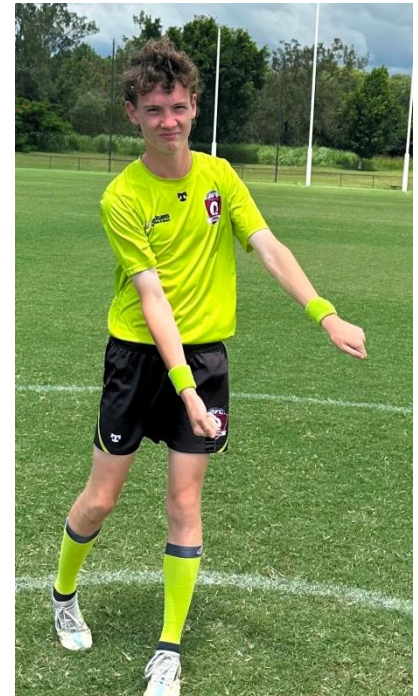
**My Ball**



**Ball Up**



**Dangerous Tackle (1)**



**Dangerous Tackle (2)**

MIXED  
**UNDER 8**  
INTRODUCTORY



**GROUND SIZE**  
80m x 60m

**ZONES**

**9-A-SIDE**

**SCORING**  
No scores, ladders or finals

**RESULTS**  
No recording of best players or goal kickers  
No individual player awards



**GROUND SIZE**  
80m x 60m

**ZONES**

**9-A-SIDE**

**SCORING**  
No scores, ladders or finals

**RESULTS**  
No recording of best players or goal kickers  
No individual player awards



- Tackling
- Bumping
- Smothering
- Fending off
- Shepherding
- Stealing the ball
- Deliberate out of bounds
- Deliberately rushed behind

**BOUNCING THE BALL**  
1 max

**KICKING OFF GROUND**  
Not permitted unless accidental

**OUT OF BOUNDS**  
From a kick, a free is awarded against the player who last kicked the ball. From hands, or if doubt the umpire shall call a ball up 10m in from boundary.

**MARKING**  
Any distance, reasonable attempt

**PENALTIES**  
No distance penalty applies. Players can be ordered off at the umpire's discretion

**FIELD UMPIRES**  
Club/Coach (1)

**BOUNDARY UMPIRES**

**GOAL UMPIRES**  
Club (2)

**COACHES**  
On Field

GIRLS  
**UNDER 9**  
DEVELOPMENT



**GROUND SIZE**  
80m x 60m

**ZONES**

**9-A-SIDE**

**SCORING**  
No scores, ladders or finals

**RESULTS**  
No recording of best players or goal kickers  
No individual player awards



**GROUND SIZE**  
80m x 60m

**ZONES**

**9-A-SIDE**

**SCORING**  
No scores, ladders or finals

**RESULTS**  
No recording of best players or goal kickers  
No individual player awards



- Bumping
- Barging
- Smothering
- Fending off
- Shepherding
- Stealing the ball
- Deliberate out of bounds
- Deliberately rushed behind

**MODIFIED TACKLING**

**BOUNCING THE BALL**  
1 max

**KICKING OFF GROUND**  
Not permitted unless accidental

**OUT OF BOUNDS**  
From a kick, a free is awarded against the player who last kicked the ball. From hands, or if doubt the umpire shall call a ball up 10m in from boundary.

**MARKING**  
Any distance, shows control

**PENALTIES**  
10m penalty can be applied at umpires discretion. Players can be ordered off at umpires discretion

**FIELD UMPIRES**  
Club (1)

**BOUNDARY UMPIRES**

**GOAL UMPIRES**  
Club (2)

**COACHES**  
On Field

MIXED  
**UNDER 9&10**  
DEVELOPMENT



**GROUND SIZE**  
100m x 80m

**ZONES**

**Under 9**

**12-A-SIDE**

**SCORING**  
No scores, ladders or finals

**RESULTS**  
No recording of best players or goal kickers  
No individual player awards



**GROUND SIZE**  
100m x 80m

**ZONES**

**Under 9**

**12-A-SIDE**

**SCORING**  
No scores, ladders or finals

**RESULTS**  
No recording of best players or goal kickers  
No individual player awards



- Bumping
- Barging
- Smothering
- Fending off
- Shepherding
- Stealing the ball
- Deliberate out of bounds
- Deliberately rushed behind

**MODIFIED TACKLING**

**BOUNCING THE BALL**  
1 max

**KICKING OFF GROUND**  
Not permitted unless accidental

**OUT OF BOUNDS**  
From a kick, a free is awarded against the player who last kicked the ball. From hands, or if doubt the umpire shall call a ball up 10m in from boundary.

**MARKING**  
Any distance, shows control

**PENALTIES**  
10m penalty can be applied at umpires discretion. Players can be ordered off at umpires discretion

**FIELD UMPIRES**  
Club (1)

**BOUNDARY UMPIRES**

**GOAL UMPIRES**  
Club (2)

**COACHES**  
On Field

GIRLS  
**UNDER 11**  
DEVELOPMENT



**GROUND SIZE**  
100m x 80m

**ZONES**

**12-A-SIDE**

**SCORING**  
No scores, ladders or finals permitted

**RESULTS**  
No recording of best players or goal kickers  
No individual player awards



**GROUND SIZE**  
100m x 80m

**ZONES**

**12-A-SIDE**

**SCORING**  
No scores, ladders or finals permitted

**RESULTS**  
No recording of best players or goal kickers  
No individual player awards



- Tackling
- Bumping
- Barging
- Smothering
- Fending off
- Shepherding
- Stealing the ball

**NO DELIBERATE OUT OF BOUNDS**

**NO DELIBERATE RUSHED BEHINDS**

**BOUNCING THE BALL**  
1 max

**KICKING OFF GROUND**  
Not permitted unless accidental

**OUT OF BOUNDS**  
When a ball goes out of bounds, the field umpire shall call up 10 metres in from the boundary line to restart play

**MARKING**  
10m, direct catch

**PENALTIES**  
10m penalty can be applied at umpires discretion. Players can be ordered off at umpires discretion

**FIELD UMPIRES**  
Club (1)

**BOUNDARY UMPIRES**

**GOAL UMPIRES**  
Club (2)

**COACHES**  
Sideline

MIXED  
**UNDER 11**  
COMPETITION



**GROUND SIZE**  
130m x 90m

**ZONES**

**15-A-SIDE**

**SCORING**  
Scoring permitted  
No ladders or finals permitted

**RESULTS**  
No recording of best players or goal kickers  
No individual player awards



**GROUND SIZE**  
130m x 90m

**ZONES**

**15-A-SIDE**

**SCORING**  
Scoring permitted  
No ladders or finals permitted

**RESULTS**  
No recording of best players or goal kickers  
No individual player awards



- Tackling
- Bumping
- Barging
- Smothering
- Fending off
- Shepherding
- Stealing the ball

**NO DELIBERATE OUT OF BOUNDS**

**NO DELIBERATE RUSHED BEHINDS**

**BOUNCING THE BALL**  
2 max

**KICKING OFF GROUND**  
Not permitted unless accidental

**OUT OF BOUNDS**  
When a ball goes out of bounds, the field umpire shall call up 10m in from the boundary line to restart play

**MARKING**  
10m direct catch

**PENALTIES**  
25m penalty applied at the umpires discretion. Players can be ordered off at umpires discretion.

**FIELD UMPIRES**  
Association (1)

**BOUNDARY UMPIRES**

**GOAL UMPIRES**  
Club (2)

**COACHES**  
Sideline



# UMPIRE FEEDBACK FORM

## Umpire4Fun

### UMPIRE MENTOR FEEDBACK FORM

Date: \_\_\_\_\_ Age Group Umpired: Under

Match between: \_\_\_\_\_ v \_\_\_\_\_

Umpire Name: \_\_\_\_\_

Mentor Name: \_\_\_\_\_

- Did the Umpire meet the teams and coaches before the game? Y / N.
- Was the Umpire's whistle loud enough? Y / N.
- Were the Umpires signals clear for all to see? Y / N.
- Was the Umpire's voice loud enough for all to hear? Y / N.
- Was the Umpire's interpretation of the rules accurate? Y / N.

*Areas for the Umpire to focus / improve on:* \_\_\_\_\_

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*Umpire feedback of things done well:* \_\_\_\_\_

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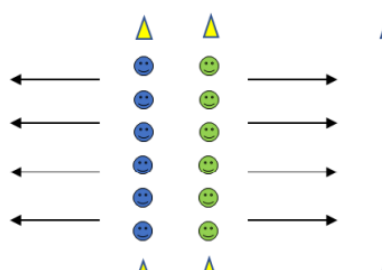
Please hand this to the Umpire Coordinator so they can provide feedback to the Umpire before the next match.



# TRAINING DRILLS

<b>2 min</b>	<b>Introduction to Basic Umpire Course</b>
<ul style="list-style-type: none"> <li>• Welcome Students and introduce yourself, what Community Umpiring Club you come from</li> <li>• ASK: What is the role of the umpire in sports?             <ul style="list-style-type: none"> <li>◇ To keep players safe</li> <li>◇ To manage the game and ensure the game is played fairly and by the rules</li> </ul> </li> <li>• ASK: How does the umpire manage the game? What are the skills they might use?             <ul style="list-style-type: none"> <li>◇ Communication</li> <li>◇ Dealing with conflict</li> <li>◇ Leadership, etc.</li> </ul> </li> <li>• All skills are transferable to life skills, link these together for learning</li> </ul>	



<b>3 min</b>	<b>Warm Up: Crumbs and Crusts</b>	
<b>Purpose:</b> practice listening, understanding rules and reaction time	<b>CHANGE IT:</b>	
<b>Equipment:</b> 8 cones	<ul style="list-style-type: none"> <li>• One student calls out instructions</li> <li>• Change line names to: "Rats &amp; Rabbits"</li> </ul>	
<b>Set up:</b>	<b>LEARNING:</b>	
<ul style="list-style-type: none"> <li>• Ask students to find a partner and organise them in two lines parallel with each other</li> <li>• Name one line 'Crusts' and the other line 'Crumbs'</li> <li>• If the UDO calls out 'Crusts' then they must react quickly and run to the allocated line away from the Crumbs. The Crumbs are trying to catch the Crusts before they reach the line and so on.</li> <li>• If a Crumb tags the Crust before they get to the line they swap lines</li> </ul>		
	<ul style="list-style-type: none"> <li>• Importance of listening and understanding the rules of any game</li> </ul>	

5-7 min

## "Umpire Pays" - Introduction to Decision Making

**Purpose:** Practise communicating decisions, blowing whistle loudly and confidently

**Equipment:** Whistle (1 per student)

**Set up:**

• **ASK:** With the person next to you, can you come up with 3 different decisions a field umpire can make and what the signals are for these decisions?

• **As a group:**

- ◊ Who can tell me some decisions that a field umpire makes?
- ◊ Why is it important to pay "protect the ball player" free kicks?
- ◊ How do they communicate these decisions? - Whistle and signal



• **UDO demonstrates blowing their whistle. Short and loud.**

• **Go through signals for the below decisions:** (images of signals listed at the end of Lesson 1)

- |                        |                    |
|------------------------|--------------------|
| ◊ Starting the Quarter | ◊ Holding the Man  |
| ◊ Play On              | ◊ Push in the Back |
| ◊ Ball Up              | ◊ Trip             |
| ◊ End of Quarter       | ◊ Holding the Ball |
| ◊ High Tackle          |                    |

**Signaling Pair Activity:**

- With a partner, one partner calls out free kick, e.g. Holding the Ball and other partner has to blow their whistle, perform the correct signal and communicate
- Practice 5 times and swap roles
- Progression: Blow whistle, say the free kick as you signal
- Cues: Loud whistle, Clear Signal – don't need to rush



**Signaling Whole Group Activity: "Umpire pays"**

- Teacher leads first round: When teacher says, "Umpire Pays – holding the ball", students must whistle and signal and communicate holding the ball correctly
- If student signals incorrectly, they have to kneel on their knees for the next signal
- If teacher does **not** say "Umpire says", e.g. says "holding the ball" and students perform signal, they must then kneel too
- On the second and subsequent rounds, if student signals incorrectly, they must sit on the ground on their bottom
- Students continue to play when kneeling or seated but will give teacher indication of who knows and can recall the signals correctly. This way the "winner" (last student standing) will call out the instructions for the next round
  - Play 2-3 rounds

**CHANGE IT:**

- Change Leader
- Eliminate

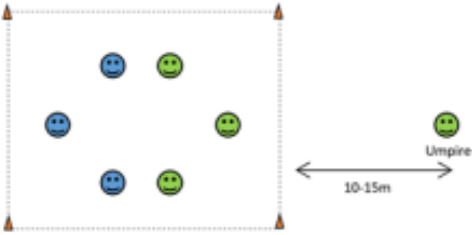
**LEARNING:**

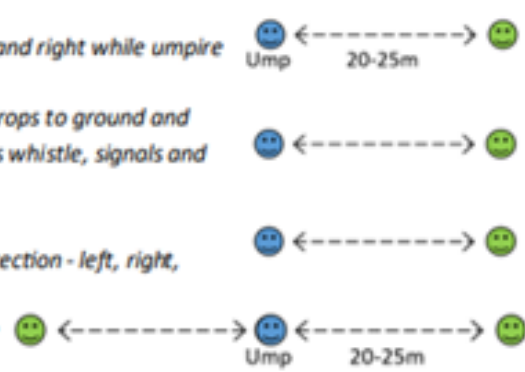
- ◊ Loud whistle
- ◊ Clear Voice
- ◊ Clear signals

**Discuss:** After signaling or to award a mark, which way does a field umpire point? – toward the opposition goal, this is different from every other sport





7 min	Handball Game - Decision Making
<p><b>Purpose:</b> Practising decision making, blowing whistle and using signals, keeping your distance and position</p> <p><b>Equipment:</b> Per group of 5-6 students: 4 cones, 2-3 Sashes / bibs for defenders, 1 football, 1 whistle per student</p>	<p><b>CHANGE IT:</b></p> <ul style="list-style-type: none"> <li>• Can use tennis balls or soccer balls instead of footballs (throw instead of handball)</li> <li>• Change Umpires every 30 seconds</li> <li>• Make area bigger and include kicking and paying marks</li> </ul> <p><b>LEARNING:</b></p> <ul style="list-style-type: none"> <li>• How far away should the umpire position themselves from the play?               <ul style="list-style-type: none"> <li>◊ 10-15m away</li> <li>◊ Side-on</li> <li>◊ Always on the move</li> </ul> </li> <li>• Loud whistle and voice</li> <li>• Practice using signals</li> <li>• Always <b>protect the ball player</b></li> </ul>
<p><b>Set up:</b></p> <p><u>Keeping Off - Handball Game</u></p> <ul style="list-style-type: none"> <li>• Students form groups of 5-6: 2 v 2 or 3 v 2 with one student umpiring</li> <li>• Aim of the game for players is to complete 5 consecutive handballs without the other team intercepting or the ball hitting the ground (only handballing)</li> <li>• The players have 3 seconds to dispose of the ball and if the defenders tag the attacker with the ball with two hands, this is Holding the Ball and a turnover occurs (no further contact allowed). Players must stay within the boundary area.</li> <li>• <i>Umpire</i> aims to maintain 10-15m away and side-on to contest, always on the move           <ul style="list-style-type: none"> <li>◊ Umpire is watching for any free kicks that might occur and, when they do, blows their whistle loud, clear voice and signals to communicate free kick to players</li> <li>◊ <b>Umpire: loud whistle → loud voice → clear signal</b></li> </ul> </li> </ul> <p><i>ASK: What decisions might the Umpire have to make in this game?</i></p> <ul style="list-style-type: none"> <li>• Holding the Ball</li> <li>• Holding the Man</li> <li>• Throw</li> <li>• High Tackle</li> </ul> <p><i>ASK: What is the main role of the field umpire?</i></p> <ul style="list-style-type: none"> <li>• To keep players safe and ensure the game is played fairly - need to pay <b>“protection of the ball player”</b> free kicks</li> <li>• What are some examples of this type of free kick:           <ul style="list-style-type: none"> <li>◊ High tackle</li> <li>◊ Push in the Back</li> <li>◊ Holding the man</li> <li>◊ Trip</li> </ul> </li> </ul> <div style="text-align: center; margin: 10px 0;">  <p>The diagram illustrates a handball game area enclosed by a dashed line. Inside the area, there are four players: two represented by blue smiley faces and two by green smiley faces. Outside the area to the right, an umpire is represented by a green smiley face. A double-headed arrow between the right side of the play area and the umpire is labeled '10-15m', indicating the required distance.</p> </div> <p><i>ASK: What else will help the umpire be successful in this game?</i></p> <ul style="list-style-type: none"> <li>• Distance from play – keeping distance so that the umpire can see all of the play (back towards the centre of the ground, 10-15m away, side-on to play)</li> <li>• Loud whistle, clear signal and communication with players</li> </ul>	

7 min	Positioning - Mirrors	
<p><b>Purpose:</b> Practice maintaining 20-25m distance, staying side-on and positioning yourself with your back toward the centre of the ground</p> <p><b>Equipment:</b> 1 whistle per student, 1 football per pair</p> <p><b>Set up:</b></p> <ul style="list-style-type: none"> <li>• <i>ASK: In the last activity we talked about keeping your distance from the play. How far away from play do we want to be? Why would we want to do this?</i> <ul style="list-style-type: none"> <li>◊ Approximately 20-25m side-on to the contest at all times.</li> <li>◊ This distance allows a good view of the immediate contest and players on the fringe of the contest</li> <li>◊ Also allows the umpire to move quickly towards the next act of play</li> <li>◊ If too close, focus of umpire narrowed to just the players in the contest</li> </ul> </li> </ul> <p>In pairs, take turns mirroring your partners movements</p> <ul style="list-style-type: none"> <li>• One person (umpire) starts toward the middle of the ground, other person (player) starts approx. 20-25m towards the boundary from umpire (depending on numbers – can use the centre square: umpire starts in the middle, player starts on the edge of centre square, 25m away)</li> <li>• Player (has a ball) moves left and right while umpire attempts to stay 25m away</li> <li>• After 30-40 seconds, player drops to ground and umpire calls a "ball up" (blows whistle, signals and runs in)</li> <li>• Swap roles</li> <li>• Next, player can move any direction - left, right, forwards, backwards, changes direction and umpire to practice positioning</li> </ul>		<p><b>CHANGE IT/ PROGRESSION</b></p> <ul style="list-style-type: none"> <li>• Player throws ball to themselves and umpire pays mark</li> <li>• Add extra player/s to imitate marks, handballs, kicks</li> <li>• Add a second player on other side of umpire. Umpire switches between which player they follow.</li> </ul> <p><b>LEARNING:</b></p> <ul style="list-style-type: none"> <li>• Keep your distance</li> <li>• Keep your vision wide and soft</li> <li>• Stay side-on to contest</li> <li>• Position yourself with your back toward the centre of the ground</li> </ul>
		

<b>5-10 min</b>	<b>Modified Small-Sided Game</b> <i>(extend time if you have a longer lesson)</i>
<p><b>Purpose:</b> Practice following the ball, maintaining 20-25m away and paying free kicks</p> <p><b>Equipment:</b> Two Fields: cones for field boundary, poles for goals, bibs for 2-3 teams, 1 football per field, 1 whistle per student</p>	
<p><b>Set up:</b></p> <ul style="list-style-type: none"> <li>• Split group into four teams (two games played at the same time), approximately 6 v 6 players with simplified rules             <ul style="list-style-type: none"> <li>◊ 2 people will field umpire each field (1 from each team) - rotate umpires every 2 minutes</li> <li>◊ Aim is for teams to score by kicking the football in the goals</li> <li>◊ The umpires should pay the free kicks and marks that they see                 <ul style="list-style-type: none"> <li>* For example, High Tackle, Holding the Man, Holding the Ball, Throw, etc.</li> <li>* Remind students of the signals for Free Kicks and Marks before beginning</li> <li>* 2 umpires should umpire half the field each and <i>handover</i> play by calling "yours"</li> </ul> </li> </ul> </li> <li>• <b>Rules:</b> <ul style="list-style-type: none"> <li>◊ Start the game with a ball up</li> <li>◊ After a goal, restart the play with a ball up in the centre</li> <li>◊ When the ball goes out of bounds, the opposition team is awarded a free kick</li> <li>◊ No tackling or bumping – 2-hand touch and player must dispose of ball within 2 seconds</li> <li>◊ A mark can be paid for any kick (irrespective of distance)</li> </ul> </li> <li>• Rotate field umpires every 2 minutes</li> <li>• Rotate teams/opponents every 4 minutes</li> <li>• You may set up oval or rectangular-shape small fields, example below:</li> </ul>	<p><b>CHANGE IT/ PROGRESSION</b></p> <ul style="list-style-type: none"> <li>• Only have 1 field umpire per field</li> <li>• Rotate Umpires every 2 minutes</li> <li>• Change game to <i>only handballing</i></li> <li>• No contact - must dispose of ball after 5 seconds of possession</li> </ul> <p><b>LEARNING:</b></p> <ul style="list-style-type: none"> <li>• Keep your distance</li> <li>• Keep your vision wide and soft</li> <li>• Stay side-on to contest</li> <li>• Position yourself with your back toward the centre of the ground</li> <li>• Loud whistle &amp; voice</li> <li>• Clear signals</li> </ul>

<b>3 min</b>	<b>Recap and Close Lesson</b>
<p><b>Purpose:</b> Recap and consolidate concepts practised and discussed</p> <p><b>Equipment:</b> 1 whistle per student</p>	
<p><b>Set up:</b> <u>Recap by asking students to respond</u> - Response options: individually, together as a group, think-pair-share</p> <ul style="list-style-type: none"> <li>• What is the role of an umpire in sports?</li> <li>• What is the role of the field umpire?</li> <li>• Where should the umpire position themselves from the play?             <ul style="list-style-type: none"> <li>◊ 20-25m, side-on, with their back to the centre of the ground</li> </ul> </li> <li>• What are some of the benefits of being involved in umpiring?</li> <li>• Close lesson by thanking and praising students for their participation and engagement</li> </ul> <div style="text-align: right; margin-top: 10px;"> </div>	

## Additional/Extra Activity Options (if time permits to include)

7-10 min	Set Shots	
<p><b>Purpose:</b> Practise maintaining distance and position then implementing correct set shot procedure</p> <p><b>Equipment:</b> Per group - 1 whistle (each), 1 football, 2 goal posts (agility posts or cones can be used)</p>	<p><b>Set up:</b></p> <ul style="list-style-type: none"> <li>• ASK: Field umpires also have to communicate with boundary and goal umpires. With your partner, “do you know the field umpire signals for a Boundary Throw In, Goal or Behind?”</li> <li>• Ask class to share their ideas and then as a group practice the below signals: <a href="#">(images of signals listed at the end of Lesson 1)</a> <ul style="list-style-type: none"> <li>◊ Boundary Throw In</li> <li>◊ All Clear – Goal</li> <li>◊ All Clear – Behind</li> </ul> </li> </ul> <p><b>Set Shot Activity in groups of 3-4 (2-3 players, 1 umpire)</b></p> <ul style="list-style-type: none"> <li>◊ <i>Teacher/UDO to set up extra goal posts around oval</i></li> <li>• Players kick the ball to each other; umpire must try to stay 20-25m away and side-on to the contest - award marks and free kicks as they see them</li> <li>• When one player marks the ball and points to goal, umpire runs in and performs set shot procedure:           <ul style="list-style-type: none"> <li>◊ Stand behind mark, line up kicker (through the mark to the middle of the goals), clear protected area, back out 10m</li> <li>◊ Swap umpires. “Players” to provide umpire with feedback according to cues</li> </ul> </li> </ul>	<p><b>CHANGE IT</b></p> <ul style="list-style-type: none"> <li>• Add additional players</li> <li>• Practise setting up set shot on different angles to the goals</li> <li>• Perform different scenarios</li> </ul> <p><b>LEARNING:</b></p> <ul style="list-style-type: none"> <li>• Loud whistle, clear communication and signal</li> <li>• Stay 20-25m away and side-on</li> </ul>

5-7 min	Starting a Match	
<p><b>Purpose:</b> Practise starting play, backing out to a good distance, position and movement</p> <p><b>Equipment:</b> 6 cones, 4-6 footballs, 1 whistle per student</p>	<p><b>Set up:</b></p> <ul style="list-style-type: none"> <li>• Split class into two groups and use a football centre circle if you have one</li> <li>• Students to practise starting a match/restarting after a goal           <ul style="list-style-type: none"> <li>◊ Starting at the edge of the centre circle, students walk in and throw the football up (6m high) for a ruck contest and back away backwards to the cone</li> <li>◊ Students then run from One cone to the next, as if they are following the play</li> </ul> </li> </ul>	<p><b>CHANGE IT</b></p> <ul style="list-style-type: none"> <li>• Add ruck players to contest the ball</li> <li>• Partner stands on the other side of ball up &amp; holds up numbers on their hand - their partner has to say the numbers out loud after the ball up to practise looking at the players &amp; not the ball</li> </ul> <p><b>LEARNING:</b></p> <ul style="list-style-type: none"> <li>• Practise backing away to 20-25m, changing direction &amp; keeping a good distance from play</li> </ul>



**Additional/Extra Activity Options (if time permits to include)**

**7-10 min      Zig Zag Decision Making Activity**

**Purpose:** Practise positioning and movement, loud whistle and communication

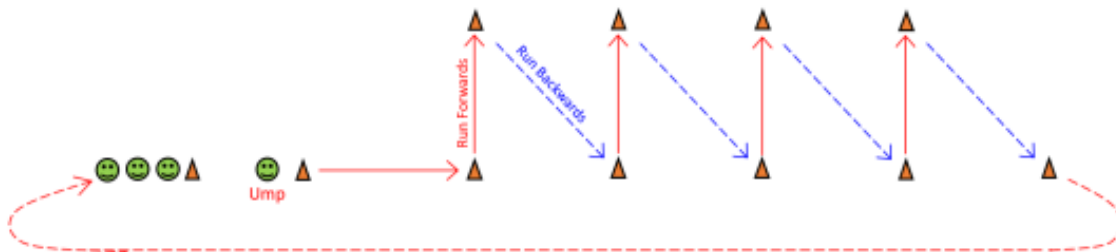
**Equipment:** 10 cones, 5-10 footballs, 1 whistle per student

**Set up:**

- Split class into two groups and set up two sets of the activity - can be completed simultaneously by two groups
- Students to practise movement and paying free kicks/marks:
  - ◊ One at a time, students practise making a decision by blowing their whistle, signalling and triggering in to set up mark (at a cone), back away and then run on to next contest (next cone) and repeat to each cone

**CHANGE IT**

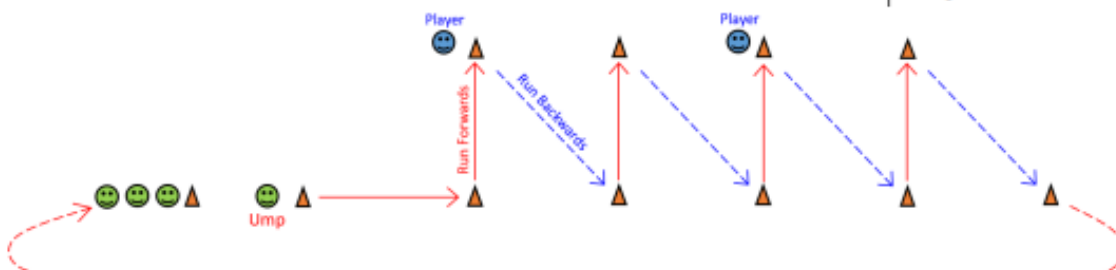
- Add additional players
- Teacher/student calls out a type of free kick at each cone, umpire signals & communicates accordingly



- ◊ **Progression 1:** Add a student at some or all cones with a football, the student throws the ball to themselves and to indicate a mark. The umpire blows their whistle and signals the mark and runs in (diagram below)

**LEARNING:**

- Loud whistle, clear communication and signal



- ◊ **Progression 2:** Add another student to each cone as the defender, umpire needs to pay the mark/free kick and trigger in to set up the mark - Where is the mark? Who's kick is it? (diagram below)

- Stay 20-25m away and side-on
- Trigger in, set up mark and back out



20-30 min Match day Modified Small-Sided Game	
<p><b>Purpose:</b> Practice maintaining correct decision making position, adjudicating contests, signalling appropriately, performing skills correctly and communicate with players and other umpires</p> <p><b>Equipment:</b> Two Fields: cones for field boundary, poles for goals, bibs for 2-3 teams, 1 football per field, 1 whistle per student</p> <p><b>Set up:</b></p> <ul style="list-style-type: none"> <li>• Split group into two-four teams (one-two games played at the same time), approximately 6 v 6 players with simplified rules</li> <li>◊ 2 people will <b>field umpire</b>, 2 people will <b>boundary umpire</b> and 2 people will <b>goal umpire</b> each field (3 umps from each team) - rotate umpires every 2 minutes</li> <li>◊ Aim is for teams to score by kicking the football in the goals</li> <li>◊ The <b>field umpires</b> should pay the free kicks and marks that they see           <ul style="list-style-type: none"> <li>* For example, High Tackle, Holding the Man, Holding the Ball, Throw, etc.</li> <li>* Remind students of the signals for Free Kicks and Marks before beginning</li> <li>* 2 umpires should umpire half the field each &amp; <i>handover</i> play by calling "yours"</li> </ul> </li> <li>◊ The <b>boundary umpires</b> should remain on the boundary line and maintain correct distance from the play. They need to adjudicate boundary line decisions and throw the ball in when appropriate. When a goal is scored, they should relay run the ball back to the centre of the ground</li> <li>◊ The <b>goal umpires</b> should position themselves according to the ball, keeping a straight line between the ball and the middle of the goals. They need to adjudicate scoring line decisions and communicate effectively with the boundary and field umpires. When a score occurs, they should signal appropriately with their hands and their flags.</li> </ul> <p><b>They should also keep score on their score card</b></p> <p style="color: blue;">*** Print off score cards located at the end of Lesson 4</p> <p><b>Rules:</b></p> <ul style="list-style-type: none"> <li>◊ Start the game with a ball up</li> <li>◊ After a goal, restart the play with a ball up in the centre</li> <li>◊ When the ball goes out of bounds, a throw in will occur</li> <li>◊ No tackling/bumping: 2-hand touch &amp; player must dispose of ball within 2 secs</li> <li>◊ Mark can be paid for any kick (irrespective of distance)</li> </ul> <ul style="list-style-type: none"> <li>• Rotate field, boundary and goal umpires every 3-4 minutes</li> <li>– Pair students together, they will rotate as a pair from field to boundary to goal umpire to player, etc. Try to ensure all students perform each discipline.</li> <li>• Rotate teams/opponents every 5-8 minutes</li> <li>• <b>Together with teacher and Community Umpire Manager / Coach - Observe each student as an umpire and assess (if required) according to rubric</b></li> </ul>	<p><b>CHANGE IT/ PROGRESSION</b></p> <ul style="list-style-type: none"> <li>• Rotate Umpires every 2-4 minutes</li> <li>• Change game to <i>only handballing</i></li> <li>• No contact - must dispose of ball after 5 seconds of possession</li> </ul> <p><b>LEARNING:</b></p> <ul style="list-style-type: none"> <li>• Practice maintaining correct decision making position</li> <li>• Adjudicating contests</li> <li>• Signalling appropriately</li> <li>• Performing skills correctly</li> <li>• Communicate effectively with players and other umpires</li> </ul>

# ADDITIONAL SESSION PLAN

- Start time as per the calendar.
- Equipment requirements from the club
- 3-4 size 2 footballs and 8-10 cones

**First 10-15 minutes in the club rooms or somewhere undercover please cover the following topics.**

Pre-game instructions, understand the Umpires have been doing games for several weeks or in some cases a season or two, however we need to know they are doing things correctly.

- Arrive 30 minutes before fully dressed, hat on shirt tucked in and socks up. Water bottles and whistles ready to go.
- Meet the Umpire Coordinator and find out which game they are umpiring and collect the match footy, they can leave this in the Umpire room until the game commences.
- Go onto the field and meet the coaches, managers, and players of each team. Introduce yourself and check the player's boots and fingernails. Tell them; do not be afraid to send kids to get their nails cut.
- Check the field is ready and there is no rubbish on the field.
- Go back to the Umpire rooms and collect the footy, be out on the ground 5 minutes before the match.

## Post-game instructions.

- Shake hands with the players and coaches.
- Collect the footy and return to the Umpire Coordinator.
- Have a drink take a rest and maybe stay and watch some of the other Umpires doing their games to learn a bit more.

## Basic Rules

Take them through **the basic rules in the handbook**, especially get an understanding of their interpretation of tackles from under 8' through to under 11 girls, there are differences.

- Holding the ball



- Out of bounds rule
- Incorrect disposal
- Kicking off the ground (confirm the difference between accidental and deliberate)
- In the zones (ok to come out a few steps to collect the footy so long as they go back in asap)
- Kicking through zones (no kicking from the back to the forward zone)

### Take the Umpires on to the field.

1. Take them through the same **basic rules and the signals they need to use**. They need to have strong signals, loud voice, and strong whistles.
  - Set up a few cones about 10 metres apart, line the Umpires up and have them run the 10 metres distance blowing their whistle and signalling the infringement, take them through as many infringements as you can.
  - Ask them to demonstrate the signals they need to use be sure they are strong signals not lazy arms etc.
  - If it is holding the ball for example teach them to blow their whistle, signal and run in to set up the mark (mock set up) use their words in the mock set up eg HTB run in say the mark is here (point to the ground) look to where the player with the possession would be, back out and call play on.
  - There should be several different infringements you can take them through.
  - Do this for about 15-20 minutes, bring them in for a debrief and allow questions to be asked.
2. **Ball up and backing out**, set up 3 cones 10-15 metres apart.
  - Have them practice their ball ups, (signal clearing the path behind them) backing out for 5 -8 metres, move sideways to anticipate where the ball is going.
  - Head to the next cone running an arc, blow their whistle and signal ball up, stand at the cone (mock Pick 2 players to be in the ruck). Ball up and back out to the next cone do the same again. We are looking for loud whistle crossing of the arms signal to the chest (signal ball up)
  - Once they reach the third cones ask them to come back to the start and go through the 3 cones again.
  - Do this for approx. 10-15 minutes, bring them in for another quick question and





answer session.

### Q & A

At the end of the on-field activity, have another **Q&A session** bring parents in as well, they are the ones that will be taking them to their games, watching them and helping them with their pre- and post-match roles. 5-10 minutes.

**End session.**







## AFL Queensland Umpiring Department

AFL Queensland Administration & Training Centre  
Cansdale Street, Yeronga QLD 4104

**Interested in becoming an Umpire?**

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