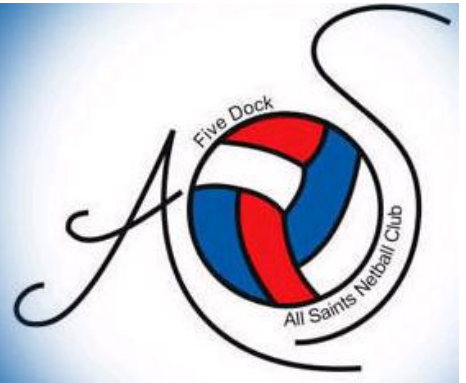


Five Dock All Saints Netball Club



Basic Introduction to Junior Umpiring

*Taken from the Official Rules of Netball Edition 2007
Plus: IWNSA Rules for Modified Games*

This "guide" does not replace the official Rules Book of Netball or the official umpiring "U for Umpiring" rule book.

All players, umpires and coaches are required to read the rule book and the umpire rule book.



Once participants have read the Official Rules book and the U for Umpiring book they are eligible to sit the umpire's exam.

Visit: <http://netball.com.au/get-involved/umpiring/accreditation/section-1-theory-exam/>
to sit your online paper.

Anyone can sit this exam at any time and you have unlimited attempts until you get a pass mark.

Your job is to make sure the game is played fairly and within the rules



Umpires blow the whistle to:

- Start and stop the game
- Signal the end of the each quarter of the game
- To restart the game after an interval
- Signal when an infringement is penalised
- Signal when a goal has been scored
- Signal the timekeepers to hold time for stoppage
- During a toss up
- When the ball goes out of court



UMPIRE EQUIPMENT

Elastic Band:

- Is used to keep track of which team has the next centre pass.
- After each goal is scored change the elastic band to the other hand. At the end of the quarter take note which hand the elastic is on for the following centre.
- Note: at the end of each quarter do not change the elastic band, it remains on the same hand
- At the start of each quarter the centre pass is given to the team having the goal end the umpire's elastic band is on. Signal the direction of the next centre pass when running back to the centre third and call the club name.

Whistle:

- A finger whistle only.
- Blow your whistle with short sharp blasts – make sure players and the other umpire can hear it and that it's clear and crisp.

Voice: firm, loud, clear – manners matters and be assertive, reinforce all decisions with hand signals



Hand signals: learn and use the correct hand signals – this will help players understand your calls

Train your mind: practice counting 3 seconds, judging 3 feet (0.90m)

Official Rule Book: read the Official Rule book for Netball and “U” for Umpiring Rule book

Clothing: either the FDAS uniform or white umpire uniform

Water: it's very important to keep hydrated especially during fast paced games

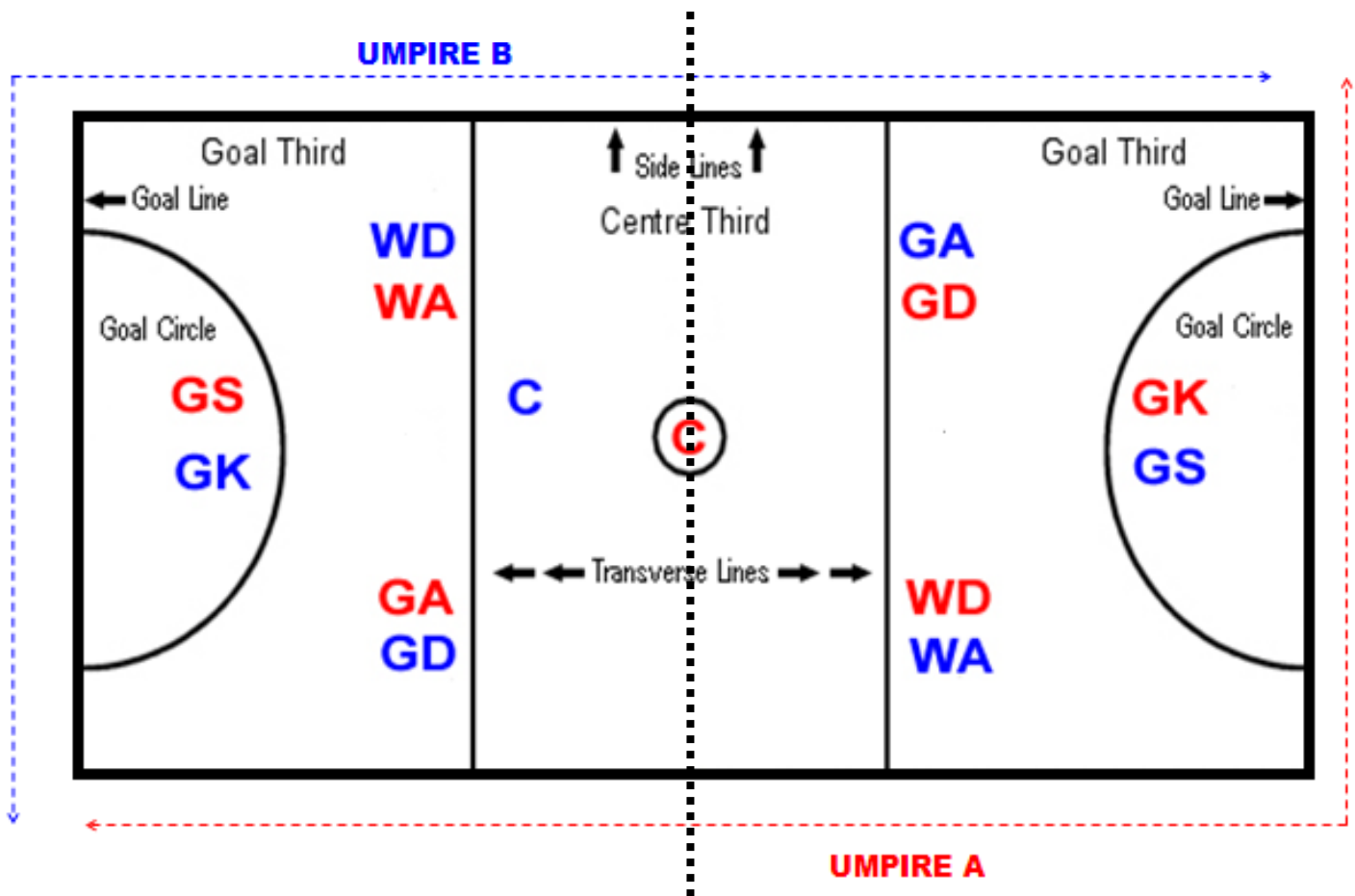
Everyone learns in different ways, some by watching other umpires, some from the rule book and some just by doing it – learn the best way that works for you.

BEFORE THE GAME



- Arrive 20 minutes before your game to do 10 minutes of warm up stretch exercises
- Sign in at the Umpires window at the Administration Building 15 minutes before the game
- Check the court number you are umpiring at
- Go to the court
- Check court and equipment looks safe
- Check the players for:
 - (a) Correct uniform
 - (b) No jewellery – medical alert bracelets are allowed as long as they are taped (Official Rules of Netball Edition: Rule 1.4.3)
 - (c) no adornments
 - (d) Nails – must be short and smooth (umpires are not to run their hands over the players hands) (Official Rule Book Edition 2007: 3.1.2 (i) (ii))
- Introduce yourself to the other umpire
- After the captains have tossed for the 1st centre pass and notified the umpires who has the 1st centre pass, the umpires will toss a coin to decide their goal ends. The umpire winning the toss will umpire the designated northern half. (Official Rule Book Edition 2007: 3.1.4)
- Be ready on your sideline position to start the game when the buzzer sounds

AREAS OF CONTROL



Each umpire controls half the court and the side line on the side they are standing on. Umpires are responsible for making calls in their area of control and should avoid making calls when the play is in the other umpires area of control.

POSITIONING:

Try to be a little bit ahead of the play, try not to be behind

- Make sure you can see between the player with the ball and the defender
- Make sure you can see all the other players
- Do not let players or parents block your vision – if parents are in the way you are allowed to ask them politely to move back off the side line
- When a shot for goal is being taken make sure you can see all the players around the circle as well as those inside the circle
- Do not take your eyes off the players to watch the ball going through the ring
- When you blow your whistle for an infringement the player should be able to see you without having to turn around and find you – if they can't see you then you need to check your positioning (remember, a little bit ahead of play)



- When moving along the side line and the goal line try to face the court at all times, not sideways and do not turn your back on the court.



- When a goal is scored or a ball is intercepted in the goal circle and then thrown quickly into the centre third do not walk along the side line –

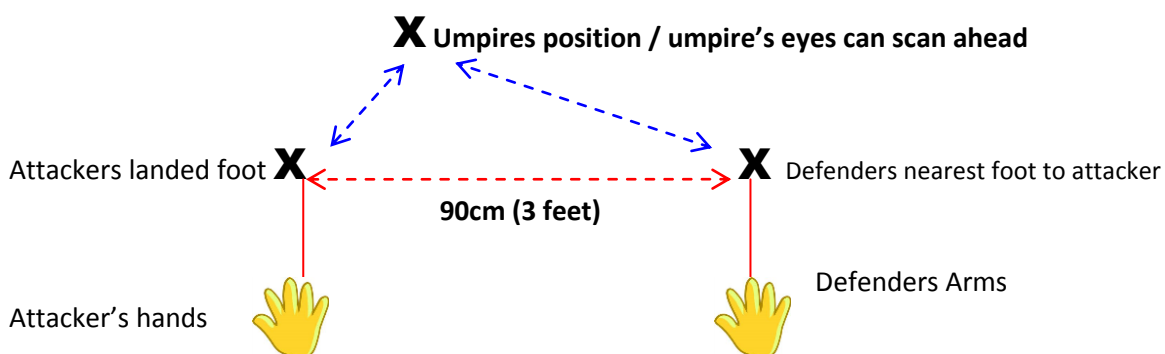
RUN!.. you must try very hard to keep up with the play until it goes into the other umpires half.

The umpire MUST be in the BEST position to SEE WIDE and to SEE THROUGH the players

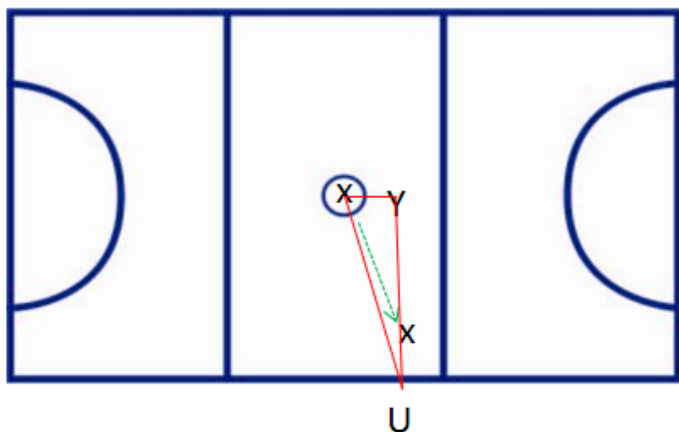
Umpires must keep up with the players throughout the whole game

List of things to check:

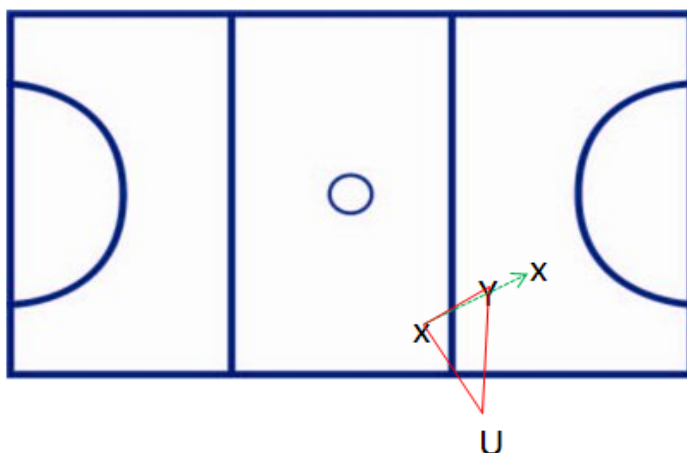
- How was the ball caught? ie: was there any contact ?
- Check the Attackers landed foot (person who caught the ball)
- Check the Defenders feet (are they obstructing ie: arms before distance)
- Check is there 3 feet between the players
- Scan other players positions and movements
- Move to the next spot where the next pass WILL be thrown/caught



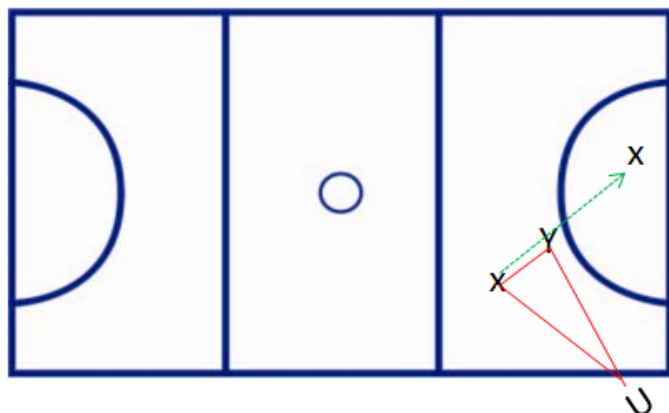
Suggested Umpires position at a Centre Pass



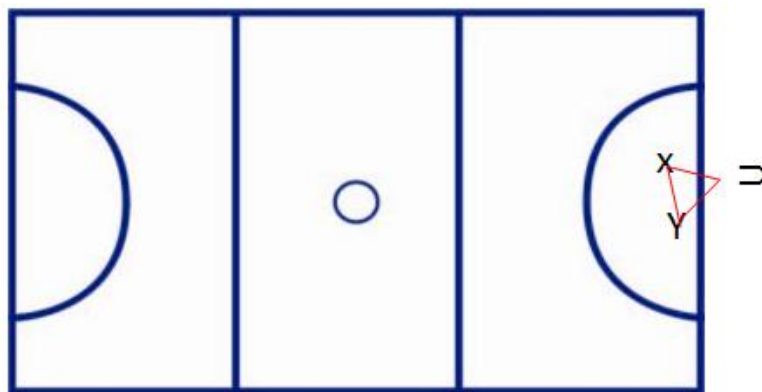
Suggested Umpires position ball being thrown into Goal Third



Suggested Umpires position ball going into Goal Circle



Suggestion Umpires position between Shooter & Defender



AREAS OF PLAY FOR PLAYERS ON THE COURT





Net Set Go! – Modified Netball

Coaches of the NetSetGo! teams are asked to coach their teams/players to the normal rules of netball (IWNSA guidelines).



The below modified NetSetGo! rules are for the umpires umpiring these games only, to allow for more flow in the game.

FDAS NetSetGo! umpires have the choice to be issued with an “umpire in training” bib/vest if they like, which is to be returned to the FDAS Umpire Convenor at the end of each game.

All players should experience all positions over the season. Game time should be evenly distributed amongst all the players – but this task is for the Coach of the team to organise not the umpire(s).



So ... how many differences are there between normal netball rules and modified NetSetGo! rules? ... 7

RULE	MODIFIED / NETTA NETBALL	NETBALL
Length of Game	4 x 10 minutes	4 x 15 minutes
Time to pass the ball	Up to 5 seconds	Up to 3 seconds
Stepping (footwork)	Shuffling on the spot allowed to regain balance – not to move forward	Strict footwork rules
Obstruction	Must be 4 feet (1.2m) from player	Must be 3 feet (0.9m) from player
Defending	One on one defence only, no ganing up on players	Variety of defending allowed, as long as players are 3 feet from player
Scoring	Scores may be kept but no ladder is produced	All goals to be recorded on the score sheet. Competition points are allocated to the game.
Ball size	Size 4	Size 5

8 Years –

- All players in 8 Years must be rotated but this is for the coaches to organise not the umpire
- The umpire is permitted onto the court to help direct play for both teams

9 Years –

- 9 Years do not have to all be rotated like the 8 Years but it is recommended that some players are rotated to allow the players to experience all the positions – this is for the coach to organise not the umpire

Both 8 Years and 9 Years -

- Both 8 Years and 9 Years play with a size 4 ball – it's smaller
- They are allowed 5 seconds from when they catch the ball
- They are allowed to shuffle with their feet but only to gain balance - NOT to shuffle forwards
- Each players must play 2 quarters in each game, doesn't have to be one after the other, just as long as 2 out of the 4 quarters this is for the coaches to organise not the umpires.

Defending:

- They must be 4 feet (1.2m) away from their players eg: 4 feet from the attackers landed foot to the nearest defenders foot
- The umpire will then show/explain to the offending player what the correct distance is

Contact:

- When a contact occurs the umpire will award a Penalty Pass and explain in simple words to the defender what contact is eg: you can't bump the other player or take the ball out of their hands.

Defending:

- Only 1-on-1 defending is allowed, can't gang up on a player.

Game:

- Is 10 minutes each quarter (total 40 minute game)
- There are no finals in Modified netball



ANZ NetSetGO COMPETITION RULES



PROGRAM CONTENT FOR 'SET - TIER'

Here are the modified rules for the competition component of ANZ NetSetGO. They have been designed to make the games more fun and more competitive.

MATCH DURATION

4 x 10 minute quarters.

BALL

Size 4.

GOAL POST

2.4 metres (8 foot) in height.

TIME TO PASS BALL

Up to 5 seconds.

STEPPING

Shuffling on the spot to regain balance allowed without moving down the court.

DEFENDING

Strict "one-on-one" defence. Players may defend a shot at goal.

OBSTRUCTION

A player must defend from a distance no less than 1.2m (4 ft).

SUBSTITUTIONS

Players should experience all positions over the course of the program/season.

The game time should be evenly distributed amongst all players. A team (up to 10 players is recommended) may make unlimited substitutions at intervals or at any time during play. The procedure for making a substitution during play is:

- Before entering the Court, the substitute shall tag the player leaving the Court.
- Both the substitute and the player leaving the Court shall not interfere with the play during the substitution process;
- Both the substitute and the player leaving the Court shall observe the Offside Rule when leaving or entering the Court.
- Players should be substituted into either only attack positions or only defence positions for the duration of the game.

CENTRE PASS

The initial Centre Pass will be taken by the team that won the toss and all other Centre Passes shall be taken by the team that did not score the last goal.

AWARDS AND SCORING

Scores may be kept but no ladder produced. No final matches should be played.
Each participant in the competition should be given a memento of participation e.g. a medal.



Netball Australia 191 Johnston Street, Fitzroy; VIC 3065 | PO Box 13285, Law Courts VIC 8010
T +61 3 8621 8600 F +61 3 8621 8625 E info@netsetgo.netball.asn.au

Connect with us:

www.netsetgo.asn.au

facebook.com/NSGnetball



BASIC OUTLINE NETBALL RULES – TYPES OF PENALTIES

There are 5 types of penalties

Free Pass ... Penalty Pass ... Throw In Penalty Pass or Shot .. Toss UP

Free pass

- Is awarded on court where the infringement occurred by any player allowed in the area.
- The offending player does not have to stand beside the player.
- If a free pass is awarded in the goal circle the shooter can only pass the ball – not shoot.

Penalty pass / Penalty Pass or Shot

- This is awarded for “contact”, “intimidation”, “obstruction”.
- The pass is taken where the infringement occurred.
- Any player who is allowed in the area can take the pass, or in the goal circle the GS or GA can take the shot.
- The player must stand beside the player – that player cannot speak or take part in the play.

Throw in

- When the ball goes out of court.
- It is taken by the team that did not touch the ball last.
- Player taking the throw in must place one or both feet behind the line where the ball left the court.

Toss up

- When an umpire cannot decide who touched the ball last or knocked the ball out of court.
- The 2 players stand 3 feet (90cm) apart facing each other.
- Their arms are to be straight down their sides, they must not move until the umpire blows the whistle.
- The umpire tosses the ball between the waist and shoulders of the players – if one of the players is shorter it is up to the shorter players shoulder height.
- If it's a GA or GS involved in the toss up inside the goal circle and they win the ball they are allowed to shoot for a goal.

Signal for TOSS UP



A player cannot:

- punch, roll, kick or fall onto the ball.
- Catch or throw the ball lying down or sitting on the court or kneeling on the court
- Use the goal post as a way to regain balance or support while stopping the ball from going out of court

Penalty: Free pass

Hand Signal:

Below are some abbreviated explanations and the penalties for the infringements – please refer back to your rule books for the full descriptions.

Offside:

- Is when a player enters an area with or without the ball in which they are not allowed.
- A player can reach for or lean on a ball in an offside area provided no physical contact is made to the ground in the offside area
- A player standing ON the line is NOT offside, but a player standing OVER a line IS offside.

Official Rules 2007 Edition: 8.2 – Lines bounding each area are part of that area.

Therefore the line bounding the court is part of the court (not out of court). This means that a player with her foot on the line bounding the court (eg: Side Line or Goal Line) is NOT OUT of Court. Similarly the lines bounding a player's playing area are part of that playing area.

- Example: if a GA has her foot on the transverse line for a Centre Pass she should not be penalised.
- Example: If the WA has her foot on the line bounding the Goal Circle she should also not be penalised as this line forms part of her playing area

Penalty: free pass to the other team where the infringement occurred.

Hand Signal: semi circle action of one arm



- If 2 players go offside together but neither one has the ball there is no penalty and play continues
- If one player who is not allowed in the centre third (eg: GK Red Team) and another player who is not allowed in the goal third (eg: WD Blue Team) go offside at the same time and one of them or both of them had contact with the ball a toss up in the centre third is taken by 2 players allowed in the centre third.

Breaking:

- When a player enters the centre third before the whistle is blown for the Centre Pass

Penalty: Free Pass to the other team where the infringement occurred (player does not stand beside player)

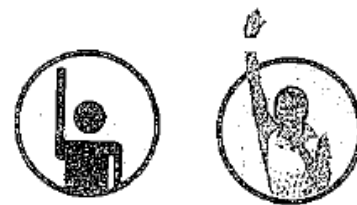
Hand Signal: semi circle action of one arm



Time / Hold Time:

Hand Signal: arm raised high as whistle is blown

Time

**Out of court:**

- A ball is out of court when it is carried or touches anything out of the court.
- The last team to have touched the ball is deemed to have caused the ball to go out of court

NB: The goal posts in netball in considered IN.

- Note; a player must approach the line BEFORE throwing the ball in and the feet must NOT be touching or over the line.
- All players must be on court before the throw in can be taken

Penalty: throw in by the other team where the ball crossed the line

Hand Signal:

Centre Pass:

- The Centre must be fully wholly within the circle either on 1 foot or both feet before the whistle is blown.
- After each goal is scored a new centre pass is taken by the other team's centre, irrespective of who scores the goal.
- The Centre Pass must be caught by a player in the centre third.
- Other than the other teams centre, players are not to enter the centre third until the whistle is blow for the start of the game. This is called BREAKING
- If at a Centre Pass the ball is still in the centre's hands when the umpire blows the whistle for end of the quarter or half – and as long as there was no infringements – that team will take the Centre Pass after the interval.

Penalty: (Breaking) Free pass to the other team in the centre third where the players crossed the line

Hand Signal: semi circle action of one arm

**Untouched - Over a Third:**

- Is when at the Centre Pass the centre throws the ball and it goes over the transverse line untouched by any players.
- Is when the ball is thrown over a complete third of the court without being touched by a player

Penalty: Free Pass in the goal third where the ball crossed the transverse line.

Hand Signal: semi circle action of one arm

Untouched - Out of Court:

- Where the centre pass ball is passes untouched over the sideline a throw in is awarded.



Scoring a Goal:

- Only by the GS or GA inside the goal circle can shoot.
- If the whistle IS blown for the end of the quarter as the GS or GA take a shot and the ball hasn't gone through the goal ring then that point doesn't count.



Hand Signal for Goal: arm raised high as whistle is blown

Except for: Penalty Pass or Shot – where the shooter is permitted to take the shot after the whistle has blown due to an infringement.

Goal Post: a player cannot use the goal post to swing off on, push off, steady themselves to regain balance.

Penalty if GK or GD does this: Penalty Pass or Shot

Penalty if GS or GA does this: Free Pass to the other team

Hand Signal:

Replay:

- A player who has full control of the ball ie: they have caught the ball without any trouble, cannot bounce the ball like basketball to themselves.
- After throwing the ball a player cannot catch it again until it is touched by another player or it rebounds off the goal post.

Penalty: Free Pass to the other team, offending player does NOT stand beside player

Hand Signal:

Note: if a player does not catch the ball cleanly (fumbles) it may be bounced once to gain possession or to bat it to another player.

Short Pass:

- There must be room for a third player to move in between the hands of the thrower and the catcher.

Penalty: Free pass to the other team, offending player does NOT stand beside player

Hand signal: hands held a short distance apart in front of the body

Signal for SHORT
PASS



Held Ball:

- A player must pass the ball or shoot for goal within 3 seconds of receiving the ball.
- The time starts when the player catches the ball

Penalty: Free pass to the other team, offending player does NOT stand beside player

Hand Signal: 3 fingers apart held up

Signal for HELD BALL
(3 seconds)



Contact:

- Players cannot accidentally or deliberately contact another player which interferes with their play. Eg: pushing, charging, tripping, and throwing your body against an opponent, using the ball to push or contact an opponent.
- Players must not hold an opponent or keep their elbows against another player.

Penalty: Penalty Pass to the other team & person who contacted stands besides the player

In the goal circle: Penalty Pass or shot and offending player stands besides the player.

Hand Signal: one hand hits the other on the wrist or area of contact



CONTACT - Arm



CONTACT - Leg



CONTACT - Shoulder

Obstruction / Holding:

Penalty: Penalty Pass, offending player stands beside player

Hand Signal: both arms outstretched and rounded to the front of the body

- A player can stand close to their opponent without the ball as long as their arms are not extended or use any intimidating actions.
- If the player with the ball lessens their distances to the defender (they step in) then the defending player is not considered to be obstructing because the attacking player (not the defender) shortened the distance.



Obstruction / Distance:

- Distance is measured from the landed foot of the player with the ball and nearer foot of the defending player.



Players cannot defend with their arms extended if they are not 3 feet (90cm) from the player who caught the ball. This is measured from the first landed foot of the player who caught the ball and the nearest foot of the defending player.

Penalty: Penalty Pass, offending players stands beside player

In the goal circle: penalty pass or shot

Hand signal: hands apart in front of body



Stepping:

It is important for you to drop your eyes downwards every time a player lands with the ball to check how they have landed.

One Foot Landing:

- When a player lands on 1 foot they can step with the other foot, lift the landed foot BUT must throw the ball BEFORE re-grounding that 1st landed foot.
- Players can pivot on the landed foot, stepping in any direction with the other foot as many times as they like - but once that pivoted foot is lifted they must pass or shoot before re-grounding that foot.
- A player cannot drag or slide the landed foot.

Two foot landing:

- If a player catches the ball and lands at the same time with both feet on the ground they can step in any direction with one foot, lift the other foot but must throw or shoot before re-grounding this foot.
- They can pivot on this foot stepping in any direction with the other foot as many times as they like - but once that pivoted foot is lifted they must pass or shoot before re-grounding that foot.

Penalty: free pass to the other team where the stepping occurred, offending player does NOT stand beside player

Hand signal to be used: moving hands in an up & down motion



Signal for STEPPING

Direction of Pass



Blood Policy

- An umpire is required to call time when no player on court has called time and the umpire can see that a player is bleeding or there is blood on the court, ball, any other player.
- Play is stopped for up to 2 minutes and the rules for “stoppages” applied.
- Before the player can return they must have stopped the flow of blood, covered the wound adequately, any blood stained clothing must be cleaned or removed. If necessary the ball and court must be cleaned before play restarts.

Advantage: beginner umpires are not expected to call advantage at this early stage. As you become more experienced further coaching/mentoring will be provided.

Remember, this booklet is only a brief guideline. It is important for all umpires, players and coaches to read to rule books.



**Good luck and enjoy
your time umpiring!**



Quick Quiz

How many seconds can a modified player hold the ball before passing?

Can a modified player shuffle their feet to regain their balance when they have caught the ball?

Can a GK or GD in a modified game defend a GS or GA when taking a shot at goal?

How many feet (metres) must a defending player be when defending a player with the ball in a modified game?

In a 9 Years modified game, can an umpire enter the court to direct play?

In a modified game of netball, if a player is "out of play" due to an obstruction or a contact infringement do they have to stand beside their player?

When does an umpire blow her whistle?

Before the start of the game, what things should an umpire do ?

When can players be substituted during a game ?

Are players allowed to wear jewellery when playing?

Are Medical Alert bracelets allowed to be worn ?

If a players is taken off court and replaced during the game, can that player be allowed back on court ?

Throw in: what must an umpire check as the player throws the ball ?

What is the penalty awarded for the below infringements?

(Hint: Free Pass, Penalty Pass, Throw In, Penalty Pass or Shot, Toss Up)

1. Stepping _____
2. Contact by a Defender inside the Goal Circle _____
3. Obstruction (not 3 feet) by a Defender in the Goal Circle _____
4. Obstruction by the Attacker inside the Goal Circle _____
5. Contact by the Attacker outside the Goal Circle _____
6. Obstruction outside the Goal Circle _____
7. Untouched Centre Pass _____
8. Held Ball _____
9. Replay _____
10. Contact outside the Goal Circle _____
11. Short Pass _____
12. Offside _____
13. Over a Third _____
14. Simultaneous contact _____

15. Deliberately falling on the ball _____
What would the Umpire's decision /penalty be if a Defender places their hand on the ball held by the GS/GA in the Goal Circle?

If the GA pushes the GD out of the way as she is running into the Goal Circle what would the Umpire's decision/penalty be?

If the Defender is defending at the correct distance and the GS/GA with the ball steps into the Defender, would the umpire penalise the Defender for obstruction?

Why ?

If the GS and GK both have the ball but both go offside at the same time into the Centre Third:

What would the umpire decide? _____

Where would the penalty be taken ? _____

If a GS or GA win a toss up in the Goal Circle, are they allowed to shoot ?

If a player has her foot ON the transverse line (not over the line), is she offside ?

If a player has her foot ON the side line (not over the side line), is she offside ?



[illegible]