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## 1. BACKGROUND

The handbook has been developed to provide all beginner and local umpires within Port Macquarie Hastings Hockey Association, the basics required to umpire local hockey.

As an umpire I will adhere to the following:

- Dress in an appropriate manner,
- Ensure I am at the ground at least 20mins prior to my game
- Ensure I have my own whistle and cards
- I will not umpire with a bias attitude
- I will fill out the Umpires Information and Game Scores correctly
- I will write/check all incidents, and infringements on the card
- I will seek to find and listen to my Umpire Coach
- I will respect my fellow umpires
- I will conduct myself in a positive & professional manner
- I will not use derogatory or foul language
- I will not use social media to bully or belittle players, team mates or fellow umpires

## 2. GUIDE FOR HOCKEY UMPIRES

Advice will be given to you through the season at umpiring clinics & feedback sessions regarding:

- New rules
- Interpretations of rules
- Issuing cards,
- Whistle tone and use,
- Penalty corners and strokes,
- Playing advantage, When to and what it is,
- Feedback from your games, and
- Your conduct as a PMHHA umpire on and off the field.

The following is a list of hints in relation to umpiring in addition to the rule book which you can download for free at the FIH web-site [www.fih.ch](http://www.fih.ch)

## 3. DRESS

You will be provided: with an umpire vest or umpires shirt dependent on your skill level and umpire qualifications.

You will need to provide: Black pants/slacks, skirt, or shorts, cap. Do not wear your playing gear. If needed put tracksuit pants over the top.

#### 4. WHAT DO I NEED BEFORE TAKING THE FIELD

- Whistle,
- pen or pencil,
- cards (green, yellow and red cards),
- rule book,
- reliable watch,
- coin for toss for choice of end or ball, and
- a pre match talk with your co-umpire and umpire coach

#### 5. GAME ALLOCATIONS

Umpires are allocated each week by the match committees and will be displayed alongside the playing draws and in other prominent places around PMHHA. From time to time an umpire coach may alter these appointments so that they can work with certain umpires on certain games.

Throughout the season, local umpire coaches will watch your games and provide feedback on your performance. There will be regular umpiring meetings during the season to update you on interpretations and provide feedback

#### 6. THE UMPIRE

There are two umpires in each game of hockey. Together they are responsible for the entire field, including both team benches. They are responsible for penalising breaches of the rules, maintaining game control, and to check that safety prevails and the game is allowed to be played in a skilful and enjoyable atmosphere.

Umpires require good co-operation and communication skills and to use common sense and good judgement. Umpires need to stay calm and concentrate at all times and not be afraid to penalise unsporting like conduct and dangerous play.

**Whistle:** An umpire needs to blow the whistle firmly and clearly and to use tone variation.

**Signals:** An umpire needs to signal clearly and positively using the approved signals found in the rule book.

Initially you might feel more confident in the company of one of the senior umpires of the Association for one or two games.

**WARNING:** Having a friend will distract you and may impact on your ability to make good decisions during a game! **ONLY AN APPROVED UMPIRE COACH (Approved by the Executive) MAY ASSIST YOU WITH UMPIRING.**

## 7. SCORING A GOAL

A goal is scored when a ball has completely crossed the goal line on the ground or in the air. It must have been touched by an attacker's stick inside the circle. When a goal is scored, the umpire shall blow the whistle and turn and point both arms to the centre of the field.

**Note:** The ball does not have to hit the backboard to be a goal. The first hit at goal from a penalty corner has to cross the line at backboard height. The exception being if the ball is touched during flight and deflected up into the goal or the shot is a flick or scoop.

## 8. INFRINGEMENTS: WHAT A PLAYER CANNOT DO

- **Stick:** A player cannot play the ball with the back of the stick.
- **Feet:** A player cannot stop or play at the ball with their body, leg, foot or arm.
- **Obstruction:** A player cannot step into the way of another player who is trying to play at the ball.
- **Rough Play:** A player cannot push, trip, or interfere with an opponent in any way.
- **Tackling:** A player cannot hit, hook or hold an opponent's stick with their stick.

## 9. PENALTIES

These are awarded following intentional or unintentional breaches of the rules. The umpire is responsible for recognising the breach and then applying the appropriate penalty.

If the breach was UNINTENTIONAL AND OUTSIDE THE CIRCLE, a short sharp whistle is blown and a free hit is signalled.

If the breach was INTENTIONAL AND IN THE CENTRE 2 QUARTERS OF THE FIELD, the whistle is blown louder, to convey to the players that the breach is not acceptable. Then the free hit is signalled (in some circumstances a card (personal penalty) may be issued as well as the free hit).

If the breach was UNINTENTIONAL AND INSIDE THE CIRCLE, the whistle is blown and either a penalty corner awarded for the attackers or a free hit for the defender.

If the breach was INTENTIONAL AND INSIDE THE ATTACKING 23m AREA, the whistle is blown louder to convey to the players that the breach is not acceptable. The free hit is signalled. For defenders this would be a 15m hit out. For attackers this would be a penalty corner or a penalty stroke (note that a penalty stroke is given for an offence by a defender in the circle which prevents the probable scoring of a goal).

**Note:** Please consult the rule book for further information.

## 10. CARDS: GREEN YELLOW AND RED

For any offence, the offending player may be :

- Cautioned (indicated by spoken words);
- Temporarily suspended for a minimum of two (2) minutes of playing time (indicated by a green card)
- Temporarily suspended for a minimum of five (5) minutes of playing time (indicated by a yellow card).
- For the duration of each temporary suspension of a player on or off the field, the offending team plays with one less player.
- Permanently suspended from the current match (indicated by a red card). For each permanent suspension, the offending team plays for the remainder of the match with one less player.

A card (or personal penalty) may be awarded in addition to the appropriate free hit penalty.

Temporarily suspended players must remain in the designated place until permitted by the umpire who suspended them to resume play or the Technical Bench if there is one in place.

Temporarily suspended players are permitted to re-join their team at half-time after which they must return to a designated place to complete their suspension.

The intended duration of a temporary suspension may be extended for misconduct by a player while suspended.

Permanently suspended players must leave the field and its surrounding area.

## 11. IMPORTANT THINGS WHEN YOU HAVE AWARDED A PENALTY STROKE

- The stroke taker may only push or flick the ball.
- The defending goalkeeper must stand with both feet on the goal line and must not leave the goal line or move either foot until the ball has been played.
- When the player taking the stroke and the defending goalkeeper are in position, the umpire blows the whistle to indicate that the stroke may be taken.
- The player taking the stroke must not fake at playing at the ball.
- If the shot is saved or misses the net, play is restarted with a 16 yard hit.
- Umpires are to ensure that spectators are not walking past or standing behind or beside the goal while the stroke is being taken.

## 12. SPECIAL RULES FOR GOALKEEPERS

Goalkeepers are allowed to do each of the following but only in their circle areas;

- Use any parts of their body to play at the ball.
- Stop or deflect the ball with the stick above shoulder height, as long as it isn't dangerous to other players.
- If the goalkeeper plays the ball outside the circle it must be with the stick only.

## 13. DURING A MATCH

If you feel uncomfortable with comments from players, coaches or spectators, you must use your best judgement on how to deal with the situation. If the umpire coach can identify the problem off-field, let them deal with it and if you can bring it to their attention in some down-time during the match; do so.

If it is an on-field player or bench player (substitute) causing the problem, use your umpire's toolbox to bring this matter under control – upgrade or reverse a penalty, verbal warnings, use of whistle, use of cards use of captains etc.

If it is the coach or manager causing the problem, bring it to the captains attention and warn them that if the coach / manager continues in this manner then they (the captain) will be sent from the field for 5 minutes (Yellow Card). Often the warning will bring the situation under control. Don't forget to report this matter on the match cards.

If it is a spectator is causing the problem, try to let the umpire coach or a senior PMHHA representative know in some down-time during the match. If you can't find down-time in the match, don't hesitate to stop the match and consult with the umpire coach or a senior PMHHA representative. You may also wish to use the team captains and get them to quieten the spectator down. Your umpire coach, PMHHA representative or Captains will either seek help or speak to the relevant people. Re-start the game and don't forget to report the incident on the match cards.

If none of the above have worked stop the game, and inform the person involved that the game won't continue till they have left the area and suspend the captain (Yellow Card) of the team that the parent belongs to if you can identify the team that they are affiliated with – the players will no doubt tell you!

## 14. AFTER THE MATCH

Meet with your co-umpire and team mangers to check that all details are recorded correctly on game cards; scores and scorers. Any personal penalties are noted (i.e. green, yellow or red cards), and all injuries and misconduct by officials, spectators etc are recorded.

Print and sign your name at the bottom so that it can be read.

Don't get caught in any discussion with coaches, players or spectators. If anybody wishes to discuss your performance, seek out your umpire coach and inform them that the team management wishes to discuss your performance. This is best done after everyone has completed their post-match tasks and has had time to get a drink and cool down after the match – 10 or 15 minutes etc.

Finally when you are playing or spectating, please have the same respect for the umpire as you expect when you are umpiring.

15. NOTES

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