



BOUNDARY UMPIRE COACHES MANUAL

BOUNDARY UMPIRE COACHES BIBLE



- DEFINITIONS
- ROLE
- SUPPORTING FUNCTIONS
- SYSTEMS

- PHILOSOPHIES
- SKILLS
- STRENGTH AND CONDITIONING



ROLE

- Adjudicate if the ball is out of bounds or out on the full
- Throw the ball back into play if out of bounds
- Patrol to ensure appropriate player numbers in zones prior to centre bounce
- Return the ball to the centre after a goal

SUPPORTING FUNCTIONS



- Assist in management of game - report if required
- Assist Goal Umpire in scoring area
- Assist in setting start of play zones
- Advise field umpire location of kick for free kicks involving boundary line
- Assist Field umpire with kick in after behind (protected area)
- Be a positive and supportive member of the umpiring team

DECISION MAKING PHILOSOPHIES

- Pay what you know
- If in doubt pay the lesser outcome
 - Use resources if available

KEYS

- POSITION
- FOCUS
- PROCESS
- DECIDE



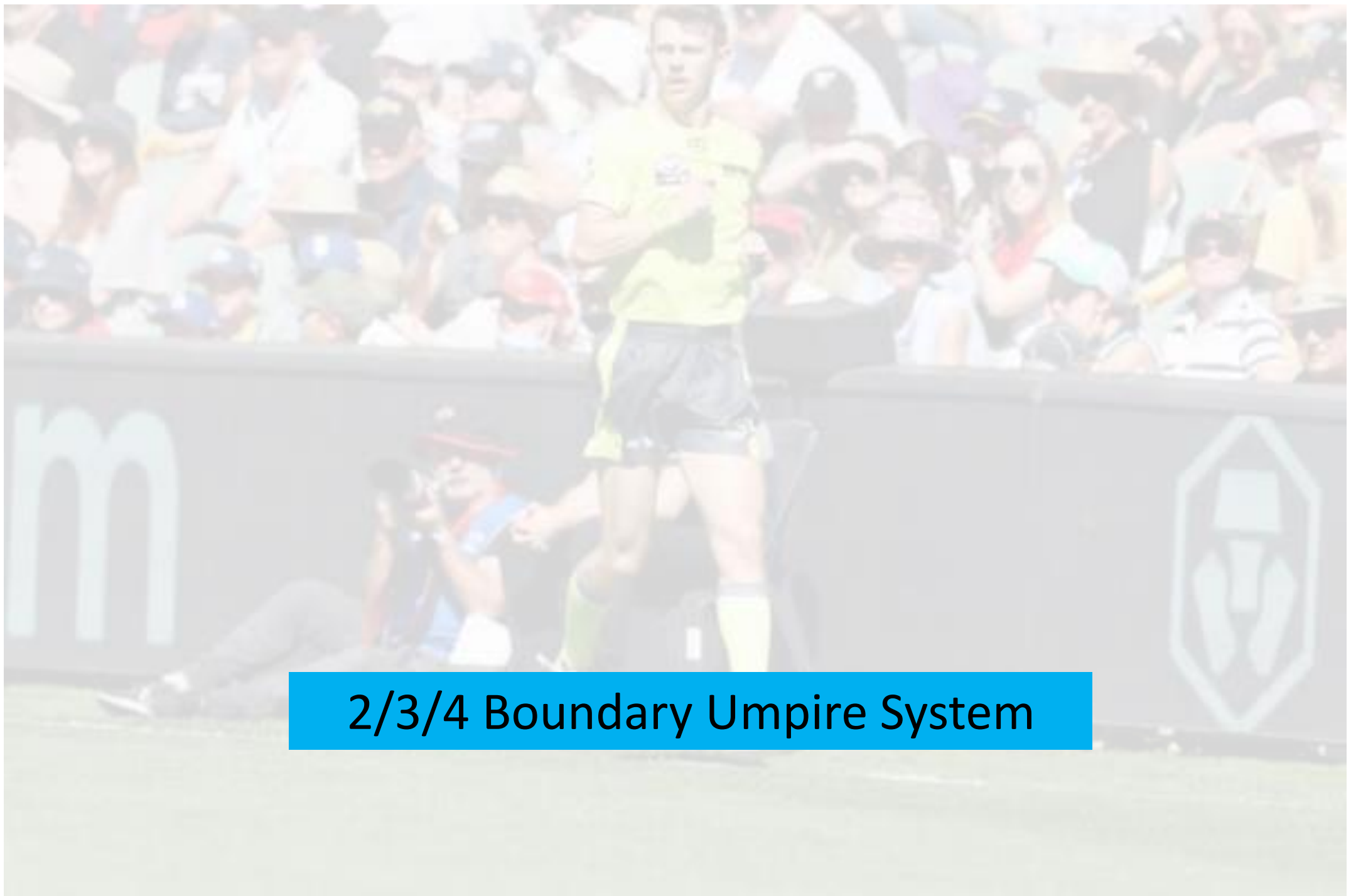
DECISION MAKING QUESTIONS FOR CLARITY

- When is the ball OOF?
- If ball makes contact with behind post, what decisions are possible?
- In a ruck contest, the ruck punches the ball and it lands completely over the line, what is the decision?

More difficult questions

- What is the decision if the ball is on a player's foot as they cross completely outside the boundary line?
- If a player is called to play on (set kick outside the boundary line) and moves directly back into play, is there any decision for boundary ump? What if the player is tackled or moves in a second direction?
- If the ball is outside the field of play (set kick) and player disposes of the ball and it never enters the field of play what is the decision?
- Where the ball is kicked and completely crosses the boundary line (outside) in mid air and then lands back inside the field of play, what does a boundary umpire do?





2/3/4 Boundary Umpire System

BOUNDARY THROW IN

WHAT ARE WE TRYING TO ACHIEVE?

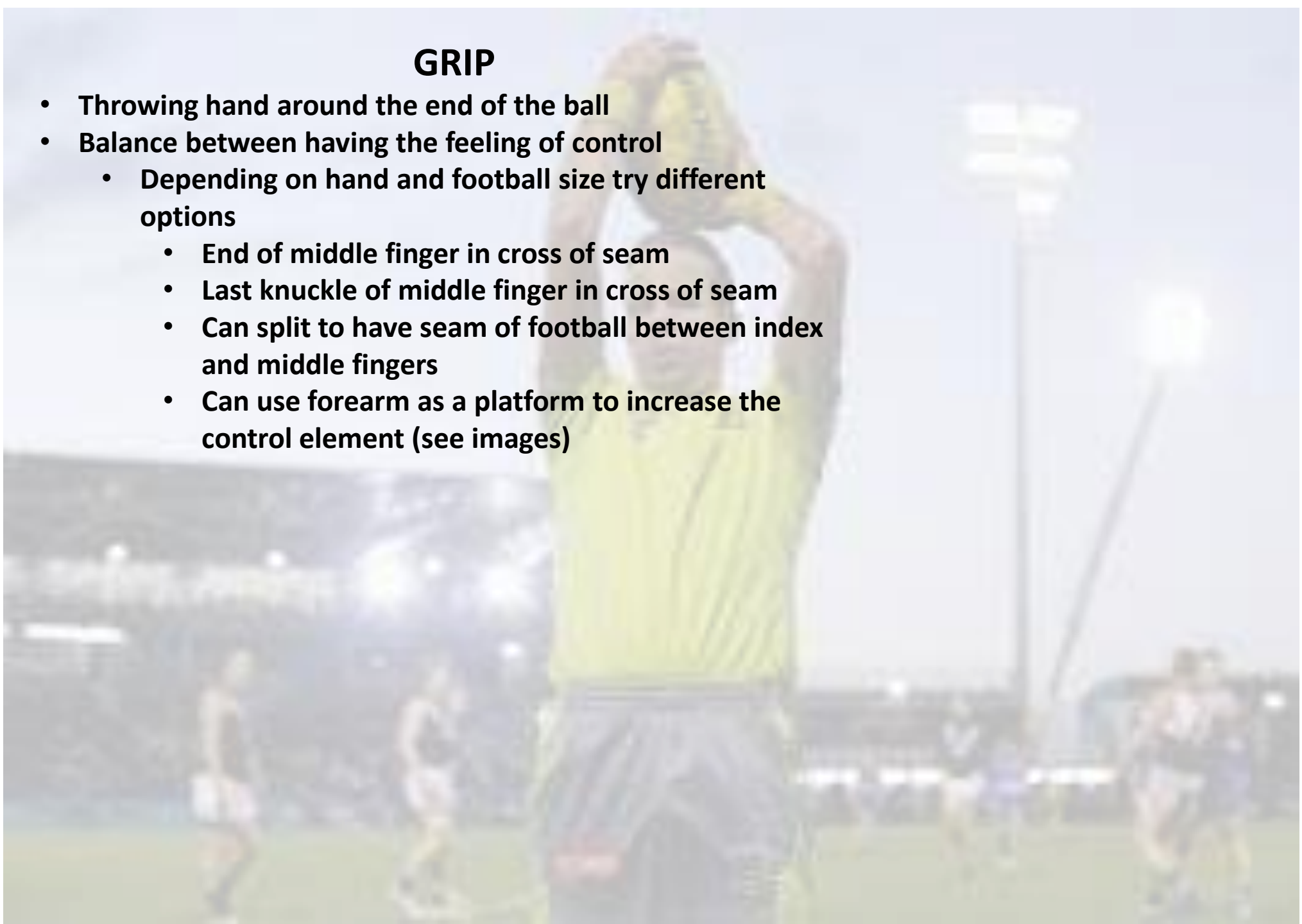
- Fast return to play of football
- Throw to a predictable position 18-20m at contestable height, towards the centre of ground

HOW TO ACHIEVE?

- Consistent Routine
- Execute in variety of conditions
- Execute under varying levels of fatigue

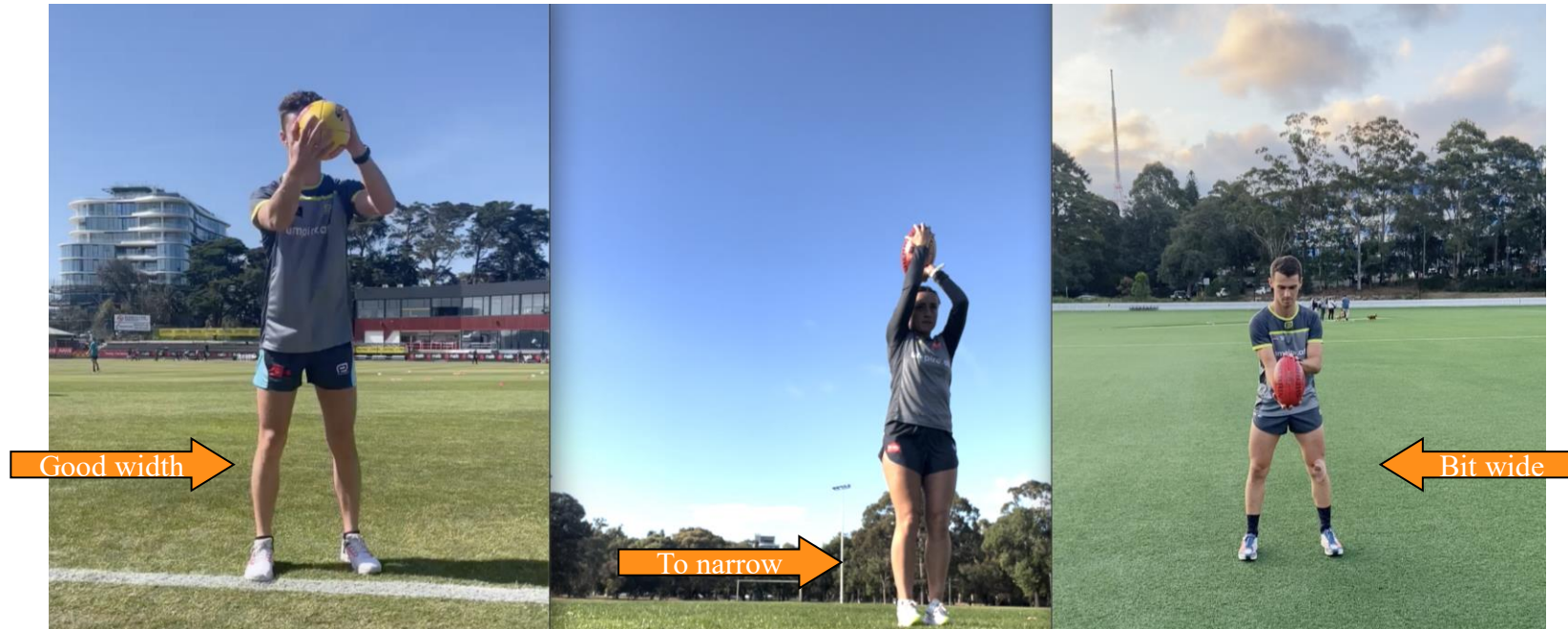
GRIP

- **Throwing hand around the end of the ball**
- **Balance between having the feeling of control**
 - **Depending on hand and football size try different options**
 - **End of middle finger in cross of seam**
 - **Last knuckle of middle finger in cross of seam**
 - **Can split to have seam of football between index and middle fingers**
 - **Can use forearm as a platform to increase the control element (see images)**



STANCE

- Use your heels as a reference for where you are aiming the ball
- To determine most powerful stance
 - Stand with feet shoulder width apart
 - Close your eyes
 - Jump as high as you can
 - Land and stay in that position (keep eyes closed)
 - Take note of where your feet area (body knows its most strongest position)
 - This width is where you should aim to be for your throw in
 - You can turn your feet slightly outwards to engage gluteal muscles more (think duck like in stance)



SUMMATION OF FORCE

To achieve the ideal throw in you need to build power using the whole body

- Start with lower body by using the legs to commence the movement
 - Can try small squat movement (very dynamic)
 - Alternatively a lower squat with almost a pause to recruit muscles to drive upwards
 - Hold your vision as you start to come out of the squat to ensure you don't move the body to early
- Torso
 - Use the muscles in the lower back to continue the momentum of the ball
- Arm and shoulder
 - Tracking of the arm to guide direction (traditional or sling style)
 - Want to release ball at highest point and at maximum velocity
- Wrist flick
 - Final piece to increase spin on the ball (increased revolutions will assist in windy conditions)



RELEASE FROM HIGHEST POINT AT MAX VELOCITY

HIGHEST POINT

- **Highest point of jump – hold the vision at a fixed point during the squat to ensure the legs and jump are used**
- **Throwing arm straight at the elbow and extended on release**

MAX VELOCITY

- **Accelerate through the arm swing**
- **Start slowly and use summation of force**
- **Ensure there is a flick of the wrist at the finish – power and torque on the ball**
- **Use opposite arm for leverage and create power – think fast bowler pulling down opposite arm**

FINISH AFTER THROW

After throw in we need to take up a position that allows the boundary umpire to be in a safe working distance and mitigate the risk for clearance of the stoppage.



Finish throw and then quickly move to be 10-15m from spot of throw



SKILLS PHILOSOPHIES

- Reading of play to anticipate the next act and where best position is
- Adjustment to protect the greatest risk – Position of value
- Maintain Safe Working Distance from play
- Protect the line and cover the post
- Be decisive in movement

TEAMWORK

Philosophies

- 2 Sets of eyes
- How can we support? Width and spacing as Number 2
- Always umpiring If you know go, if not stop
- Relationship of Primary and Support Ump
- Handover throw ins



COMMUNICATION

Philosophies

- Eye contact, Voice and Signal – scoring area
- Indicate place on line ball has crossed
- Consults – Clear, calm & c
- Verbal management of game to assist field umps



SKILL DRILLS

Visit: robjackson.com.au



STRENGTH AND CONDITIONING

Visit: robjackson.com.au

2 Boundary Umpire System

- **STARTING POSITION**
- **MOVEMENT IN GENERAL PLAY**
- **ASSIST FOR GOAL UMP**
- **CLOSE TO LINE POSITION**
- **KICK IN POSITION**

2 Boundary Umpire System cont.

- **STARTING POSITION** – Diagonally opposite to assist with zones
- **MOVEMENT IN GENERAL PLAY** – Always trying to be level with play across the ground – if in front of play, be halfway between kicker and catcher
- **ASSIST FOR GOAL UMP**
- **CLOSE TO LINE POSITION** – preferably on the long side of play and back 10-15m
- **KICK IN POSITION** – Just inside the distance where a kick from full back would land – can adjust on the kick

3 Boundary Umpire System

- **Combination of the 2 & 4 Boundary umpire systems**
 - **On the single side adopt principles of 2 and on the double side that of 4**
- **Rotations to ensure as much as possible even spread of workload – look to break quarter length into thirds and then handle changeovers appropriately**
 - **Ideally after a goal**
 - **Where possible use the bench side as the double**
 - **Must communicate to ensure everyone is aware of the change**
 - **In the case of no goals can look to cross behind goals after behind**
 - **Last resort is to cross behind goals in general play – MUST ENSURE UMP LEFT ON SINGLE SIDE IS AWARE**

4 Boundary Umpire System

- **STARTING POSITION – ZONE SET UP**
- **MOVEMENT IN GENERAL PLAY**
- **ASSIST FOR GOAL UMP**
- **CLOSE TO LINE POSITION**
- **KICK IN POSITION - PROTECTED AREA**
- **THROW IN HANDOVER**

4 Boundary Umpire System cont.

- **STARTING POSITION – ZONE SET UP**
- **MOVEMENT IN GENERAL PLAY – Where possible have ball in between the 2 umpires to allow for 2 sets of eyes on play**
 - If play is on umpire side ideally positioned about 50m apart
 - Where play is in corridor or opposite side of ground this separation can increase
 - Philosophy of able to get to the line if required or behind post for shot on goal
- **ASSIST FOR GOAL UMP – Should be able to be on the post for scoring shots to assist**
- **CLOSE TO LINE POSITION – Safe working distance (10-15m away) where possible both umps in a position to see ball and make decision if required**
- **KICK IN POSITION - PROTECTED AREA - Start at 15m out from post and if no players in vicinity can retreat back to 20 – 25m from post**
- **THROW IN HANDOVER – Depending on competition – ranging from 40 – 80m on flank. Benefit is to allow the ability of closer umpire to protect the greater risk – closest goals.**