



# FOUNDATION UMPIRE SKILLS TRAINING RESOURCE



# FOREWARD

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The AFL is pleased to release the Foundation Umpire Skills Training Resource to the community umpiring groups across Australia. This resource aims to provide community umpiring groups with a comprehensive, yet adaptable training tool that supports new umpires learning the skills of umpiring, as part of the AFL Foundation Umpire Accreditation.

The Foundation Umpire Skills Training Resource is designed to equip new umpires with the fundamental skills required to understand all three umpiring disciplines - field, boundary, and goal. We encourage coaches to provide opportunities for umpires to experience each discipline, to ensure a well-rounded understanding of umpiring and the different skills required. At the Foundation level, new umpires should be exposed to all disciplines so they can elect to follow a specific discipline pathway when the time is right for them.

The Foundation Umpire Skills Training Resource can be used in a variety of ways to best suit the delivery model for community umpiring groups. Sessions can be run across multiple weeks or as a condensed full day event in whatever method best suits each umpiring group.

# SESSION 1

# FIELD UMPIRING

## LEARNING OUTCOMES

### UMPIRES WILL:

- ➔ Understand the role, responsibilities and benefits of being a field umpire
- ➔ Develop their understanding of field umpire positioning

## SUCCESS CRITERIA

### UMPIRES WILL BE ABLE TO:

- ➔ Effectively communicate rules and free kicks through correct signals, voice and whistle
- ➔ Position themselves in a good decision making position

• 1 whistle per umpire • 15 footballs • 30 cones • 15 bibs (2 colours) • 8 goal posts/agility posts

## WARM UP: CRUMBS AND CRUSTS

3  
mins

**PURPOSE:** practice listening, understanding rules and reaction time

**EQUIPMENT:** 8 cones

### SET UP

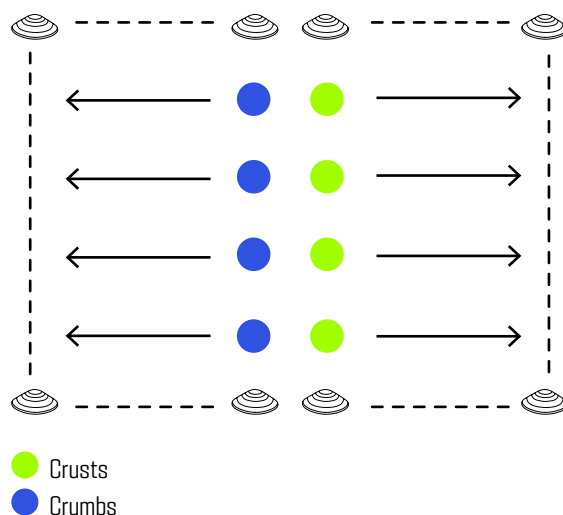
- Ask umpires to find a partner and organise them in two lines parallel with each other
- Name one line 'Crusts' and the other line 'Crumbs'
- If the coach calls out 'Crusts' then they must react quickly and run to the allocated line away from the Crumbs. The Crumbs are trying to catch the Crusts before they reach the line and so on.
- If a Crumb tags the Crust before they get to the line they swap lines

### CHANGE IT

- One umpire calls out instructions, e.g. a umpire who may be injured or is not able to participate
- Get umpires to start on their knees or stomachs

### LEARNING

- Importance of listening and understanding the rules of any game



# SESSION 1

## FIELD UMPIRING

### INTRODUCTION TO FOUNDATION UMPIRE SKILLS TRAINING RESOURCE

2  
mins

Welcome umpires and introduce the Foundation Umpire Skills Training Resource

ASK: What is the role of the umpire in sports?

- To keep players safe
- To manage the game and ensure the game is played fairly and by the rules

ASK: How does the umpire manage the game? What are the skills they might use?

- Communication
- Dealing with conflict
- Leadership, etc.

All skills are transferable to life skills, link these together for learning

### CALF TAG

2  
mins

**PURPOSE:** Anticipation, reading the play, and keeping your distance

**EQUIPMENT:** Nil

#### SET UP

In pairs, umpires find their own space and face each other (approx. 1m apart)

Safety is important, encourage umpires to maintain eye contact.

- Each umpire aims to tap their opponent's calf with two fingers to score a point
- Umpires must defend their own calf by maneuvering their body but cannot use their hands to defend and must stay within 2m of their opponent
- After 1 minute, change partners
- After 1 minute, make a group of 3

DISCUSSION: What did you do in this game to help you be successful?

Anticipation, reading the play, keeping your distance - all of these things are also valuable when you are umpiring to help get you into the correct position to get a free kick

#### CHANGE IT

- Change partners
- Create a group of 3 or 4 and play

#### LEARNING

- How can you avoid getting tagged or tag your opponent?
- By moving your body?
- By watching the opposition?

**INTRODUCE UMPIRING****PURPOSE:** Introduce the three disciplines of umpiring and their roles**EQUIPMENT:** Nil

ASK: What are the 3 disciplines/types? What are their roles?

Field Umpire

- Apply the laws and their interpretations according to the [laws of the game](#)
- Looks like: Making decisions and using your whistle and signals to inform players and spectators

Boundary Umpire

- Be the final judge of when the ball is out of bounds or out of bounds on the full
- Looks like: positioning yourself to see if the ball is Out of Bounds On the Full or Out Of Bounds, whistle and signal accordingly and throw the ball in if the ball was Out of Bounds

Goal Umpire

- Be the final judge of the score
- Looks like: Positioning yourself to see if a behind or goal is scored and signal using your hands and flags accordingly

ASK: What are the benefits or positives of being an umpire?

- Earning an income (part-time job)
- Friendships
- On your Curriculum Vitae
- Skills - confidence, leadership, communication, teamwork, resilience

CHANGE IT

- Think-Pair-Share
- Small group discussions
- Whole group discussions

LEARNING

- What the three disciplines are and how their roles and responsibilities differ?





## "UMPIRE PAYS" INTRODUCTION TO DECISION MAKING

5-7  
mins

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

**EQUIPMENT:**  
Whistle  
(1 per umpire)

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

Coach demonstrates blowing their whistle: short and loud.

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

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

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

- Practise 5 times and swap roles
- Progression: Blow whistle, say the free kick as you signal
- Cues: Loud whistle, clear signal - there is no need to rush

Signaling Whole Group Activity: "Umpire pays"

- Coach leads first round: When coach says, "Umpire Pays - holding the ball", umpires must whistle, signal and communicate holding the ball correctly
- If umpire signals incorrectly, they have to kneel for the next signal
- If coach does not say "Umpire says", e.g. says "holding the ball" and umpires perform signal, they must then kneel too
- On the second and subsequent rounds, if umpire signals incorrectly, they must sit on the ground
- Umpires continue playing the game while sitting or kneeling by trying to recall the signals correctly.

Play 2-3 rounds

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

CHANGE IT

- Change Leader
- Eliminate

LEARNING

- Loud whistle
- Clear Voice
- Clear signals

## HANDBALL GAME DECISION MAKING



**PURPOSE:** Practising decision making, blowing the whistle, using signals, keeping distance and position.

**EQUIPMENT:**  
Per group of 5-6 umpire:  
4 cones, 2-3 sashes/  
bibs for defenders, 1  
football,  
1 whistle per umpire

### Keepings Off - Handball Game

- Form groups of 5-6: 2 v 2 or 3 v 2 with one umpiring
- 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)
- 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 called Holding the Ball and a turnover occurs (no further contact allowed). Players must stay within the boundary area.
- Umpire aims to maintain 10-15m away and side-on to contest, always on the move
  - Umpire is watching for any free kicks that might occur and, when they do, blows their whistle loudly, uses a clear voice and signals to communicate free kick to players
  - Umpire: loud whistle > loud voice > clear signal

ASK: What decisions might the Umpire have to make in this game?

- Holding the Ball
- Holding
- Throwing
- High Tackle

ASK: What is the main role of the field umpire?

- To keep players safe and ensure the game is played fairly - need to pay "protection of the ball player" free kicks
- What are some examples of this type of free kick:
  - High tackle
  - Push in the Back
  - Holding
  - Trip

ASK: What else will help the umpire be successful in this game?

- Distance from play - keeping distance so that the umpire can see all of the play (back towards the centre of the ground, 20-25m away, side-on to play)
- Loud whistle, clear signal and communication with players

### CHANGE IT

- Can use tennis balls or soccer balls instead of footballs (throw instead of handball)
- Change Umpires every 30 seconds
- Make area bigger and include kicking and paying marks

### LEARNING

- How far away should the umpire position themselves from the play?
  - 20-25m away
  - Side-on
  - Always on the move
- Loud whistle and voice
- Practise using signals
- Always protect the ball player

# SESSION 1

## FIELD UMPIRING

### POSITIONING MIRRORS

7  
mins

#### PURPOSE:

Practise maintaining 20-25m distance, staying side-on and positioning yourself with your back toward the centre of the ground

#### EQUIPMENT:

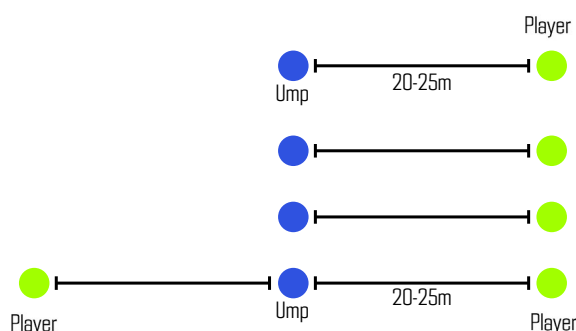
1 whistle per umpire,  
1 football per pair

#### Set up

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?

- The umpire should aim for a distance of 20-25m from the contest.
- This distance allows a good view of the immediate contest and players on the fringe of the contest
- Also allows the umpire to move quickly towards the next act of play
- If positioned too closely, the focus of the umpire is narrowed to just the players in the contest

- In pairs, take turns mirroring your partner's movements
- One person (umpire) starts toward the middle of the ground, other person (player) starts approximately 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)
- Player (has a ball) moves left and right while umpire attempts to stay 25m away
- After 30-40 seconds, player drops to ground and umpire calls a "ball up" (blows whistle, signals and runs in)
- Swap roles
- Next, player can move in any direction - left, right, forwards, backwards, change direction and umpire to practise adjusting their position to stay 20-25m away and side-on.



#### CHANGE IT/PROGRESSION

- Players throw the balls to themselves and umpire pays mark
- Add extra player/s to imitate marks, handballs, kicks
- Add a second player on other side of umpire. Umpire switches between which player they follow.

#### LEARNING:

- Keep your distance
- Keep your vision wide and soft
- Stay side-on to contest
- Position yourself with your back toward the centre of the ground



## BOUNCING

5-7  
mins**PURPOSE:**

Practise the skill of the bounce

**EQUIPMENT:**1 whistle per umpire,  
1 football per pair (or group of 3-4)

Introduce basics of bouncing the football

(note: only teach this if you are competent at bouncing due to the potential risk of injury to the umpire.)

- Cues to follow: (images of cues listed at the end of Session 1) - demonstrate or ask an umpire "expert" to demonstrate
  - The grip - hands spread evenly across the top of the ball
  - Approach to bounce - action begins above the head, the bend occurs at the waist
  - Position to bounce - balance over the front foot, head down close to the ground
  - Follow through after bounce - follow through with the arms
- Ask umpires to spread out with 1 football per 3-4 umpires (per pair if possible)
- Practise and provide each other with feedback according to cues (3-4 minutes)

If time allows: As a group, have umpires nominate 1 person from each group and have a "bounce-off" with whole group. Only 1 person to bounce at a time and if you have a football centre circle use this for whole group bouncing activity.

**CHANGE IT:**

- Provide each other feedback
- Use cones or the centre circle to award points - 10 points if the ball lands in the small circle, 5 points big circle, 0 points outside

**LEARNING:**

- Hold ball width ways
- Bend at the waist
- Get head down low
- Follow through



# SESSION 1

## FIELD UMPIRING

### MODIFIED SMALL-SIDED GAME

5-10  
mins

**PURPOSE:** Practice following the ball, maintaining 20-25m away and paying free kicks

- 2 Fields: cones for field boundary • Poles for goals • bibs for 2-3 teams • 1 football per field • 1 whistle per umpire

Split group into four teams (two games played at the same time), approximately 6 v 6 players (this may vary depending on the number of umpires you have) with simplified rules.

- 2 people will field umpire each field (1 from each team) - rotate umpires every 2 minutes
- Aim is for teams to score by kicking the football in the goals
- The umpires should pay the free kicks and marks that they see
- For example, High Tackle, Holding, Holding the Ball, Throw, etc.
- Remind umpires of the signals for Free Kicks and Marks before beginning
- 2 umpires should umpire half the field each and handover play by calling "yours"

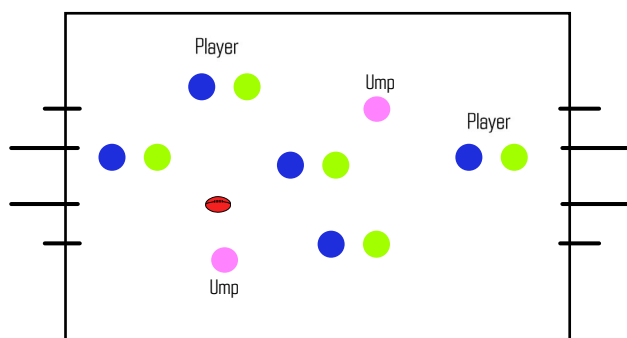
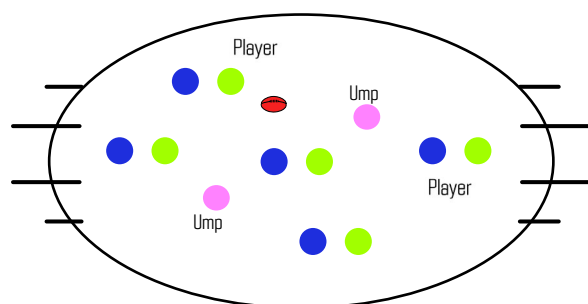
#### Rules

- Start the game with a ball up
- After a goal, restart the play with a ball up in the centre
- When the ball goes out of bounds, the opposition team is awarded a free kick
- No tackling or bumping - 2-hand touch and player must dispose of ball within 2 seconds
- A mark can be paid for any kick (irrespective of distance)

Rotate field umpires every 2 minutes.

Rotate teams/opponents every 4 minutes.

You may set up oval or rectangular-shape small fields, example on the right



#### CHANGE IT/PROGRESSION

- Only have 1 field umpire per field
- Rotate umpires every 2 minutes
- Change game to only handballing
- No contact - must dispose of ball after 5 seconds of possession

#### LEARNING

- Keep your distance
- Keep your vision wide
- Stay side-on to contest
- Position yourself with your back toward the centre of the ground
- Loud whistle and voice
- Clear signals

## STARTING A MATCH

7-10  
mins**PURPOSE:**

Practise starting play, backing out to a good distance, position and movement

**EQUIPMENT:**

6 cones, 4-6 footballs,  
1 whistle per umpire

## Set up

Split into two groups and use a football centre circle if you have one.

Umpires to practise starting a match/restarting after a goal.

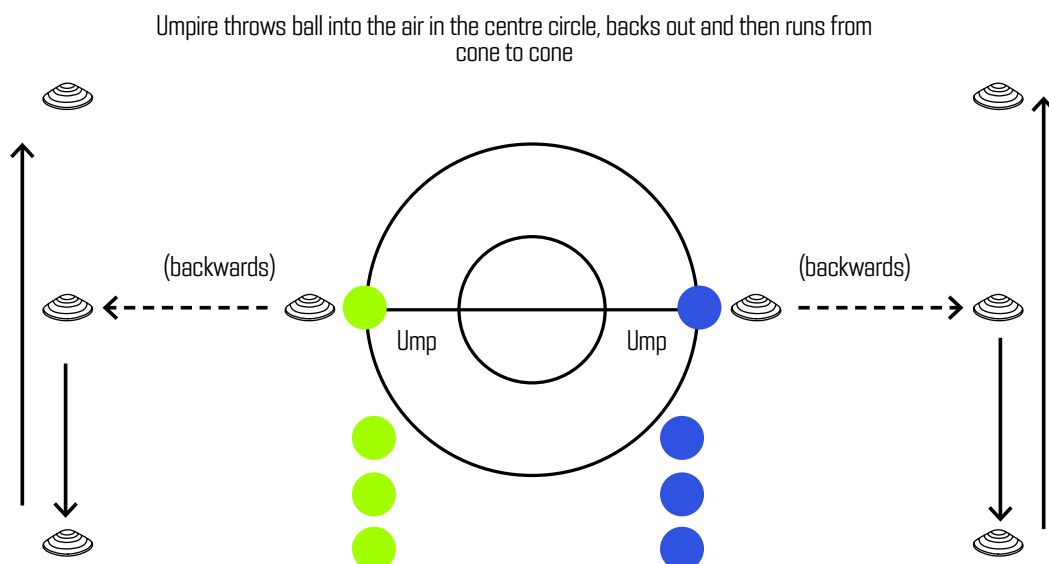
- Starting at the edge of the centre circle, umpires walk in and throw the football up (6m high) for a ruck contest and back away backwards to the cone
- Umpires then run from one cone to the next, as if they are following the play

## CHANGE IT

- Add ruck players to contest the ball
- Partner stands on the other side of ball up and 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 and not the ball

## LEARNING

- Practise backing away to 20-25m, changing direction and keeping a good distance from play



# SESSION

# 1

# FIELD UMPIRING

## ZIG ZAG DECISION MAKING ACTIVITY

7-10 mins

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

**EQUIPMENT:** 10 cones, 5-10 footballs, 1 whistle per umpire

### CHANGE IT

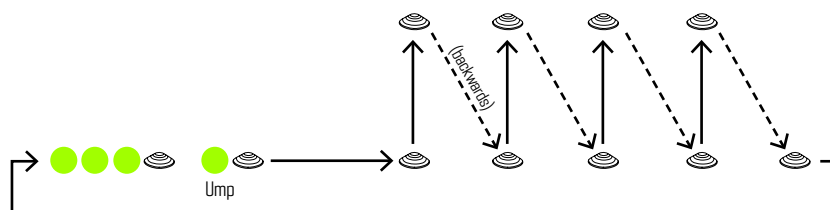
- Add additional players
- Coach/umpires calls out a type of free kick at each cone, umpire signals and communicates accordingly

### Set up

Split umpires into two groups and set up two sets of the activity - can be completed simultaneously by two groups.

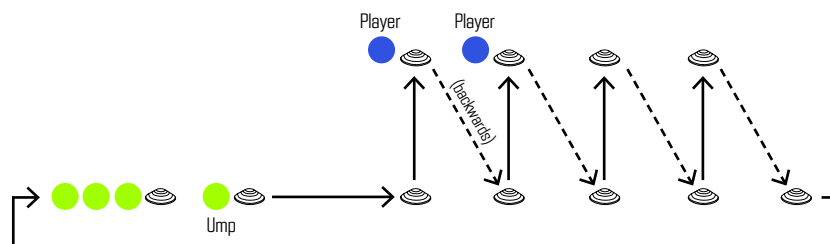
Umpires to practise movement and paying free kicks/ marks:

- 1 One at a time, umpires practise making a decision by blowing their whistle, signalling and running at fast pace to set up the mark (at a cone), back away and then run on to next contest (next cone) and repeat to each cone



- 2 **PROGRESSION 1:** Add an umpire at some or all cones with a football, the umpire throws the ball to themselves and to indicate a mark. The umpire blows their whistle and signals the mark and runs in

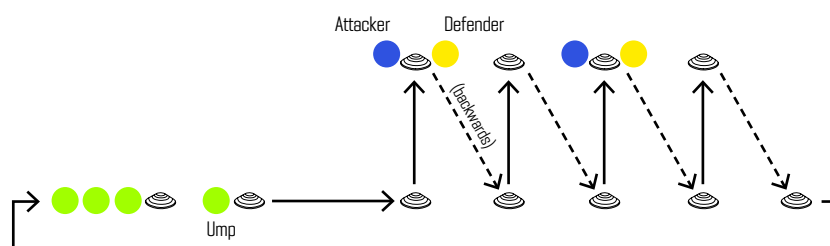
- LEARNING**
- Loud whistle, clear communication and signal
  - Stay 20-25m away and side-on



- 3 **PROGRESSION 2:** Add another umpire to each cone as the defender, umpire needs to pay the mark/free kick and running at fast pace to set up the mark - Where is the mark? Who's kick is it?

### LEARNING

- Emphasise the importance of changing pace to set up the for the mark and back out quickly



**SESSION****1****FIELD UMPIRING****RECAP AND CLOSE SESSION****3**  
mins**PURPOSE:**

Recap and consolidate concepts practised and discussed

**EQUIPMENT:**

1 whistle per umpire

Set up

Recap by asking umpires to respond - Response options: individually, together as a group, think-pair-share

- What is the role of an umpire in sports?
- What is the role of the field umpire?
- Where should the umpire position themselves from the play?
  - 20-25m, side-on, with their back to the centre of the ground
- How does the umpire manage the game?
- Ask umpires to blow whistle, communicate and signal
- What are some of the benefits of being involved in umpiring?
- Close session by thanking and praising umpires for their participation and engagement



## ADDITIONAL/EXTRA ACTIVITY OPTIONS

(if time permits to include)

### SET SHOTS

7-10  
mins

**PURPOSE:** Practise maintaining distance and position then implementing correct set shot procedure

**EQUIPMENT:** Per group - 1 whistle (each), 1 football, 2 goal posts (agility posts or cones can be used)

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?"

Ask umpires to share their ideas and then as a group practise the below signals: (images of signals listed at the end of Session 1)

- Boundary Throw In
- All Clear - Goal
- All Clear - Behind

Set Shot Activity in groups of 3-4  
(2-3 players, 1 umpire)

Coach to set up extra goal posts around oval

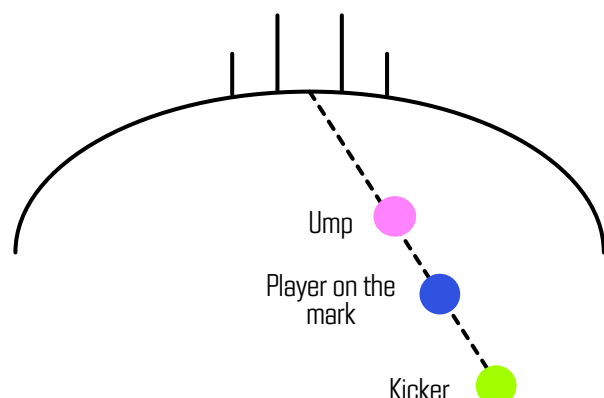
- Players kick the ball to each other; umpire must try to stay 20-25m away and side-on to the contest - award marks and free kicks as they see them
- When one player marks the ball and points to goal, umpire runs in and performs set shot procedure:
  - Stand behind mark, line up kicker (through the mark to the middle of the goals), clear protected area, back out 10m
  - Swap umpires. "Players" to provide umpire with feedback according to cues

### CHANGE IT

- Add additional players
- Practise setting up set shot on different angles to the goals
- Perform different scenarios

### LEARNING

- Loud whistle, clear communication and signal
- Stay 20-25m away and side-on





# FIELD UMPIRE SIGNALS



Starting the Quarter



High Tackle



Push in the Back



All Clear - Behind



All Clear - Goal



Trip



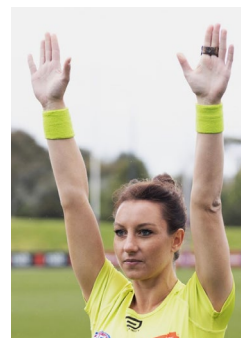
Holding



Holding the Ball



Blood Rule



End of Quarter  
First, Whistle, then place both arms up in the air



Play On



Ball Up



Boundary Throw In

# THE BOUNCE CUES



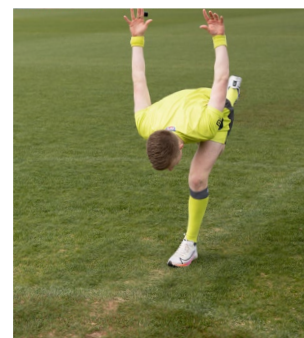
The Grip



Approach to Bounce



Position for Bounce



Follow through after Bounce

## SESSION 2

# BOUNDARY UMPIRING

## LEARNING OUTCOMES

### UMPIRES WILL:

- ➔ Understand the roles and responsibilities of a boundary umpire
- ➔ Develop their understanding of boundary umpire positioning and movement

## SUCCESS CRITERIA

### UMPIRES WILL BE ABLE TO:

- ➔ Effectively communicate boundary line decisions and correctly perform a boundary throw in
- ➔ Position themselves in a good decision making position and return ball after goals

• 1 whistle per umpire • 15 footballs • 30 cones • 15 bibs (2 colours) • 8 goal posts/agility posts • 10 hoops

## WARM UP: KEEPING OFF GAME

3-5  
mins

### PURPOSE:

Communicating and working together as a team, moving in response to where the ball is located

### EQUIPMENT:

Per group of 4-6 umpires: 4 cones, 1 tennis ball (or football and handball)

### Set up

Split umpires into groups of 4-6. Umpires play 2 v 2 or 3 v 3

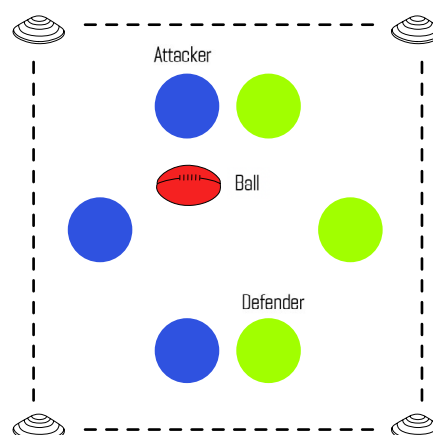
- Aim of the game is to successfully pass the tennis ball 10 consecutive times in your team of 2 or 3, without the ball being intercepted by the defenders or hitting the ground. Players must stay inside the boundaries (marked with cones) no contact
- When the ball is intercepted, hits the ground or 10 consecutive passes is achieved, the defending team become the attackers
- Aim to see which team can achieve 10 consecutive throws most

### CHANGE IT

- More attackers than defenders
- Use a football and play by handballing the ball
- Can only hold the ball for 3 seconds

### LEARNING

- Practise communicating with team mates
- Watching the ball and moving accordingly



## SESSION 2

# BOUNDARY UMPIRING

## RECAP ROLE OF A FIELD UMPIRE

1-2  
mins

Welcome umpires to the session and recap previous session learnings

ASK: Remind me, what are the roles and responsibilities of a field umpire in AFL?

- To keep players safe
- To manage the game and ensure the game is played fairly and by the rules
- Apply the rules and follow according to the [Laws of the Game](#)

Recap field umpire signals by calling out a free kick and umpires blow their whistle and perform the signal.

## ROLE OF A BOUNDARY UMPIRE

1-2  
mins

ASK: What is the role of the boundary umpire?

- Be the final judge of when the ball is out of bounds or out of bounds on the full
  - What determines if the ball is out of bounds or out on the full?
- Return the ball back into play after it goes Out of Bounds by performing a Boundary Throw In
- Return the ball back to the field umpire after a goal

ASK: Who knows how a boundary umpire signals? (Images of signals listed at the end of Session 2)

Practise these signals together as a group

- Out of Bounds (OOB)?
- Out of Bounds on the Full (OOF)?

ASK: Where should the boundary umpire position themselves during play?

- On the Boundary line, 10-15m away in front / behind the ball
- The ball stays between them and the closest goals



# SESSION 2

# BOUNDARY UMPIRING

## BOUNDARY THROW IN

5-7  
mins

### PURPOSE:

Practise the skill of the Boundary Throw In

### EQUIPMENT:

1 football per pair (or group of 3-4), 2 cones per group

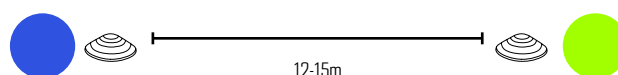
Introduce the Boundary Throw In:

Cues to follow: (Images of cues listed at the end of Session 2) - demonstrate or ask an umpire "expert" to demonstrate.

- The grip - your dominant hand is positioned underneath the ball with your non-dominant hand on the side of the ball to guide your throw
- Initial Stance - feet on the boundary line, shoulder width apart with your back toward the centre of the ground (you can come 5m into the field of play if needed)
- Preparation - crouch down like a squat
- Release - Explode from the squat position, aiming to swing your arm quickly from a low to high position and release the ball high into the air. You should aim to throw the ball 5-7m into the air with the ball landing 12-15m inside the field of play from the boundary line

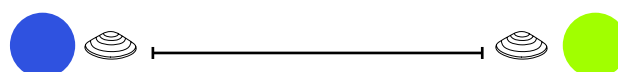
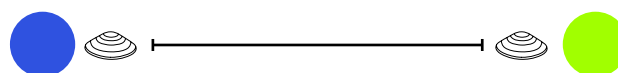
Ask umpires to spread out with 1 football pair if possible (or per 3-4 umpires) and two cones. Set up 1 cone on the boundary line and 1 cone 12-15m inside the field of play.

One umpire stands at each cone and they practise the boundary throw into each other and provide feedback to their partner according to cues.



### CHANGE IT

- Provide each other feedback
- Use hoops as the target
- Set up cones as targets, landing the ball in the smaller circle = more points, larger circle = fewer points



### LEARNING

- Aim for height with the boundary throw in
- Use your legs to produce power for your throw

## SESSION 2

# BOUNDARY UMPIRING

## IS IT OUT?

5-7  
mins

**PURPOSE:** Practise the Boundary Throw In, signals and procedures associated, practise positioning and movement to adjudicate the boundary line correctly

**EQUIPMENT:**

1 football per group of 3-4, 1 whistle, boundary line (preferable) or cones

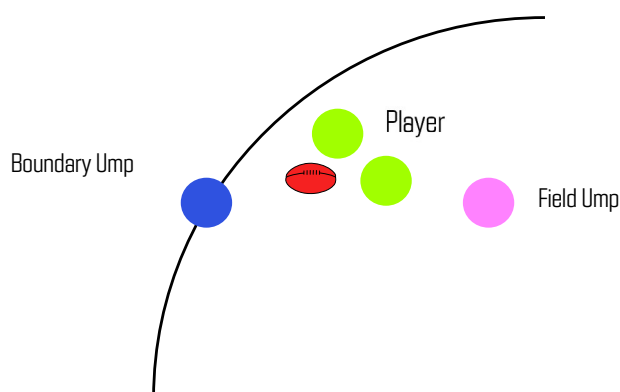
Recap with the whole group: What are the...

- What are the boundary umpire signals/procedures and what determines if it is Out of Bounds or Out of Bounds on the Full
- Where should the boundary umpire position themselves in general play?
- Field umpire signals and procedure when the ball goes Out of Bounds or Out on the Full

Create groups of 4 umpires (1 boundary umpire, 1 field umpire, 2 players)

- The 2 players move the ball around near the boundary line (handpassing the ball to each other) and then the ball goes out—the boundary umpire needs to signal if it was Out of Bounds (OOB) or Out on the Full (OOF) and wait for the field umpire to acknowledge
- Field umpire needs to signal correctly and then proceed with the procedure
  - OOB - boundary umpire will throw the ball back into play and the field umpire will adjudicate the contest
  - OOF - boundary umpire will mark the spot on the ground where the ball crossed the boundary line & back off & field umpire will set up the mark
  - Communication between field and boundary umpire is crucial

Repeat the activity twice, then swap roles - everyone should have a go as a boundary umpire and a field umpire



### CHANGE IT

- Players can plan scenarios and play them out
- Players might kick the ball on the full or limit the use of hands
- Field umpire adjudicates the play before the ball crosses the boundary line

### LEARNING

- Demonstrate understanding of the rules, signals and procedures as a boundary umpire
- Aim for height with the boundary throw in
- Practise moving with the play to be in the best position to adjudicate (boundary & field umpire)



## SESSION 2

# BOUNDARY UMPIRING

## CAN YOU HIT THE TARGET?

5-7  
mins

**PURPOSE:** Practise performing the Boundary Throw In correctly

**EQUIPMENT:** Per group: 1 football, 1 hoop/4-5 cones, 1 whistle per umpire

### Set up

Groups of 4 umpires who are competing against each other

- Each group sets up an area near the boundary line, with a hoop or cones placed 12-15m inside the field of play
- Umpires take turns as the boundary umpire and perform a boundary throw in correctly aiming to land the ball in the hoop
- Group members provide feedback to each other on technique - emphasising height for the throws
- Keep score of who lands the ball in the hoop the most times in your group
- After 3-4 minutes at your station, swap to a different group's area

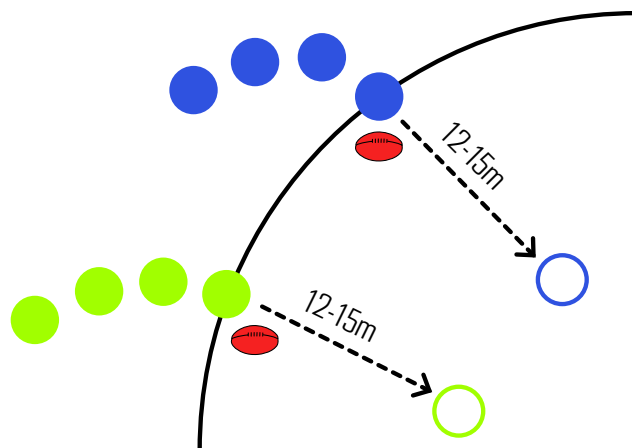
Can compete within your group or group versus group

### CHANGE IT

- Once your group lands the ball in the hoop 3 times find a new boundary throw in area to use. First group to achieve 3 successful throws at each area is the winner

### LEARNING

- Perform a successful boundary throw in
- Provide constructive feedback to your group members





## SESSION 2

# BOUNDARY UMPIRING

## RACE TO THE POST

5-7  
mins

### PURPOSE:

Practise boundary umpire movement, goal/behind assistance & procedures

### EQUIPMENT:

2 footballs per group of 4, 1 whistle each, boundary line or cones, goal posts/agility posts

### Set up

Recap with the whole group:

- Boundary umpires role includes assisting the goal umpire with shots on goal and returning the ball to the centre after a goal is kicked
- Field umpire signals and follows the set procedure when a goal/behind is scored

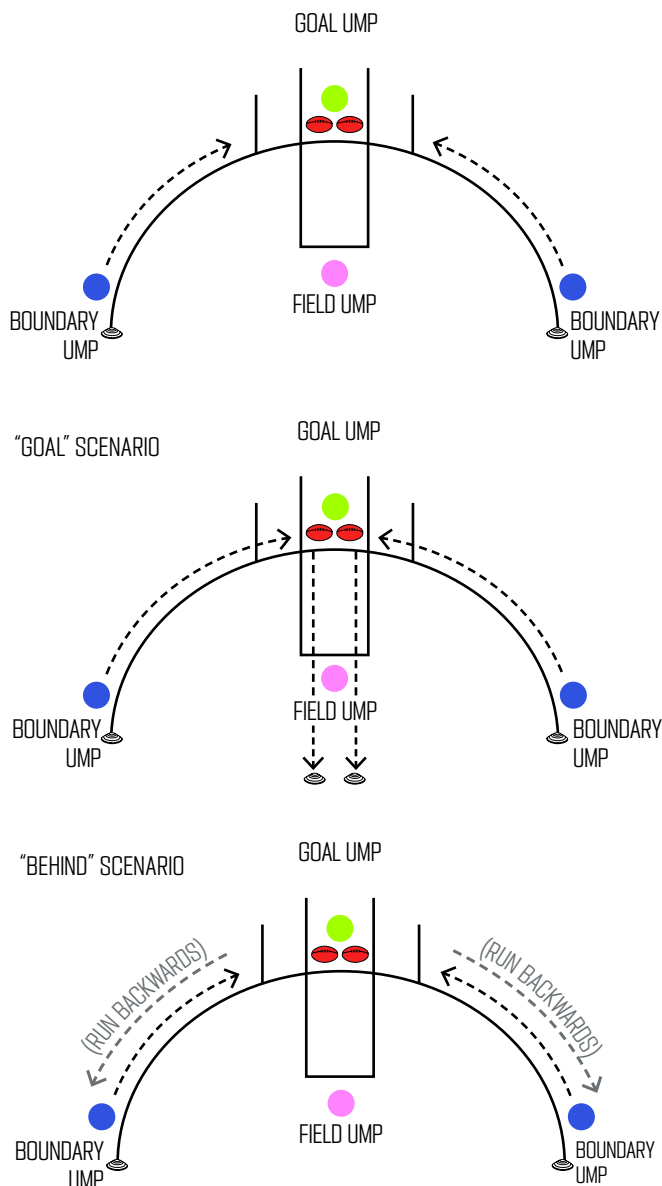
Create groups of 4 umpires (2 boundary umpires, 1 field umpire, 1 goal umpire)

- Boundary umpires set up 20m out from goals on opposite boundary lines, Field umpire sets up at the top of the goal square and Goal umpire stands in the goals with 2 footballs (see diagrams on the right)
- Field umpire calls "go" and both Boundary umpires race each other into their closest behind post, whoever arrives first gets 1 point.
- Field umpire then signals for an "All Clear, Goal" or "All clear, Behind"
- Boundary umpires must respond to the field umpire's signal
- If a Goal is scored: Collect the ball from middle of the goals and run down the centre of the ground to the cone
- If a Behind is scored: Run backwards as quickly as possible along the boundary line to the 20m cone.

Swap roles - 2 boundary umpires become the field umpire and goal umpire. Repeat the activity until everyone has performed each role

### CHANGE IT

- Add "players" who take a set shot and proceed according to how they score
- Add a field umpire to the centre of the ground and boundary umpires carry the ball to them
- Remove 1 ball and boundary umpires relay ball back to the centre



### LEARNING

- Process for set shot at/after goal
- Demonstrate understanding of the roles and procedures as a boundary umpire
- Communication between boundary, field and goal umpire essential

## SESSION 2

# BOUNDARY UMPIRING

## MODIFIED SMALL-SIDED GAME

10-15  
mins

**PURPOSE:** Practise maintaining correct distance & position as a boundary umpire, adjudicate the boundary line & return the ball to the centre after a goal

### EQUIPMENT:

2 Fields: cones for field boundary, poles for goals, bibs for 2-3 teams, 1 football per field, 1 whistle per umpire

### Set up

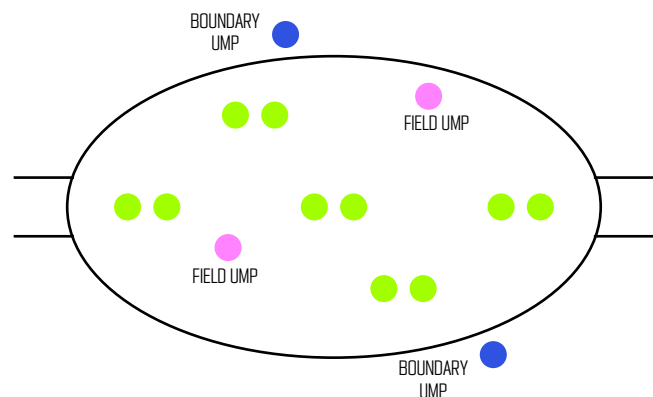
Split group into 4 teams (2 games played at the same time), approximately 6 v 6 players with simplified rules

- 2 people will field umpire and 2 people will boundary umpire each field (2 umpires from each team) - rotate umpires every 2 minutes
- Aim is for teams to score by kicking the football in the goals
- The field umpires should pay the free kicks and marks that they see. For example, High Tackle, Holding, Holding the Ball, Throw, etc.
- Remind umpires of the signals for Free Kicks and Marks before beginning
- 2 umpires should umpire half the field each & handover play by calling "yours"
- The boundary umpires 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

### Rules:

- Start the game with a ball up
- After a goal, restart the play with a ball up in the centre
- When the ball goes out of bounds, a throw in will occur
- No tackling/bumping: 2-hand touch & player must dispose of ball within 2 seconds

- Mark can be paid for any kick (irrespective of distance)
  - Rotate field umpires and boundary every 3-4 minutes
  - Rotate teams/opponents every 4-6 minutes



### CHANGE IT

- Rotate Umpires every 2-4 minutes
- Change game to only handballing
- No contact - must dispose of ball after 5 seconds of possession

### LEARNING

- Stay on the boundary line and maintain distance from play
- Practise performing boundary umpiring decisions, signals and boundary throw in
- Loud whistle & clear signals

## SESSION 2

# BOUNDARY UMPIRING

## RECAP AND CLOSE SESSION

3  
mins

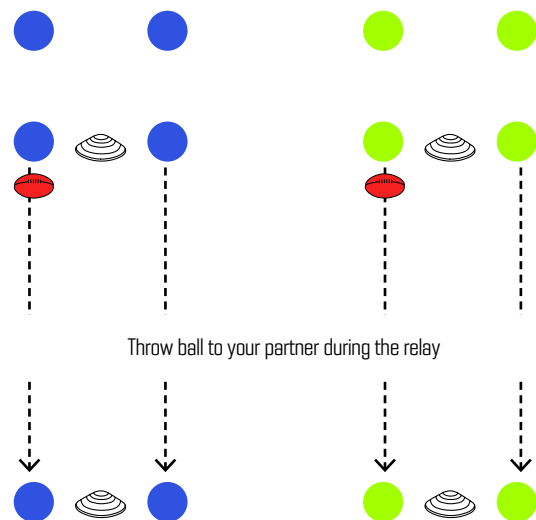
**PURPOSE:** Recap and consolidate concepts practised and discussed

**EQUIPMENT:** 1 whistle per umpire

Set up

Recap by asking umpires to respond - Response options: individually, together as a group, think-pair-share

- What is the role of the boundary umpire?
- What are the signals for OOB and OOF and what determines which decision it is?
- Where should the boundary umpire position themselves from the play?
  - 10-15m away in front / behind the ball
  - The ball stays between them and the closest goals
- What are the cues for performing the boundary throw in?
  - Teamwork and communication with field and goal umpire essential
- Close session by thanking and praising umpires for their participation and engagement



## SESSION 2

# BOUNDARY UMPIRING

## ADDITIONAL/EXTRA ACTIVITY OPTIONS

(if time permits to include)

### BOUNDARY UMPIRE RELAYS

3  
mins

**PURPOSE:** Practise boundary umpire relay run & communicating with team mates

**EQUIPMENT:** Per group of 6 - 1 football, 2 cones

Set up

Returning the ball to the centre after a goal is performed by the boundary umpires as a relay

- Create groups of 6 umpires, start with 4 at one cone and 2 at the other cone (20m away)
- Two boundary umpires (one carrying a football) at a time perform a relay run together between the two cones. The umpire with the ball must throw the football to the other umpire before reaching the rest of their team and throwing the football to the next boundary umpire pair. The next pair then runs back to the original cone. Repeat this until each pair has performed 2 relay run throughs (6 relays altogether for the team) before a winning group is determined. First team to complete 6 relays are the winners.

Boundary umpire relay tips:

- When throwing the ball, try to get it to spin backwards
- Matching the speed of your partner will lead to greater success
- Communicate with your partner to check they are ready to receive the ball

CHANGE IT

- Increase the length of the relay run/number of relay runs
- Change partner each relay

LEARNING

- Communicate with your team mates
- Practise the procedure for returning the ball to the centre after a goal



## SESSION 2

# BOUNDARY UMPIRING

## REPEATED BOUNDARY LINE DECISION MAKING

5-7  
mins

**PURPOSE:** Practise position and movement on the boundary line & boundary throw in

**EQUIPMENT:** Per group of 4: 1 football, cones/boundary line, 1 whistle per umpire

Set up

Create groups of 4 umpires (1 boundary umpire, 3 players - 2 v 1)

- The 2 attacking players move the ball around near the boundary line - kicking, handpassing, kicking the ball on the full, tapping the ball. The defender tries to intercept the ball. The players should perform different scenarios for the boundary umpire to position themselves according to the play, make the correct decision when the ball goes out and throw the ball in when appropriate
- Keep the same boundary umpire for 2-3 minutes so they have the opportunity to experience a few different scenarios before swapping boundary umpires.

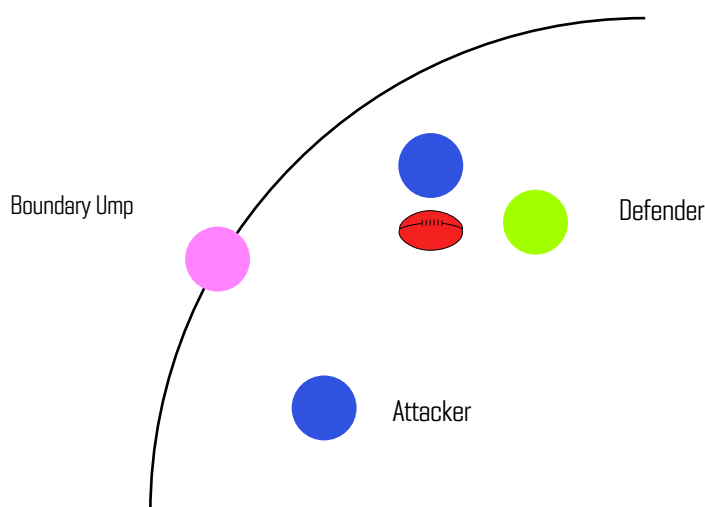
CHANGE IT

Scenarios could include:

- Ball comes off shin & goes over the line on the full
- Kicked on the full but hits the ground but hits the ground before going out of bounds
- Ball lands on the line

LEARNING

- Maintain 10-15m in front/behind the play
- Practise decision making on the boundary line





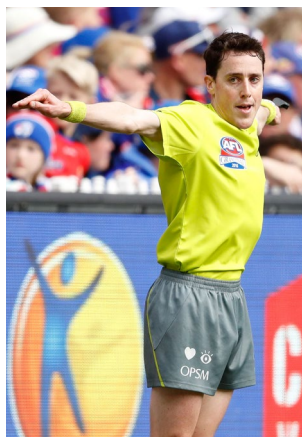
SESSION  
**2**

## BOUNDARY UMPIRING

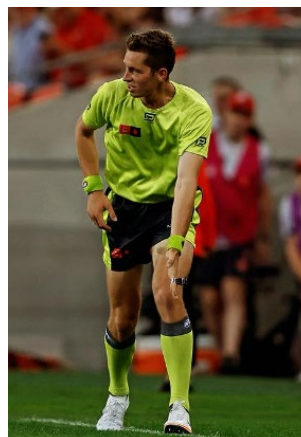
### BOUNDARY UMPIRE SIGNALS



Out of Bounds (OOB)



Out of Bounds on the Full (DOF)



Free Kick Mark for out on the Full

### BOUNDARY UMPIRE THROW IN TECHNIQUE CUES



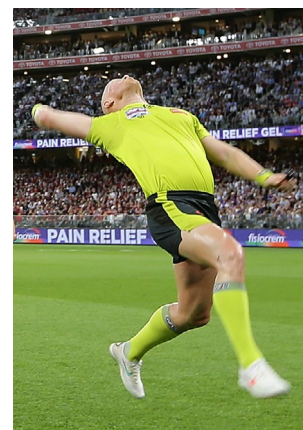
The Grip



Initial Stance



Preparation



Release



# SESSION 3

## GOAL UMPIRING

### LEARNING OUTCOMES

#### Umpires will:

- ➔ Understand the roles and responsibilities of a goal umpire
- ➔ Develop their understanding of goal umpire positioning and movement

### SUCCESS CRITERIA

#### Umpires will be able to:

- ➔ Effectively communicate scoring line decisions through correct signals and flag waving
- ➔ Position themselves in a good decision making position

- 1 whistle per umpire • 6-10 footballs • 30 cones • 15 bibs (2 colours) • 14-30 goal posts/agility posts
- Goal Umpire flags (2 per group of 2-4 umpires)

### WARM UP: CAPTURE THE FLAG

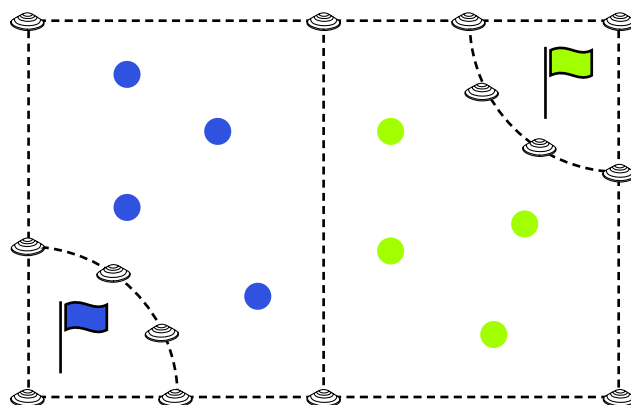
3-5  
mins

**Purpose:** Communicating and working together as a team, practising agility and change of pace

**Equipment:** Flags, bibs for half the group, cones for boundary & flag area

#### Set up

- Divide group into two teams, each uses one half of the playing space as "home base"
- Create a semi-circle of cones 3m diameter inside each end of the playing space & place the 1-3 flags (flag, ball, bean bag, any piece of equipment) in it
- The aim of the game is to get through the other team's half and capture the flag
- When you are in the other team's half you can be tagged by defenders which means you are "frozen" and must kneel on the ground. You can only be freed by a high-5 from one of your "free" team mates
- If you are in the flag circle you are safe from taggers
- The game ends when one team has captured all of their opponent's flags and secured them in their own "home base" half



#### CHANGE IT

- Change the number of flags that need to be captured (1 - 3 flags)
- Ask teams to discuss a team strategy
- Only limited number of attackers can enter opponents half at a time

#### LEARNING

- Practise communicating with teammates
- Watching the opponents and moving accordingly

## SESSION 3

# GOAL UMPIRING

## RECAP ROLE OF A BOUNDARY UMPIRE

12  
mins

Welcome umpires back and recap previous session

ASK: Remind me, what are the roles and responsibilities of a boundary umpire in AFL?

- Be the final judge of when the ball is out of bounds or out of bounds on the full
- Return the ball back into play after it goes out of bounds
- Return the ball back to the field umpire after a goal
  - Recap boundary umpire signals by calling out OOB or OOF and umpires blow their whistle and perform the signal
- What are the cues for performing a boundary throw in?

## ROLE OF A GOAL UMPIRE

4-5  
mins

ASK: What is the role of the goal umpire?

- Be the final judge of the score
  - What determines if the score is a goal or a behind? Discuss.

ASK: Who knows how a goal umpire signals? (Images of signals and flag waving listed at the end of session 3)

Demonstrate each signal and then practise these signals together as a group

- Goal signal and flag waving
- Behind signal and flag waving
- What other signals do goal umpires perform for?
  - A Behind: tap chest, tap hands, tap knee, tap post
  - Assisting the boundary umpire: out of bounds, out on the full

ASK: Who does the goal umpire need to communicate with?

- Must receive either an "All clear, behind" or "All clear, goal" from field umpire before signalling behind/goal and waving flags
- Work together with boundary umpire to adjudicate the score near the behind post

ASK: Where should the goal umpire position themselves during play or for a set shot?

- The goal umpire should move in relation to the ball, keeping a straight line between the ball and the middle of the goals at all times



## SESSION 3

# BOUNDARY UMPIRING

## GOAL UMPIRE SIGNALS INTRODUCTION

5  
mins

**PURPOSE:** Practise the skill of the Goal Umpire signalling and flag waving technique

**EQUIPMENT:** 1 pair of flags per pair (if possible)

Demonstrate Goal Umpire signals: Behind and goal hand signals and flag waving technique.  
(Images of cues listed at the end of Session 3)

- Demonstrate or ask an umpire "expert" to demonstrate
- Recap additional signals used for a behind (tap chest, hands, post, knee) & boundary line signals to assist boundary umpires

DISCUSS: What are some different scenarios that might occur and their outcome? Here are a couple of examples:

- Ball punched through? Tap hands above head, receive "all clear, behind" from field umpire, signal behind, wave one flag
- Ball hits the goal post? Tap post, receive "all clear, behind" from field umpire, signal behind, wave one flag

Signal and flag waving practice:

- Set up umpires in lines facing you, the coach says:
- "All clear, goal" and umpires signal and wave/pretend to wave flags
- "All clear, behind" and umpires signal and wave/pretend to wave flag
- Go through scenarios by calling them out & umpires signal as goal umpires
  - Goal line: e.g. touched / carried / kicked over the goal line
  - Behind Line: e.g. kicked / punched over the behind line, hits the behind post on the full or after bouncing

### CHANGE IT

- Work in small groups or pairs, one person calls out scenario and others have to signal/wave flags
- Use umpires to call out scenarios for the whole group
- If umpires perform incorrect signal, they kneel, then sit, etc. to find a winner

### LEARNING

- Practise goal umpire hand signals and flag waving
- Practise responding to different scenarios



# SESSION 3

## BOUNDARY UMPIRING

### GOAL UMPIRE POSITIONING INTRODUCTION

5  
mins

**PURPOSE:** Practise goal umpire positioning for online contests

**EQUIPMENT:** Per group of 4-6 - 1 pair of flags (if possible), 1 football, 2-4 posts (goal and behind posts - or agility poles)

#### Set up

- Set up activity along a straight line, which serves as the goal line (where possible, use a goal square and goal posts).
- Position group members in an arc meeting the line at each end, from positions 1-5 (see diagram right). Minimum 4 people per group (1 goal umpire & 3 people positioned 1-3-5)
- Aim: For the players on the arc to throw/handball the ball among themselves, with those at positions 1 and 5 taking the ball near or over the line when they have possession.
- Positioning examples based on where the ball moves:
  - The goal umpire moves in relation to the ball, keeping a straight line between the ball and the middle of the goals at all times.
  - When the ball is in position 3, the goal umpire will be straight in front
  - At position 1, goal umpire will be side on, looking to see whether the ball has crossed the line.

#### Goal Umpires Remember:

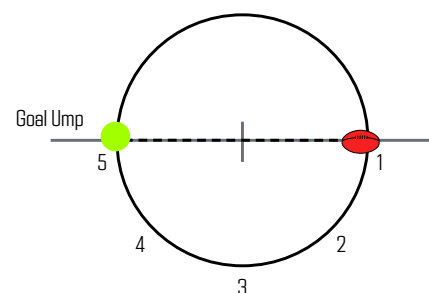
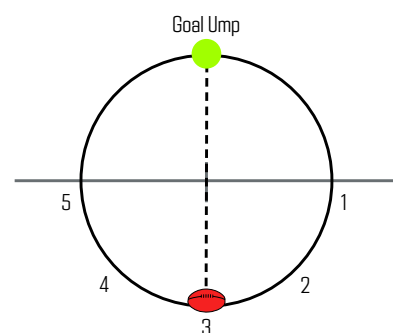
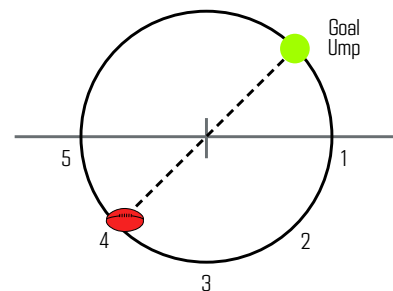
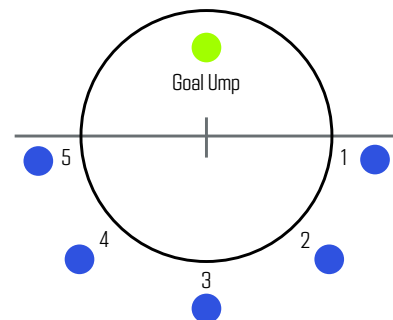
- The whole ball must cross the line completely for it to be considered a goal or behind
- Always be aware and be ready to make a decision
- Stay back from the line when the ball is not in play
- Group members start slow and speed up once the goal umpire gets the hang of it
- Go for 30 seconds then rotate positions

#### CHANGE IT

- Group members take the ball through the goals & goal umpire has to make decision, signal & wave their flags
- Group members come up with scenarios to play out

#### LEARNING

- Practise goal umpire positioning for on the line contests
- Practise responding to different scenarios as the goal umpire



# SESSION 3

## GOAL UMPIRING

### WHAT'S THE SCORE?

5-7  
mins

**PURPOSE:** Practise goal umpire positioning and decision making

**EQUIPMENT:** Per group of 4-6 - 1 pair of flags (if possible), 1 football, 2-4 posts (goal and behind posts - or agility poles)

Set up

Create groups of 4 (1 goal umpire, 1 field umpire & 2 players).

Players will play out scenarios near the scoring line with the football eventually going over one of the scoring lines (goal or behind line).

- Goal umpire will indicate a score (tapping chest, etc. or walking to the middle of the goals)
- Field umpire will signal "All clear, Goal / Behind / Touched" etc.
- Goal umpire to signal with hands and wave flag/s
- If there are any free kicks observed by the field umpire, they should award these and then play out the set shot for goal umpire to adjudicate.

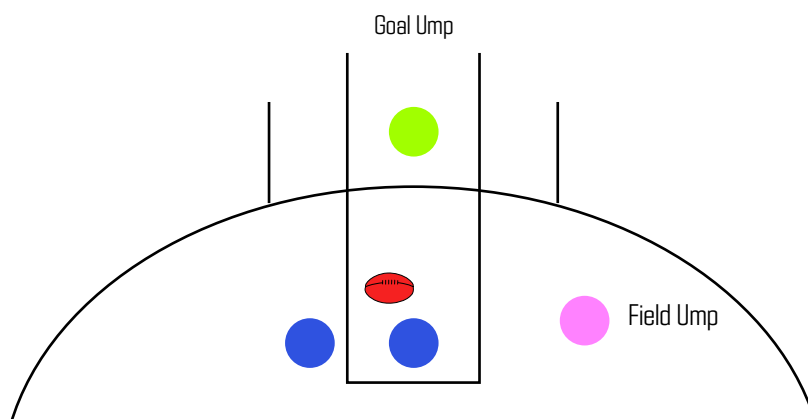
Complete two scenarios and then swap roles; field umpire and goal umpire swap. After this, players become umpires. Ensure everyone rotates through the different roles.

CHANGE IT

- Add additional players
- Players to plan scenarios to make it challenging for umpires
- Start the activity further away from the goals to provide goal umpire opportunity to practise their movement

LEARNING

- Practise goal umpire positioning and decision making
- Practise communication between field and goal umpire



# SESSION 3

## GOAL UMPIRING

### SET SHOTS

5-7  
mins

**PURPOSE:** Practise goal umpire positioning and decision making for set shots on goal

**Equipment:** per group of 4-6 - 1 pair of flags (if possible), 1 football, 2-4 posts (goal and behind posts - or agility poles)

#### Set up

Using the same groups of 4 as below (1 goal umpire, 1 field umpire & 2 players - 1v1)

- Attacking Player throws the ball in the air and marks it, the Field Umpire blows their whistle to award the mark and then sets up the player to have a shot on goal (line player up with the middle of the goal - see Session 1 Field Umpiring), the defending player stands on the mark
- Attacking player takes their set shot
- A set shot on goal occurs when a player has marked the ball or is awarded a free kick, giving them the opportunity to kick for goal unchallenged
- Goal Umpire positions themselves accordingly, adjusts if needed after the kick and responds appropriately once the ball has crossed the scoring line
- Field Umpire gives the "All Clear, Behind/Goal"
- Goal Umpire signals Goal/Behind and waves flags

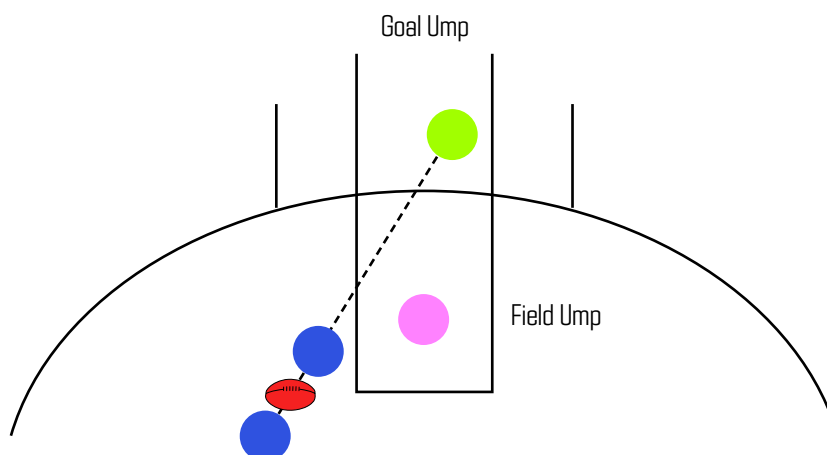
Rotate roles after each set shot so everyone has a go at Goal and Field Umpiring

#### CHANGE IT

- Add additional players
- Players to plan scenarios to make it challenging for umpires

#### LEARNING

- Practise goal umpire positioning and decision making
- Practise communication between field and goal umpire





# SESSION 3

## GOAL UMPIRING

### SCORING

2  
mins

**PURPOSE:** Understand how the score is recorded as a goal umpire

**EQUIPMENT:** Nil

Set up

ASK: How many points are scored for a goal and for a behind?

Discuss the goal umpires role in keeping the score

- A score should be recorded as soon as possible. If it is a behind, the goal umpire needs to wait until the ball has left their area to record the score

ASK: Why would a goal umpire use a pencil rather than a pen? - The answer is that the pen may not work effectively in wet weather.

- How and when do the two goal umpires ensure they have the correct & the same score? Goal umpires run to the middle of the ground at the end of each quarter and at the end of a match, to compare the scores they have recorded to ensure consistency.
- How do goal umpires indicate to the scoreboard the score is correct? They face the timekeepers' box and wave the score with their flags.

Show an example of a scorecard (example at the end of Session 3):

- How is the score card filled in:
  - During the quarter?
  - At the end of each quarter?
  - At the end of the game?

You fill out the scorecard at the end of each quarter.

CHANGE IT

- Provide each pair with a scorecard to use during activities

LEARNING

- Understand the process of recording the scores



# SESSION 3

## GOAL UMPIRING

### RECAP ROLES OF ALL UMPIRES

5-7  
mins

**PURPOSE:** Recap roles of each umpire discipline: field, boundary and goal umpiring

**EQUIPMENT:** 1 whistle per umpire

Set up

ASK: the following three questions for each discipline:

1. What are the main roles of each discipline?
2. Where should they position themselves according to the ball, contest, players?
3. What are some examples of the signals they use to communicate their decisions?

Field Umpire:

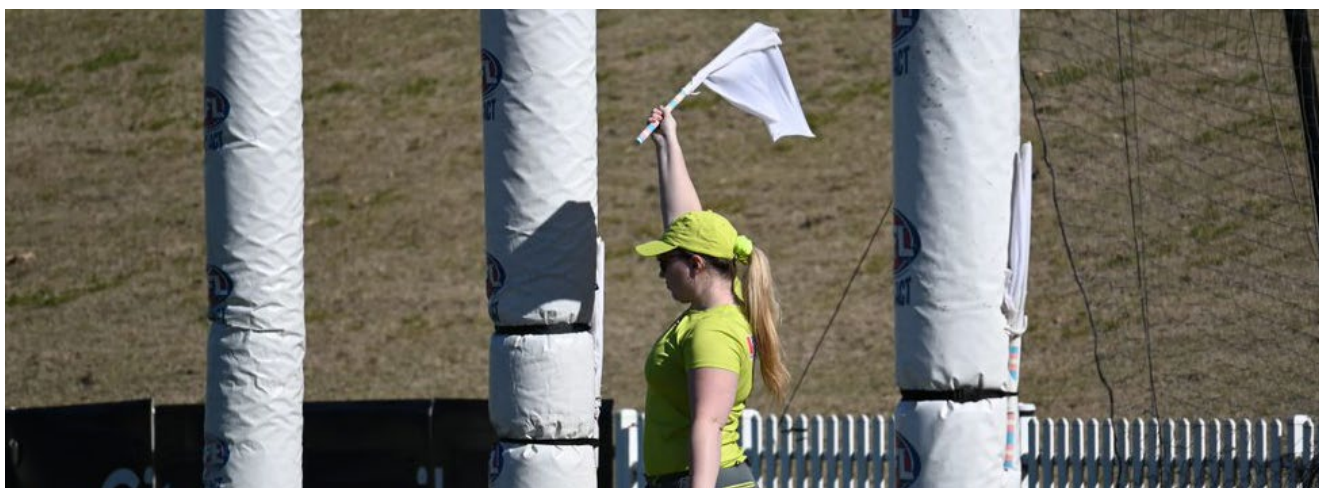
- Apply the laws and their interpretations according to the [laws of the game](#)
- Looks like: Making decisions and using your whistle and signals to inform players and spectators
- Positioning: 20-25m, side-on, with their back to the centre of the ground

Boundary Umpire:

- Be the final judge of when the ball is out of bounds or out of bounds on the full
- Looks like: Positioning yourself to see if the ball is Out of Bounds On the Full or Out Of Bounds, whistle and signal accordingly and throw the ball in if the ball was Out of Bounds
- Positioning: - On the boundary line, 10-15m away in front / behind the ball. The ball stays between them and the closest goals

Goal Umpire:

- Be the final judge of the score
- Looks like: Positioning yourself to see if a behind or goal is scored and signal using your hands and flags accordingly
- Positioning: Move in relation to the ball, keeping a straight line between the ball and the middle of the goals



## MODIFIED SMALL-SIDED GAME

10-15  
mins

*(extend/reduce time based on Session length)*

**PURPOSE:** Consolidate understanding of the roles and responsibilities of each umpire discipline and practice responding to scenarios with the correct decision- change practice to practise

**EQUIPMENT:**  
2 Fields: cones for field boundary, poles for goals, bibs for 2-3 teams, 1 football per field, 1 whistle per umpire

### Set up

Split group into 2-4 teams (1-2 games played at the same time), approximately 6 v 6 players with simplified rules

- Each field will have 6 umpires: 2 field umpires, 2 boundary umpires, and 2 goal umpires. These umpires will consist of 3 individuals from each team. Umpires will rotate their positions every 2 minutes.
- Aim is for teams to score by kicking the football in the goals
- The field umpires should pay the free kicks and marks that they see. For example, High Tackle, Holding, Holding the Ball, Throw, etc.
- Remind umpires of the signals for Free Kicks and Marks before beginning
- 2 umpires should umpire half the field each & handover play by calling "yours"
- The boundary umpires 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
- The goal umpires 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 flag/s.

### Rules:

- Start the game with a ball up
- After a goal, restart the play with a ball up in the centre
- When the ball goes out of bounds, a throw in will occur
- No tackling/bumping: 2-hand touch & player must dispose of ball within 2 secs
- Mark can be paid for any kick (irrespective of distance)

Rotate field, boundary and goal umpires every 3-4 minutes.

Rotate teams/opponents every 4-6 minutes.

### CHANGE IT

- Rotate Umpires every 2-4 minutes
- Change game to only handballing
- No contact - must dispose of ball after 5 seconds of possession

### LEARNING

- Position according to where the ball is - keeping a straight line between the ball and the middle of the goal
- Practise performing goal umpiring decisions & signals

# SESSION 3

## GOAL UMPIRING

### RECAP AND CLOSE SESSION

3  
mins

**PURPOSE:** Recap and consolidate concepts practised and discussed

**EQUIPMENT:** 1 pair of flags

Set up

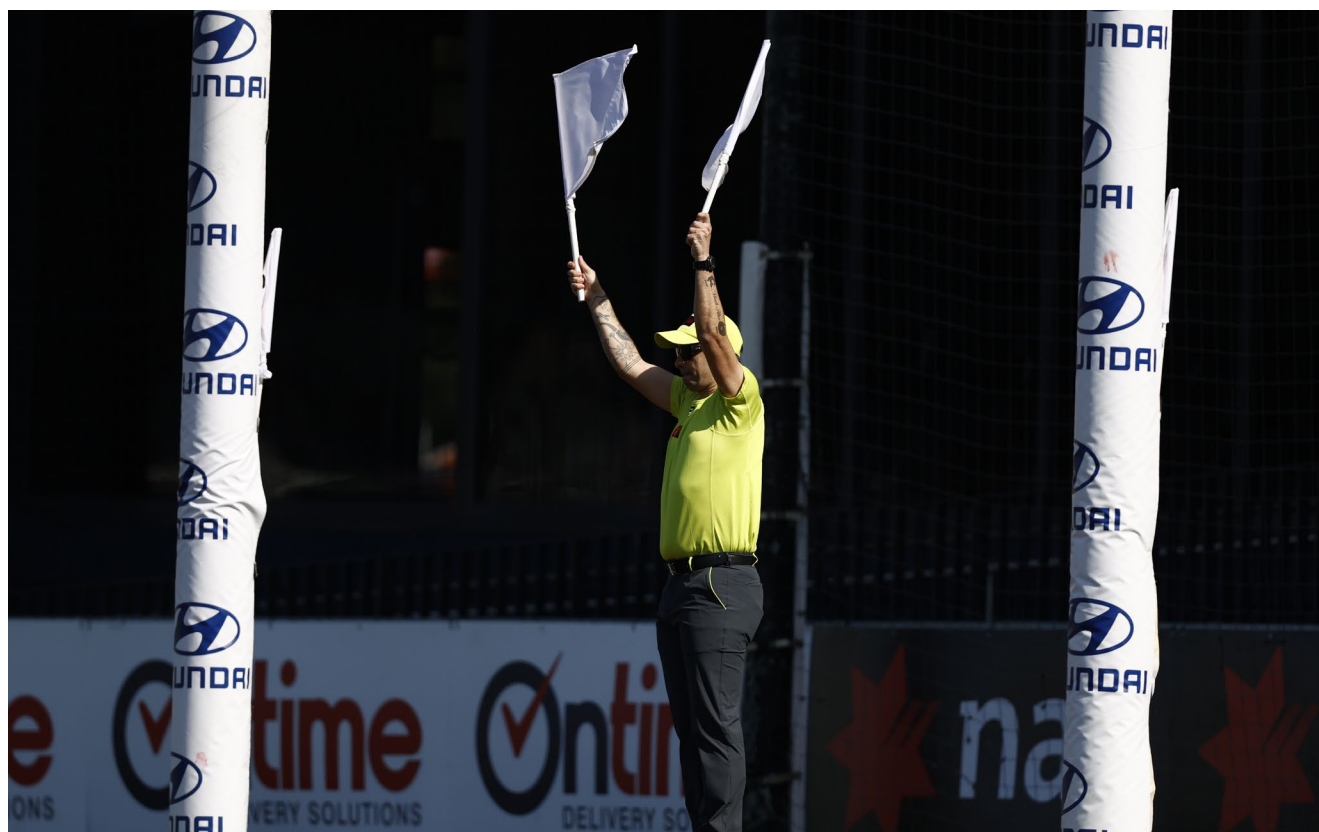
Recap by asking umpires to respond

- Response options: individually, together as a group, think-pair-share

What is the role of the goal umpire?

- Where should the goal umpire position themselves in relation to the ball?
- What are the signals that a goal umpire performs? Ask umpires to recall and demonstrate with hands and flags
- How does the goal umpire record the score?
- Who does the goal umpire need to communicate with and how do they do this?

Close session by thanking and praising umpires for their participation and engagement.



# SESSION 3

## GOAL UMPIRING

### ADDITIONAL/EXTRA ACTIVITY OPTIONS

(if time permits to include)

#### BACK TO FRONT

5-7  
mins

**PURPOSE:** Practise goal umpire positioning

**EQUIPMENT:** Per group of 4 - 2 flags, 2 footballs, 4 goal posts (posts/ agility poles)

Create groups of 4 (1 goal umpire, 1 kicker, 2 ball retrievers)

- The goal umpire starts with their back to the kicker
- When the kicker yells "go", the goal umpire turns to face the field, as the kicker releases a quick kick to the left or right behind area
- The goal umpire needs to react quickly, chasing the ball to the direction it goes and keeping an eye on where it crosses the line
- Rotate goal umpire and kicker every 3-4 shots

Progression: Add in signals and flags

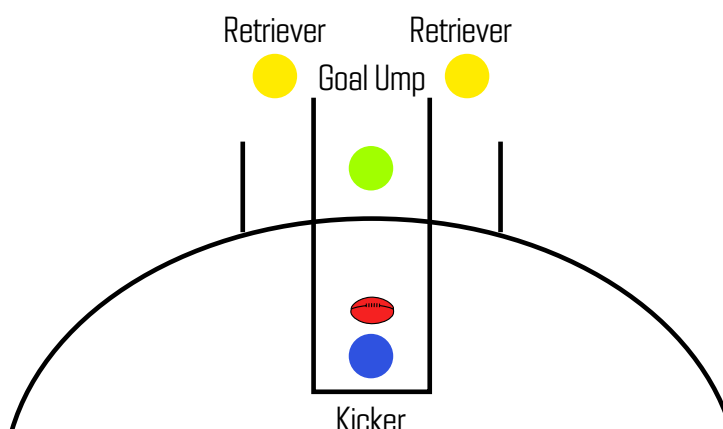
- For a behind: tap chest and signal with one hand
- For out of bounds: signal with straight arm up (beside ear)
- For out of bounds on the full: signal with straight arm sideways

#### CHANGE IT

- Add a defender and have the extra challenge of making a call when the ball has been 'touched' prior to going across the line or 'carried through'; when a player has caught the ball and run across the line.
- Include boundary and field umpires

#### LEARNING

- Practise goal umpire positioning, decision making and signalling



# SESSION 3

## GOAL UMPIRING

### FLAG WAVING

5-7  
mins

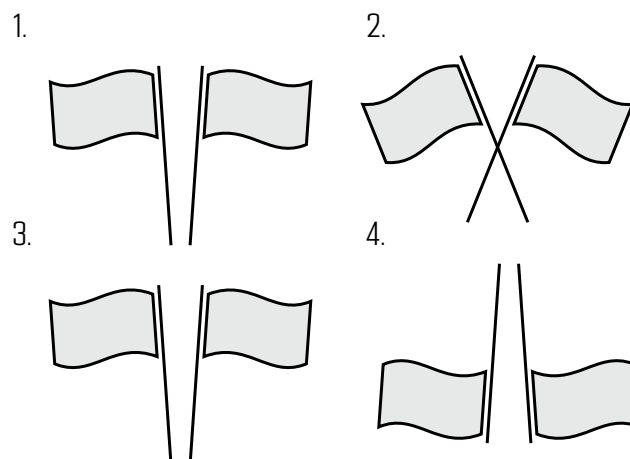
**PURPOSE:** Practise goal umpire hand signalling and flag waving

**EQUIPMENT:** Per group of 2-4 - 1 football, 2-4 goal posts (agility posts), 2 flags

Set up

In groups of 2-4 umpires (1 goal umpire, 1 kicker)

- Kicker kicks ball through goals
- Goal umpire walks to the centre of the line and signals a goal
- Retrieve flags from right hand goal post
- Returns to the centre of the goals and wave flag using the action below
- Returns flags to original position at right hand goal post
  1. Hold flags straight up
  2. Cross flags above head
  3. Return to position 1
  4. Bring flags straight down either side of body.
- Repeat 3-4 times, then swap roles. Everyone should have a turn as the goal umpire
- Include a variety of scenarios after everyone has had a turn



### CHANGE IT

- Kicker can score a goal or behind
- Scenarios include: Ball kicked along the ground, hits the post, hits the post, or is touched before crossing the line

### LEARNING

- Practise decision making on the scoring line
- Practise hand signalling and flag waving



## GOAL UMPIRE SIGNALS



Behind has been scored



Goal has been scored



Ball has been touched,  
follow this with point signal



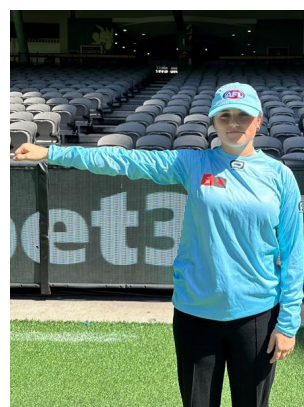
Behind touched goal post,  
follow this with point signal



Behind has been scored



Out of Bounds -  
to boundary umpire



On the Full -  
to boundary umpire

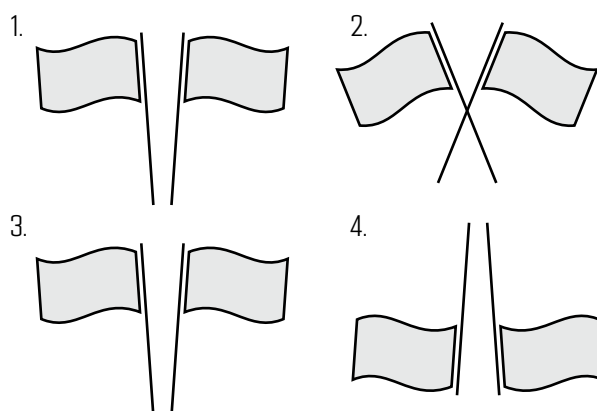
## GOAL UMPIRE FLAG WAVING TECHNIQUE



Goal - from here flags come  
across once, back once and  
then back down




Point - from here flag comes  
across, back and then down



# GOAL UMPIRE SCORECARD

GOAL UMPIRE'S SCORECARD				DATE:				
	TEAM:				TEAM:			
	GOALS		BEHINDS		GOALS		BEHINDS	
1ST QUARTER								
2ND QUARTER								
3RD QUARTER								
4TH QUARTER								
TOTAL								
TOTAL POINTS								
SIGNED:								

## GOAL UMPIRE SCORECARD - EXAMPLE

GOAL UMPIRE'S SCORECARD				DATE: 8/11/2023				
	TEAM: Sharks				TEAM: Warriors			
	GOALS		BEHINDS		GOALS		BEHINDS	
1ST QUARTER	x 2		x 2 3		x 2 3 4		1	
		2	(15)	3		4	(25)	1
2ND QUARTER	x 2 3 4		x 2		1		1	
		6	(41)	5		5	(32)	2
3RD QUARTER	x 2 3 4 5		x 2		x 2		x 2 3 4 5 6	
		11	(73)	7		7	(50)	8
4TH QUARTER	x 2				x 2 3 4 5 6 7 8 9		x 2 3 4 5	
		13	(85)	7	10 11 12	19	(132)	13
TOTAL								
TOTAL POINTS								
SIGNED:					J. Jones			

# SESSION 4

## MATCH DAY

### LEARNING OUTCOMES

Umpires will:

- ➔ Understand the roles and responsibilities of each of the three umpiring disciplines
- ➔ Develop their understanding of decision making, effective communication and teamwork

### SUCCESS CRITERIA

Umpires will be able to:

- ➔ Perform the skills necessary to be a field, boundary and goal umpire
- ➔ Position themselves in a good decision making position as each discipline requires
- ➔ Communicate and work together effectively with umpiring teammates

• 1 whistle per umpire • 2-4 footballs • 30 cones • 15 bibs (2 colours) • 8 goal/behind posts or agility poles

### WARM UP: SCARECROW TIGGY

3-5  
mins

**PURPOSE:** Practising dynamic movement, changing direction and communicating with your teammates

**EQUIPMENT:** Cones for the boundary, 6-8 footballs, bibs

Set up

Set up one or two areas using cones (if you have more than 16 umpires, set up two games)

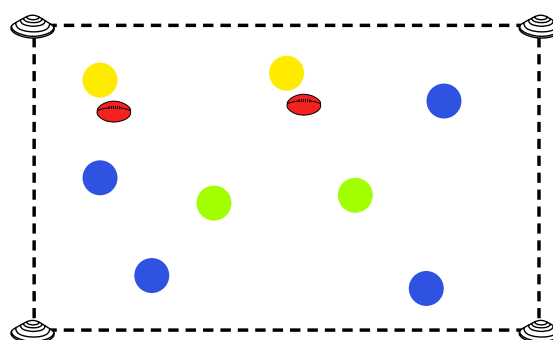
- Select 1-3 'taggers' and 2-6 'release' players (wearing bibs to indicate)
- The taggers move around the area trying to tag the players, if tagged the players should stand like a scarecrow (stand like a star with legs apart)
- To release a player, handball the ball between the legs of the 'scarecrows' to get them back into the game
- Keep changing taggers and releasers

CHANGE IT

- Change size of area
- Change number of taggers/releasers

LEARNING

- Practise changing pace and moving based on observation
- Effective communication with teammates



- Tagger
- Releaser
- Player

## RECAP ROLES AND RESPONSIBILITIES OF UMPIRES

3-5  
mins

**PURPOSE:** Recap roles and responsibilities of each umpire discipline: field, boundary and goal umpiring

**EQUIPMENT:** 1 whistle per umpire

### Set up

ASK: the following four questions for each discipline (field, boundary and goal): Response options - individually, together as a group, think-pair-share

1. What is the main role of this discipline?
2. Where should they position themselves according to the ball, contest, players?
3. What are some examples of the signals they use to communicate their decisions?
4. Who do they need to communicate with and how do they do this? (other umpires, players)

### Field Umpire

- Apply the rules and follow the directions as part of the 'Laws of the game'
- Keep players safe by paying "protection of the ball player" free kicks (e.g. high tackle)
- Looks like: Making decisions and using your whistle and signals to inform players and spectators
- Positioning: 20-25m, side-on, with their back to the centre of the ground
- Recap loud whistle > loud voice > clear signals for various free kicks

### Boundary Umpire

- Be the final judge of when the ball is out of bounds or out of bounds on the full
- Looks like: Positioning yourself to see if the ball is Out of Bounds On the Full or Out Of Bounds, whistle and signal accordingly and throw the ball in if the ball was Out of Bounds
- Positioning: On the boundary line, 10-15m away in front / behind the ball. the ball stays between them and the closest goals.
- Recap how to perform a boundary throw in

### Goal Umpire

- Be the final judge of the score
- Looks like: positioning yourself to see if a behind or goal is scored and signal using your hands and flags accordingly
- Positioning: move in relation to the ball, keeping a straight line between the ball and the middle of the goals
- Recap how to perform flag waving and different signals

## MATCH DAY MODIFIED SMALL-SIDED GAME

20-30  
mins

**PURPOSE:** Practise maintaining correct decision making position, adjudicating contests, signalling appropriately, performing skills correctly and communicate with players and other umpires

**EQUIPMENT:** 2 Fields: cones for field boundary, poles for goals, bibs for 2-3 teams, 1 football per field, 1 whistle per umpire

### Set up

Split group into 2-4 teams (1-2 games played at the same time), approximately 6 v 6 players with simplified rules

- 2 umpires will field umpire, 2 umpires will boundary umpire and 2 umpires will goal umpire each field (3 umpires from each team) - rotate umpires every 2 minutes
- Aim is for teams to score by kicking the football in the goals
- The field umpires should pay the free kicks and marks that they see
  - For example, High Tackle, Holding, Holding the Ball, Throw, etc.
  - Remind umpires of the signals for free kicks and marks before beginning
  - 2 field umpires should umpire half the field each & handover play by calling "yours"
- The boundary umpires 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
- The goal umpires 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 flag/s. They should also keep score on their score card

*See rules and diagram on next page*



# SESSION 4

## MATCH DAY

### Rules:

- Start the game with a ball up
- After a goal, restart the play with a ball up in the centre
- When the ball goes out of bounds, a throw in will occur
- No tackling/bumping: 2-hand touch & player must dispose of ball within 2 secs
- Mark can be paid for any kick (irrespective of distance)

Rotate field, boundary and goal umpires every 3-4 minutes.

Pair umpires together, they will rotate as a pair from field to boundary to goal umpire to player, etc. Try to ensure each discipline.

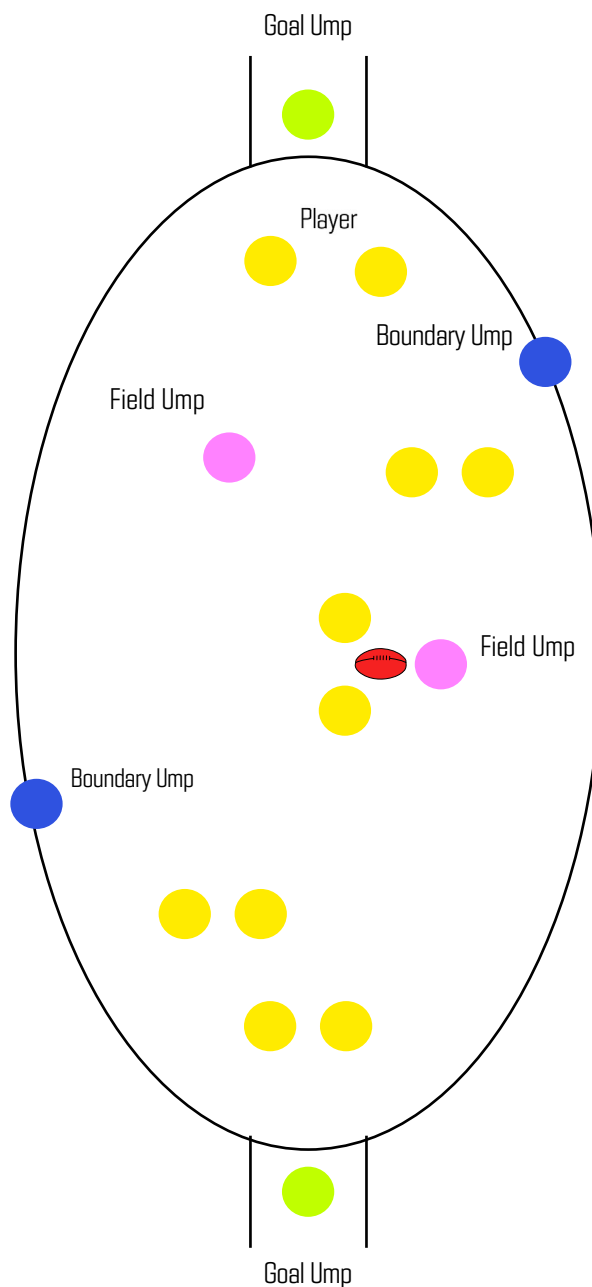
Rotate teams/opponents every 5-8 minutes.

### CHANGE IT

- Rotate Umpires every 2-4 minutes
- Change game to only handballing
- No contact - must dispose of ball after 5 seconds of possession

### LEARNING

- Practise maintaining correct decision making position
- Adjudicating contests
- Signalling appropriately
- Performing skills correctly
- Communicate effectively with players and other umpires



\* Print off score cards located at the end of Session 4



## SESSION 4

# MATCH DAY

## FIRST BOUNCE CERTIFICATE

**PURPOSE:** Consolidate understanding of the roles and responsibilities of each umpire discipline and practice responding to scenarios with the correct decision

**EQUIPMENT:** Access to phone/tablet/laptop per umpire for online course

Access the "Umpire AFL First Bounce Certificate" using the link or QR Code to the right:

[https://afl.androgogic.com.au/blocks/androgogic\\_catalogue/enrol.php?courseid=1106](https://afl.androgogic.com.au/blocks/androgogic_catalogue/enrol.php?courseid=1106)

### Setup

- Umpires sit in clubrooms facing a projector screen/interactive whiteboard/TV connected to your laptop
- Share the link or QR Code with umpires
- Umpires log in or sign up to the AFL Learning Management System (LMS) and begin "First Bounce Certificate" individually on their phone, tablet or laptop
- This task can be completed at home



SCAN HERE



## SESSION 4

# MATCH DAY

## RECAP AND CLOSE SESSION

5-7  
mins

**PURPOSE:** Recap roles and responsibilities of each of the three umpiring disciplines

**EQUIPMENT:** Nil

Recap: What is the role of the umpire in sports?

- To keep players safe
- To manage the game and ensure the game is played fairly and by the rules

ASK: How does the umpire manage the game? What are the skills they might use?

- Communication
- Dealing with conflict
- Leadership, etc.

All skills are transferable to life skills, link these together for learning

ASK: Each discipline is unique and essential for the game to go ahead - which was your favourite?

Recap What are the benefits or positives from being an umpire?

- Earning an income
- Friendships
- Building skills for your Curriculum Vitae
- Skills - confidence, leadership, communication, teamwork, resilience, conflict management

Q&A: Ask the umpires if they have any questions for you

Thank umpires for their involvement in the program, encourage them to complete the First Bounce Certificate at home (if not already complete)



# GOAL UMPIRE SCORECARDS TO PRINT

GOAL UMPIRE'S SCORECARD					DATE:			
	TEAM:				TEAM:			
	GOALS		BEHINDS		GOALS		BEHINDS	
1ST QUARTER								
2ND QUARTER								
3RD QUARTER								
4TH QUARTER								
TOTAL								
TOTAL POINTS								
SIGNED:								

GOAL UMPIRE'S SCORECARD					DATE:			
	TEAM:				TEAM:			
	GOALS		BEHINDS		GOALS		BEHINDS	
1ST QUARTER								
2ND QUARTER								
3RD QUARTER								
4TH QUARTER								
TOTAL								
TOTAL POINTS								
SIGNED:								

