



BAULKHAM HILLS SHIRE NETBALL ASSOCIATION



# PARTICIPANT'S WORKBOOK

## 2013

Based on Official Rules of Netball  
(as amended 2010, 2011 & 2012)



My Name is \_\_\_\_\_

My Club is \_\_\_\_\_

My Coach's name is \_\_\_\_\_

We will meet each week at \_\_\_\_\_

I will need to bring the following each week

- \* Biro and/or Pencils
- \* My Workbook
- \* Official Rules of Netball
- \* Finger Whistle by Week 3

I am doing this course because -

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### ROLE OF THE UMPIRE

Remember that your job as an umpire is to make sure that the game is played fairly under the **Rules of the Game**. A well controlled game is enjoyable for all concerned – players, coaches, spectators and not least, **yourself**.

Some characteristics of a good umpire are:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Consistency - Concentration - Confidence

What should an umpire bring to the game?

#### DRESS

Rule 3.1.5 Page 10

Neat presentation creates a good impression and players react favourably to that appearance.

At BHSNA correct dress for umpires is \_\_\_\_\_

Or \_\_\_\_\_

## BEFORE THE GAME

Rule 3.1.2 Page 9

- 1) Sign on at Umpires' Control (*a Baulkham Hills district requirement and not in the Official Rule Book*)
- 2) Introduce yourself to the other umpire (this is being polite)
- 3) Shall check that the court, its surrounds, goalposts and the ball conform to the rules.  
(refer Rule 1.1, 1.2 and 1.3 Pages 4-5)
- 4) **Off the court** inspect the players for
  - (a) Uniforms
  - (b) Jewellery
  - (c) Adornments
  - (d) The correct length of fingernails(All under Rule 3.1.2 Page 9)
- 5) Shall toss for goal end after notification from Captains of Toss for first Centre Pass.  
The winning umpire shall control the half of the court designated the Northern Half. (Rule 3.1.4)
- 6) Decide with the other umpire what to call the teams  
(*Not in the Official Rule Book but a commonsense thing for umpires to do*)
- 7) Be ready, in your sideline position, to commence the game when the time signal sounds.

## WHISTLE

Rule 3.1.3 Page 9

The umpire blows the whistle with short crisp blasts to -

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## USE OF WHISTLE



**When?**

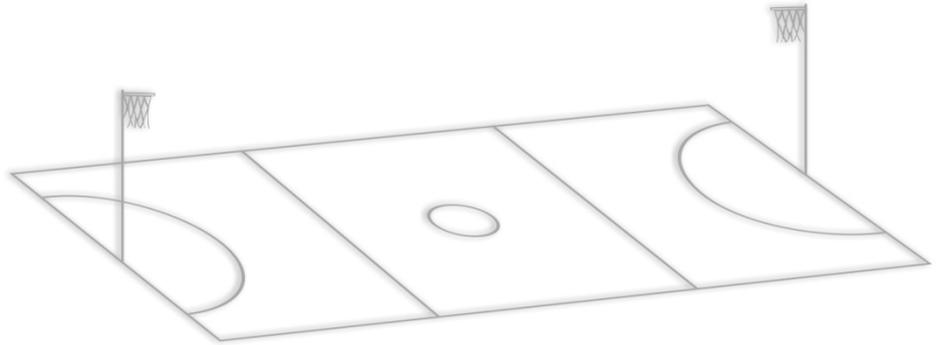
**How?**

**Why?**

## VOICE

Players may judge whether an umpire is confident by the quality of her voice.

**All players** on the court and the **other umpire** should hear an umpire's voice.



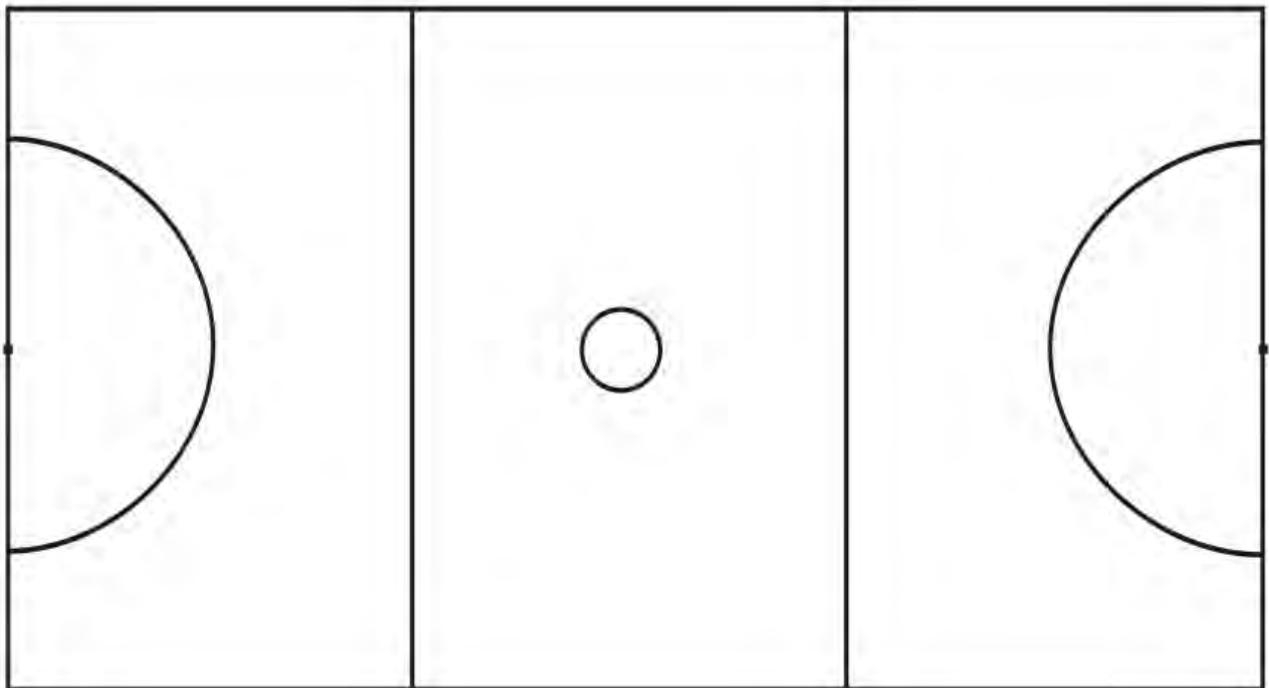
Use a **short sharp LOUD whistle** and a **clear LOUD voice** and reinforce all decisions with **hand signals**.

## AREA OF CONTROL

Rule 3.16 Page 10

Colour the area of the Court each Umpire has control over  
and

show each Umpire's Sideline and Goal Line.



## KEEPING THE CENTRE PASS

Rule 3.1.6 (iii) Page 10

The Umpire uses a ring or band on her hand/wrist to remember which team has the next centre pass.

**At the start of the game, both umpires have the ring or band on the hand/wrist towards the end in which play is to be directed.**

After each goal is scored, the Umpire changes the ring or band to the other hand. The Centre Pass is then given to the team having the Goal End the Umpire's ring or band is on.

NOTE: AT THE END OF QUARTERS DO NOT CHANGE RING or BAND, IT REMAINS ON THE SAME HAND.

**After quarter time, the Centre Pass is given to the Team having the goal end the Umpire's ring or band is on.**

*Terminology: Both Umpires should signal the direction of the next Centre Pass as soon as a Goal is scored. The Umpire in whose end the Goal was scored should also call the club name of the team when running back to the Centre Third.*

## POSITIONING

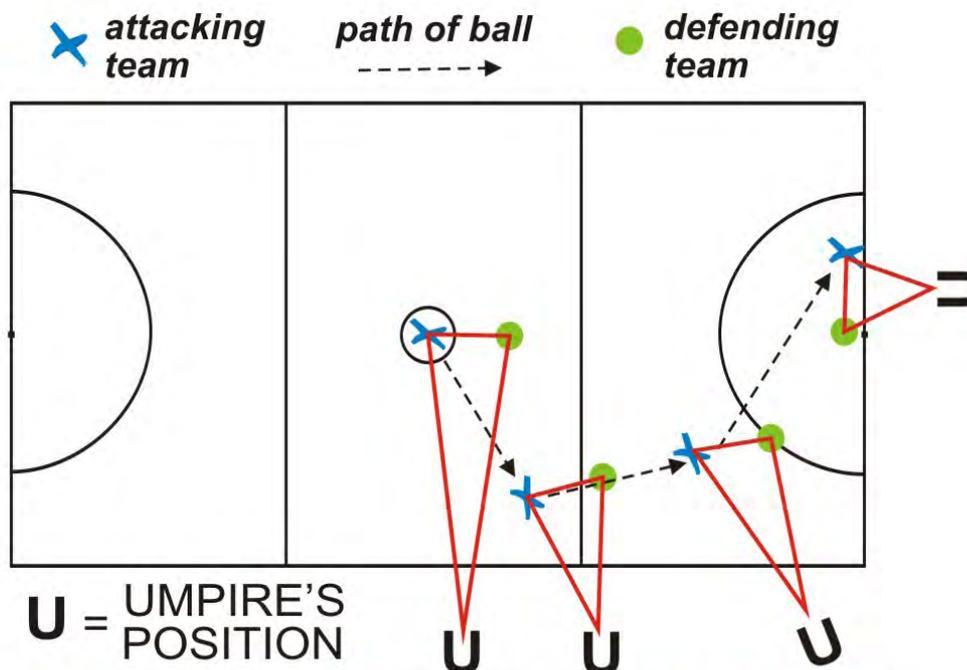
Rule 3.1.6 (vii) Page 11

**The Umpire's position is of great importance for correct decision making.**

**The Umpire MUST be in the BEST position to SEE WIDE and to SEE THROUGH.**

*The important word is 'SEEING' as players will lose confidence in umpires who are clearly guessing!*

Below are some examples of possible positioning. It shows the movement of players and the Umpire from the Centre Pass into the Goal Circle.



*Umpires position themselves at the top of a triangle  
Keep up with play at **ALL** times - scan play, flick eyes & re-position*

## SUBSTITUTION & TEAM CHANGES

Rule 6 Page 17

**SUBSTITUTION** is when a player leaves the Court and is replaced by another player.

**TEAM CHANGES** are when players on Court change playing positions.

A team can make \_\_\_\_\_ substitutions in a game following an interval or during stoppage time for injury or illness.

### Circle correct word/s:

Once a player has been replaced she **may** / **may not** return to the game.

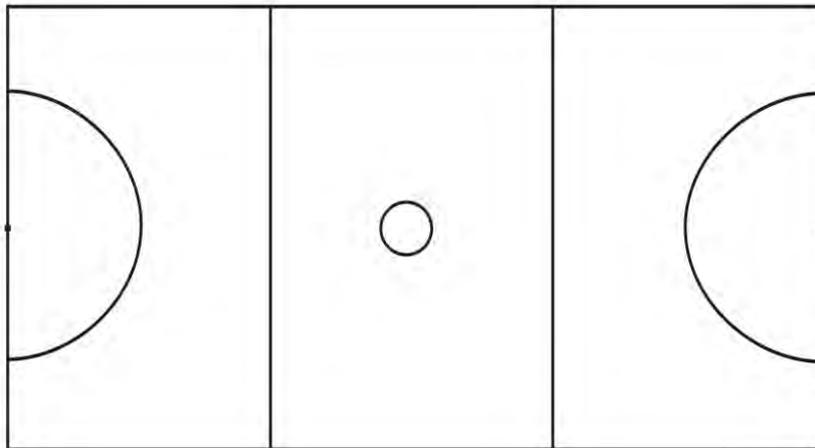
NO NOTIFICATION OF SUBSTITUTES OR TEAM CHANGES IS NECESSARY TO THE UMPIRES.

## AREAS OF PLAY

Rule 8 Page 23

Draw two teams showing where they stand for the start of the game.

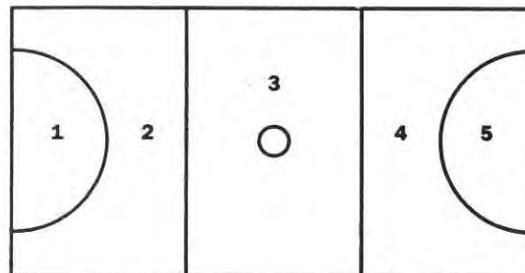
If possible try to use two different colours, one for each team.



**ALWAYS REMEMBER THAT THE LINES BOUNDING EACH PLAYING AREA ARE INCLUDED AS PART OF THAT PLAYING AREA SO SOME LINES ARE PART OF MORE THAN ONE PLAYING AREA.**

From the numbers written on the court indicate the areas each player is allowed in.

- Blue GS \_\_\_\_\_
- Blue GA \_\_\_\_\_
- Blue WA \_\_\_\_\_
- Blue C \_\_\_\_\_
- Blue WD \_\_\_\_\_
- Blue GD \_\_\_\_\_
- Blue GK \_\_\_\_\_



## OFFSIDE

Rule 9 Page 24

**A player is offside when she enters an area, with or without the ball, in which she is not allowed.**

A player may reach over and take the ball from an offside area or may lean on the ball in an offside area (refer Rule 13.1 (ix) Page 30)

**A PLAYER STANDING ON A LINE IS NOT OFFSIDE  
BUT A PLAYER STANDING OVER A LINE IS OFFSIDE.**

The Penalty for going OFFSIDE is \_\_\_\_\_

*Terminology: State Infringement – Offside Blue WA, Penalty is a FREE PASS awarded to any member of the Red Team allowed in the area where the offside occurred.*

## OUT OF COURT

Rule 10 Page 25

List below when the ball is considered by the Umpire to be OUT OF COURT.

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

A THROW IN is the penalty given by the Umpire when the ball goes out of Court.

*Terminology: State Out of Court, signal direction of the pass and state team and Throw In*

## CENTRE PASS

Rules 11 and 12 Pages 27 and 28

For a Centre Pass –

- a) The Centre shall stand wholly in the Centre circle on either one or two feet
- b) The other Centre shall be in the Centre Third and free to move
- c) All other players shall be in their own goal thirds and free to move

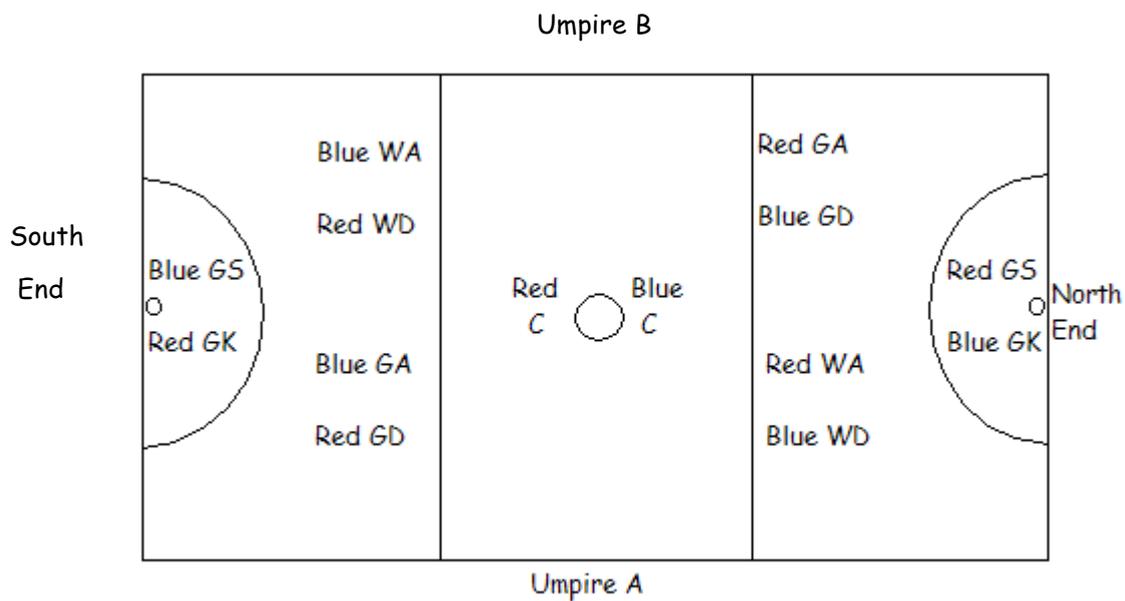
The Umpire then blows her whistle to start play.

**The Centre Pass shall be caught or touched by any player who**

- (i) Is standing in the Centre Third; or**
- (ii) Lands with the first landed foot, or both feet, wholly within the Centre Third.**

When the ball is not touched in the Centre Third the Umpire \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



The RED team have the first Centre Pass and are going towards NORTH end

Which umpire blows the whistle for the start of the game? \_\_\_\_\_

The RED team fail to score, the BLUE team intercept the ball and they score at SOUTH end.

Which umpire blows the whistle for the next centre pass? \_\_\_\_\_

The BLUE team have the first Centre Pass after quarter time and are going towards NORTH end.

Which Umpire blows the whistle to start the second quarter? \_\_\_\_\_

The BLUE team score a goal in NORTH end from their Centre Pass.

Who gets the next Centre Pass? \_\_\_\_\_

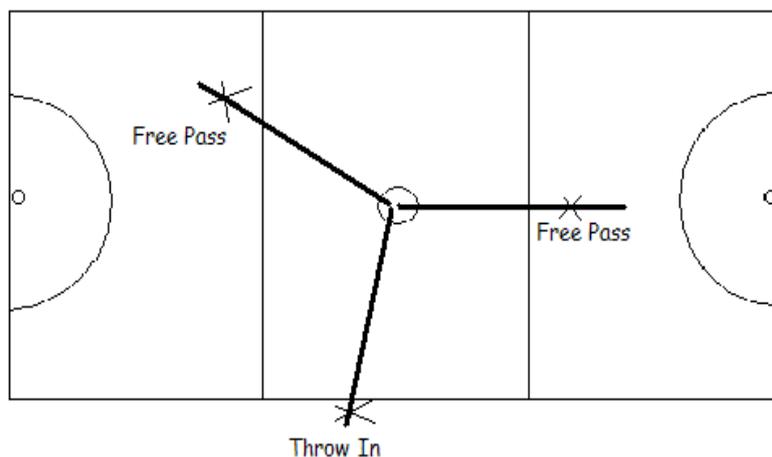
Which umpire blows the whistle? \_\_\_\_\_

### UNTOUCHED CENTRE PASS

Rule 12.2.3 Page 29

If the Centre throws the ball at the Centre Pass and it passes untouched over the transverse line, a free pass is awarded to the opposing team in the goal third where the ball crossed the line.

If when the Centre throws the ball at the Centre Pass and it passes untouched over a sideline, a throw in is awarded.



## PLAYING THE BALL

Rule 13 Page 29

It is most important to watch the **WHOLE PLAYER**.

Remember a player gaining possession of the ball **must not** strike the ball with a fist; fall on the ball to get it; attempt to get the ball while lying sitting or kneeling on the ground. A player **cannot** throw the ball while lying, sitting or kneeling on the ground. A player **must not** use the goal post as a means of regaining balance, as a support in recovering the ball going out of Court or in any other way for any other purpose and **cannot** deliberately kick the ball.

The Penalty for above of the above infringements is \_\_\_\_\_

## TIMING

Rule 13.3 Page 31

**The Umpire MUST start timing as soon as the player catches the ball.**

A player who catches the ball, or shoots for goal must release the ball within \_\_\_\_ seconds.

*This means that a player cannot hold onto the ball for three seconds.*

*Terminology for the infringement is HELD BALL with hand signal (arm raised high in the air and 3 fingers extended), and the Penalty is a FREE PASS to the non-offending team where the infringement occurred.*

The Penalty for HELD BALL is \_\_\_\_\_

## REPLAYED BALL

Rule 13.4 Page 31

This infringement does not happen as often as it is ruled.

The Player must **first** have “possession”.

“Possession” means having control of the ball with either one or two hands.

Do not confuse fumbling of the ball prior to possession occurring as being replayed.

*Terminology for the infringement is REPLAYED BALL and the penalty is a FREE PASS to the non-offending team where the infringement occurred.*

The Penalty for REPLAYED BALL is \_\_\_\_\_

## SHORT PASS (Passing Distance)

Rule 13.6 Page 32

Be aware of the distance ON THE COURT between the **HANDS** of the **THROWER** and the **HANDS** of the **RECEIVER** at the **moment the ball is passed**.

*Terminology for the infringement is SHORT PASS and the penalty is a FREE PASS to the non-offending team where the BALL IS CAUGHT.*

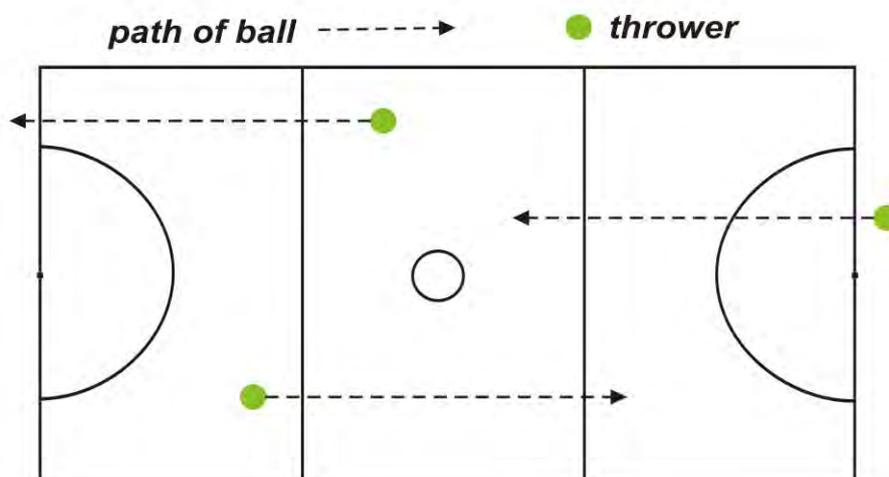
The Penalty for SHORT PASS is \_\_\_\_\_

## OVER A THIRD

Rule 13.6.2 Page 32

**The ball may not be thrown over a complete third of the court without being touched by a player.**

In the court diagram below mark **X** where the penalty is awarded, if the ball is thrown completely over a third without being touched, and write the penalty awarded next to the **X**.



## FOOTWORK

Rule 14 Page 33

*Good umpires know the landed foot every time the ball is caught so they can rule correctly if stepping or obstruction occurs. It is important for you to drop your eyes downwards every time a player lands with the ball to check how they have landed.*

- 14.1** When a player catches the ball with **one foot grounded**, or jumps to catch the ball and lands on **one foot**, we call this foot the **landed foot**. The player can then pivot around on this **landed foot**, then step onto the other foot, lift the **landed foot** and then must pass the ball **before the landed foot** is put back on the ground.

When a player catches the ball with **one foot grounded**, or jumps to catch the ball and lands on **one foot**, we call this foot the **landed foot**. She can jump from the **landed foot** onto the other foot and then jump again but **must** throw the ball **before** putting either foot back on the ground.

- 14.2** When a player catches the ball with **both feet grounded**, or jumps to catch the ball and lands on **both feet at the same time**, as soon as they lift one foot off the ground the other foot left on the ground we call the **landed foot**. Then the same rules apply as if the player landed on one foot.

- 14.3** A player with the ball may **not** drag or slide the landing foot along the ground. A player with the ball may **not** hop on either foot. A player with the ball may **not** jump from both feet and land on both feet unless the ball is released before landing.

*Terminology for the footwork infringement is STEPPING, and the penalty is a FREE PASS awarded to the non-offending team where the infringement occurred. A hand signal, moving hands up and down in front of the body is given.*

A player who makes a footwork infringement is said to have \_\_\_\_\_

The Penalty for this is a \_\_\_\_\_

## SCORING A GOAL

Rule 15 Page 35

A goal is scored when the ball is thrown or batted **over and completely through the goal ring**, only by the Goal Shooter or the Goal Attack from any spot within the goal circle including the lines bounding the goal circle.

The umpire **must** blow the **whistle** for “**TIME**” the moment they hear the signal for the end of the quarter or game. This is very important as the game **ends only** on the umpires’ whistle.



If the whistle for “TIME” is blown **after** a Penalty Pass or Shot is awarded, what would the umpire’s decision be?

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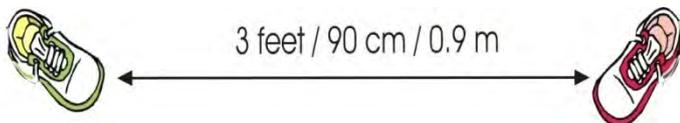
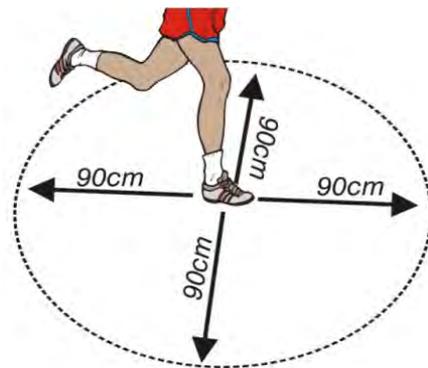


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## OBSTRUCTION

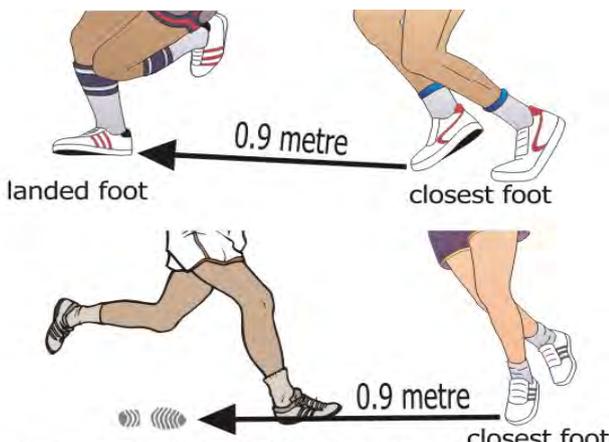
Rule 16 Page 36

**A player is obstructing if their arms are raised up and they are standing within 90cm (3 feet) of their opponent with or without the ball.**



The distance is measured **ON THE GROUND** from the **LANDED FOOT** of the player with the ball and the **NEARER FOOT** of the defending player.

If the defending player chooses to jump to intercept the ball from the **CORRECT DISTANCE** (90cm) and **lands within this distance** and the attacking player still has possession of the ball, obstruction may occur.



If the defending player is at the correct distance (90cm) and the **attacking player steps in** closer then the defending player is not obstructing and should **NOT** be penalised.

When the defending player is at the correct distance (90cm) but has her hands **not over the ball but over the eyes** of the attacker then the defending player is obstructing and should be penalised.

*What is the Penalty for OBSTRUCTION?*

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*What happens to the infringer?* \_\_\_\_\_

# CONTACT

Refer Rule 17 Page 39

No player may contact a player in the opposing team in such a way that it interferes with the opponents movement either accidentally or deliberately, or any way that causes contact to occur.

*Players expect the umpires to protect them from unnecessary contact by giving penalties.  
Umpires who control this aspect of the game offer players a safer and more enjoyable game.*

LEARN TO TELL THE DIFFERENCE between the brushes and bumping that does not interfere with play, and between CONTEST and CONTACT.

- A player is not allowed to**
- run into
  - push away (often elbow)
  - bump into
  - trip
  - hold
  - lean
  - hit the ball out of opponent's hands
  - push ball into an opponent
  - move into a player's landing space
  - position so close that the opponent can not move without contacting / can not shoot for goal
  - "feel" to know where opponent is

The Penalty for CONTACT is \_\_\_\_\_

When a **GK** or **GD** CONTACTS, OBSTRUCTS or INTIMIDATES in the **GOAL CIRCLE**

What Penalty is awarded? \_\_\_\_\_

When a **GS** or **GA** CONTACTS, OBSTRUCTS or INTIMIDATES in the **GOAL CIRCLE**

What Penalty is awarded? \_\_\_\_\_

# TOSS UP

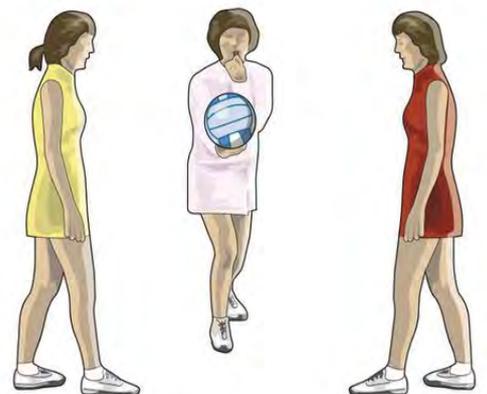
Rule 18.5 Page 45

List six reasons why an umpire decides to have a toss up

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Players face each other, and their own goals, feet in any position but nearer foot of each must be 90cm (3 feet) apart, arms straight by their sides. They shall not move from that position until the umpire's whistle is blown.

**Umpires release the ball midway between the two players from just below the shoulder level of the shorter player's normal standing position. Hold the ball in the palm of one hand, place it in position, flick the ball straight upwards no more than 60cm high, as WHISTLE IS BLOWN.**



Can a **GS** or **GA** shoot for goal after winning a toss up? \_\_\_\_\_

If one player moves before the umpire blows her whistle for the toss up the umpire calls what infringement? \_\_\_\_\_

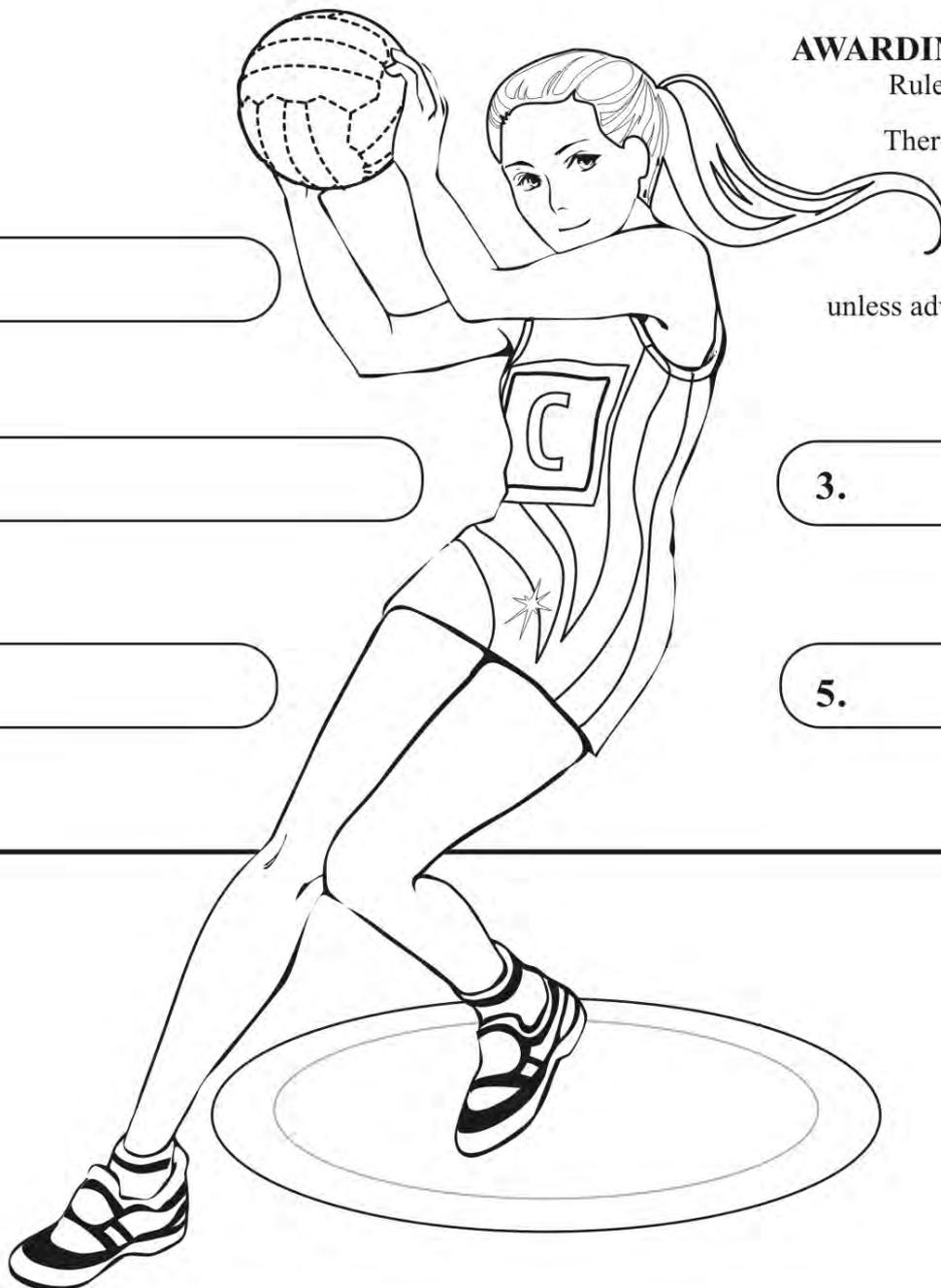
An infringement occurs when a player or players makes a mistake.

A penalty is the price they pay for that mistake.

### AWARDING PENALTIES

Rule 18 Page 39

There are FIVE penalties which an umpire can award during a game unless advantage rule applies.



1.

2.

4.

3.

5.

*A FREE PASS is awarded to a team for any \_\_\_\_\_ infringement of the Rules.*

NO PLAYER STANDS OUT OF PLAY AND THE FREE PASS IS TAKEN WHERE THE INFRINGEMENT OCCURRED.

Examples: \_\_\_\_\_

*A PENALTY PASS or PENALTY PASS or SHOT is awarded to a team for any \_\_\_\_\_ infringement of the Rules.*

THE PENALISED PLAYER MUST STAND OUT OF PLAY AND TAKE NO PART IN PLAY AT ALL EITHER VERBALLY OR PHYSICALLY AND THE PENALTY IS TAKEN WHERE THE INFRINGER WAS STANDING UNLESS THIS PLACES THE NON-OFFENDING TEAM AT A DISADVANTAGE.

Examples: \_\_\_\_\_

## **THROW IN**

Rule 18.4 Page 44

The THROW IN is awarded to the team who did not touch the ball LAST before it went out of court. The THROW IN is taken outside the Court behind the point where the ball crossed the line. Umpires can assist players by telling them where to take the THROW IN. The player taking the THROW IN must make sure that all other players are on the Court then takes up her position and throws the ball within Three Seconds. The player cannot step on the line or onto the court whilst passing the ball. If she does the THROW IN is given to the other team.

*If the player taking the throw in infringes any rules then the penalty given by the umpire is*

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*If a player defending a throw in obstructs or contacts the player taking the throw in then the umpire awards a \_\_\_\_\_ on the court.*

### **Tips for Achieving Umpiring Excellence**

#### **1. Position**

- Level with if not just ahead of play
- Move around behind goal circle when ball is in the goal circle
- Position on the same side of the Goal Line as the ball, in the Goal Circle
- Show some knowledge of the need to re-position to get a clear view of play
- No umpire shall be on court except to take a toss up or cut the corner

#### **2. Timing**

- Move in anticipation of the movement of the ball
- Show some ability to readjust if players and the ball readjust

#### **3. Vision**

- Be able to look wide, look often and look early

#### **4. Control - Communication - Hand signals**

- Demonstrate control of the game with basic umpires techniques
  - Clear, crisp whistle blowing
  - Firm, confident, friendly manner
  - Audible calls with correct terminology
  - Introduction of hand signals
  - Set penalties clearly, quickly and correctly
  - Indicate all Centre Passes
  - Show good understanding of discipline and stoppage procedures

#### **5. Decisions**

- Consistency & Rule Knowledge is important at any level
- Penalise minor infringements such as 'Held Ball', 'Offside', 'Over a Third', 'Stepping' etc
- Conduct a Toss Up in accordance with the Rule Book.
- Penalise obvious Obstruction
- Penalise obvious Contact
- Awareness at 'Throw ins' of being taken in the correct place and possible infringements etc

#### **1. Blow whistle**

#### **2. State infringement**

#### **3. Use hand signal**

#### **4. Award penalty – (one of 5) 5. Reinforce verbally where – e.g “goal third”**

## HAND SIGNALS

Pages 54 - 57

Hand signals assist with the communication between the umpire and the players on the court.  
Practice is required so that they become easy to use in the game situation

### HAND SIGNALS

Hand signals are used to accurately illustrate decisions made. They are based on the principle of re-creating and clearly indicating to show the decision. Some examples are:



TIME



DIRECTION OF PASS



DIRECTION OF PASS



BREAKING



OFFSIDE &  
OVER A THIRD



SHORT PASS



HELD BALL (3 secs)



STEPPING



ADVANTAGE



TOSS UP



CONTACT - Arm



CONTACT - Leg



CONTACT - Shoulder



OBSTRUCTION



OBSTRUCTION



OBSTRUCTION

#### **TIME**

#### **DIRECTION OF PASS**

#### **BREAKING**

#### **OFFSIDE and OVER-A-THIRD**

#### **SHORT PASS**

#### **HELD BALL (3 seconds)**

#### **STEPPING**

#### **ADVANTAGE**

#### **TOSS UP**

#### **CONTACT - ARM**

#### **CONTACT - LEG**

#### **CONTACT - SHOULDER**

#### **OBSTRUCTION - ARMS ACROSS**

#### **OBSTRUCTION - ARMS AROUND**

#### **OBSTRUCTION - DISTANCE**

Arm raised high as whistle is blown

Arm pointed in the direction of play

Semi-circular action of one arm

Semi-circular action of one arm

Hands close together in front of the body

Any 3 fingers held up high

Hands moving up and down

Arm across body and down

Palm of hand moved vertically upwards

Open hand hits arm

Open hand hits leg

Open hand hits shoulder

Both arms open wide

Both arms in front and around

Hands apart in front of body

*If you have difficulty using hand signals, try using just one or two at first.*

*Also make some them a habit, e.g indicating which team has the next Centre Pass or at a Throw in by pointing to that team's goal end. Practice and gain confidence in using hand signals to help control the games you are umpiring.*

## TERMINOLOGY

All umpires should keep the calling of the infringements SIMPLE and SHORT.

The following terminology is suggested using clubs names from our own Association.

<u>INFRINGEMENT</u>	<u>PREFERRED TERMINOLOGY</u>
Footwork	a) Stepping WA, Impalas Free Pass where the WA caught the ball. b) Drag GD, Glenhaven Free Pass where the GD is standing
Playing the Ball	a) Held Ball Glenwood C, Winston Hills Free Pass where the C is standing b) Replayed Ball GA, Model Farms Free Pass where the GA is standing c) Short Pass, Rams Free Pass where the ball was caught
Playing Area	a) Offside WD, St Bernadette's Free Pass in the Goal Circle where the WD went offside b) Breaking WA, Gilroy Free Pass in the Centre Third where the WA entered the Centre Third c) Over a Third, Gazelles Free Pass in the Goal Third where the ball crossed the second line
Out of Court	Baulkham Hills Throw In, this side of the Goal Post
Contact	Contact GK, OLOR Penalty Pass or Shot to be taken where the GK is standing and GK to stand beside and away
Obstruction	a) Obstruction GS, St Michael's Penalty Pass to be taken where the GS is standing and GS to stand beside and away b) Obstruction GD, Glenwood Penalty Pass or Shot to be taken where the GD is standing and GD to stand beside and away
Both Contacting	Toss Up between both Centres, where you are.

Questions – if there is anything you do not understand fully please write it down so an explanation can be given.

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Always refer to your rule book or ask a qualified umpire to explain the rule if you ever have any questions, or are unsure.