



# JUNIOR UMPIRE COACHING BOOK

*2020 Edition*

Acknowledgement: AFL Sydney



The purpose of this coaching manual is to support Junior Umpire Coaches in assisting with the delivery and execution of a consistent training program.

## | Index |

<b>Content</b>	<b>Page Number</b>
<b>Warm Up Stretches</b>	Page 3
<b>Fitness</b>	Page 4
<b>Games</b>	Page 6
<b>Roles and Qualities of an Umpire</b>	Page 8
<b>Communication</b>	Page 9
<b>One Umpire System</b>	Page 11
<b>First Year Game Sense</b>	Page 14
<b>Two Umpire System</b>	Page 15
<b>Match Simulation</b>	Page 18
<b>Set Kick Control</b>	Page 19
<b>Holding the Ball</b>	Page 22
<b>Marking and Ruck Infringements</b>	Page 25
<b>Positioning</b>	Page 27- 34
<b>Reporting</b>	Page 35
<b>Boundary Umpiring</b>	Page 38
<b>Goal Umpiring</b>	Page 40
<b>Modified Rules</b>	Page 44
<b>Spirit of the Laws</b>	Page 46
<b>Field Diagram</b>	Page 47

# | Warm up stretches |

## STRETCHES

- » Walking High Knees
- » Arm Circles
- » Grapevine/ Karaoke
- » Lunges
- » Leg Swings
- » Open the gate/close the gate
- » Hands to toes
- » Calf Stretches
- » Arm Stretches
- » Hamstring stretches

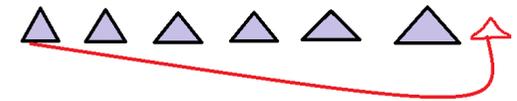
Prone plank 	Bicycle crunches 	Mountain climbers 
Super-mans 	Side plank 	Glute bridge 
Quad stretch 	Standing hamstring stretch 	IT band stretch 
Downward dog 	Seated pigeon pose 	Seated hamstring stretch 

# | FITNESS |

» Walk → Jog → Run

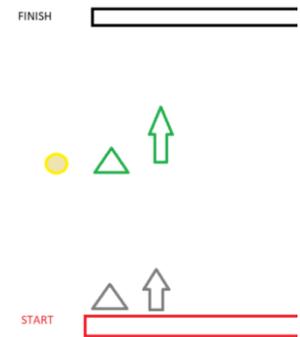
» Chain Run

Line up in a single file and run one in front of the other. The person that is last in the line steps out of line and increases their speed to pass everyone in line. Then that runner falls into place as the leader of the pack. Once they have reached the front of the pack, the next person at the back of the line runs to the front. Continue until everyone has run from the back to the front 2 times.



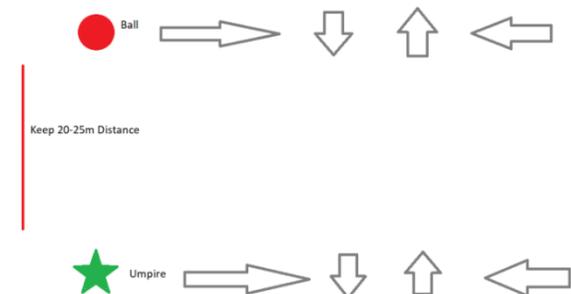
» Delay Runs

Set up a long or short course with a finish line. The first runner begins and the second runner refrains from starting until they reach the yellow cone. The goal is for the second runner to try to catch the first runner before the finish line. The first runner is pressured to keep a fast pace, while the second runner must press forward as hard as possible to catch them. This makes it challenging and competitive for both runners.



» Umpire & Ball

Umpires to form pairs. In their pairs- one person is the umpire, the other person is the 'ball'. The person who is the ball is to run around, in different directions (forward, back, side to side) whilst the umpire adjusts their position and distance in relation to the ball. Run through each person 2X.







## GAMES

### » Footy Baseball

Set up cones and bases as per a baseball field. Separate players into 2 teams. One to start as kickers and one to start as fielders. Fielders must have one person on each base and everyone else spread out in the area.

Kickers go one at a time and kick the ball from the home base and then run to first base then second and so on. If the ball is caught on the full, they are out. They are also out if the fielders get the ball to the base before the runner.

Fielders can only move the ball around by running, kicking or hand passing. Only 1 kicker can be at each base at any given time.

To make a home run kickers will successfully make it around all bases and back to home without getting out.

### » Footy Tennis

Create a rectangle using cones and posts. Put a line of cones or posts in the middle of the rectangle to create the “net”. Split into 2 even halves.

The aim is to kick the football over the net and for it to land on the ground on the other side. If the ball hits the ground the nearest player to the ball is out, if the opposing team catch the ball on the full, no one is out.

If the ball is kicked and it lands out of bounds on the full, the player who kicked the ball is out. If the ball doesn't make it over the net, the kicker is out.

Continue until a whole team is out. Best of 3.

Variation: Player catches the ball with one hand, an out-team member is back in.

» Handball tag

Set out a 40-50m square. One or more players with footballs attempt to tag others by handballing. The last remaining player is the winner.

**Variation:** Handballing with their opposite hand.

» Dodge and Steal

Set out a 40-50m square. A number of balls are placed behind each base line. Players are in two teams, one in each half of the court. They try to cross their opponent's base line, take a ball and return to their own half without being tagged. If tagged, they must go back to their own base line- to then try again.

» Square Chase

Set out a 40-50m square leaving room for players to run around its outside. Players stand outside the square, equal distance from each other, all facing one way. On the word "Go", all run. Each try to catch the one in front and avoid being tagged by the one behind. As players are tagged, they drop out, until the game becomes a duel between the last two players.

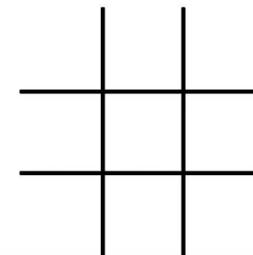
» Scissors, paper, rock

Set out a 40-50m square. Umpires are in pairs inside the square. Each pair to face off in SPR. Winner of the game is to turn around and run to the end of the square closest to them, whilst their partner tries to tag them. First to 5 wins.

» Noughts & Crosses

Set out a grid with cones like so:

Split your group into teams of 4-5 and give each team 3 of the same coloured cones. Start 20m away from the grid. Individually, the umpire must run and place a cone in a square. The first team to reach 3 of their cones in a row, wins. Best of 3.





# | Roles and Qualities of an Umpire |

## COACHING POINTS

- 1) Role of the umpire → Interpret and apply laws to ensure a safe and enjoyable environment.
- 2) Attend to administrative requirements.

Roles of the Umpire:

### PRE MATCH

- Meet team officials
  - Warm up
  - Safety checks
  - Team sheets
- Collect match football

### MATCH ROUTINE

- Players in the middle of the ground 5 minutes before the game
- Player checks (boots, nails, jewellery)
  - Coin toss with Captains
- Players to shake hands with the opposition

### POST MATCH

- All clear from both teams (teams are checking if there are any reports, issues ect.)
  - Collect umpire payment
- Complete match report prior to 9pm Sunday

## DISCUSSION POINTS :

**What demonstrates a positive attitude to umpiring?**

- Regular training attendance, informing coaches of non-attendance/unavailability, participation in training sessions, respect towards the coaches, accepting feedback positively, match day support of others, dressing appropriately on and off the field, always doing your best and never criticising other umpires.
- Interpersonal Skills → Important to be courteous and respectful.
- Approach to Umpiring AFL → Protect the ball player.

# | Communication |

## COACHING POINTS:

- 1) Verbal communication → Voice control & whistle.
- 2) Non-verbal communication → Signals & body language.

## DISCUSSION POINTS:

### How can umpires display effective communication?

- Umpires using strong, clear and firm voice as required. Avoiding screaming or shouting (this shows a lack of composure).
- Being courteous (*"Please come back 2m, thanks No.4"*).
- Listen and acknowledge players, being approachable.
- Positive body Language → Standing with confidence, standing tall, shoulders back, looking players/coaches in the eyes and open body language (arms not crossed or folded).
- Umpires should be prepared to answer player queries and explain rules and decisions.

## Skill Drill #1 - Blindfold Maze

For this blindfold game, a cone is put on a clear space of grass.

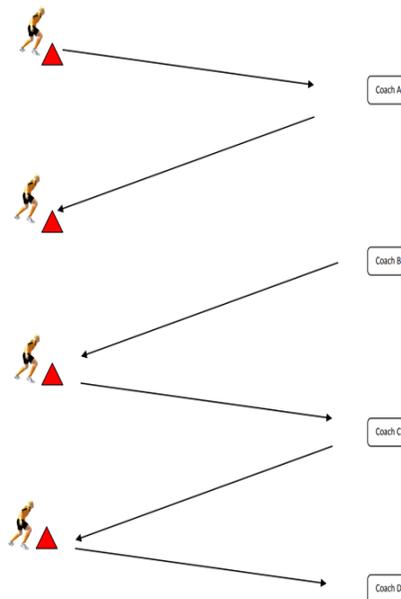
- In pairs, an umpire wears a blindfold and is then given a route to follow away from the cone (Partner gives verbal instructions).
- At the end of the route they are to retrace their steps.
- Then the blindfold is removed. The closer they are to the start point the better.
- Progression in this task is to make the route more complex for example start with 10 steps forward.
- The next route may be 5 steps forward and 5 steps to the left and so on.

## Skill Drill #2 - Zigzag drill - Indicating free kicks correctly

This drill is designed to make use of umpires' verbal communication and signalling.

**FOCUS:** Ensuring field umpires use the correct indication and terminology for each free kick awarded.

**METHOD:** 4 cones set up as per diagram. Umpires start at cone 1, running forward the umpire heads toward coach at point A, coach calls a decision, umpire blows whistle, verbally says what the free kick is for and indicates correctly. Umpire backs away and repeats process through 3 more times.



### Practical

Set up a game situation with people allocated as Field umpires and players. Get umpires to play the game for further practice at their umpiring and see that they are calling play on only when appropriate.

Focus on the most common circumstances during the game simulation:

17.2 (b) ball touched in transit (Play On, touched)

17.2 (c) ball not kicked a distance of 15m (Play On, not 15m)

17.2 (e) Player moves off line when awarded a free kick or mark (Play on)

17.2 (f) Player failing to dispose of ball when directed to do so (ie. Move it on, Play on at 4 – 6 seconds)

17.2 (h) Player failing to bring ball back into play after being directed to do so after a behind is scored (ie Move it on, Play on at 4 – 6 seconds)

Stop and provide feedback as required. Ensure umpires are not in the habit of calling "Play On" frequently when the ball is contested in a pack of players on the ground.

Rotate everyone through the field umpiring role. Ensure that in future sessions that involve umpiring drills that umpires are using play on at the appropriate times.



# | One Umpire System |

## COACHING POINTS:

- 1) Control distance of 15-20m, or 20-25m (Youth).
- 2) Umpire to be between the kicker and catcher. They will have vision on the player with the ball, and vision of the next contest.
- 3) Umpire to run onto the contest for best positioning.

## DISCUSSION POINTS:

- 1) Umpire's in the 1US are to remain switched on at all times- as they are the sole umpire in control.
- 2) Ensuring the umpire is well educated on the modified rules for the age group.
- 3) Main emphasis is to encourage the umpire to be in the best positions to see the play. Can be achieved through continually moving, staying side on, set kick control and circling around the pack.

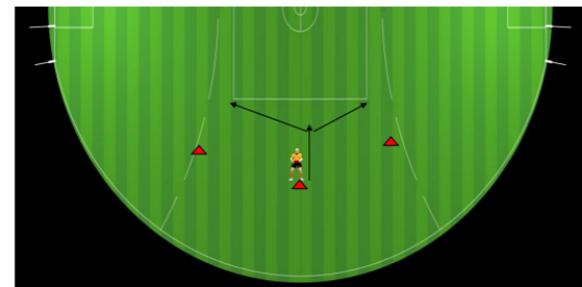
## Drills:

» Skill Drill #1 - Maintaining the correct distance from play

**FOCUS:** Balling-up and backing out, then triggering to next act of play.

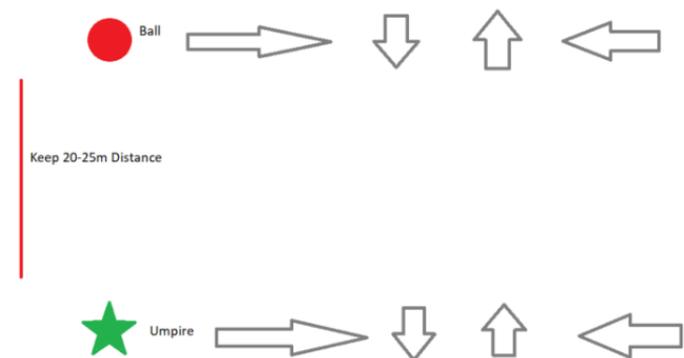
**METHOD:** Set up cones as per diagram, the umpire throws the ball-up as per a field ball up then backs away, trying to get 20 – 25 metres from the contest. After the contest, umpire then triggers, left or right, depending on which way ball moves, maintaining 20-25m from next contest.

**Variation:** Could be coach call out which direction ball has moved.



» Skill Drill #2 - Umpire and Ball

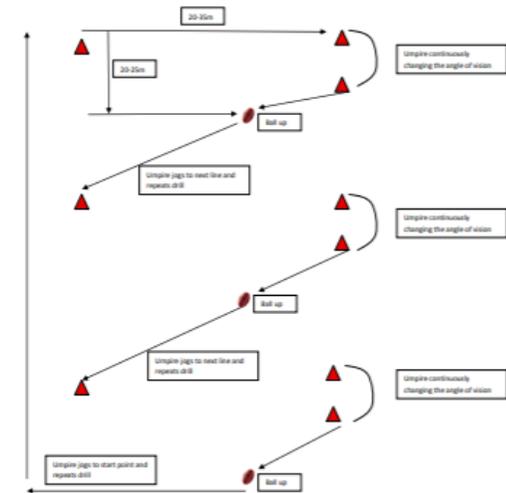
Umpires to form pairs. In their pairs- one person is the umpire, the other person is the 'ball'. The person who is the ball is to run around, in different directions (forward, back, side to side) whilst the umpire adjusts their position and control distance in relation to the ball. Run through each person 2X.



» Skill Drill #3 - Improving your angle of vision

**FOCUS:** This drill is designed to encourage umpires to continually change their vision in a contested ball situation, rather than simply maintaining their same view.

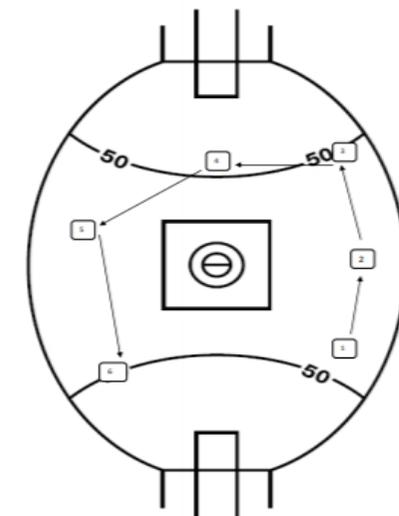
**METHOD:** The umpire is tracking the football down the field, keeping control distance from the football, as the ball slows and becomes heavily contested the umpire looks to continually change their vision of the contest and they close the distance before making a decision at the third cone and triggering into the contest. To allow the drill to remain continuous, the decision is a ball up, which the umpire performs and, after backing out, they trigger to the next cone as indicated to perform the same drill a second and third time. After the third time they recover to the start point to begin the drill again.



» Skill Drill #4 - Mid zone control and positioning

**FOCUS:** Early movement to ensure umpire is at next contest.

**METHOD:** Start at cone (1), with ball up, ball is kicked to cone (2); umpire to call what happens or whistles a free kick. Play moves to each cone where coach can call decision and umpire must 'blow, show, and go'. Final cone is a set kick.



# | First Year Game Sense |

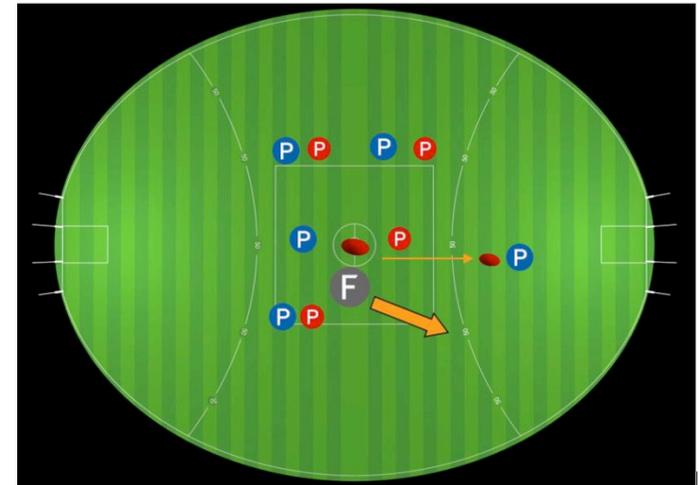
## COACHING POINTS:

- 1) Teach the umpire to back out 15m after a ball up.
- 2) Looking for clear acceleration when the ball is kicked.

## Skill Drill #1

### Drill

1. Split in to groups of 9 (1 umpire, 8 players- 4 on each team)
2. Umpire to call teams into the middle of the ground to begin 'boots and nails' (no metal studs, no long nails or jewelry) process. Umpire to then have teams shake hands and move into positions (2 ruck of equal height, rest of players set up around the 'centre square')
3. Game commences by umpire raising the ball and blowing their whistle once siren sounds.
4. Ball up to start the game.
5. Player to take possession of the football and kick to a marking contest- Umpire to run down to pay a mark and set the player up for a 'shot on goal'- Don't kick the ball. **Play can go in any direction to keep umpire guessing.**
6. End of drill- Rotate through everyone in the group as the Umpire.



# | Two Umpire System |

## COACHING POINTS

- 1) **Why do we use two umpires?**  
To cover a larger ground, faster games, better vision on the players.
- 2) **Positioning:** Always side on to the play, maintaining control distance. (20-25m)
- 3) **Rubber Band Theory:** Umpires always aiming to be  $\frac{3}{4}$  of a kick apart as umpires. 2 Umpires to work up and down the ground with an imaginary rubber band between them. Being too far apart and the rubber band will snap. Being too close and the rubber band will hit the ground.  $\frac{3}{4}$  of a kick is perfect distance.
- 4) **Verbal and nonverbal communication.** Handing over control using 'Yours, you'. **Never take control.** Control only to be given.

### Non-controlling umpire in 2 umpire systems

- Important to still be umpiring- even as non-controlling umpire.
- Non-Controlling to scan the play around the ground and behind them. '*Always Umpiring*'. Out of Zone free kicks to be paid when clear and obvious.
- Forward vision is critical. Need to be looking to the next act of play.
- Set up just in front of the players and run onto the contest.

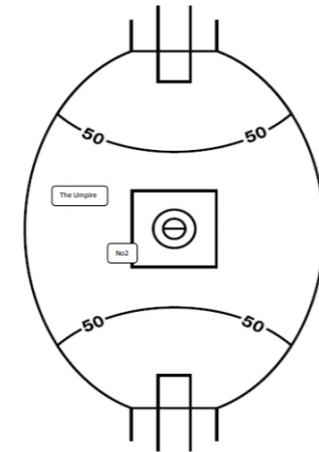


## DRILLS

» Skill Drill #1 - Distance between field umpires

**FOCUS:** Ensuring both umpires maintain an appropriate distance from each other and play.

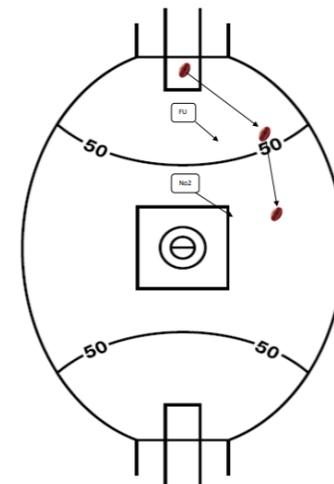
**METHOD:** FU's to work in pairs and rotate task of the Umpire and No2 umpire. The umpire takes up a position on the field and No2 positions him/herself accordingly. Umpires must have an awareness of other umpires on the ground. The umpire runs into various positions across oval for a period of 5 minutes, No2 must adjust position according to where the umpire runs, incorporating trigger point running, boundary throw-ins, running backwards, giving all clears, field ball ups etc. After 5 minutes, umpires come together for group debrief and drill is repeated with roles reversed.



» Skill Drill #2 - Change of control, kick in from a behind

**FOCUS:** Positioning, verbal and non-verbal communication.

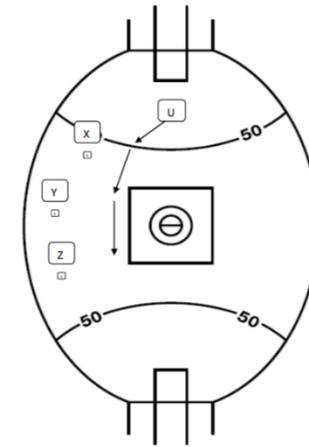
**METHOD:** 2 cones set up 50m apart as per diagram. The umpire positions him/herself 15m from the goal line; No2 umpire positions him/herself between back of centre square and 50m arc. Ball is kicked toward wing, mark or free kick is awarded the umpire maintains control and No2 backs away to a position short of the anticipated next contest. Ball is kicked into mid zone where the umpire hands control over to No2, Mark or free kick is paid by umpire. Repeat drill with umpires rotating through roles.



» Skill Drill #3 - Trigger Running - change of control  
- 2 umpire system

**FOCUS:** Change of pace, 2 umpire system.

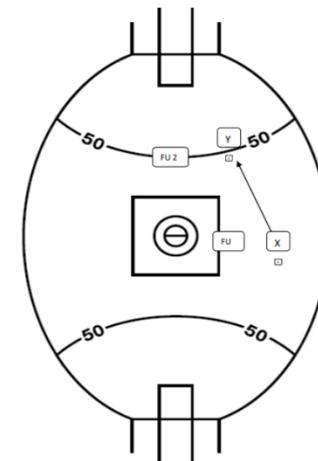
**METHOD:** Players kick the ball into play after a behind has been scored and the ball is marked near the 50m arc, (X) Short kick to teammate, (Y) the umpire retains control and triggers to position to set the mark, player moves ball on quickly and umpire must be decisive with 'play on' call and triggers to next contest a further 40m up the ground, (Z).



» Skill Drill #4 - Observation of a player who has disposed the ball - 2 umpire system

**FOCUS:** Managing late bumps / tackles and players who retaliate. Umpire must 'hold his / her vision' on player who has disposed of football and manage any incidents.

**METHOD:** Cones to be arranged in manner shown in diagram, umpires to act as players at positions X and Y, ball is kicked into play at X from defensive end, ball is gathered and kicked toward players at Y. Umpire must ensure there are no infringements after player has disposed of the ball.

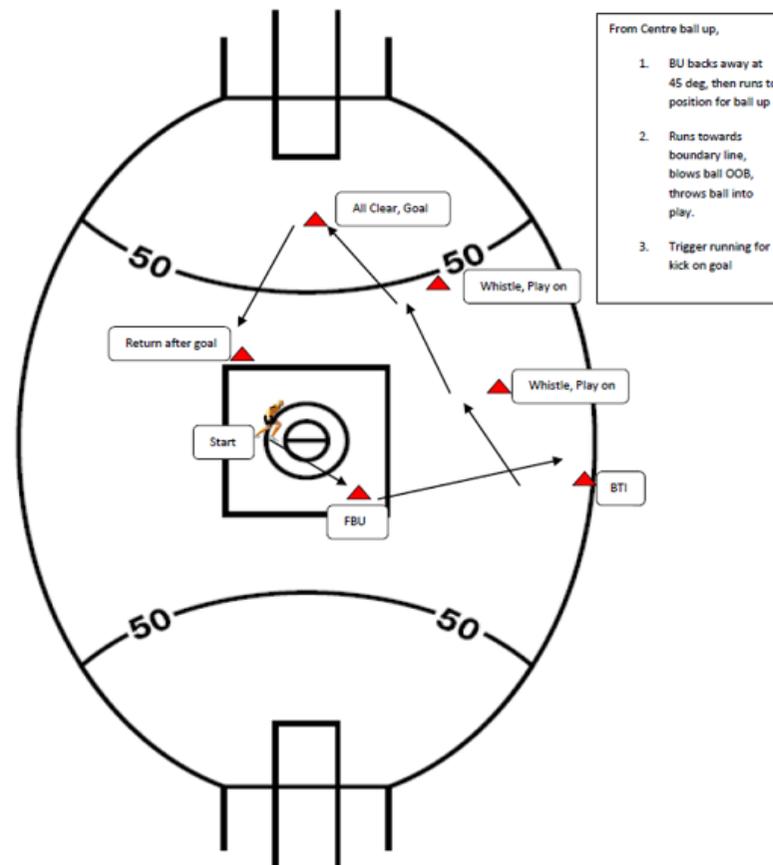


# | Match Simulation |

Skill Drill #1 - Match simulation - Field umpire

**FOCUS:** Field Umpires – from ball up to set kick at goal

**METHOD:** Drill to be set as per diagram below, FU rotate through drill, could be completed in pairs with experienced and lesser experienced umpires running together



# | Set Kick Control |

## COACHING POINTS

- 1) Set the Mark.
- 2) Clear the 10m Protected Area.
- 3) Vision ***Must be 80% on the ball player, 20% on the mark for a quick play on call.***
- 4) Umpire number 2 ***must*** move quickly to the mark so the umpire in control can move on to the next act of play and be in the correct position. Umpire number 2 ***must*** use verbal control and move side on to the player on the mark as quickly as possible.

### General Play

- Controlling umpire is to set the mark before moving on.
- Play on is to be called when there is a deviation off the line of the mark by the player. Ensure the umpire calls 'Play On' quickly- to avoid 50m penalties.
- The non-controlling umpire must square off at the mark.

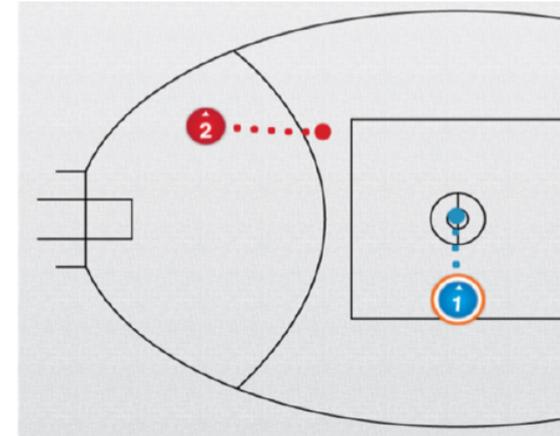
### Drill:

- Set out a small area (10-15m).
- Half of the group to start at each end of the square- with 1 umpire off to the side.
- Players to shuttle between the cones until the coach throws the ball into the pack.
- Umpire to pay a mark and clear the protected area- following key points of Set Kick Control. (Blow, trigger, communication, set the mark & square off)

## DRILLS

### Skill Drill #1

1. Designate two umpires to work in 2 umpire system
2. Other participants acting as players
3. Umpire balls it up as per a centre bounce
4. Players then chip it around for approximately 5-6 marks.  
Umpires need to adjust as required, paying marks and watching for quick play on calls and award any warranted 50m penalties
5. Rotate through pairs

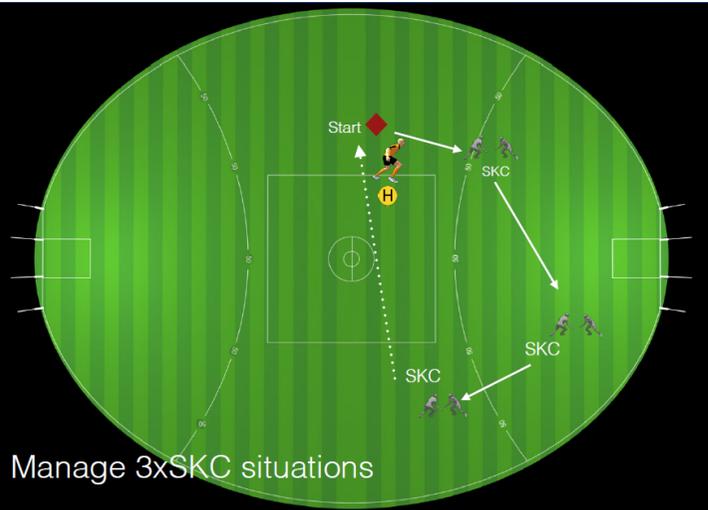


### Skill Drill #2

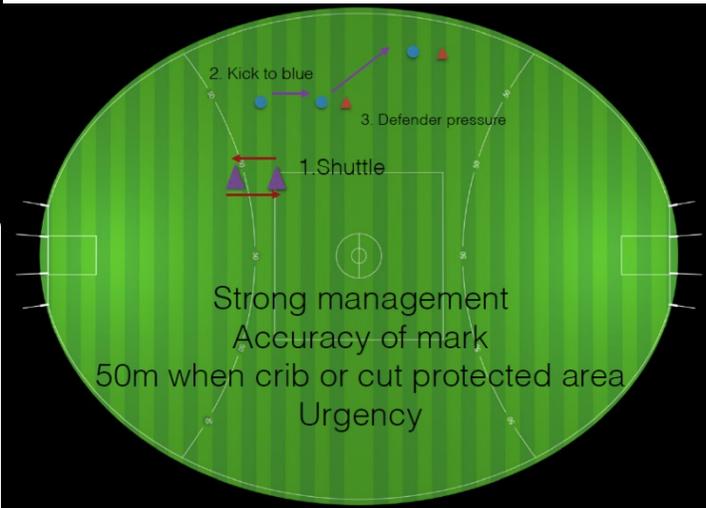
**FOCUS:** Umpire to control a defensive mark or free kick taken close to the behind post

**METHOD:** Set up drill as per the diagram, umpires must trigger in to set the mark, verbally communicate to player with ball and player on mark also clear the protected area.

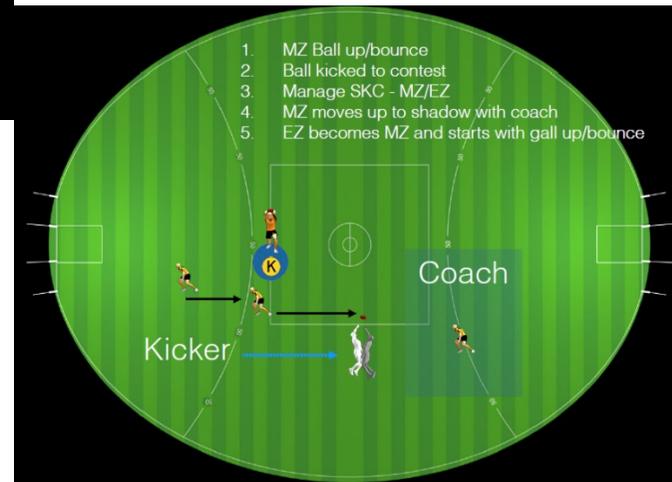




Manage 3xSKC situations



Strong management  
Accuracy of mark  
50m when crib or out protected area  
Urgency



# | Holding the ball |

## COACHING POINTS:

- 1) Was the tackle legal?
- 2) Did they have prior opportunity?

## DISCUSSION POINTS:

What is prior opportunity?

- After the player has bounced the ball.
- They have had reasonable time to dispose of the ball (varies on age, skill level etc)
- They have dived over the football.
- They have tried to evade a tackle (step around a player, palm etc)

Is the tackle legal?

- Is the tackle legal? (Not high, dangerous, trip etc.)

Questions to ask...

- Has the player had prior opportunity?
- Yes.. They must **correctly and immediately** dispose of the football.
- No... Allow **reasonable time** to dispose or make a **genuine attempt** to dispose the football.

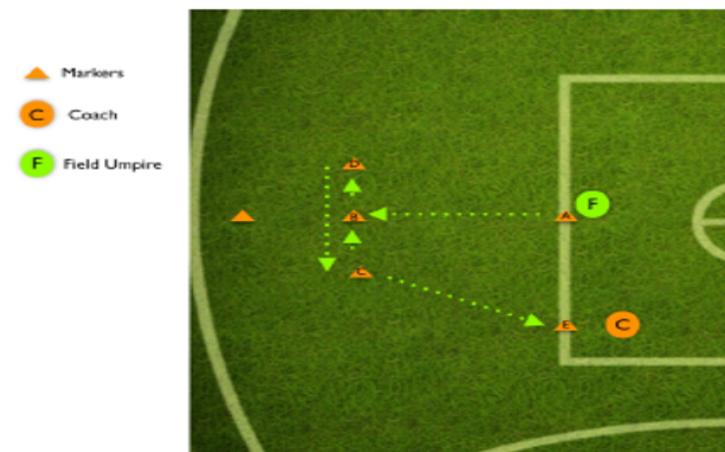
## Skill Drill #1 - HTB Decision

Set up the marker as per diagram. Arrange participants to start drill at marker A and have them ball up then back away to marker B, 20-25m. They should then move between marker C and D to stimulate movement around a pack then run towards marker E where the coach will call one of these scenarios:

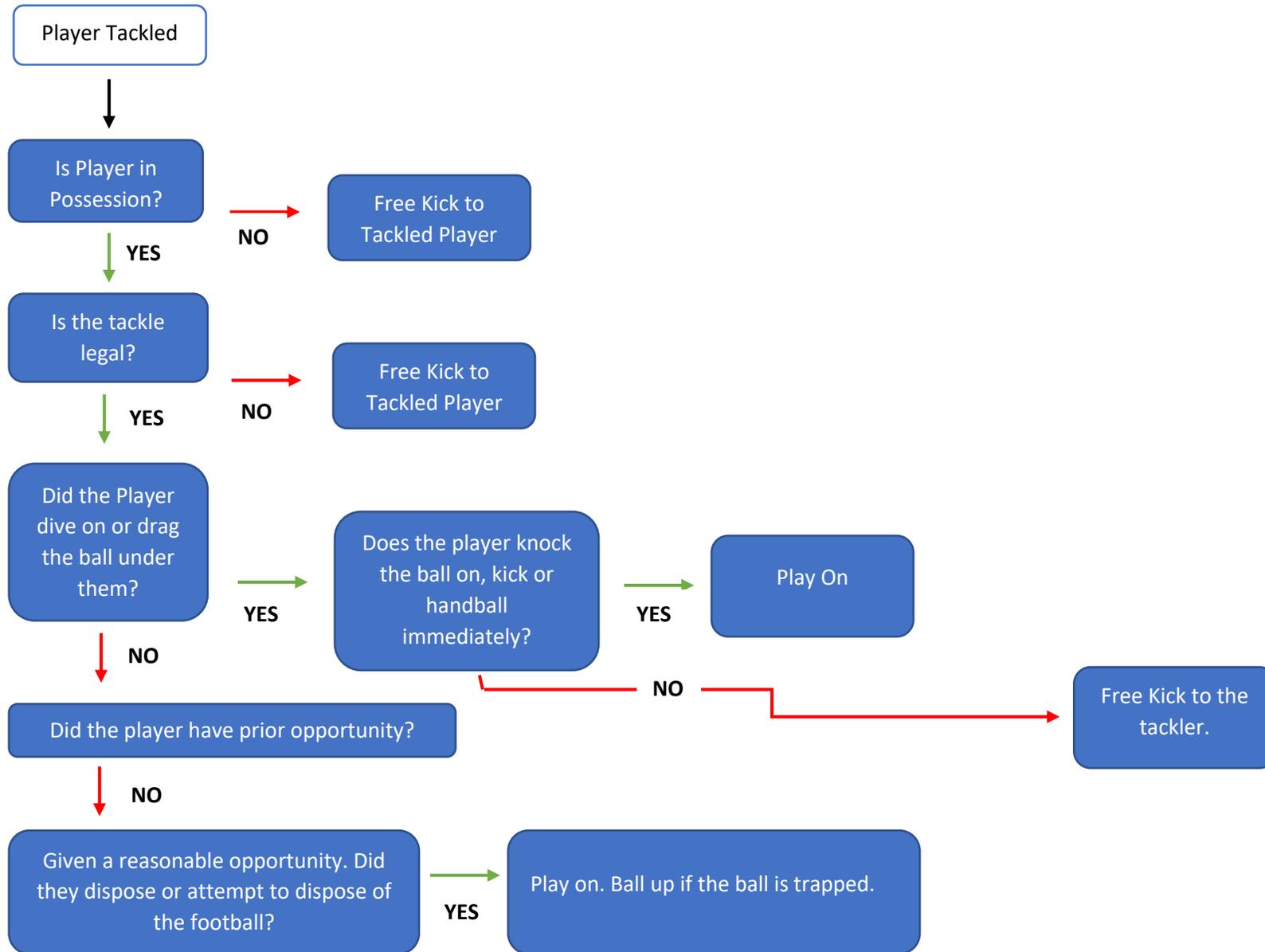
1. No prior opportunity, ball pinned, genuine attempt
2. No prior opportunity, no genuine attempt
3. Prior opportunity, no legal disposal
4. Prior opportunity, legal disposal
5. Dived on to, ball knocked clear

The umpire will then react accordingly.

1. Ball up
2. Holding the ball
3. Holding the ball
4. Play on
5. Holding the ball
6. Play on



# Holding the ball flow chart



# | Marking and Ruck Infringements |

## COACHING POINTS:

- 1) High Contact
- 2) Push
- 3) Bump
- 4) Block
- 5) Hold

## Other Examples:

- *Rough Conduct (Studs Up)*
- *Chopping of the arms*
- *Unreasonable attempt (jumping early, not reaching the ball and preventing an opponent from contesting)*

**Practical**—Practice running to get side on to the mark. Umpires should already be familiar with BLOW, SHOW, GO. If need be reinforce key points of paying the mark, communicating with the mark and moving down the ground to a point half way between the kick and the next anticipated catch. As the player kicks the ball the umpire will trigger to get side on to the next contest.

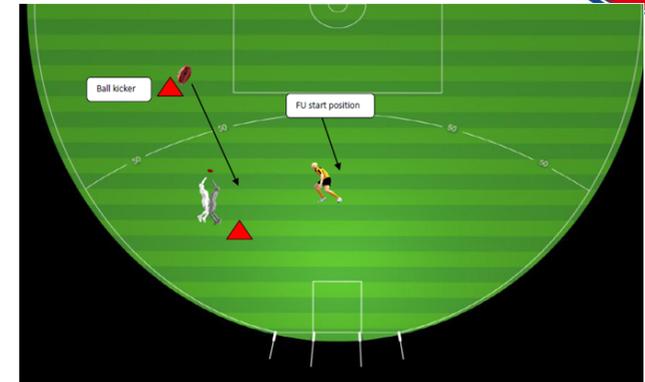
Simulate this drill first simply with markers indicating the mark, and then 30m down the ground where the next mark would take place. Umpires should maintain a distance of 20—25m from the markers (side on). After having run through the drill with markers, appoint players to the drill to kick, stand the mark and contest the following mark. The drill can be further expanded to have the umpire continuing to push down the ground to more contests if using a large group.

Instruct players to safely create infringements discussed earlier. Stop and discuss the drill as required to see that umpires understand what they need to be aware of in the marking contest

## Skill Drill #1 Marking Contest

**FOCUS:** Umpires to understand the various infringements that occur during marking contests.

**METHOD:** 2 – 6 umpires acting as player contesting for marks. Cone positioned to indicate side on to the contest positioning, when ball is kicked umpires will run to a position side on to the contest and penalise any infringements.

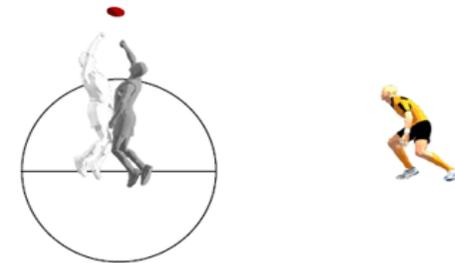


## Skill Drill #2 Ruck contest - where to look, what to look for

**FOCUS:** Umpires to understand the various infringements that may occur during ruck contest. Umpire must be able to determine what must be penalised in ruck contests.

**METHOD:** Use umpires as players in centre and or field ball ups. FU to throw ball into air as he/she would in a match and adjudicate on 'what he/she observes'. Coach to be wary or where the umpire is looking e.g. watching players not the ball. FU to back out quickly, keeping players under observation.

There could be many of these drills set up on an oval depending on the number of umpires and coaches available.



| Positioning → General Play |

## COACHING POINTS:

- 1) Maintain a side on control distance of 20-25m (15-20m in U10's-12's) in general play.
- 2) You'll need to run to get to this position.
- 3) Why do we need to be side on? *Being side on allows the umpire to have a wide view of the play.*
- 4) By being in the correct position, it allows us to deal with potential volatile situations if they arise.

### Practical Activity

#### Drill 1

Set up cones along the wing roughly 15 – 25m apart. Set up cones for the umpires position 20 – 25m from play parallel to play.

Umpires will run with play blowing whistle at each cone to award a mark. At the final cone umpires should run into the mark to set the mark for a free kick.

| Triggering |

## COACHING POINTS:

### *What is Triggering?*

- 1) Triggering is where an umpire increases their running speed to get into a better position to see the contest. A change of pace.
- 2) Umpires must have a change of pace in the following scenarios:
  - Volatile situations & Protecting the Ball Player Free Kicks. (High contact, push in the back, holding the man, players going to ground etc.)
  - Set shot on goal.
  - Boundary throw in (To get back inside of play).

### Skill Drill #1

Set up a running drill using 4 – 6 cones placed 15m apart.

Starting at the first cone umpires should jog to cone two, sprint to cone three, jog to cone four, sprint to cone 5 etc.

Coach to call out to umpires at what cone they should trigger.

Change positions of cones to create angles, include backwards running as part of the drill.

Progress this drill to a game situation. Look at trigger points for out on the full and setting the mark and set shot on goal.

You could also use players kicking the ball down the wing and the umpire needing to show a change of pace, along with angle running to make best position.

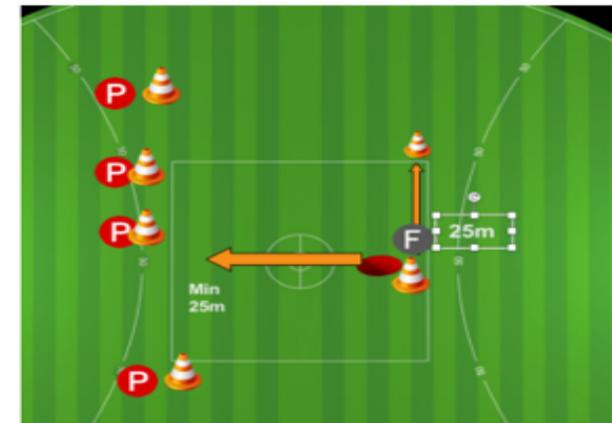
# | Positioning → Running Angles |

## COACHING POINTS:

- 1) When caught behind play in a game, don't panic. Run an angle.
- 2) Running angles opens up your vision to allow you to have a better view of the next contest.

### » Skill Drill #1

1. Set up the field as shown – with 25m cone marked out behind umpire to ensure they back out the appropriate distance.
2. Min 25m from the footy to the other cones.
3. Umpire throws up the ball.
4. Player kicks to one of the four cones.
5. Umpire runs angle appropriately and pays a mark (irrespective of whether its marked or not).



# | Positioning → Circling the Pack |

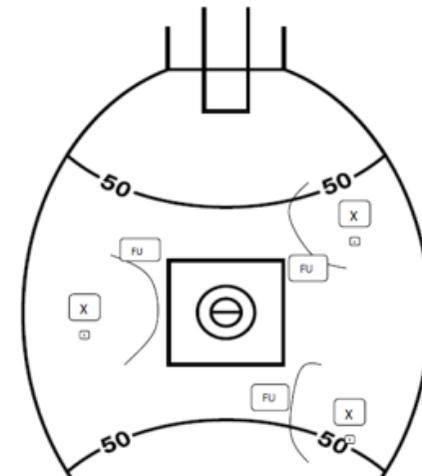
## COACHING POINTS:

- 1) If you can't see the ball and the player over it in a pack, continually adjust your position.
- 2) Remain side on and maintain control distance- you don't want to be sucked into the pack incase of a quick play on call and being out of position.
- 3) Run to the opposite side to where the non-controlling umpire is. Allows for different angles of the pack to be seen.

»Skill Drill #1 Positioning when ball is in pack of players

**FOCUS:** Maintaining good vision of the contest and ball when ball is in pack situation.

**METHOD:** Set up two or three players in various spots around the ground (position X) who are ready to contest the football, keeping the ball in a pack formation. Umpire's to adjudicate the contest. Activity can be completed as a single umpire or in pairs. The aim is for umpires to remain 20 -25m from contest, altering position to ensure a changing view of the players, the ball and those attempting to gain possession of the football.



# | Positioning → Boundary Throw ins |

## COACHING POINTS:

- 1) Maintain awareness when the ball goes out of bounds. The focus **must** be on the players, not the ball or the boundary line/umpire.
- 2) Stay on the move and adjust accordingly to the play. Umpires must trigger to get back to the inside of play.
- 3) Identify the rucks before the ball is thrown in by the boundary umpires/balled up by the field umpire. This avoids confusion and unwarranted free kicks.

Boundary (B) throws the ball in at the boundary line. Controlling Field Umpire (Position 1) starts side on to the ruck. As the ball is thrown in, the field umpire triggers back inside play to position 2. The non-controlling umpire (X) is monitoring the players around the contest.



### Umpire Process

#### Boundary Throw in

- Move to approximately 5-7m from the boundary, ensuring vision is kept on the players and rucks. Ensure rucks are 1m apart.
- As boundary umpire prepares to throw the ball in, move around to slightly forward of the side of the ruck contest. (Maintaining 15m from the contest)
- After the ball is tapped, trigger back inside play to the best position based off the players.

#### Out of Bounds on the Full

- Umpire needs to trigger in to set the mark and ensure the player with the ball starts outside the boundary line.
- Umpire needs to communicate with the player with the ball and the player on the mark.
- Umpire still needs to ensure that the protected area is cleared to maintain effective set kick control.

# | Positioning → Inside 50m |

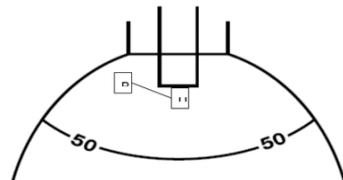
## COACHING POINTS:

- 1) As the umpire, we never want to be on the major axis inside the forward 50m. (causes player interference). We want to be in a position where we can best adjudicate the next contest:
  - 20-25m away
  - At a 45-degree angle.
- 2) If unsure of where you should be- a general rule is to run wide and deep.

### » Skill Drill #1

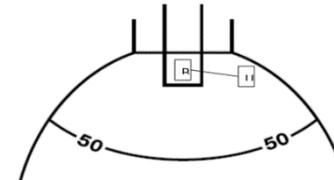
Run Through the following examples with your group. Walk around the ground and ask if the contest was here, where should we be.

#### 1. Ball kicked into the pocket



You might see umpire in the AFL on the boundary line, we want to avoid this. If you get stuck there, don't panic, wait for an opportunity to get back inside. Notice we are not in line with the ball or contest, we need to be on a slight angle (the same angle as the players). If we are in line with the contest, we have run past our ideal position.

#### 2. Ball kicked into the goal square



#### More Advance – 2<sup>nd</sup> years and above:

- If you pay a mark inside 50 where the player can score from YOU MUST TRIGGER IN and set up the player on their line.
- If you think the ball may fall short on the goal line use a tap through.

## COACHING POINTS:

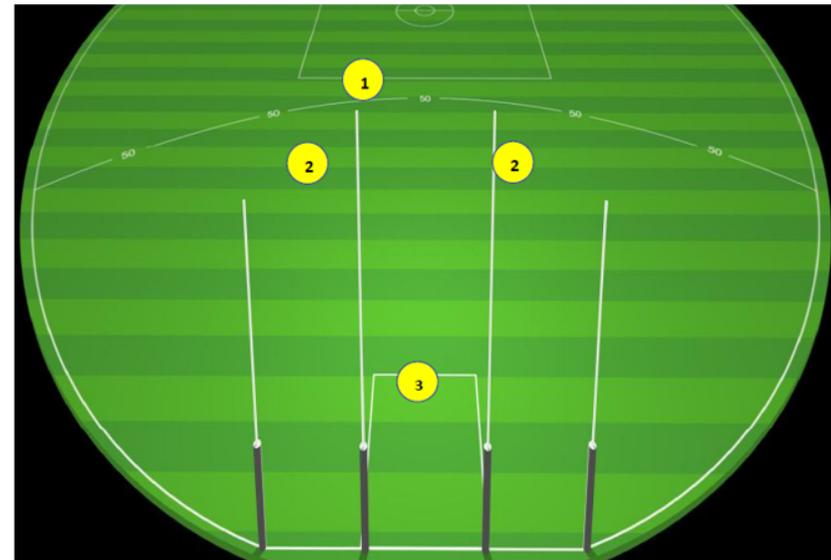
- 1) Trigger in to control the mark.
- 2) Correctly line up the player (From behind the player on the mark)
- 3) Keeping the protected area cleared and controlled.

### Skill Drill #1

**AIM:** This drill will focus on umpires setting up a shot at goal, tap through's and setting up correctly in the EZ for marking contest.

- 1) Controlling umpire is in line with cone 1, second umpire is following behind play (around the centre circle).
- 2) Ball is kicked from edge of centre square to 40m from goal at either of the number 2 cones where a mark is played. Umpire must react to where the ball is kicked, before triggering in to set up shot at goal.
- 3) Umpire running to EZ must react to where the shot is coming from and run to the appropriate side. Key focus in setting up not to deep also reacting to where the pack is forming near the goal square.

Youth Variation: Tap through non-controlling umpire to run to the EZ.



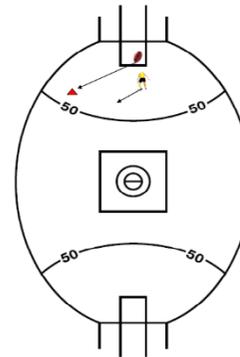
# | Positioning → After a Behind is Scored |

## COACHING POINTS:

- 1) The umpire is to set the mark (9m) and then position themselves 5-6m behind the player- directly in line with the middle of the goalline. This allows the umpire to be able to turn either direction and be in the correct position.
- 2) Umpire is to call 'Play On' immediately (once the ball has been kicked from the square, or the player has stepped outside of the square). This indicates to the player on the mark they are free to move off the mark.
- 3) Remember, players cannot handball out of the square. Running out of the square is only permitted in U13s and above. U9's-U12's must kick the ball from within the square only.

### Skill Drill #1

Set up drill as per diagram, using umpires as players to kick ball into play and contest ball at cone (A). The umpire to position themselves 15m from the kick off line, ball is kicked toward cone (A) where players contest football. FU runs to be side on to the contest whilst adjusting their distance.



### Skill Drill #2

The drill will need a goal umpire, players and a field umpire. The ball should be kicked or rushed over the behind line and then players and umpire set up for a kick in. The field umpire should communicate clearly with the player on the mark-ensuring they are at the 9m. Practice the following scenarios→

- Ball brought in correctly within 4 seconds.
- Player taking full 6 seconds and umpire calling "move it on" and "play on".
- Player using the full 6 seconds and tacklers rushing the kicker and tackling them.
- Player handpasses out of the square
- Player steps on the line or over the line

# | Reporting → Step by Step Process |

## DURING THE MATCH:

- Blow whistle/stop play immediately.
- Trigger into the area and *manage the volatile situation first*.
- Identify players involved (Victim & Offender).
- Inform the player they are on report whilst holding the appropriate card up. Then show the card to the ground manager and await their acknowledgement (Holding up the same card).
- Other umpire will escort player off ground to ground manager/timekeepers' desk through interchange area.
- Reporting umpire to record player number, team, offence, where and when the incident occurred in notepad.
- Restart play once you have noted all details, player is with the ground manager, and players on the field are in position.

## POST MATCH:

- Gather relevant information from ground manager's desk (player name, number, team etc)
- Provide detailed notes (what happened in the lead up to the incident, description of incident, what occurred afterwards, player details including player that was infringed upon.)
- Notify umpire coach immediately and discuss the report to ensure you have all the correct details for completing the match report. Then inform Hannah Richards via email. **(Only call if it is a Red Card)**
- Complete match report thoroughly with as much detail as possible. Make sure you select the correct "Reportable Offence" before submitting.

## Yellow Send Off Card (Report)

- The issuing of a yellow card can be presented for a variety of reasons - please see law 19.2.2 in the laws of Australian Football book to see what can constitute as a reportable offence
- A player who has received a yellow card will result in a send off for the player involved for a period equal to the length of a quarter in that age groups excluding blanks
- The player can be replaced immediately

## Red Send Off Card (Report)

A player who is reported by an umpire for the breach of the laws twice or who is reported for a serious breach shall be ordered from the field for the remainder of the match

- The player is not permitted to sit in the interchange area with the players or coach - they must sit with the ground manager.
- The player can be replaced after a period of 15 mins

## | Reporting → Teamwork |

### COACHING POINTS:

- 1) **ALWAYS UMPIRING!** We must always be on the lookout as the non-controlling Umpire to assist with volatile situations.
- 2) If your teammate misses a clear and obvious free kick, it is the **obligation** of the non-controlling umpire to pick it up.
- 3) Both umpires must control the situation before reporting.
  - *A report is not an automatic 50m penalty. It only applies if it is a second infringement to the team with the existing mark or free kick.*

# | Reporting & Send Offs → Types of Reporting |

<b>Yellow Card</b>	<b>Red Card</b>
»Striking another person & attempting to strike another person.	» Kicking another person.
»Using abusive, insulting, threatening or obscene language »Using abusive, insulting or obscene language towards or in relation to an Umpire.	» Intentionally making contact with, or striking, an Umpire.
»Engaging in rough conduct against an opponent which in the circumstances is unreasonable.	» Attempting to make contact with, or strike, an Umpire.
»Instigating a melee.	»Behaving in an abusive, insulting, threatening or obscene manner towards or in relation to an Umpire.
»Pinching another person.	»Engaging in any other act of misconduct or serious misconduct.
	» Second Yellow Card.

# | Boundary Umpiring |

## COACHING POINTS:

- 1) Role of a boundary umpire is to determine if the football is out of bounds or out of bounds on the full and signalling to the field umpires when this has occurred.
- 2) Boundary umpires will throw the football back into play if it has gone out of bounds – when directed to do so by the field umpire. Throw ins to be at least 10-15m, into the field, and 10m in height.
- 3) They shall bring the football back to the centre square after a goal has been scored.

## Signals

### OUT OF BOUNDS



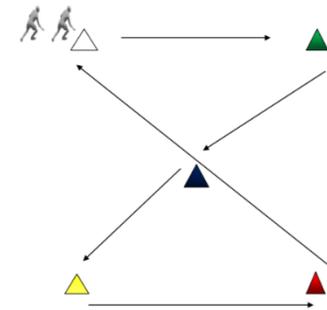
### OUT OF BOUNDS ON THE FULL



» Skill Drill #1 - Improving boundary umpires trigger running

**FOCUS:** To train boundary umpires on when to ‘trigger’ during play which will assist with match day skills.

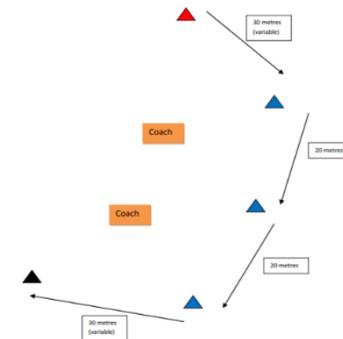
**METHOD:** Cones are set 20 metres apart. The size of the square can be varied to suit. White cone is the starting point. Umpires are to jog to the green cone, between the green and blue cone they run at 50% and between blue and yellow the speed is 75%. From the yellow to the red the umpires run backwards. Red cone to white cone is maximum effort. The next runner starts when the person in front of them goes around the green cone.



Skill Drill #2 - Boundary indications

**FOCUS:** Developing correct OOB Indications and throw-ins.

**METHOD:** Starting on the red cone umpires trigger run to the 1st blue cone, the umpire indicates OOB and throws the ball into play, they then back away and repeats process at all blue cones. Once finished umpires run backwards to the black cone and jog forwards back to start. Coaches should be positioned to provide verbal instruction and encouragement. Blue cones to be set 20 metres apart.

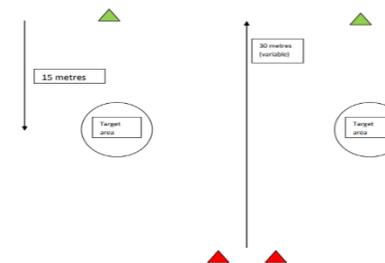


Skill Drill #3 - Boundary throw-ins

**FOCUS:** To achieve consistent throw-ins.

**METHOD:** Set 2 drills up, starting at Red cone umpires trigger run to green cone, indicate OOB and throw the ball into play. The aim is for the ball to land in the designated area. Each umpire moves through the drill 3 times. If they miss on all attempts they are removed.

**VARIATION:** When there are 5 umpires removed, move onto the one cone and continue. As the drill progresses make the target area smaller to increase the accuracy of throw-ins.



# | Goal Umpiring |

## COACHING POINTS:

- 1) Role of the goal umpire is to determine whether a goal or behind has been scored.
- 2) They must signal that a goal or behind has been scored upon the “all clear” or “touched all clear” by a field umpire.
- 3) Record the goal and behinds scored by each team during a match.

## GOAL UMPIRE POSITIONING

<u>Position under/ behind the flight of the ball</u>	<u>Positioned astride the goal line</u>	<u>Assisting a boundary umpire</u>
<p>For the goal umpire to correctly determine whether the football in flight, has gone through the goals, over the top of the goal post, or through for a behind, the goal umpire needs to be directly under the flight of the ball.</p> <div style="display: flex; justify-content: space-around;">   </div>	<p>Goal umpires should be positioned astride from the scoring line for a ball which is likely to be kicked/ touched/ contested on or near the line.</p> <div style="text-align: center;">  </div>	<p>When the ball is kicked or played out of bounds and the boundary umpire is positioned a reasonable distance away it is the duty of the goal umpire to assist the boundary umpire.</p> <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 2px; text-align: center;">OUT OF BOUNDS</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">OUT OF BOUNDS ON THE FULL</div> </div> <div style="display: flex; justify-content: space-around;">   </div>

# Signals

ALL CLEAR – GOAL



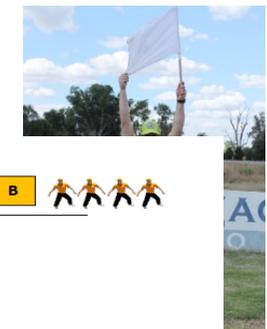
ALL CLEAR – BEHIND



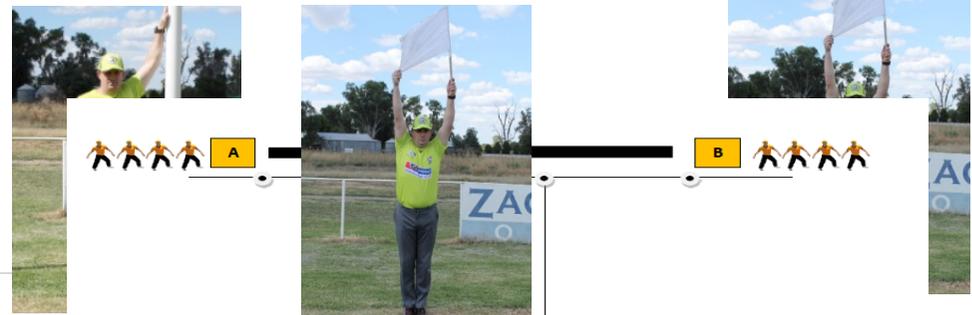
BEHIND – HIT THE POST



BEHIND - TOUCHED



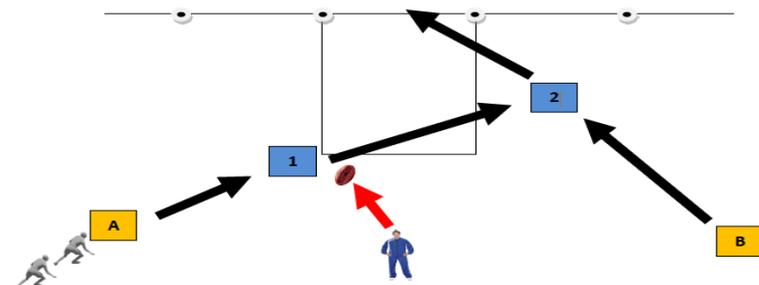
Skill Drill #1 - Getting flight of the ball



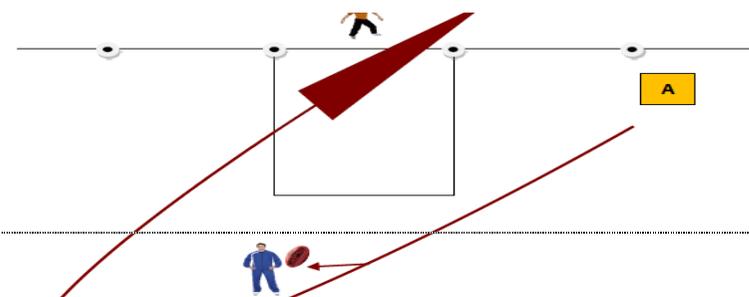
The designated kicker, positions them self within kicking range – at various angles from goal – kicks the ball high and then calls “A” or “B”. The goal umpire at the front of that group moves quickly aiming to get **under the flight of the ball** the coach has kicked.

Skill Drill #2 - Adjusting position/  
Getting under the flight of the ball

“A” runs to “1” and receives a ball from the Coach. “A” then runs to “2” and handballs the ball to “B” who runs in and kicks for goal. The purpose of this skill drill is to ensure the goal umpire follows the play by **adjusting their position** and gets **under the flight of the ball**.



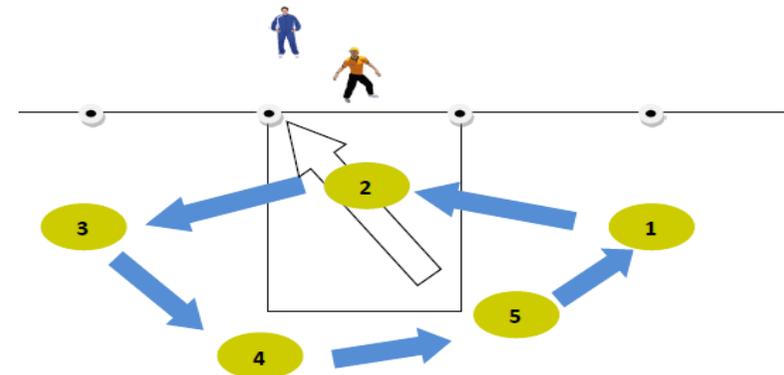
Skill Drill #3 - Deciding whether to  
go to the line



“A” runs to the Coach and passes the ball to them. The Coach then kicks towards goal and “A” runs around the Coach and attempts to chase the ball. The Goal Umpire takes a position as necessary and indicates accordingly. The purpose of this skill drill is for the goal umpire to decide whether to stay **under the flight of the ball** or go to the line and stand **astride the line**. Following the indication, the goal umpire who is positioned appropriately throughout this drill can wave the flag/s

#### Skill Drill #4 - Adjusting position

Player 1 passes the ball to player 2 and follows the ball to cone 2. Player 2 passes to ball to player 3 and so on. When player 5 gets the ball, they kick for goal and player 2 (ex-player 1) defends the goals. Encourage the players to kick using different heights. The purpose of this skill drill is for the Goal Umpire to adjust their position in relation to the position of the ball and then adjust their position – either under the flight or astride the line – in accordance with the kick at goal.



# Modified Rules Boys in the AFL Sydney Competition

## APPENDIX E – YOUTH AND JUNIOR AGE BYLAWS

Rule	U9	U10	U11	U12	U13	U14	U15	U17
<b>Playing Field (Min-Max)</b>	100m (L) x 80m (W)	100m (L) x 80m (W)	100-140 (L) x 75-95 (W)	100-140 (L) x 75-95 (W)	Full Field	Full Field	Full Field	Full Field
<b>Ball Size</b>	Size 2 - Synthetic	Size 2 - Synthetic	Size 3 Leather	Size 3 Leather	Size 4 - Leather	Size 4 - Leather	Size 5 - Leather	Size 5 - Leather
<b>Player Allocation</b>	Min - 9 Max - 12 Bench - Unlimited	Min - 9 Max - 12 Bench - Unlimited	Min - 12 Max - 15 Bench - 6	Min - 12 Max - 15 Bench - 6	Min - 15 (Div1&2) 13 (Div 3 + West Syd) Max - 16 Bench - 6	Min - 15 (Div1&2) 13 (Div 3 + West Syd) Max - 16 Bench - 6	Min - 15 (Div1&2) 13 (Div 3 + West Syd) Max - 16 Bench - 6	Min - 15 (Div1&2) 13 (Div 3 + West Syd) Max - 16 Bench - 6
<b>Playing Times</b>	4 x 10 Mins Quarters 4/5/4 intervals	4 x 10 Mins Quarters 4/5/4 intervals	4 x 13 Min Quarters 4/5/4 Intervals	4 x 13 Min Quarters 4/5/4 Intervals	4 x 15 Min Quarters 4/5/4 Intervals	4 x 15 Min Quarters 4/5/4 Intervals	4 x 15 Min Quarters 4/5/4 Intervals	4 x 16 Min Quarters 4/5/4 Intervals
<b>Smothering, Sheparding, Barging and Fending</b>	X	X	✓	✓	✓	✓	✓	✓
<b>Tackling</b>	Modified Tackle	Modified Tackle	As per the laws of the game					
<b>Zones</b>	3 Zones - Only Forwards can score	3 Zones - Only Forwards can score	As per the laws of the game					
<b>Starting and Restarting Play</b>	No Full possession allowed from ruck As per match policy				As per the laws of the game			
<b>Out of Bounds</b>	Last Kick - Ball given to nearest opponent Off hands or body - Ball up 5m from Boundary				Ball Up - Field umpire 10m from Boundary		Boundary Throw In As per laws of the game	
<b>Marking (Distance)</b>	Any Distance	Any Distance	10m	10m	15m	15m	15m	15m
<b>Run and Bounce</b>	10m & 1 Bounce	10m & 1 Bounce	15m & 2 Bounces	15m & 2 Bounces	As per the laws of the game			
<b>Distance Penalties</b>	10m	10m	25m	25m	50m - As per laws of the game			
<b>Kicking off the ground</b>	X Unless accidental	X Unless accidental	X Unless accidental	X Unless accidental	As per the laws of the game			
<b>Deliberate out of bounds</b>	Not Applied	Not Applied	Not Applied	Not Applied	Not Applied	Not Applied	Not Applied	Not Applied
<b>Playing On &amp; Advantage</b>	X	X	✓	✓	✓	✓	✓	✓
<b># of Umpires - Field</b>	1	1	2	2	2	2	2	2
<b>Boundary</b>	N/A	N/A	N/A	N/A	Club to supply	Club to supply	Club to supply	Club to supply
<b>Goal</b>	Club to supply	Club to supply	Club to supply	Club to supply	Club to supply	Club to supply	Club to supply	Club to supply
<b>Officials allowed (Max.8) *allowed on Field</b>	Coach*, Ass. Coach Manager, Runner	Coach*, Ass. Coach Manager, Runner	Coach, Ass. Coach Manager, Runner 4 x Water carrier	Coach, Ass. Coach Manager, Runner 4 x Water carrier	Coach, Ass. Coach Manager, Runner 4 x Water carrier	Coach, Ass. Coach Manager, Runner 4 x Water carrier	Coach, Ass. Coach Manager, Runner 4 x Water carrier	Coach, Ass. Coach Manager, Runner 4 x Water carrier



# Modified Rules Girls in the AFL Sydney Competition

Rule	U10 Youth Girls	U12 Youth Girls	U14 Youth Girls	U16 Youth Girls	U18 Youth Girls
<b>Playing Field (Min-Max)</b>	100m (L) x 80m (W)	100-140 (L) x 75-95 (W)	120 – Full (L) x 95 – Full (W)	Full Field	Full Field
<b>Ball Size</b>	Size 2 - Synthetic	Size 3 Syn/Leather	Size 3 - Leather	Size 4 - Leather	Size 4 - Leather
<b>Player Allocation</b>	Min - 9	Min - 9	Min – 9	Min - 12	Min - 12
	Max - 12	Max - 12	Max – 15	Max - 16	Max - 16
	Bench - Unlimited	Bench - 6	Bench – 6	Bench - 6	Bench - 6
<b>Playing Times</b>	4 x 10 Mins Quarters	4 x 13 Min Quarters	4 x 15 Min Quarters	4 x 15 Min Quarters	4 x 16 Min Quarters
	4/5/4 intervals	4/5/4 Intervals	4/5/4 Intervals	4/5/4 Intervals	4/5/4 Intervals
<b>Smothering, Sheparding, Barging and Fending</b>	X	✓	✓	✓	✓
<b>Tackling</b>	Modified Tackle	As per the laws of the game			
<b>Zones</b>	3 Zones. Only Forwards can score	As per the laws of the game			
<b>Starting and Restarting Play</b>	No Full possession allowed from ruck.		As per the laws of the game		
<b>Out of Bounds</b>	Last Kick – Ball given to nearest opponent Off hands or body – Ball up 5m from boundary		Ball Up 10m from boundary	As per the laws of the game	
<b>Marking (Distance)</b>	Any Distance	10m	15m	15m	15m
<b>Run and Bounce</b>	10m & 1 Bounce	15m & 2 Bounces	As per the laws of the game		
<b>Distance Penalties</b>	10m	25m	As per the laws of the game		
<b>Kicking off the Ground</b>	X (unless accidental)		As per the laws of the game		
<b>Deliberate out of bounds / Rushed Behind</b>	Not Applied				
<b>Playing On &amp; Advantage</b>	X	✓	✓	✓	✓
<b># of Umpires – Field</b>	1	2	2	2	2
<b>Boundary</b>	N/A	N/A	Club to supply	Club to supply	Club to supply
<b>Goal</b>	Club to supply	Club to supply	Club to supply	Club to supply	Club to supply
<b>Officials allowed (Max.8)</b>	Coach*, Ass. Coach Manager, Runner	Coach*, Ass. Coach Manager, Runner 4 x Water carrier			

## | Spirit of the Laws |

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### 1) Contest for the Ball

*"The player who is making the ball their sole objective will be protected against any form of illegal contact"*

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### 2) Marking Contest

*"The player whose sole objective is to contest a mark shall be permitted to do so."*

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### 3) Ruck Contests

*"The player whose sole objective is to contest the ruck shall be permitted to do so."*

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### 4) Tackling- Holding the Ball

*"For a holding the ball free kick to be awarded, the tackle must be legal."*

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### 5) 50m Penalty

*"After a mark or free kick has been awarded, a 50-metre penalty will be awarded against the opposing team which unduly delays the play or abuses an umpire."*

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