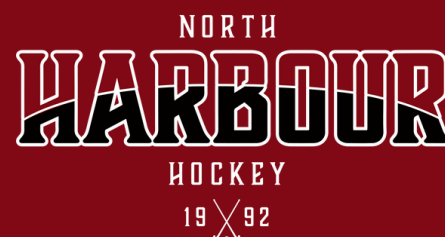




NORTH HARBOUR HOCKEY ASSOCIATION

JUNIOR UMPIRE



HANDBOOK

THE GO TO GUIDE FOR YOUR JUNIOR
UMPIRING QUESTIONS

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General

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6 A-SIDE UMPIRING

QUARTER TURF (PRIMARY)

General

- The team that starts with the ball first is Team A and other team is Team B
- Team B will start with the ball in the second half of the game.
- At half time, Team A and Team B swap ends



Whistle

Blow your whistle to:

- start and end each half of the game
- Give a free hit
- Award a goal

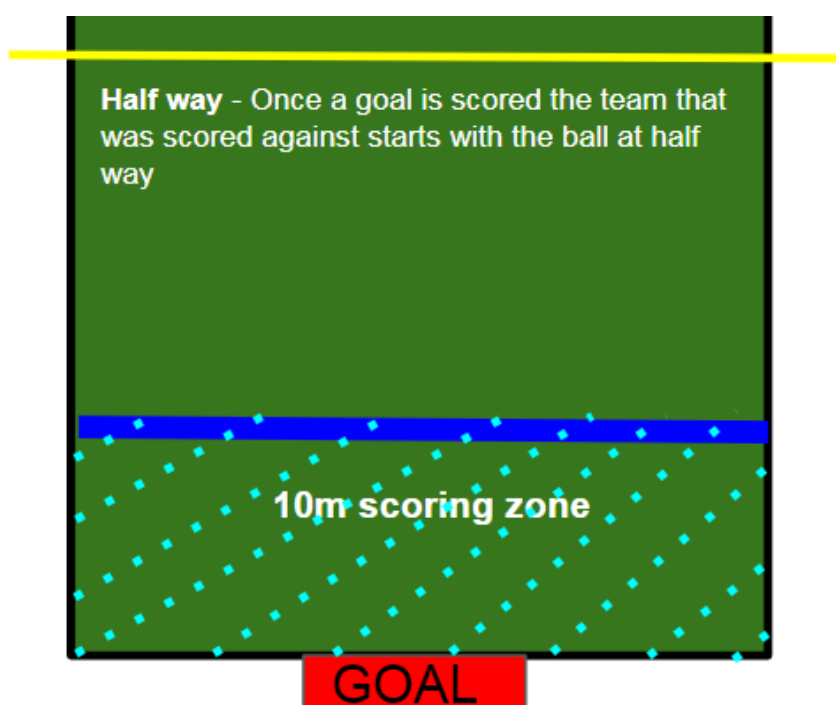
Free Hit

- When you signal a "free hit" you put your arm up pointing towards the team's attacking goal
- Talk to the players if needed. Some of the players are new to the game. You may need to pick up the ball and show them where to place it. Don't be afraid to talk to the players as it will help you and the players to understand the rule.
- All players must be 5 metres from the ball - you may need to show the players where to stand.
- When Team A hits the ball over the sideline, a player from Team B places the ball on the sideline and pushes/hits it back in to the field of play.
- Any ball that is raised or hit in the air above knee height is dangerous. Blow your whistle to award a free hit to the other team.



Goal Scoring

- To score a goal the ball has to be touched by an attacking player inside the shooting zone.
- A goal cannot be scored directly off the free hit from the 10 metre line



Ball contacting Feet:

When the ball hits a players foot, the whistle should only be blown if:

- The ball is moved or kicked forward to the player's advantage or a shot at goal is stopped by the player's foot. Therefore a free hit should be awarded to the other team.
- Blow your whistle when a player intentionally uses a foot to touch the ball OR to gain an advantage - e.g. they cannot kick the ball up the field OR in the goal. A free hit should be awarded to the other team.

Dangerous Play

A free hit is awarded if:

- The ball is hit or lifted above knee height at any point (including goal scoring). A free hit is awarded to the opposition.
- A player (e.g from Team A) dribbling the ball is barged or pushed accidentally or intentionally and loses the ball as a result. A free hit is awarded to Team A.
- A player is tackled through the legs or hit by the stick of an opposition player. A free hit is awarded.

Back of the Stick

- Only the flat side of the stick may be used to play the ball. Players may not use the back (rounded) side of the stick.

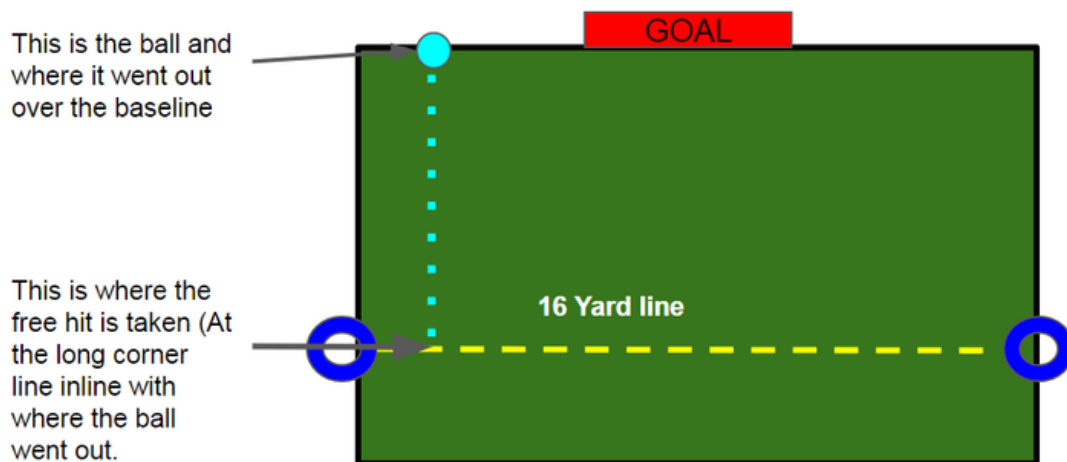


16 Yard Hit

- When the attacking team hits the ball over the baseline you signal a 16 yard hit by holding both arms out horizontally and facing halfway.

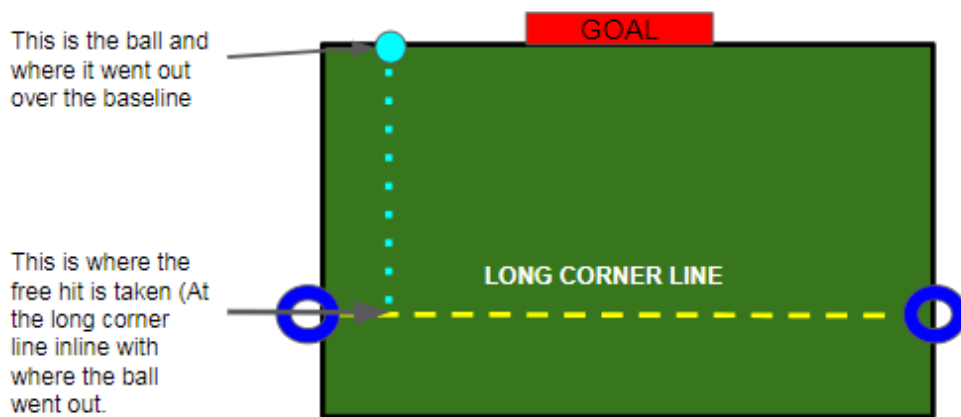


- The 16 yard hit is taken by the defender on the 10 metre line in line with where the ball went out. No need to be too fussy, just make sure it is near the spot



10 Metre Free Hit (Long Corner)

- When the defending team hits the ball over the baseline you signal a free hit to the attacking team.
- The 10 metre free hit is taken by the attacking team on the 10 metre line, in line with where the ball went out.
- All players must be at least 5 metres away from the ball.
- The ball must be passed or carried 5 metres before a shot at goal is taken.



Notes

7 A-SIDE UMPIRING

HALF TURF (INTERMEDIATE)

Intermediate hockey is to be ruled the same as the primary rules. Any changes or add ons are outlined below.

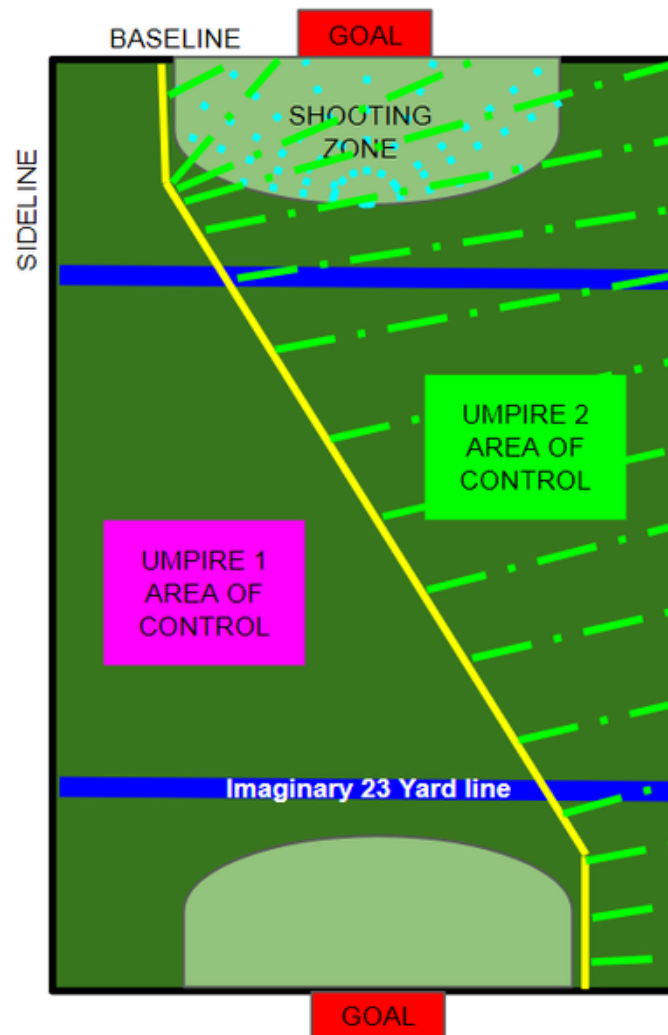
General

- Before the game starts, flip a coin with the captains or coaches of each team to see who starts with the ball first. The team that starts with the ball first is Team A and the other team is Team B. Team B will start with the ball in the second half of the game.
- At halftime, Team A and Team B swap ends.
- The umpires DO NOT swap ends.



Area

- If there are two umpires on the field, you will always umpire the goal area to your right.
- If there are two umpires on the field, you NEVER blow your whistle in the other umpires' goal area.



Whistle

Blow your whistle to:

- Start and end each half of the game
- Give a free hit
- Award a penalty corner
- Award a goal

Free Hit

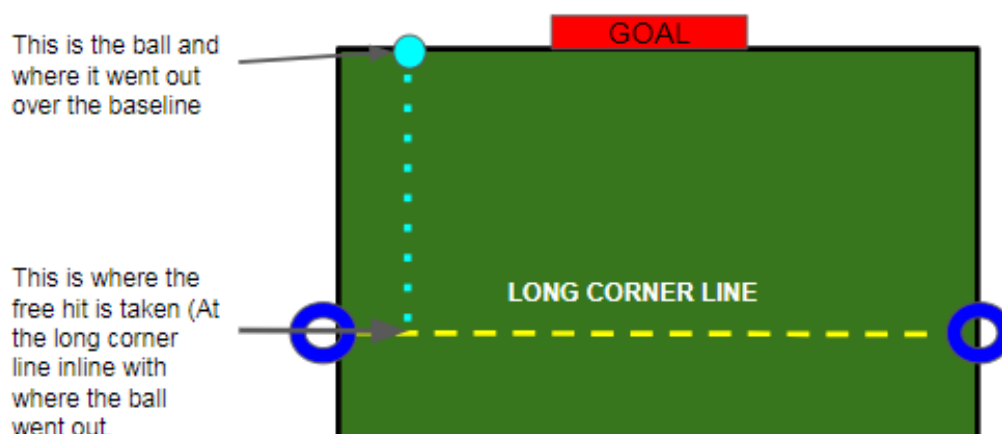
- At a free hit, centre pass, or sideline hit-in, the player may use an auto-pass. The ball must be stationary, the taker then moves the ball a short distance before continuing with it in their possession.
- Free hits awarded to the attackers within 5 metres of the outside of the circle must be taken where the offence occurred and the ball must travel 5 metres or be touched by a defender before entering the circle. The ball cannot be hit directly into the circle. Corners cannot be hit directly into the circle either.

Goal Scoring

- To score a goal the ball has to be touched by an attacking player inside the circle.
- The whole ball must travel over the whole goal line, between the posts and under the crossbar.

Long Corners

- The long corner is taken from the imaginary 23m line, in line with where the ball went over the baseline.



Penalty Corner (PC)

- Always blow your whistle and signal for a PC.
- To signal a PC, point both arms towards the attacking goal.



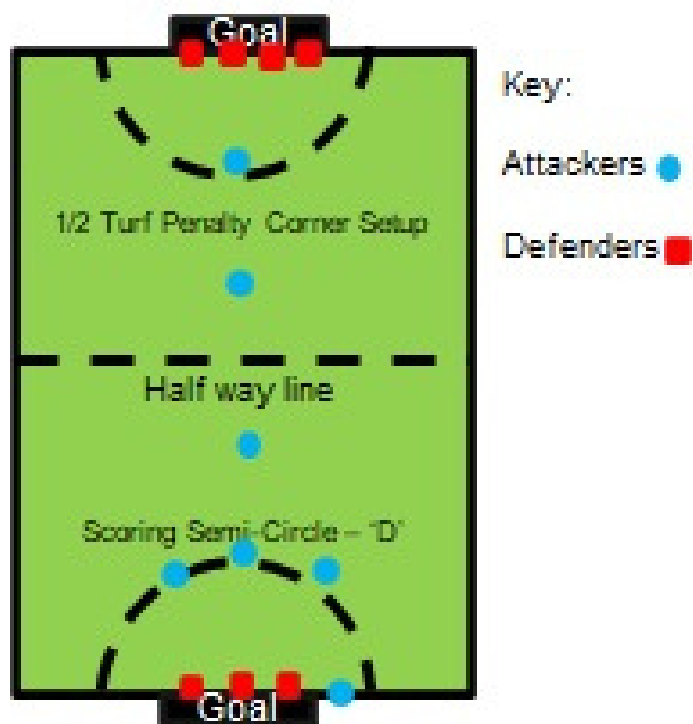
A penalty corner is given when:

- The ball hits a defender's foot inside the circle
- A defender uses the back of their stick
- A defender **deliberately** hits the ball over the baseline. (If they are trying to get the ball towards the sideline but it goes over the baseline, a long corner is awarded).
- A defender raises the ball dangerously inside the circle.
- A defender obstructs an attacker inside the circle.

Note: A PC may be taken on either side of the goal. It **DOES NOT** have to be taken on the side of the goal where the ball went out or an infringement occurred. The umpire stands where they can see the person taking the PC and the defenders - not between them.

When a PC is being taken watch for the following:

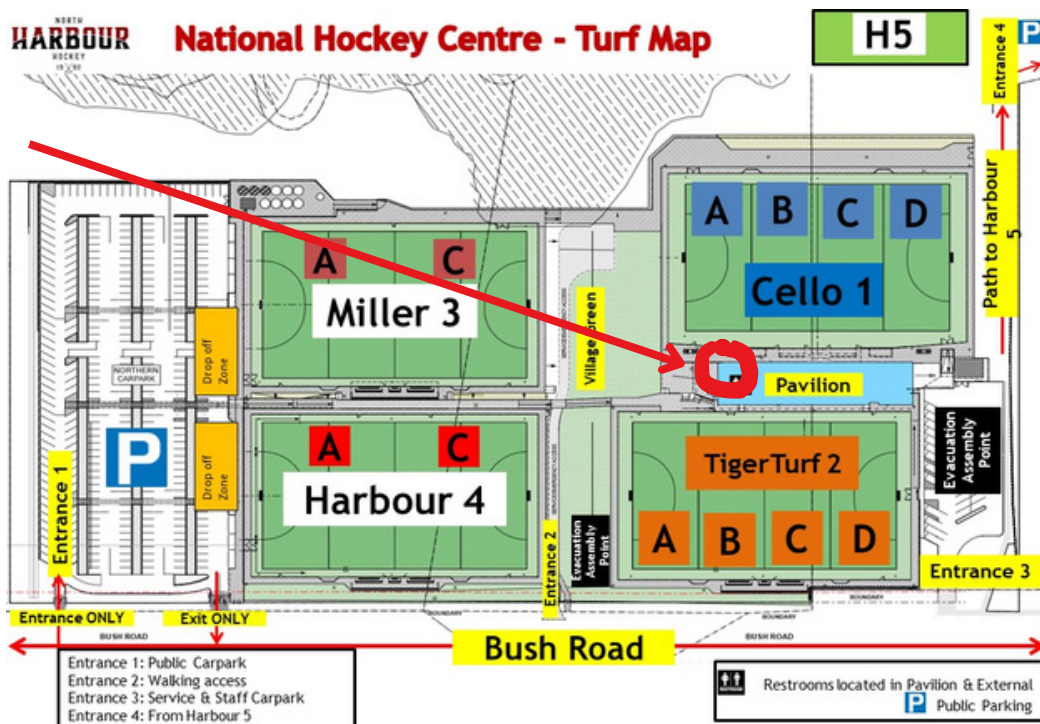
- That only three defenders are in the goal (this includes the goalkeeper i.e 1 x GK and 2 x players).
- That the other 4 defenders are back inside the circle at the opposite end (the other umpire is to make sure of this).
- The three players may not move off the top of the circle, and must be outside the circle line, until the ball is released off the baseline by the attacking team.
- Only one attacker is to push the ball out from the mark on the baseline to their team members waiting at the top of the circle.
- The ball must travel outside the circle before a shot at goal is taken.



Notes

Important Places to Know


- Junior Umpire Sign In Room - see arrow
- Turf locations as below



Junior Umpire Chart

Tick off your chart throughout the season and get your NHA Junior Umpire Certificate and Badge for 2023!

Name: _____

	Completed junior umpire muster stations
	Read the junior umpire handbook
	Completed the junior umpire quiz
	Attended training workshops
	Received umpire coach feedback
	Umpire 5+ games
	Umpired 10+ games
	Attended 2023 prizegiving
	2023 Junior Umpire Certificate!



Umpiring My First Game Checklist

- ✓ Wear your umpire jacket, bring your whistle.
- ✓ - Remember your watch (intermediate umpires only)
- ✓ Sign In at Control Room (Only Monday & Tuesday games at Harbour turfs)

Go to the turf you are umpiring on

- ✓ Primary (13 minute halves):
- ✓ The bell will go for the start/end of first half & start/end of second half. Team first to ball starts
- ✓ Blow whistle to start the game

TIME TO UMPIRE!

- ✓ Intermediate (12 minute quarters):
- ✓ While teams warm up, use your whistle to call captains over
- ✓ Do a coin toss or paper scissors rock to decide who starts game
- ✓ Tell the coaches/captains how much time they have left before the game starts
- ✓ With 30 seconds to go use whistle to call teams into position
- ✓ Blow your whistle to start the game & your watch according to your start time
- Remember as an intermediate umpire you are managing the time of the game

TIME TO UMPIRE!



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