



# HAND SIGNALS

## RULE REFERENCE

APPENDIX B

## ACTIVITY OBJECTIVE

To provide umpires with the opportunity to practice the different hand signals used to indicate the most penalised infringements in a game of **Umpire Says**.

## AREA REQUIRED

Your choice of indoor or outdoor playing area.

**10 MINUTES DURATION**

### WHAT TO DO

- Using the rules of **Umpire Says** (Simon says), call out various infringements for umpires to perform the correct hand signal to (for example umpire says 'footwork').
- Umpires should only follow your instructions when you say, 'Umpire Says'.
- Mix up the calls and the speed of the calls as the umpires become more familiar with the hand signals.
- Use the **Ask the Umpires** questions to promote further discussions around the topic and reinforce the most important aspects of the learning by referencing the **Umpire Coaching Tips**.

### UMPIRE COACHING TIPS

- Hand signals are used to support the umpire's decisions.
- The best way to improve is to practice hand signals each time a decision is made, until they become a natural part of umpiring.

### ASK THE UMPIRES

- Why do umpires use hand signals?

## HAND SIGNALS

*Some examples of commonly used hand signals.*



START AND RESTART  
OF PLAY



HOLD TIME



DIRECTION OF PASS



THROW IN-GOAL LINE



TOSS UP



ADVANTAGE



GOAL SCORED



GOAL NOT SCORED



FOOTWORK



CENTRE POSITIONED  
INCORRECTLY



OFFSIDE OR  
BREAKING

# UMPIRING TECHNIQUES



OFFSIDE



HELD BALL



SHORT PASS



INCORRECT PLAYING  
OF THE BALL



OBSTRUCTION OF A  
PLAYER WITH THE BALL



OBSTRUCTION OF  
A PLAYER WITHOUT  
THE BALL



INTIMIDATION



CONTACT



CAUTION



WARNING



2 - MINUTE  
SUSPENSION



ORDERING OFF