



## Umpiring Tips Net Set Go Umpires 2022

*NSNA Umpires are required to have a current pass of the Rules of Netball theory exam.*

### NSG Umpires Can/Should:

- ✓ Have **FUN** – try and make the game as **enjoyable and educational** as possible for the players and umpires
- ✓ Be an adult or a minimum of 15 years (in the year they are umpiring NSG)
- ✓ Wear the **fluoro vest** and suitable sports shoes and attire and use the **'whistle'** hand held whistle.
- ✓ **Check for NO jewellery** including no Fitbits and **no taping** of earrings; hair must be appropriately tied back
- ✓ Check the ball and help the captains **'toss' for first centre pass** and goal end – scissor, paper, rock is OK
- ✓ Move parents, coaches, kids etc off the end/goal lines and at least 1 metre away from the sidelines

### During the game NSG Umpires Can/Should:

- ✓ Keep track of **alternating centre passes** and note **teams only change ends at half time** (Except in Div A.)
- ✓ Be the **on-court Coach**, facilitating the game and encouraging players in a **fair and equal manner**
- ✓ Try to have a **consistent interpretation** of the NSG rules (this interpretation may change slightly based on the skill level/age of the players)
- ✓ Use **common sense** (even poetic license) particularly in a **one sided game**. If a player (on the losing team) makes a mistake don't necessarily take the ball off them, show/tell them what they need to do and let them **try it again**. This is **especially important** for younger players who are clearly new to netball
- ✓ Umpires should be **generous, use their discretion** and give **equal benefit of the doubt** for footwork, replay, fumbled catches, dragging of the landed foot, tiny offsides etc
- ✓ Let the game flow with **more encouragement than whistle**, especially if there are no major mistakes
- ✓ Talk to and **guide players** throughout the game with an **instructional approach** given **equally to both teams**
- ✓ Use a loud voice giving **short, simple tips**, eg, **'feet still'**, **'you can shoot'**, **'hands up'**, **'big pass'**, **'move back'**, **'find some space'**, **'stay behind the line'**, **'stay in your area'** etc
- ✓ Help the players by **showing them** what they should be doing, where they should be standing and who should take the throw ins, free passes etc
- ✓ **Keep up with the ball** and position themselves away from the spectators
- ✓ **Blow the whistle loudly** for all centre passes, goals, throws in, infringements etc
- ✓ Make a **prompt decision** for 50/50 balls (dual possession) and alternate that decision on other occasions
- ✓ Ensure **throw ins** are taken from outside the court (toes up to and behind the line) with feet still and by the correct player, eg, the GK always takes a defensive goal third throw in, WD/GD take Centre Third throw ins
- ✓ Grab the **match ball** after a goal is scored and encourage all players to **move back to starting positions quickly**
- ✓ Use only team names and the position names, eg, Goal Attack, Centre etc, **not children's names**, particularly if it is your daughter – try to remain **neutral**
- ✓ Acknowledge their **duty of care** for their players' safety and stop the game to deal with an injury or other issue
- ✓ Follow these **steps for all infringements**: blow whistle, stop play, briefly explain the rule, demonstrate the correct technique/position/distance and let play continue
- ✓ Ensure all players **shake hands\*** at the end of the game (\* current exclusions in place)
- ✓ **Sign the score sheet** at the end of the game; return vest and 'whistle' to the centre circle.

### NSG Umpires Can't/Shouldn't:

- ☒ Overthink it
- ☒ Penalise (take a ball off away from) a player who had made **really good effort to follow the rules**
- ☒ Use their own players' names or encourage/instruct/praise **their own team over their opposition**
- ☒ Take toss ups (in the case of dual possession or a 50/50 ball; instead make a **prompt decision** and alternate that decision on other similar occasions)
- ☒ Use lengthy description or explanations and in so doing hold up the game
- ☒ Count down '5, 4, 3, 2, 1' while a player is trying to pass the ball. (Instead, if there is a player really struggling to throw the ball use words like **'big pass to your C'**, **'help your player'**, **'make space'**, **'throw into space'** etc.)
- ☒ Put any player 'out of play' (Except in Div A.)
- ☒ Engage with an angry parent or spectator or let sideline 'commentary' distract them.

## NSG Players CAN/SHOULD

- ✓ Have **FUN** – win, lose or draw
- ✓ **Listen** to the umpire
- ✓ Pass the ball within **5 seconds** (Except in Div A.)
- ✓ **Lean** on the ball to gain balance
- ✓ Bounce the ball **once** and then catch it
- ✓ Pick up the ball from an **offside location**
- ✓ Chase a ball **push it down to the ground** to stop it then pick it up
- ✓ Catch the ball, fall over and stand up again without stepping too much
- ✓ **Roll** the ball towards herself (but cannot roll the ball to another player)
- ✓ Attempt to shoot a goal from anywhere **within** the goal circle
- ✓ **Defend** another player, **one on one** with arms up, only if they are is 1.2 metres/**4 feet** from the thrower's landing foot. This equates to 4 big steps (or 4 rulers back) from the opposition, measured **shoe to shoe**
- ✓ Throw the **Centre Pass** only if they are standing **inside the centre circle**
- ✓ At a Centre Pass **wait behind the line** until the whistle is blown, then run forward into the centre third
- ✓ Catch or touch a Centre Pass only if standing in the **centre/middle third**
- ✓ Take a **throw in with toes behind the line** and **stay behind the line with feet still** until they release the ball
- ✓ Only **change ends at half time** (Except in Div A.)
- ✓ **Play all seven positions** throughout the season; play a **minimum of 2 positions per game**
- ✓ **Shake hands** at the end of the game\* and show excellent sportsmanship. (\* current exclusions in place).

## NSG Players CAN'T/SHOULDN'T

- ☒ Wear **jewellery** of any kind, including earrings, anklets, string friendship bracelets, 'fitbits' etc
- ☒ **Run** or walk with the ball
- ☒ **Roll** the ball to another player
- ☒ **Dive on** the ball to gain possession (the ball should be given to the opposition player and it explained to the players that it is dangerous and not rugby!)
- ☒ Get possession of the ball while on the **ground**
- ☒ **Kick** the ball
- ☒ **Snatch** the ball out of a player's hands, if she is already holding it
- ☒ Enter the court or step at a **throw in** until the ball is passed to another player
- ☒ Throw the ball **at/against another player**
- ☒ Use elbows, knees, shoulders or any other part of the body, deliberately or accidentally, to make **contact** in a way that **interferes** with play
- ☒ Put their arm/s **across their opposition player's body**, or entangle their feet between a player's feet/legs, **especially around the goal circle or on the transverse line**
- ☒ Run into or 'through' another player, accidentally or deliberately
- ☒ Stand closer than 4 feet/1.2m (shoe to shoe) with arms up
- ☒ Hold onto their partner's body or clothing
- ☒ Use any tactics or movements that are considered **contact** and/or **obstruction** so as to interfere with their opposition, with or without the ball. (The umpire can say '**no bumping C**', '**keep your elbows in GD**', '**it's not rugby**', '**move back GD**', '**too close WA**' etc, or blow the whistle and talk to the players if any actions are becoming rough or there is potential for injury.)
- ☒ **Wave their hands** in another player's face or near her eyes
- ☒ Catch a ball from the Centre Pass in the goal third
- ☒ At a shot for goal, **re-catch/replay** the ball until it has touched the ring, net, post, padding or another player, i.e., an '**air ball**'. If she does re-catch/replay the ball it is given to the opposition for a free pass. **HOWEVER** umpires should use **common sense** on some of the minor rules, particularly in a **one sided game**; a player/team may be given '**another try**' if they have had very few attempts at goal or have had very little possession of the ball during the game.

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