



NETBALL
NEW ZEALAND
POITARAWHITI AOTEAROA

Starting Out

Umpiring Netball

We live this game.

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Introduction

Congratulations on Deciding to Umpire Netball

You will find umpiring rewarding and a way in which you can contribute positively to the game. This guide looks at the basic rules of Netball and is designed to help new umpires, including parents, players and coaches with the basics of Umpiring Netball.

It will give you a sound background of the rules, help you build confidence for when you umpire as well as helping you when you play.

Take time to read through the information and if you have any questions, contact your Netball Centre's or school's umpiring co-ordinator.

If you wish to learn more, follow these links:

INTERNATIONAL NETBALL FEDERATIONS - RULES OF NETBALL

<https://drive.google.com/file/d/14E9H2xr69LZA7W0pmYPq48sb5qzhTHqk/view>

NETBALL NEW ZEALAND COMMUNITY UMPIRING GUIDELINES

Refer to the Netball New Zealand Website for the most up to date copy of the Community Umpiring Guidelines at:

www.netballnz.co.nz/useful-info/resource-library/umpires

Where Do I Start?

Here are some ideas to help become more confident with your umpiring

- Arrive at the courts at least 30 minutes before the game is scheduled to start.
- Ensure that you have your own whistle (preferably a finger whistle) and centre pass indicator.
- Ensure you know the Netball Centre's procedure for picking up the score card prior to the start of the game, and any rules of the competition that need to be applied. These may include interval times [$\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ time], injury/substitution rules, number of named players in a team and how the 30 and 10 second warnings are handled.
- Warm up/cool down. Players need to warm up well, so does an umpire. Don't forget to cool down too.
- Remember the dress presentation of an umpire often reflects on how they umpire the game. Ensure you are wearing a different colour to that of the two teams.
- Develop the four C's — Consistency, Control, Confidence and Communication.
 - » Be **consistent** in your rulings throughout the court.
 - » Maintain **control** from the first whistle - be fair, firm and alert.
 - » Convey **confidence** to the players, develop a warm, friendly manner.
 - » **Communicate** positively - listen, be polite, make eye contact and be calm.
- Blow your whistle loudly so that players can hear it. Your voice should also be loud and clear. Always look at the players when making your ruling and indicate clearly where to take the sanction.

DUTIES BEFORE THE GAME COMMENCES

Before the game starts you, the umpire, need to check for the following:

- Players' fingernails are cut short and smooth.
- Players have no sharp adornments on — a wedding ring and/or Medic Alert bracelet may be worn but must be taped.
- If applicable, ensure players are wearing their correct uniform.
- Ensure that all players have on their correct designated playing bib.
- The team captains should have tossed and notified the umpires and the scorers of the result.
- Ensure there are two scorers – one from each team standing together in a position easily visible to the umpires. You may find it helpful to have one of the scorers ready to time any injury stoppages so that play is restarted as quickly as possible.
- If team uniforms/bibs are the same or similar in colour, ensure one team wears different colour bibs.

Reading The Game

The Three 'Big' Umpiring Techniques

POSITION

- Always try to be in the best possible position to see what is happening.
- Try to be between the centre circle and the transverse line whenever the centre steps in to take the pass going your way.
- During play, try to be in line or slightly ahead of the player with the ball.
- While play is in your co-umpire's half, position yourself at their transverse line.
- Keep off the court except if you need to take a toss-up or when heading to centre third after a goal is scored for next centre pass.
- When play is in the goal circle area, it is likely that your best position will be behind the goal line and on the same side of the goal post as the player with the ball. Beware of being too close to the goal post as you look up, you will miss what happens at ground level.
- Keep your shoulders facing the court both while moving and when you are stationary.

VISION

- See the player with the ball, their opponent, as many other players as possible and look for where the next pass is going.
- Learn to look over the area of court you are umpiring so that you can see most players.

TIMING

- Time your movement so you arrive at the next position as the ball arrives so you can see all players. You can run, jog, side-step, sprint or use other movements that are appropriate.

Scoring

Before the game

- It is advisable if there are scorers from each team that they stand together on the sideline at halfway.
- Distinguish between the two teams and their uniforms.
- When the captains inform you which team has the first pass, write even [E] under the name of this team on the card and write odd [O] under the other team's name.

THROUGHOUT THE GAME

Adding both teams' scores together will tell you who has the next centre pass.

BLACK O								WHITE E							
1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16	9	10	11	12	13	14	15	16

If the score is 3-9 [3 + 9 = 12, an even total] the next centre pass will be taken by White.

BLACK O								WHITE E							
1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16	9	10	11	12	13	14	15	16

If the score is 12 - 11 [12 + 11 = 23] an odd total, Black will have the next centre pass.

DURING THE QUARTER/HALF

- White has the first centre pass. During the quarter/half, White will take the next pass whenever the total score of the two teams is even. Black will have the next pass whenever the total is odd.

AT QUARTER/HALF TIME

- At quarter/half time, note if the ball is in play or if play ends immediately after a goal has been scored [the centre pass has not been taken]. Do this as soon as the quarter/half finishes so that you don't forget.
- Indicate on the score card the half time score.
- If quarter/half time was taken immediately after a goal was scored, continue with the same system as used in the first half, i.e. White on even total, Black on odd total.
- If the ball was in play at quarter/half time, change White to odd and Black to even for the second half. Continue to decide the pass on the new system.
- If you do have any difficulties with the score card and centre pass, make sure that you address it immediately. If you cannot work it out, call for a Centre Official to give you guidance.

AFTER THE GAME

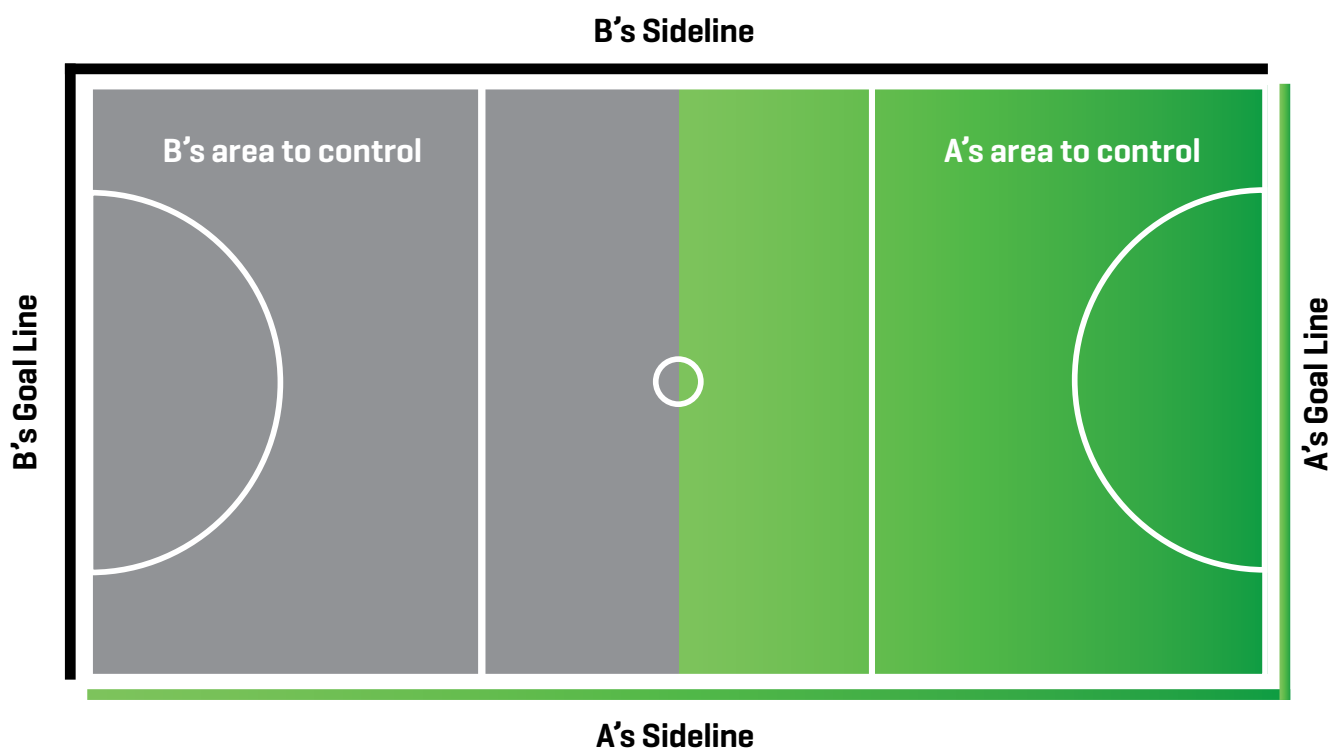
- Indicate the final score on the score card and follow the Centre's procedures for completing the scorecard and handing it in.

Dual Control

As all games are controlled by two umpires you must be sure that you know the areas that you are responsible for.

THESE ARE AS FOLLOWS

- The court is divided in half at the centre circle from side-line to side-line.
- Always umpire to your right.
- You will control all throw-ins on the whole side-line of your side of the court and control the goal line to your right.
- You blow your whistle for the centre pass after a goal has been scored in your goal circle.
- Always indicate the direction of the centre pass.
- You may appeal to your co-umpire for a decision in your half.



Protocols

The two umpires must work together

AT THE START OF THE GAME

- Stand side by side with your co-umpire on the sideline at halfway.
- The bench-side umpire (where the scorecard is) blows the 30 and 10 second warning whistles for the teams to take the court.
- The co-umpire walks to the far side at 10 seconds giving the ball to the centre taking the first centre pass.

KNOW WHAT TO DO AT A STOPPAGE FOR INJURY, ILLNESS OR BLOOD

[check the competition rules as they may differ]

- Umpire signals stoppage time.
- Umpires stay on their respective side-lines.
- For blood stoppages the umpire who is dealing with the blood ensures the court, clothing and ball is clean before restarting play.
- Restart with the whistle as soon as substitutions/team changes have been made or when the 30 seconds is up. Whichever comes first.

KNOW WHAT TO DO AT AN INTERVAL

- Umpire signals time.
- Umpires meet mid court.
- Umpires discuss next centre pass.
- Umpires confirm centre pass with the scorers.
- Change the odds/evens over on the scorecard if necessary as per the scoring system identified earlier.

Time to Start the Game

IF A TEAM HAS 5 PLAYERS THEN THE GAME CAN START

A late player may go on court but only **after**:

- Being checked by the umpire
- A goal has been scored or/
- Immediately following an interval or/
- After a stoppage for injury or illness

Then the late player must take the **vacant position** on the court.

What if: the player comes onto the court without notifying the umpires?

The player is sent from the court until the correct time for entry [as per above]. The umpire awards a penalty pass to the opposing team, where the ball was when play was stopped, with a player from the infringing team allowed in that playing area to stand out of play for the penalty.

CENTRE PASS

- The centre in possession of the ball stands with at least one foot wholly in the centre circle.
- If the centre does not have one foot wholly in the circle when the whistle is blown then a free pass is awarded to the opposing team in the centre circle.
- The opposing centre is in the centre third and free to move.
- All other players are in their respective goal thirds and are free to move but must not enter the centre third until the whistle has been blown.
- If a player enters the centre third before the whistle, then a free pass is awarded in the centre third to the opposing team [unless advantage can be played].

Substitution and Team Changes

A team can make as many substitutions as they like in any one game. But they may only use up to the number of named players for the game. A player who has previously been substituted may return to the game at a later stage.

Substitutions and team changes can be made in the following cases:

- A player has been injured or is ill. The injured or ill player must be involved in that team's sub/team change.

Procedures for substitutions and team changes

- During an interval.
- All injury/illness/blood stoppages are up to 30 seconds. The injured player must leave the court within the 30 seconds.
- Both teams may make substitutions and/or team changes within the 30 seconds.
- If a team leaves a position vacant at a stoppage, a player may come on in this vacant position after a goal is scored, at the next stoppage for injury illness or the next interval.
- If a player comes on to the court at the wrong time, the player is sent from the court until the time they were allowed to enter the court. The umpire awards a penalty pass to the opposing team where the ball was when play stopped, with a player from the infringing team allowed in that playing area to stand out of play.
- Only the Primary Care personnel can come on to the court at the stoppage for injury/illness.
- Coaching is allowed from the sideline provided all players other than the injured player stay on court.

Summary of Sanctions

THE SANCTIONS AWARDED FOR BREAKING OF THE RULES ARE

- Free pass
- Penalty pass

FREE PASS AWARDED FOR:

- Offside
- Held ball
- Breaking
- Over a third
- Short pass
- Footwork
- Incorrect playing of the ball/replayed ball
- Centre pass untouched in the centre third
- Centre positioned incorrectly at centre pass
- Moving at toss up
- Player in possession of ball, leaning on goal post

NOTE: No player stands out of play. The free pass is awarded to a team where the infringement occurred.

PENALTY PASS AWARDED FOR

- Contact
- Obstruction
- Defending from out of court
- Keeping a player off the court after taking a throw in
- Entering the game at the incorrect time

Penalty Pass

If contact or obstruction by the defenders occurs in the goal circle the player taking the penalty may pass or shoot from where the infringer was standing.

- The player who infringes must “stand beside but away from the player taking the penalty pass” and may not move or take part in play [including verbal comments] until the ball has been released.
- The player taking the penalty pass must ensure they set the penalty correctly.

ADVANTAGE

Advantage may be applied if the umpire can see an infringement has occurred but does not want to blow the whistle as this will stop the game and the non-offending team will be disadvantaged by the stoppage. The umpires shall call and signal the advantage.

Out of Court

THE BALL IS OUT OF COURT WHEN

- It touches the ground outside the court.
- It touches any person or object in contact with the ground outside the court. [Note: a player may have their foot on a line and it is not out of court].

You should indicate which team takes the throw-in when the ball goes out of court over your side-line or goal line. Only blow the whistle if the players are not aware the ball was out of court or the wrong team is setting up to take the throw-in.

WHEN A THROW-IN IS BEING TAKEN

- The player taking the throw-in must wait for all other players to be on court.
- Ensure that the throw-in is taken from the correct position.
- Obey the footwork rule.
- The player's foot must not be on the line (the line is part of the court) and must be within 15cm (6in) of the line.
- The player taking the throw-in must pass the ball within 3 seconds.
- The player must throw to the correct playing third.

Sanction

A throw-in to the opposing team where the player was taking the throw-in.

Toss Up

A Toss-Up is awarded when simultaneous infringements occur, and the two opposing players;

- Catch the ball – the toss-up is taken where the players caught the ball.
- Put the ball out of court – the toss-up is taken on the court close to where the players hit the ball out of court.
- When two opposing players infringe at the same time when the ball is involved.
- Contact each other at the same time– the toss-up is taken where the players contacted each other.

HOW TO TAKE THE TOSS-UP

Players must be 0.9 metre [3 feet] between their nearer feet with:

- Arms straight with hands at sides.
- Facing their own goal ends.
- Must not move until the whistle is blown as the umpire releases the ball.

Sanction

If a player moves too soon, the umpire awards a free pass where the player who moved was standing

THE UMPIRE

- Starts with the ball no higher than the shorter player's shoulder when standing.
- Blows the whistle while releasing the ball midway between the two players.
- Flicks the ball no higher than 600mm [2 feet] vertically.

Playing the Ball

A PLAYER MAY

- Gain or regain control of the ball if it rebounds from the goal post which includes the net.
- Lean on the ball to prevent going offside.
- Bat the ball to another player.
- Roll the ball to oneself.

A PLAYER MAY NOT

- Roll the ball to another player.
- Fall on the ball to gain possession.
- Gain possession of or throw the ball while sitting, lying, or kneeling on the ground.
- After catching the ball drop it and pick it up again.
- Kick the ball.

Sanction

Free pass where the player played the ball incorrectly (kick, roll, fall on the ball etc.)

HELD BALL

From the time of catching the ball, a player must release it within 3 seconds.

Sanction

Free pass where the player held the ball for 3 seconds.

SHORT PASS

There must be room on the court for an opposing player to be able to intercept the ball with a hand as it moves from the hands of the thrower to the hands of the receiver [this distance is not measured on the ground].

Sanction

Free pass where the player caught the ball.

OVER A THIRD

The ball must be caught or touched in each third of the court by:

- Any player who is standing in the correct third.
- Any player who lands in the correct third after catching the ball in the air.

Sanction

Free pass, taken just over the second transverse line that the ball crossed without being touched. If the ball is thrown from the centre third and goes over the third and out of court over the goal line, a throw-in is taken.

FOOTWORK

Footwork occurs when a player with the ball:

- Re-grounds the first grounded foot.
- Hops on either foot.
- Drags the landing foot.

Remember, if a player lands on both feet simultaneously, either foot may be moved, then the other foot becomes the landing foot.

Sanction

Free pass where the player stepped, hopped, dragged their foot.

OFFSIDE

A player is offside if:

Players with or without the ball move into an area other than their own playing area.

Note – players may stand on the lines bounding their area. This is not offside.

Sanction

Free pass where the player went offside.

SIMULTANEOUS OFFSIDE

When two opposing players go offside at the same time.

- If neither player makes any contact with the ball you will let play continue.
- If one of the players is in possession of or has touched the ball you will take a toss-up.

Obstruction

Obstruction of a player with the ball.

Obstruction is measured by: The distance on the ground between two players.

- The player defending must be no closer than 0.9 metre from the attacking player's landing foot (or both feet if the player lands on two feet at the same time).
- If the player's landing foot is lifted, the distance is measured from the spot on the ground from which the foot was lifted.

A defending player may defend from in front, to the side or from behind a player with the ball-providing of course that they are the correct distance and standing on court.

Sanction

Penalty pass where the player obstructed. If the infringement is in the goal circle the non-offending player may shoot for goal. If the infringing player was obstructing while defending from out of court, the penalty is taken on court opposite where the infringer was defending. If this is in the goal circle, the non-offending player may shoot for goal.

Contact

This occurs when a player:

- Puts a hand or hands on the ball held by the opposition.
- Knocks the ball from an opponent's hands.
- Pushes the ball into an opponent.
- Pushes, trips, knocks, or holds an opponent.
- Uses any part of the body to interfere with an opponent.
- Moves into the path of an opponent who is committed to a particular landing space.




Sanction

Penalty pass where the player contacted.

Hand Signals

Imagery provided by INF Rules of Netball 2020 Edition.

See the INF Rules of Netball 2020 edition [page 81 onwards] for more signals and details.

START/RESTART OF PLAY	HOLD TIME	DIRECTION OF PASS
		
<p>Arm held high, angled towards goal end of team with pass.</p>	<p>Facing timekeeper one hand vertical and other horizontal to form a 'T'.</p>	<p>For centre pass, sanction, throw-in. Arm outstretched to side pointing to goal end of team with pass.</p>
THROW-IN-GOAL LINE	TOSS-UP	GOAL SCORED
		
<p>For attacking team at its goal end Arm angled down, pointing to base of goalpost.</p>	<p>Hand, palm up makes upward flicking movement.</p>	<p>Arm held vertically.</p>
GOAL NOT SCORED	CENTRE POSITIONED INCORRECTLY	FOOTWORK
		
<p>Arms below waist move from side to side across each other</p>	<p>No foot completely in centre circle. Hand traces horizontal circle.</p>	<p>Hands, palms down, move up and down in opposite directions.</p>

HELD BALL

Arm held vertically with 3 fingers displayed.

BALL OVER A THIRD

Hand traces medium upward arc in direction of ball.

SHORT PASS

Hands, palms inward a short distance apart, one hand moves towards the other held stationary.

INCORRECT PLAYING OF THE BALL

Hands, palms inward a short distance apart, twist from side in parallel motion.

CONTACT

Hand, palm facing down, taps opposite forearm.

OBSTRUCTION OF PLAYER WITH THE BALL

Hands, palms inwards held short distance apart.

OBSTRUCTION OF PLAYER WITHOUT THE BALL.

Arms angled out from body below waist.

ADVANTAGE

Arm sweeps across body towards goal end of team with advantage.



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