

UMPIRE SIGNALS & COMMUNICATION

Good signalling and clear communication (through your whistle tone and voice) are very important for an umpire.

The reasons for this are as follows:

- **CLEAR & BIG / STRONG** signals make you look more confident (although you may not feel so).
- **ALWAYS** look at players when you give your signal (looking away or down will make you look like you not confident and you might miss something that happens after the whistle).
- **DO NOT** signal across your body (cannot see players and you also might miss something, does not look good to do this either).
- Try to be stationary when you signal.
- **Confident Signalling** make you look more professional and it is easier to **sell your decisions** to players, coaches and the spectators.
- **Whistle tone** is important; as the sharpness & hardness of your tone should tell players the **severity of the foul** (players, coaches and co-umpire need to be able to hear you).

It is important to keep in mind that players, coaches, spectators who do not hear you communicating verbally (may have a hearing disability) are aware of what is happening by way of decisions during the game. Using your body language (facial expressions, the way you give your signals and tone of voice) will help you to get the message across. Examples of clear and good signalling are set out below.

Start Time : turn towards the other umpire with one arm straight up in the air



Stop Time : turn towards the other umpire and cross fully-extended arms at the wrists above the head



Bully: With hands close to the body (palms turned toward each other) the movement of the sticks to imitate a bully.



Sideline Hit : indicate the direction with one arm raised horizontally



"16" : face the centre of the field and extend both arms horizontally sideways



Long Corner : point one arm at the corner flag nearest where the ball crossed the back-line. Then with the same arm, point to where it needs to be taken from on 23m line.



Goal : point both arms horizontally towards the centre of the field.



Dangerous Play : place one forearm diagonally across the chest



Misconduct and / or aggressive behavior: to stop the game and a calming gesture by both hands slowly up and down the body, palms facing down.

Raised Ball : hold palms facing each other horizontally in front of the body



Foot : slightly raise a leg and touch it near the foot or ankle with the hand



Obstruction : hold crossed forearms in front of the chest

3rd Man Obstruction : alternately open and close crossed forearms in front of the chest



5 Metres Distance : one arm straight up showing an open hand.

Stick Obstruction/check : hold one arm out and downwards; touch the forearm with the other hand



Advantage: extend one arm high from the shoulder in the direction in which the benefiting team is playing

Free Hit : indicate the direction with one arm raised horizontally



Penalty Corner : point both arms horizontally towards the goal



Penalty Stroke : point one arm at the penalty stroke mark and the other straight up in the air ; this signal also indicates time stopped.



The last, but not least:

HAVE FUN and **ENJOY** the **EXPERIENCE!**

