



West Vancouver Field Hockey Club

Introduction to Umpiring

A Guide for Beginner Umpires – MINI RULES

Have fun doing what you love!



So you're going to be an umpire...

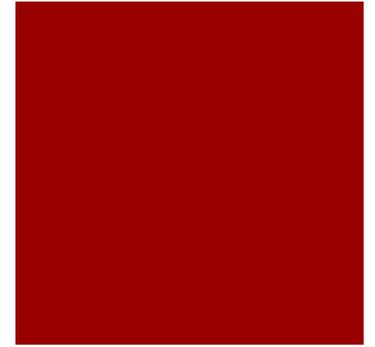


Learning to umpire field hockey will not only teach you more about the rules of the game, but it will help you learn how to read the play better, which will help you become a better player or coach.

Umpiring is a great way to meet new people, and travel to new places: there are opportunities to umpire all over BC, in different provinces, and the United States.

Who knows, maybe you will end up becoming an international umpire representing Canada at a world tournament like the Pan Am Games or the Olympics.

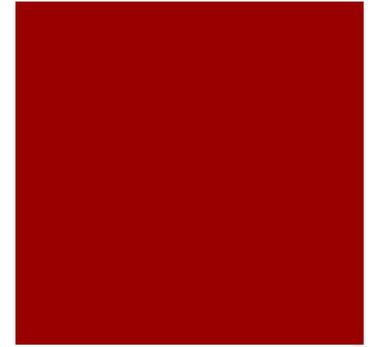
What do you need to start umpiring?



Here is a list of some equipment you will need to do your job:

- Whistle
- Watch with a stop-watch feature
- Pen and paper for recording score and cardings
- A set of cards (green, yellow, and red)
- Coin for toss
- Appropriate footwear: running shoes or turf boots for artificial turf, cleats for grass
- A shirt that is different in colour from both teams – WVFHC supplies a light blue umpiring shirt that should not clash with any teams
- Current rulebook (this booklet will suffice for beginning umpires)

What do you need to start umpiring?



But that's not all...

One of the most important things to have as an umpire is a mentor.

WVFHC has senior umpires who can help beginning umpires by coming out to their first games and coaching them to get them started. If you have a mentor at your game, don't feel nervous or intimidated: they are there to help you, and they won't get mad if you make mistakes. Take advantage of your mentor and ask him or her questions – having a mentor is more valuable than any rule book ever will be.

How to use your whistle?



Your whistle is your primary way of communicating with the players, so it's important to be comfortable using it.

Make sure your whistle is **LOUD** and **CLEAR** so that the players and your other umpire know when you have made a call.

There are several different ways to use your whistle:

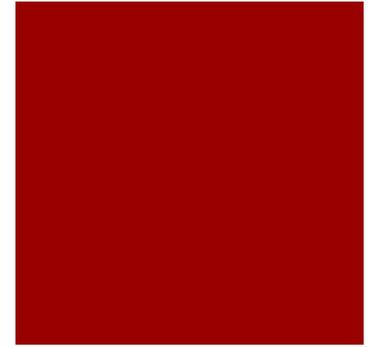
Short whistle

- Start of game or half
- Accidental, minor fouls deserving free hits
- Penalty corner – the whistle is actually for the causative foul

Long whistle

- Goal has been scored
- Time out for injury, cards, etc.
- Penalty stroke
- Serious or deliberate fouls – a long whistle says “I didn't like that!” or “Don't do that again!”

How to use your whistle?



Double whistle

- For “pay attention” - used to direct the players' attention to you so you can give them verbal instructions

“Singing” whistle

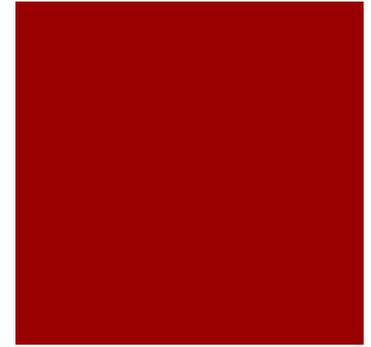
- Ending the half or game

NO whistle for:

- Calling a long corner
- Calling a 15m hit
- Signaling a free hit from the side-lines if the ball has gone out of play

Your whistle is not your only way to communicate. You can also use your voice to tell the players what foul you've called, where they should put the ball for a free hit, or to clarify things. When you start using advantage, you can use your voice to let the players know you want them to “play on!” Talking to the players is a good thing, but make sure you are not making conversation, coaching them, or cheerleading.

Signals



Arm and hand signals communicate to the players and to your other umpire what you have called. They should be big, clear, and confident. Try to make eye contact with your partner on all calls – the more you communicate, the easier it is to work together. Make sure to hold your whistle in your hand (not in your mouth or around your neck) to avoid making awkward signals.

Foot foul

- Touch your upturned foot

Back-stick

- Pat the back of your hand

Dangerous play

- Cross your right arm across your chest with your hand over your heart

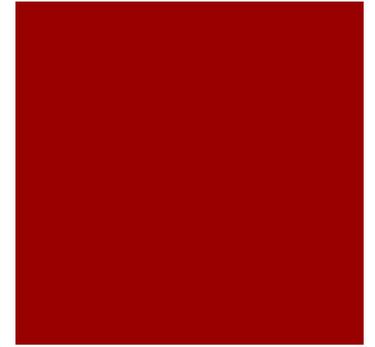
Obstruction

- Crossed arms in front of your chest

Hacking/Stick Obstruction

- One hand chopping at the opposite forearm

Signals



Free hit

- Point arm in the direction the team taking the hit is attacking

15m hit

- Both arms stretched out at shoulder height (you look like the letter "T")

Long Corner

- Point arm in to the corner on the side the ball went off the end-line
- Then point to the 23m line where the long corner should be taken

Penalty corner

- Point with both hands to the goal

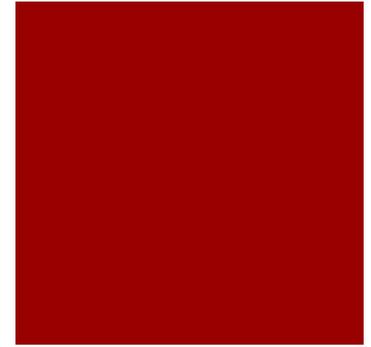
Penalty stroke

- Point your right hand to the stroke mark and your left straight in the air

Goal

- Point with both hands to the center line

Signals



Time out

- Wrists crossed above your head

Time in

- One hand straight in the air

5 meters

- Hand held out in front of you showing five fingers

Bully

- Hand starting 1m apart and coming up to meet each, repeated

Raised first shot on penalty corner

- Hands held horizontally in front of body, one up one down, about one meter apart

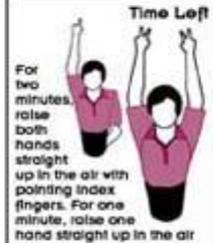
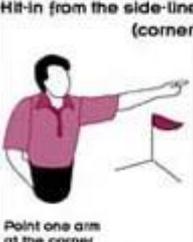
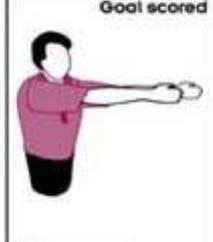
One/Two minutes remaining

- One or two fingers held high above your head – not necessary to signal

Rules of Hockey

The International Hockey Federation®
U.S. Field Hockey Association®

Umpires' Signals

<p>Time Start</p>  <p>Turn towards the other umpire with one arm straight up in the air.</p>	<p>Time Stopped</p>  <p>Turn towards the other umpire and cross fully-extended arms at the wrists above the head.</p>	<p>Time Left</p> <p>For two minutes, raise both hands straight up in the air with pointing index fingers. For one minute, raise one hand straight up in the air with pointing index fingers. Once a signal has been acknowledged no further signal is needed.</p> 	<p>Hit-In (from the side-line)</p>  <p>Indicate the direction with one arm raised horizontally; point downwards towards the side-line with the other arm.</p>	<p>Hit for behind the back-line (16-yard hit)</p>  <p>Extend both arms horizontally sideways.</p>
<p>Hit-In (from the side-line (corner))</p>  <p>Point one arm at the corner flag nearer where the ball crossed the back-line.</p>	<p>Bully</p>  <p>Move the hands in front of the body alternately up and down with the palms facing each other.</p>	<p>Goal scored</p>  <p>Point both arms horizontally towards the center of the field.</p>	<p>Advantage</p>  <p>Extend an arm high from the shoulder in the direction in which the benefiting team is playing.</p>	<p>Dangerous play and/or bad temper</p>  <p>Stop play and make a calming movement by raising both hands horizontally palms downward, in front of the body, moving them slowly up and down, indicating the penalty if necessary.</p>
<p>Free hit</p>  <p>Indicate the direction with one arm raised horizontally and the open hand at face level.</p>	<p>Free hit progressed up to 10 meters</p>  <p>Raise one arm vertically with fist clenched.</p>	<p>5 meters distance</p>  <p>Extend one arm straight up in the air showing an open hand with all fingers extended.</p>	<p>Penalty Corner</p>  <p>Point both arms horizontally towards the goal.</p>	<p>Obstruction</p>  <p>Hold crossed forearms in front of the chest.</p>
<p>Obstruction (third party)</p>  <p>Alternately open and close crossed forearms in front of the chest.</p>	<p>Kicks</p>  <p>Slightly raise a leg and touch it near the foot or ankle with the hand.</p>	<p>Raised ball</p>  <p>Hold palms horizontally in front of the body, facing and approximately 150 mm from each other.</p>	<p>Penalty stroke</p>  <p>One arm points to the penalty spot, the other points straight in the air.</p>	



West Vancouver Field Hockey Club

Introduction to Umpiring

The Basic Rules (Mini Rules)

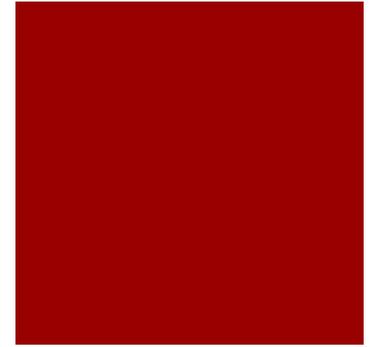


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**RULES
OF HOCKEY
2007-2008**

World Hockey

The Field of Play

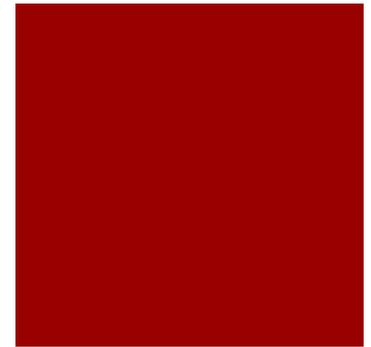


U13-U18 and adult field hockey uses the same basic playing field with a halfway line, 2x 23m lines, and 2 shooting circles.

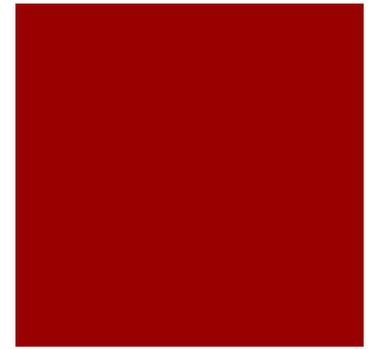
For U11 and U12 field hockey, this field format has been modified so that it fits into half of a normal playing field; the sidelines of a normal playing field become the end-lines of the modified U11-U12 field. Everything is the same, only smaller.

U10 play in 1/4 of the field (1 x 23m area), and U9's play in half of that size (1/8 of the field)

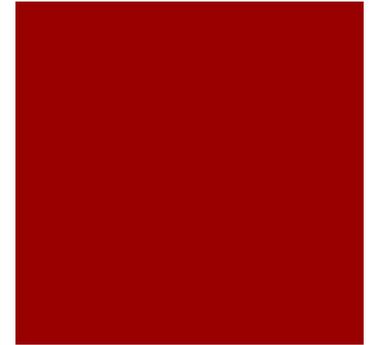
The Field of Play – U9



The Field of Play – U10

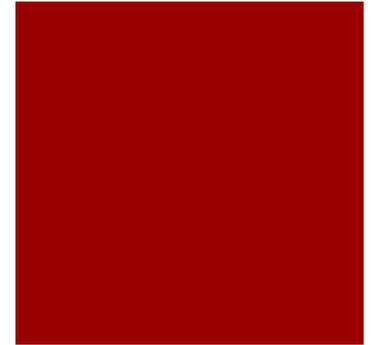


WVFHC Mini Hockey Rules



- 1) Equipment: safety issue; WVFHC Rules require all players to wear shin pads and mouth guards. Umpires may point out non-compliance, but it is the coach's responsibility to ensure all players are properly equipped.
- 2) Players may not wear anything that might be dangerous to other players. All players must have their stick in their hand.
- 3) Substitutions: Substitutions for BOTH teams are made at the center line, on the SAME side of the field, "on the fly" and/or as "group" substitutions during a natural break in the play, e.g. ball out of play over the sideline.
- 4) Duration of Game:
 - U9 Games** - 12 min quarters (2 min turnaround). Teams split into two. After the 2nd quarter teams will have 5 min half-time break then switch and play 2 quarters against the other half of the team.
 - U10 Games** - two 30 minute halves with a 5 minute half time break. Teams split into two. Team A1 plays Team B1/Team A2 plays Team B2 for 12 minutes, followed by a break for 5 minutes, and then play another 12 minutes. Switch so that Team A1 plays Team B2/Team B1 plays Team A2 for 12 minutes, followed by a break for 5 mins and play another 12 minutes

WVFHC Mini Hockey Rules



5) Start of Game:

Coin toss, visitors to call it. Winning team chooses EITHER the end they wish to defend OR first hit. Loser gets the remaining choice. Player taking Centre Pass hit may stand anywhere: all other players should be on their own side of the centerline. Hit may travel in any direction, but it must move at least one meter. At this level, allow hit to be re-taken if it does not move at least one meter.

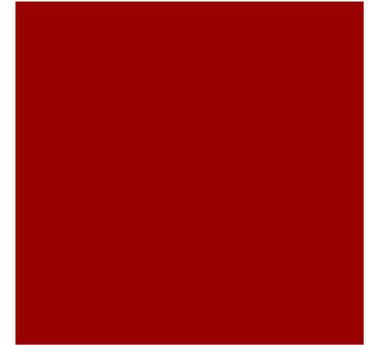
6) Re-Start of Game:

- a) Start of Second Half: teams switch ends; the team that did not start the game takes the Centre Pass.
- b) After a Goal: the team scored against takes the Centre Pass.

7) Bully: do not call them. (note that games are no longer started/restarted with a bully; see Rules 5 and 6 above)

8) Offside: there is no longer any Offside in Field Hockey.

WVFHC Mini Hockey Rules



9) Hit-in, Free Hit, Centre Pass: Defending team must give the Attacking team 5 meters. (Raised Balls are not allowed on these hits; apply Rule 15)

10) Balls over the Side-line: NO WHISTLE needed (it slows up play). Just indicate direction of hit. Ball to be placed on sideline (allow it to be moved up out of the "ditch" made by the line, but play it CLOSE to the line). The team that did not put the ball out takes the Hit-in. Player taking the hit may stand anywhere.

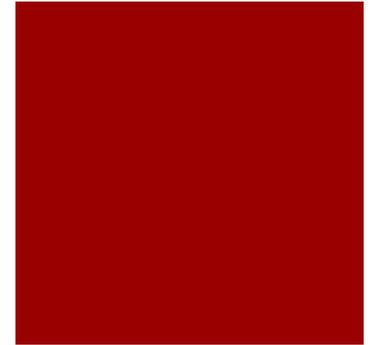
11) Balls hit over the Back-line by the Defending Team: whether accidental or deliberate, call a Long Corner. (Hit-in from the sideline, approx 2 meters out from the corner cone on the side nearest where the ball went out.)

12) Balls hit over the Back-line by the Attacking Team: Defending team gets Free Hit at the 10 meter line, in line with where the ball went out. No whistle needed, but use the proper signal so the kids learn what it means and how to play it.

13) Scoring Goals: The scoring of a goal can take place from the mid line by an attacker, and must pass completely over the goal-line.

14) Deliberately hitting the ball with the Round Side of the Stick ("Back Sticks"): caution offender verbally first

WVFHC Mini Hockey Rules



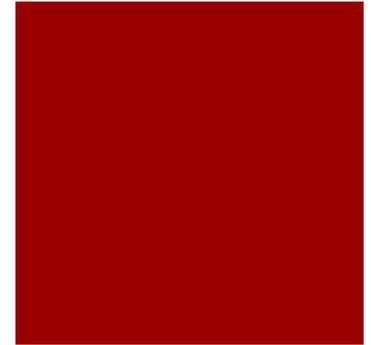
15) Raised/High Balls: safety issue; any time the ball is raised in a dangerous or potentially dangerous situation, it is to be called and a Free Hit given to the team that did not strike the ball. If the ball rises in open field with no players near, play on.

16) Sticks: safety issue; do not allow players to carry their sticks in a dangerous or intimidating manner, to swing wildly or to raise their stick over the heads of players. Players may not use their stick to hit, hook, hold or interfere with an opponent or an opponent's stick ("hacking"). Award a Free Hit.

17) Bunch Ball: safety issue; any time a group of players is attempting to play the ball and players are hacking at it, call a Free Hit.

18) Penalty Corners/Penalty Strokes: do not play them at this level. If a defender fouls inside the 10 meter line defending area, award a Free Hit to the attackers JUST OUTSIDE the 10 meter line, in line with where the foul occurred.

WVFHC Mini Hockey Rules



19) Foot fault ("Feet"): are not to be called unless the player INTENTIONALLY

- a) kicks the ball up to his/her stick or
- b) Stops or directs the ball with a foot

20) Obstruction: except for tackling from behind and deliberate "bumming out" of another player, do not call it at this level unless it is serious and recurrent.

21) Dangerous Play: any tackles from the reverse (left) side, or from behind are dangerous and must be called as fouls. Players may not charge, kick, trip, strike at or handle other players or their sticks. Call as a foul and award a free hit.

22) Free Hits: must be taken from the place the foul occurred, except for fouls committed inside the ten meter line. If the foul is by the attackers, the defenders may place the ball anywhere up to the 10 meter line, in line with the place where the foul occurred. If the foul is by the defenders, the attackers take the free hit JUST OUTSIDE the 10 meter line, in line with where the foul occurred (see Rule 18)

Have fun doing what you love!

