



HAND SIGNALS

RULE REFERENCE

14

ACTIVITY OBJECTIVE

To provide umpires with the opportunity to practise the different hand signals used to indicate the most commonly 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, 'stepping').
- 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 discussion around the rule, and reinforce the most important aspects of the learning by referencing the **Umpire Coaching Tips**.

ASK THE UMPIRES

- Why do umpires use hand signals?

UMPIRE COACHING TIPS

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

○ HAND SIGNALS

SOME EXAMPLES OF COMMONLY USED HAND SIGNALS



START/RESTART OF PLAY



START/RESTART OF PLAY



HOLD TIME



DIRECTION OF PASS



THROW IN - GOAL LINE



TOSS UP



ADVANTAGE



GOAL SCORED



GOAL NOT SCORED



FOOTWORK



CENTRE POSITIONED



INCORRECT ENTRY TO AREA

HAND SIGNALS QUICK GUIDE