



INFRINGEMENTS HAND SIGNALS AND SANCTIONS

RULE REFERENCE

7

14

ACTIVITY OBJECTIVE

To extend an umpire's knowledge of which infringements relate to which hand signal.

AREA REQUIRED

Your choice of indoor or outdoor playing area.

EQUIPMENT REQUIRED

- 1 Whistle per umpire.

10 MINUTES DURATION

WHAT TO DO

- Play in pairs.
- Umpires stand stationary opposite their partner, about 0.9 metres (three feet) away.
- One umpire is the leader while the other is the follower.
- On your call, the leader performs a hand signal of their choice.
- The follower must immediately blow their whistle, call out the Infringement it relates to and state the Sanction or action that would be awarded. For example, the leader performs the stepping hand signal. The follower must blow their whistle and call out 'Stepping, Free Pass'.
- Partners change turns and repeat on your call.
- 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 is it important to know which sanction or action applies to which infringement?
- What are some other ways you can practise your 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



BALL OVER A THIRD



HELD BALL



SHORT PASS



INCORRECT PLAYING THE BALL



OBSTRUCTION OF PLAYER WITH BALL



OBSTRUCTION OF PLAYER WITHOUT BALL



INTIMIDATION



CONTACT



OFFICIAL WARNING



SUSPENSION



ORDERING OFF

HAND SIGNALS QUICK GUIDE