



**COPHORNE**  
HOTELS AND RESORTS

# UMPIRING GUIDE





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HOTELS AND RESORTS

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## **Welcome to Hockey New Zealand's Umpiring Gbook**

This resource has been designed to give you the necessary information to improve your knowledge of the game, or to launch your future umpiring career! If you think you would like to be involved in umpiring hockey at any level, have a read through our G-book and see how easy it is to be part of this great game.

We have provided you with a quiz you can take when you think you are ready. Your answers will be sent to us for evaluation and we will be in touch to offer advice, encouragement and additional resources you may need to give it a go and take to the field.

We hope you find this resource engaging and helpful, and whether you wish to umpire at an international, national, local or school level, we'd love to assist you however we can.

Happy reading!



**Craig Gribble**  
**Technical Manager**

# What is Hockey?

## The Game

The game of hockey consists of two teams with 11 players (10 field players plus a goalkeeper) trying to score a goal by hitting the hockey ball using sticks into their opponent's goal.

An international game of hockey lasts 70 minutes with two 35 minute halves and 10 minutes for half time. Often, in local competitions, the games times are reduced to 30 or 25 minutes each way with a short break for half time.

Depending on the competition, there are eight and six aside alternatives. Teams will often utilise a more defensive or attacking style of play which suits their game plan – they may even replace the goalkeeper with a field player!



## Players' Equipment

Unique to hockey is the hockey stick. It comes in a variety of heights and weights but always has one flat side and one curved side. Playing the ball can only be done with the flat side. Use of the curved side will result in a penalty.

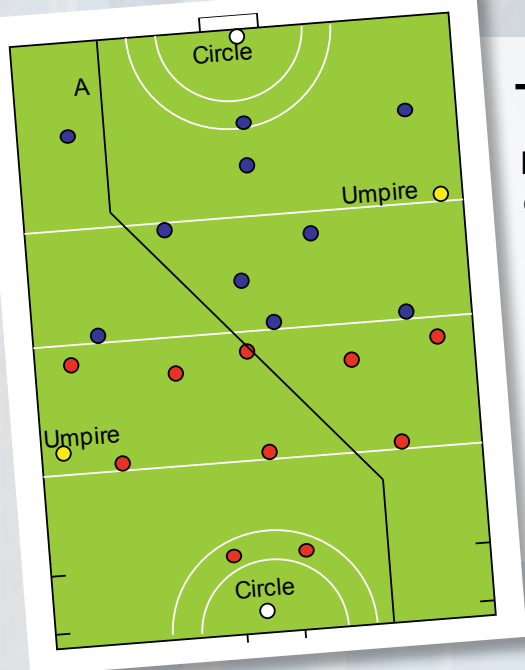
For safety reasons, mouth guards and shin pads are required for all players.



## Did you know?

**Men's hockey was introduced at the Olympics at the 1908 Games in London.**

**It was removed from the Games in 1924, but returned in 1928 and has been a permanent feature since.**



## The Umpires

Directing the game are two umpires who move up and down their sideline. Working together, each on-field umpire is responsible for their dedicated area.

The area of control for each umpire can often be fluid and management is decided prior to the game. The layout of the dedicated areas has been designed to provide each umpire with the maximum opportunity to view the on-field action. At any time an umpire may confer with the other umpires for direction on awarding penalties, free hits and other decisions.

## The Captains

Each team's captain is responsible for the behaviour of their players. As the umpire you can call on either captain at any time during the match. Each captain should wear an arm-band for easy recognition.



## The Goalkeepers

Each team's goalkeeper must wear the appropriate safety equipment including body, hand, leg and feet protectors, an abdominal guard or box, a helmet and throat protector.

The goalkeeper has the advantage of being able to use any part of their body to affect the ball, but only in their own circle. If the goalkeeper does go outside their circle area, they may only use their stick to play the ball and they can never go beyond the 23 metre line.



## Starting the Game

Prior to starting the game, umpires should meet both captains and then toss a coin to decide which direction each team will play and who will start with the ball.

To begin, the whistle is blown and the ball is hit or pushed in any direction or auto-passed.

▶ Watch the videos showcasing each of the 3 options when starting the game.



VIDEO - Mouse over for controls

## Did you know?

**A drawing found in tombs at Beni-Hasen in the Nile Valley of Egypt depicts men playing field hockey some 4,000 years ago.**

# An umpire needs to:

## Before the Game

As the umpire you will need to be at the field, well before the game commences. You will need to meet with your co-umpire and discuss positioning, areas of control and interpretations on key decisions. In addition, you will meet with the captains and undertake the coin toss.

## What do I need?

To effectively undertake your role as umpire you will need:



→ Coin



→ Whistle



→ Watch



→ Running shoes



→ Pen



→ Coloured cards



→ Uniform





## What do I do?


Remember you are in control of the match – be confident in your rulings. By understanding the game and knowing the rules you will project confidence and be able to relax and enjoy the game. Above all, keep the players safe.

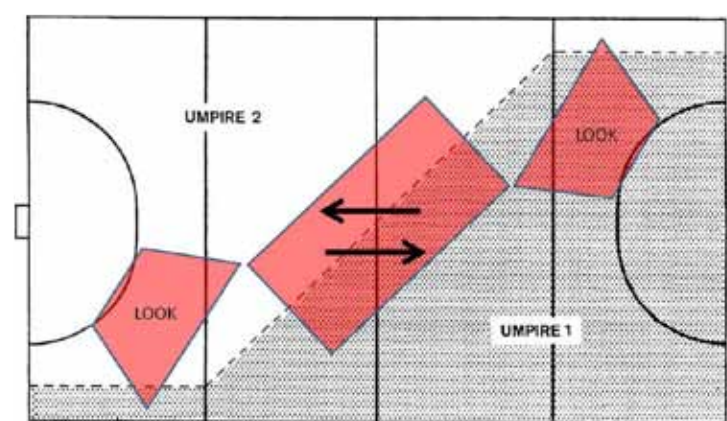
## Umpiring Teamwork and Positioning

Both umpires need to work together and be presented as a team on the field. Communicate with eye contact and support each other with signals.

In general play, ensure you monitor your dedicated area moving with your colleague in the same direction keeping the distance between you relatively constant.

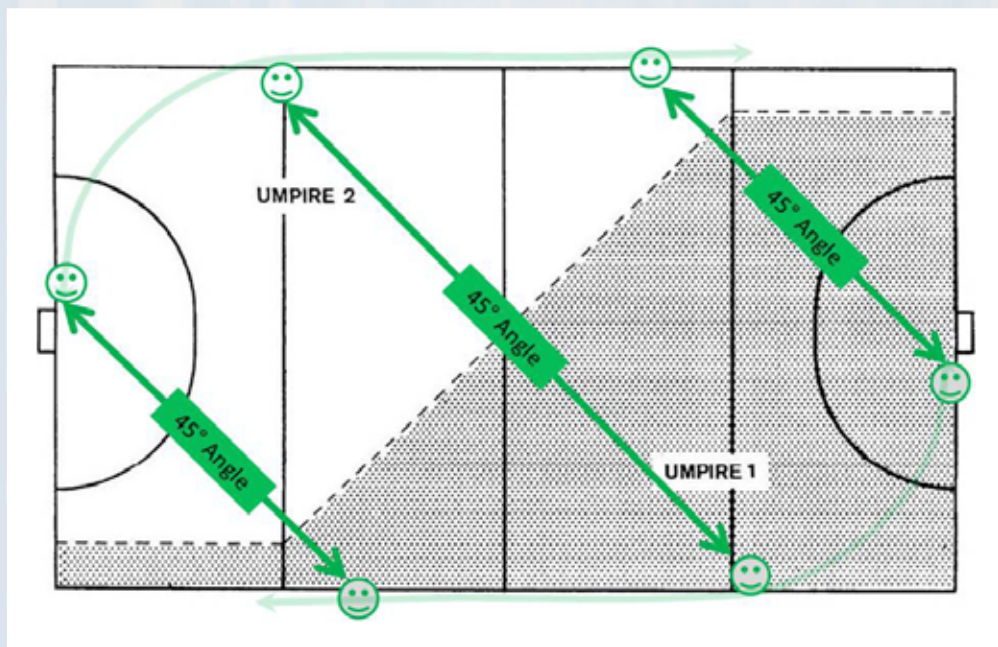
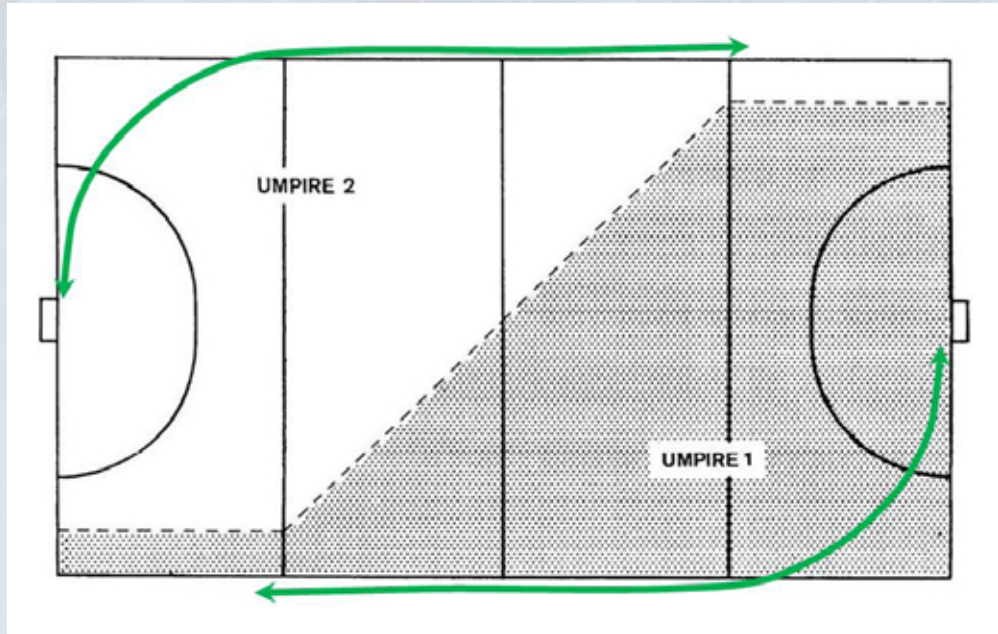
During a penalty corner, one umpire stands within the circle, with the co-umpire moving into a position in which communication is easily maintained.

 Watch video below



VIDEO - Mouse over for controls






## Managing a Game and the Use of Cards

When managing play it is advisable to use different whistle strength and tones to highlight the intensity of infringement.

Small infringements such as the ball hitting the foot should be a softer whistle while more serious infringements such as dangerous tackling should result in a loud more forceful whistle.



 Watch video below

VIDEO - Mouse over for controls



### Did you know?

**Hockey was played in the Scottish highlands in the 1700s.**

**It used to be called Shinty.**

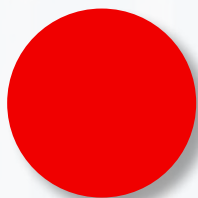
**When administering coloured cards the following applies:**




**Green card = Warning**



**Yellow card = 5 minute suspension**



**Red card = a permanent suspension**

 Watch video below to see card infringements

VIDEO - Mouse over for controls



# Playing the Game:

## Hockey Terminology

**CENTRE PASS:** When starting the game or after a goal is scored. A centre pass can be taken forward into the opposing team, backward to your own team mates or you can pass to yourself (auto-pass).

VIDEO - Mouse over for controls



**HIT:** Any contact between stick and ball where the stick contacts the ball only briefly.

**SWEEP HIT:** A sweeping action – usually with the body more closely to the ground – precedes the hit.

VIDEO - Mouse over for controls



**PUSH:** The ball remains in contact with the stick as both move in unison prior to the ball being released.

VIDEO - Mouse over for controls



**FLICK:** Placing the stick underneath the ball to flick it off the ground. This is often used to jump over an opponent's stick.

VIDEO - Mouse over for controls

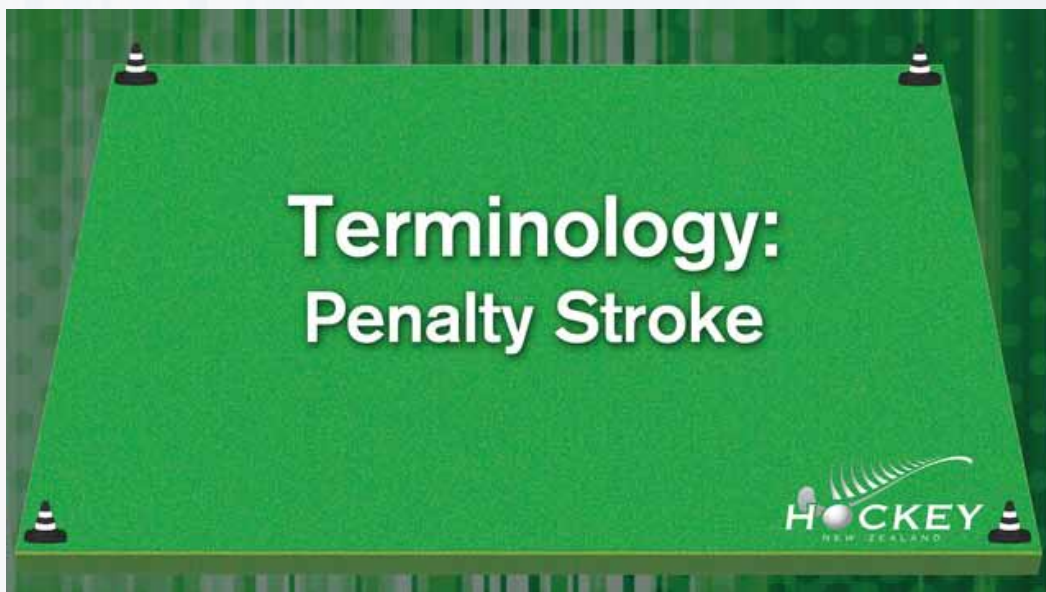




**PENALTY CORNER:** Generally awarded to the offending team if the defending team commits a foul in its circle or a particularly bad foul in its defending quarter.

**PENALTY STROKE:** Taken by a single attacking player from the penalty spot against the goalkeeper. It is usually awarded after a defending player breaches the rules to prevent a probable goal.

VIDEO - Mouse over for controls



**RAISED BALL:** A dangerously raised ball is considered one that is above the knee and aimed at an opponent who is within five metres.

VIDEO - Mouse over for controls



**JINKING:** Jinking is the lifting of the ball to evade an opponent's stick usually preceded by an evasive side-to-side movement.

VIDEO - Mouse over for controls



**AUTO-PASS:** An auto-pass is simply passing it to yourself. This usually happens from a free hit or centre pass.



## Scoring a Goal

To score a goal, the ball must touch an attacker's stick before going in the goal and the ball must be hit from within the circle. The other way a goal can be scored is to touch any part of a defender's stick or body when they are inside the circle (New rule from January 2013). The whole ball must go across the goal line. In hockey the line is considered part of the circle.

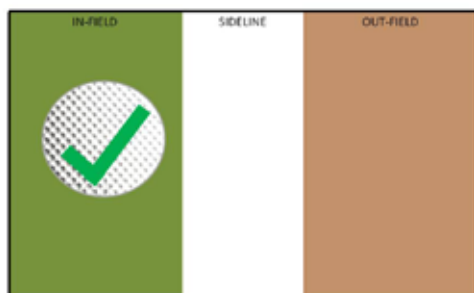
▶ Watch video below

VIDEO - Mouse over for controls



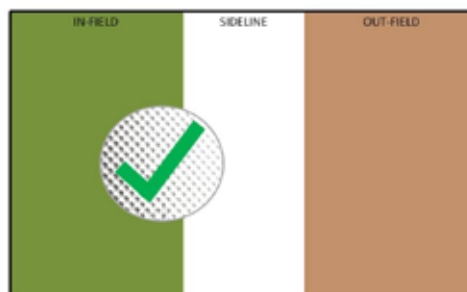
### Goal Line hit in

Is the ball still in?



### Goal Line hit in

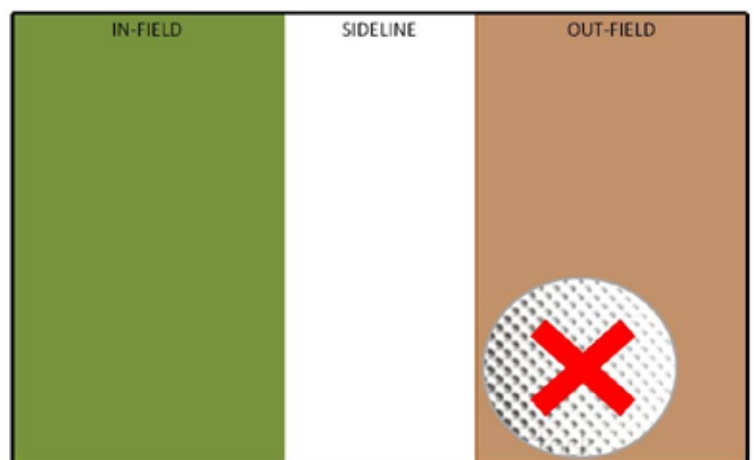
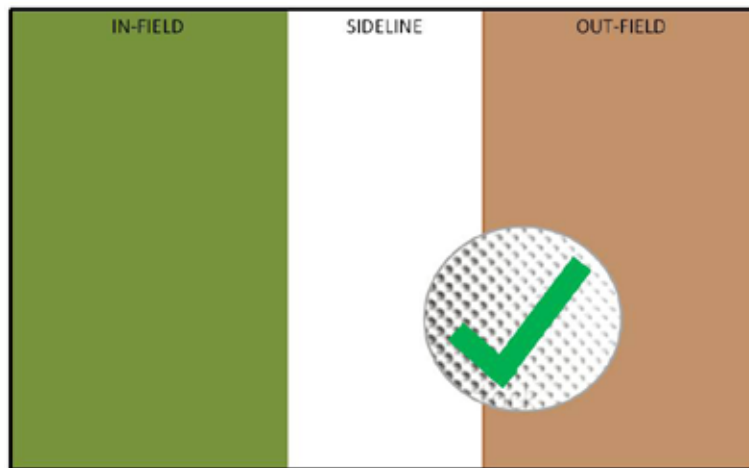
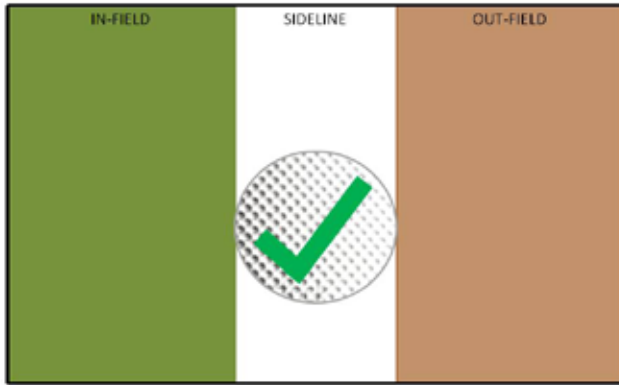
Is the ball still in?



## GOAL LINE

### Sideline hit in

Is the ball still in?



## Umpiring Signals

When signalling, always use strong, confident gestures and body language. Combine these with good use of the whistle while keeping in mind the “control ladder”.



### FREE HIT

▶ Watch video below

VIDEO - Mouse over for controls



## 16 YARD HIT

▶ Watch video below

VIDEO - Mouse over for controls



## LONG CORNER

▶ Watch video below

VIDEO - Mouse over for controls



## PENALTY CORNER

▶ Watch video below

VIDEO - Mouse over for controls



## DANGER BALL

▶ Watch video below

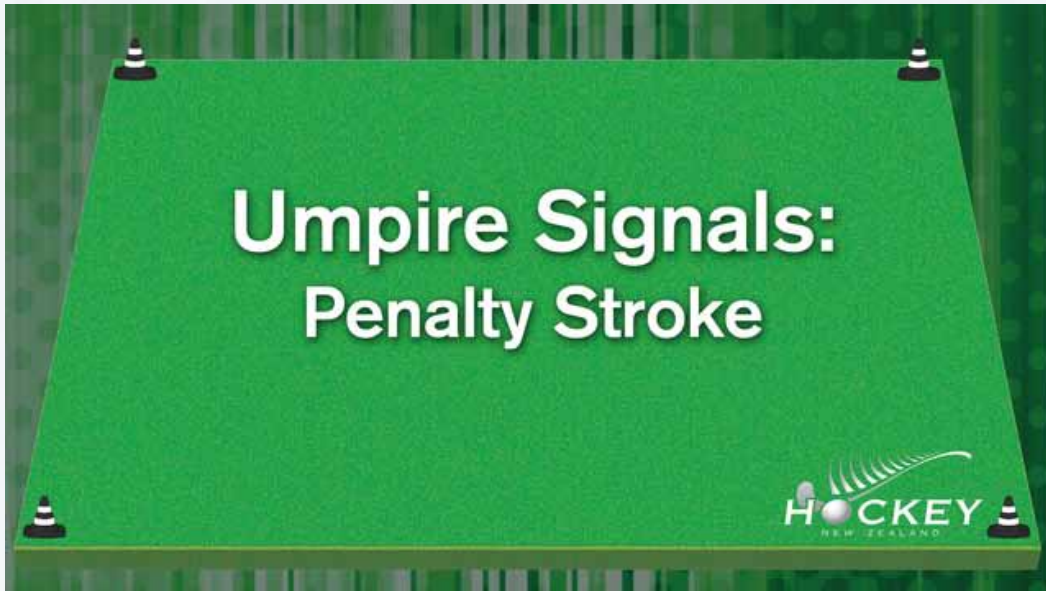
VIDEO - Mouse over for controls



## PENALTY STROKE

▶ Watch video below

VIDEO - Mouse over for controls



## GOAL

▶ Watch video below

VIDEO - Mouse over for controls



## STOP TIME

▶ Watch video below

VIDEO - Mouse over for controls



## START TIME

▶ Watch video below

VIDEO - Mouse over for controls



## FOOT

▶ Watch video below

VIDEO - Mouse over for controls



### Blowing the whistle

IF THERE IS DANGER, BLOW YOUR WHISTLE! Blow your whistle so that all players can hear it and give thought to the tone and timing.

Use a small whistle for a small penalty and a big whistle for a big penalty. Blow your whistle to:

- Enforce a penalty
- Start and end each half of the game
- Stop and re-start the game for any reason





## Danger

During the game there are some scenarios which can lead to dangerous play. When witnessing dangerous play you should always blow your whistle to remove the danger and to ensure player safety. Watch the following video examples of dangerous play.

- **When a player moves into the path of the ball or waves their stick at an overhead pass**

VIDEO - Mouse over for controls



- **When a player traps a ball above shoulder height**

VIDEO - Mouse over for controls



- **When a ball is in the air moving towards a group of players**

VIDEO - Mouse over for controls



- **If an overhead pass is directed to land in a group of players or if a pass is deflected into the air and will land in a group of players (e.g. off the goalkeeper)**

VIDEO - Mouse over for controls



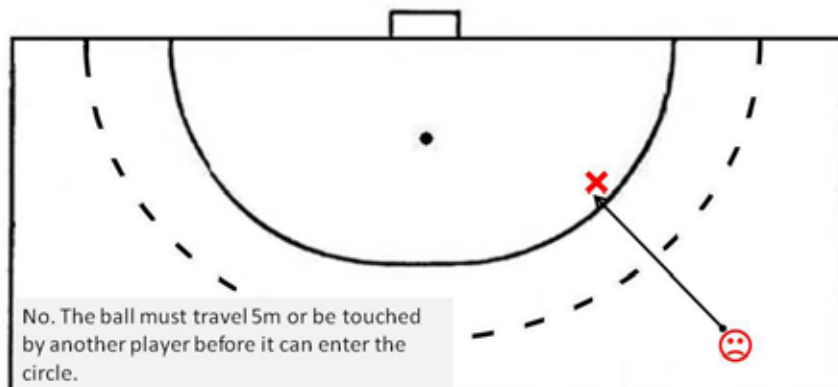
## Free Hits

A free hit is given if an offence occurs anywhere on the field, but not inside outside the circles. When taking a free hit the following must apply:

- **It must be taken close to where the offence occurred**

### Attacking Free Hit (inside 23m)

Can the ball be played directly into the circle from a free hit?



- **The opposition must be a minimum of five metres away**

### Attacking Free Hit (inside 23m)

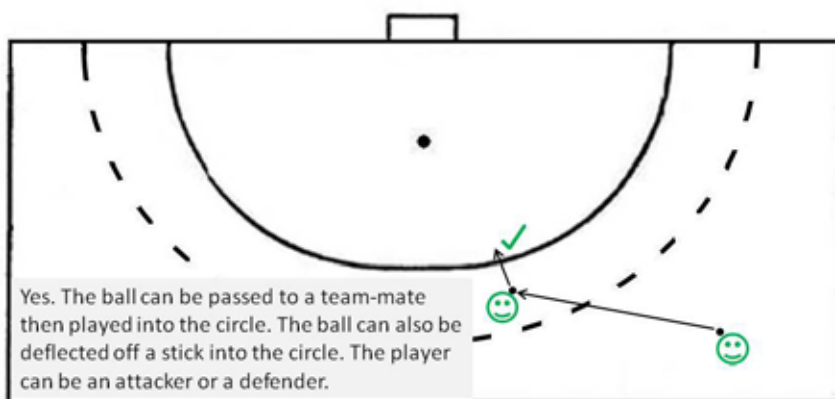
Where do the other players (defenders and attackers) stand?



- **If within five metres of the circle it must be taken back to the dotted line**

## Attacking Free Hit (inside 23m)

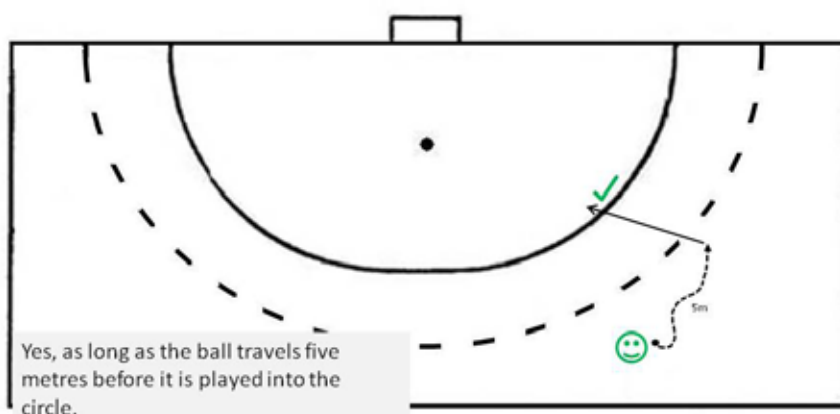
Can the ball can be touched by another player before going into the circle?



- **The ball must be stationary**

## Attacking Free Hit (inside 23m)

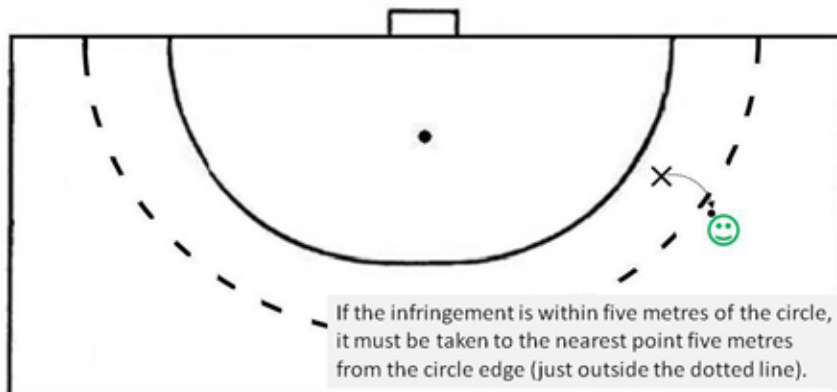
Can the player self pass the ball before it can be hit in?



- The ball must not be dangerous

## Attacking Free Hit (inside 23m)

What do you do if the free hit is within 5m of the circle?



- The ball cannot be hit directly into the circle if the attacking free hit is within the 23m area. To be allowed.
- The ball must move five metres or be touched by another player before entering the circle.

VIDEO - Mouse over for controls



## Raised Ball

The Rules of Hockey encourage more use of raised ball. However, if a ball is dangerous, it should be penalised. Not all balls that are off the ground will be dangerous however, in particular, if they are travelling through open spaces.

A ball cannot be deliberately hit in the air from a free hit. However, flicking the ball in the air directly from a free hit is allowed.



## Foot

As the umpire, it is up to you to determine whether or not you penalise a player for the ball touching their foot. Sometimes the whistle should be blown and sometimes not. Usually, if a direct advantage occurs from the ball touching the foot or body then stop play.

If the ball is stopped by the stick and then merely touches foot or body then continue play.

## Penalty Corner

A penalty corner can be awarded for:

- Any intentional offence by defenders within their 23 metre area and outside the circle
- For an accidental offence by a defender within their circle
- A defender intentionally playing the ball over their backline
- The ball becoming entangled in the goalkeepers equipment in their own circle

The procedures for taking a penalty corner are:

- The player taking the corner must have one foot outside the backline
- No other players within five metres of the player taking the corner
- Up to five defenders behind the backline with all other defenders at halfway
- Attackers must be outside the circle and the ball must come outside the circle before a goal can be scored.
- Players may enter the circle after the ball moves.
- If an attacker enters the circle before the ball is injected or hit in, then a free hit to the defenders should be awarded. In the case of a defender running out too quickly before the penalty corner is taken, then the corner should be taken again.
- The first hit at goal cannot be higher than the backboard when it crosses the line.
- If the ball travels more than five metres outside the circle the penalty corner rules no longer apply.
- At all times the danger rules applies.
- As the umpire you should stand inside the circle close enough to see clearly what is happening. The disengaged umpire moves into a support position where they can easily communicate with their colleague if required.

▶ Watch video below

VIDEO - Mouse over for controls

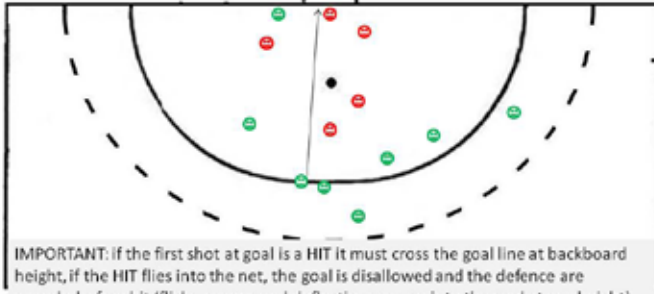


## Penalty Corner

How to set up a 'PC'

The attackers then push the ball into the circle and have a shot at goal

The ball can be hit, pushed, flicked, scooped, drag-flicked, deflected or dribbled over the goal line



IMPORTANT: if the first shot at goal is a HIT it must cross the goal line at backboard height, if the HIT flies into the net, the goal is disallowed and the defence are awarded a free hit (flicks, scoops and deflections can go into the goal at any height)

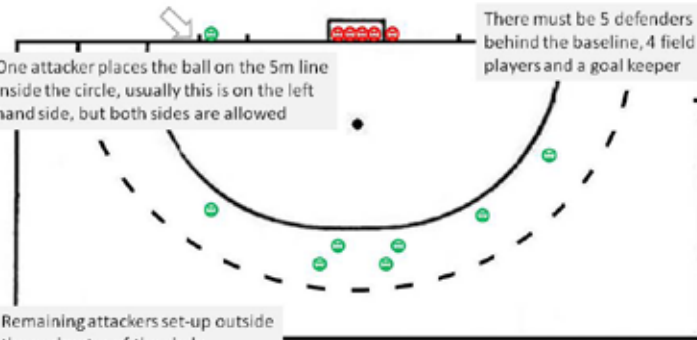
## Penalty Corner

How to set up a 'PC'

One attacker places the ball on the 5m line inside the circle, usually this is on the left hand side, but both sides are allowed

There must be 5 defenders behind the baseline, 4 field players and a goal keeper

Remaining attackers set-up outside the perimeter of the circle

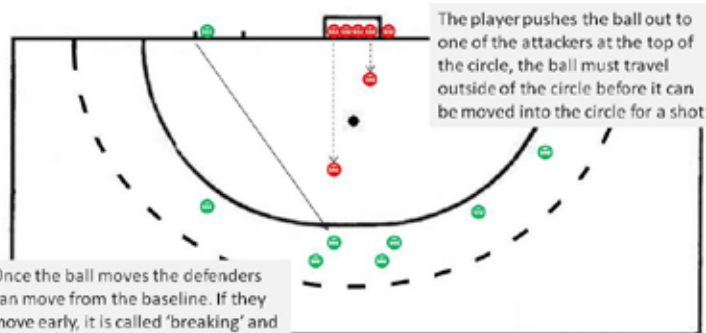


## Penalty Corner

How to set up a 'PC'

The player pushes the ball out to one of the attackers at the top of the circle, the ball must travel outside of the circle before it can be moved into the circle for a shot

Once the ball moves the defenders can move from the baseline. If they move early, it is called 'breaking' and the PC must be started again





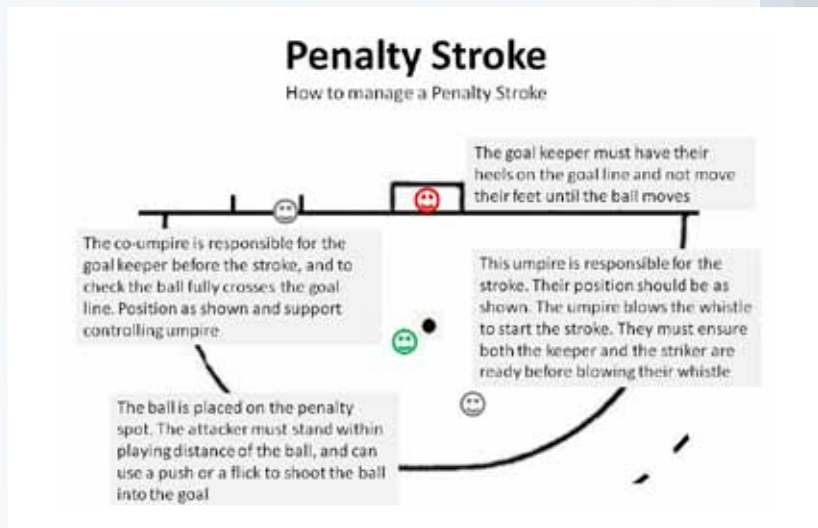
## Penalty Stroke

For more serious and deliberate offences a penalty stroke can be awarded. These typically occur when:

- A defender commits an intentional offence within their circle, preventing a goal being scored, or an attacker being deprived of actual or likely possession.
- For an unintentional offence by a defender that prevents a goal being scored.
- For persistent breaking by defence at a penalty corner.

When taking a penalty stroke the ball must be flicked or pushed at the goal from the penalty spot. If the goalkeeper makes a save, the play is dead and the game is re-started with a 15 metre to the defence.

As the engaged umpire you will place yourself behind the striker, while the other umpire will come down to the baseline to engage in a supporting role.



VIDEO - Mouse over for controls



## Overhead or Aerial Ball

During general play, a player may choose to lift the ball into the air. If so, the danger rule applies. The ball must also go into the air in a safe manner and the receiver must be given 5 metres of clear space to control the ball.

If there are 2 players in the space, the opposition player should receive a free hit.



## Ball over sideline

In hockey, the line is included in the field of play and therefore the whole ball must go out for the ball to be deemed "out".

When deemed out, the opposite team gets to re-inject the ball from the place the ball went out.

When injecting the ball, the striker can pass to a team mate or auto-pass.

VIDEO - Mouse over for controls



## Ball over Baseline

Should an attacker put the ball out over the baseline the defending team can re-start no more than 15 metres into the field of play but always in line with where it went out.

If a defender is the last person to touch the ball before it goes over the baseline, a long corner is awarded to the attacking team, to be played five metres up the sideline.

If a defender deliberately plays the ball over the baseline then a penalty corner is awarded.

VIDEO - Mouse over for controls



## Substitutions

Substitutions are allowed at anytime except following the awarding of a penalty corner and only an injured defending goalkeeper can be substituted at a penalty corner.



## Most Common Fouls

The most common fouls in hockey include:

- **Use of feet**

VIDEO - Mouse over for controls



- **Playing the ball over shoulder height**

VIDEO - Mouse over for controls



- **Playing with the back of the stick**

VIDEO - Mouse over for controls



- **Illegal execution of tackling or breaking down play**
- **Obstruction using body or stick**

VIDEO - Mouse over for controls



- **Dangerous play through use of body or lifting the ball**

VIDEO - Mouse over for controls



- **Players playing the ball within five metre of a free hit**

VIDEO - Mouse over for controls





