



AFL SYDNEY CLUB FIELD UMPIRES HANDBOOK 2009

AFL (NSW/ACT)

www.sydneyafl.com.au

Level 1 Sheridan Building, Sydney Football Stadium

Moore Park Road, Moore Park

(PO BOX 333 STRAWBERRY HILLS NSW 2012)

CONTENTS

| | |
|---|----|
| CONTENTS | 2 |
| INTRODUCTION | 4 |
| Fitness | 4 |
| Why we need Club Field Umpires | 4 |
| Coaching/Information..... | 4 |
| CONTACTS | 5 |
| AFL Sydney Umpiring Department | 5 |
| AFL Sydney Operations Department | 5 |
| RISK MANAGEMENT | 7 |
| Physical Contact between Players and Umpires | 7 |
| Personal Assault..... | 7 |
| In the Event of a Ground Invasion..... | 7 |
| Treatment of Injured Umpires – During a Match..... | 8 |
| Gravely Ill Participant Procedure..... | 8 |
| Treatment of Injured Umpires – General | 8 |
| MATCH PREPARATION | 10 |
| Umpires Uniform | 10 |
| Prior to Match Day | 10 |
| At Home on Match Day | 10 |
| At the Ground | 11 |
| Field Umpires | 11 |
| Boundary Umpires | 13 |
| Goal Umpires..... | 13 |
| AFL SYDNEY MATCH REQUIREMENTS | 14 |
| Match Starting Times..... | 14 |
| Quarter Lengths and Time On (Home & Away matches) | 14 |
| Interval Lengths | 15 |
| Warning Sirens | 15 |
| Football in Matches | 15 |
| Team Officials..... | 16 |
| Siren | 18 |
| Number of Players | 18 |
| Umpire Change Rooms | 19 |
| After Match Duties..... | 19 |
| Paperwork | 19 |
| Team Lists | 19 |
| ORDER OFF, REPORTING AND TRIBUNAL | 21 |
| Yellow Card | 21 |
| Red Card | 21 |
| Recording of Order Offs..... | 22 |
| Reporting | 22 |
| Prescribed Penalty Procedure | 23 |
| Tribunal..... | 24 |
| BLOOD RULE | 29 |
| RACIAL AND RELIGIOUS VILIFICATION POLICY | 30 |
| GROUND ADDRESSES..... | 31 |
| LIGHTNING POLICY | 32 |
| Scope | 32 |
| Policy | 32 |
| Discussion | 32 |
| Principles..... | 32 |
| Guidelines..... | 32 |
| Proactive Plan..... | 32 |
| Determining Distance from the Storm Cell..... | 33 |
| Criteria for suspension and resumption of activities..... | 33 |
| Suspension of activity | 33 |
| Resumption of activity..... | 33 |
| Safe structures and locations | 33 |
| Unsafe structures and locations | 34 |
| Chain of Command..... | 34 |
| Dissemination of Information | 34 |
| IMPORTANT ASPECTS OF UMPIRING | 35 |

| | |
|--------------------------------------|----|
| Field Umpiring | 35 |
| Spirit of the Laws of the Game | 35 |
| Communication | 36 |
| Control of the Game | 36 |
| Positioning | 37 |
| Boundary Umpires..... | 37 |
| Goal Umpires | 38 |
| APPENDIX | 38 |

INTRODUCTION

This Umpire's handbook has been developed to assist, you the umpire, with the associated administrative requirements and information relating to being a Club Umpire in the AFL Sydney competition. This handbook is by no means complete and updated or additional information may need to be supplied to you during the year.

The expectation of you is to be familiar with the contents of this handbook and to have this handbook with you on match days.

An umpire is required to be a person of sound character, willing to accept advice and constructive criticism and above all, to interpret the rules of the game in a fair and consistent manner.

He or she must always act in a manner, which places the umpire above reproach with Honesty, Integrity, Trust & Respect as you are maintaining the integrity of AFL Sydney.

Fitness

Fitness plays a very big part in the standard of your performance. The less physical fatigue you suffer during a match, the less mental fatigue and in turn the better your decision making will be.

Why we need Club Field Umpires

In an ideal world we would have sufficient accredited umpires to officiate in all our matches have as in the case in most other leagues in Australia this is not the case. As such we need to take steps to source other umpires to cover the shortfall hence the need for Club Umpires.

We have used Club Umpires in the past however in 2009 we are looking to formalise the Program and make it more professional. We also believe this new program will enable umpires who have umpired previously to return to the umpire ranks and also increase our accredited umpires for the future.

Coaching/Information

If you require further information on obtaining more coaching/advice please feel free to contact the Umpiring Department (numbers listed on the next page). Feel free to approach a League Appointed umpire who also may be able to assist with your query.

Club Umpires are welcome to attend training sessions with the AFL Sydney Umpiring Group which train on Tuesday/Thursday evenings at Reg Bartley Oval, Waratah Street, Rushcutters Bay and Tuesday evenings at Whalan Reserve, Debrincat Ave, Whalan, starting at 6pm.

CONTACTS

AFL Sydney Umpiring Department

State Umpiring Manager

Graham Glassford

8333 8023 (W)

0419 381 073(M)

graham.glassford@aflnswact.com.au

Umpiring Development Officer

Carl Fletcher

0425 256 504 (M)

carl.fletcher@aflnswact.com.au

AFL Sydney Operations Department

AFL Sydney Football Operations Co-ordinator

Garry Burkinshaw

8333 8031 (W)

0437 996 339(M)

garry.burkinshaw@aflnswact.com.au

Please contact Garry for the following:-

- Reports
- Match Incidents



OFF FIELD SECTION ONE

RISK MANAGEMENT

A formulated protocol has been developed to ensure the safety of our Umpires is never jeopardised. These protocols are outlined below:

Physical Contact between Players and Umpires

Given the general nature of the game of Australian Rules Football, there will on occasions be unavoidable contact between umpires and players. There may also from time to time be deliberate manhandling or assaulting of umpires even though the AFL has in place deterrents to prevent such conduct. It must therefore be recognised that, notwithstanding the risk management measures currently in place there may on occasion,s be contact between players and umpires in which umpires may sustain injury.

Personal Assault

In the event of you being assaulted while carrying out your duties as an Umpire on match day, you must report the incident at the earliest opportunity to;

1. In the case of it being a Player/Official of a team, to the AFL Sydney Football Operations Co-ordinator in the form of a report. If the Official is not on the team sheet, a copy of the "Incident Referral Form" to the AFL Sydney Football Operations Co-ordinator.
2. In the case of being assaulted by a spectator, seek the help of the Club that the spectator belongs to, to identify the person's name. A copy of the "Incident Referral Form" is to be sent to the AFL Sydney Football Operations Co-ordinator.
3. In both of the above instances, you should report the incident to the nearest police station and lodge a complaint. Make a detailed statement to police, which they will follow up.
4. Inform the NSW Umpires Association President at the earliest opportunity about the incident and send a copy of all correspondence relating to the matter to him/her.
5. Contact the State Umpiring Manager of the incident by 9.00am on the first working day following the match.

NB: THESE STEPS MUST BE TAKEN TO PROTECT ALL UMPIRES FROM CONTINUED ASSAULT. IF YOU FAIL TO REPORT THESE INCIDENTS YOU ARE LETTING YOURSELF AND YOUR FELLOW UMPIRES DOWN. REMEMBER SOMEONE HAS TO GO BACK TO THE SAME GROUND NEXT WEEK.

In the Event of a Ground Invasion

In the event of a ground invasion all umpires are reminded that they must move as quickly as possible to the umpire change rooms. Umpires are instructed to remain in this area until all spectators have left the arena. All umpires need to be aware of the risks associated with officiating in games attended by spectators and to be alert to situations which could arise.

Umpires at no stage should do or say anything which is likely to incite spectators. Umpires should at all times avoid making eye contact or reacting in any way to spectator's comments or behaviour.

Treatment of Injured Umpires – During a Match

AFL Sydney have put in to place a procedure whereby if an umpires becomes seriously injured or seriously ill during a match, club medical staff have agreed that they will assist in the treatment of this umpire where required. Umpires are encouraged to complete the Register of Injuries form as soon as practical.

Gravely Ill Participant Procedure

In accordance with Law 8.2.1 of the Laws of the Game the field Umpires have full control of a match which includes the power to stop play in cases such as a medical emergency.

The following procedure should be followed:-

1. If an on-field participant (player/umpire/official) suffers a life threatening condition, passes away or there are no qualified medical personnel to make an assessment on the participant, the Club Medical Officer should inform a field Umpire if they believe the game should be stopped to enable appropriate medical treatment.
2. In normal circumstances the field Umpire then stops the game immediately.
3. Unless the Club Medical Officer determines otherwise, the patient should be immediately taken from the field to the most appropriate space available.
4. Field Umpires must notify the Timekeepers that the game has been stopped by way of blowing time-off. The timekeepers will then record how much time has elapsed and the score from when the game has been stopped.
5. For all grades other than Premier Division Seniors and First Division Seniors Matches must start and finish on time. If there is a lengthy delay during the match, the Ground Manager and Field Umpires will decide on the duration of the breaks at quarter, half and three quarter time and if necessary will also reduce the length of quarters to ensure that the following match can commence on time.
6. For Premier Division Seniors and First Division Seniors. If the game cannot be restarted within 30 minutes then Law 10.6.2 of the Laws of the Game will apply.
7. Contact the AFL Sydney Football Operations Co-ordinator and State Umpiring Manager by 9.00am on the first working day following the match.

Treatment of Injured Umpires – General

AFL Sydney Umpiring Department encourages the early reporting of any symptoms of an injury or illness that may be related to the workplace.



MATCH DAY SECTION TWO

MATCH PREPARATION

Umpires Uniform

An umpire's standard of dress on and off the field can make a lasting impression and drastically affect your overall performance in the eyes of players and spectators alike. If "you look like an umpire" then you will gain their acceptance. AFL NSW/ACT supplies two sets of uniforms to all umpires. Umpire's who do not regularly attend training and coaching sessions may be charged the cost price for the uniform. Uniforms will be distributed by AFL (NSW/ACT).

AFL (NSW/ACT) will provide umpires with a match day polo shirt which must be worn with navy OR BLACK pants and dress shoes to the game.

The following check list of equipment may be of assistance in packing your gear. You may like to add your own individual needs.

| FIELD/BOUNDARY | | GOAL | |
|----------------------|--------------|---------------------|-----------------|
| Appointment Details | Band-aids | Appointment Details | Eraser |
| Umpires Handbook | Drink Bottle | Umpires Handbook | Orange Jacket |
| Match Paperwork | Towel | Match Paperwork | Several Pencils |
| Pen | Tracksuit | Pen | Clipboard |
| Spare White Laces | Law Book | Rule Book | Flag Holders |
| White Running Shoes | Black Socks | Black Boots | White Flags (4) |
| Club Umpire Shirt | Black Shorts | Black Trousers | Orange Cap |
| Garters | Wrist Bands | Black Socks | Orange Shirt |
| Red and yellow cards | Whistles (2) | | |

Prior to Match Day

To maximise your performance on match day it is important to ensure that your diet is adequate to cope with the demands of game day.

Ensure your diet includes an adequate carbohydrate intake that is low in GI and that is from natural sources (e.g. whole grains, vegetables and fruits). Beware of overeating carbohydrates. A formula to use for carbohydrate intake is 5/10grams per kilogram of body mass per day.

80kg Umpire = 400-800g of carbohydrate each day

Hydration days prior to the game, according to recent studies, is more important than hydration on match day. It is recommended that at least three litres of water is consumed on each of the three days prior to match day.

Avoid a late night before your match. You will be letting down yourself, fellow umpires, the two football teams and their supporters if you are not fully rested and fit for the contest.

At Home on Match Day

Your equipment should be packed the evening prior to your appointment. Leaving the task until the last hour can cause panic when something cannot be found. It is wise to use the one bag and nothing else so that permanent articles of equipment can be kept in it. Choose a bag that will allow your clothing to be packed flat, has separate pockets for other items such as whistles and oil.

Modern light running shoes are suitable for most conditions although some umpires carry shoes with stops for particularly muddy grounds. Footwear should be cleaned well in advance of match day. Do not forget to wash the shoelaces regularly.

Make sure whistles are clean and that they are adequately taped so that the grip does not cut into your fingers. Soaking the whistle overnight will guard against potential problems.

It is useful to keep a spare shirt and shorts in your bag – a change at half time sometimes gives a new lease of life.

A normal sized meal 3 to 4 hours prior to the game is recommended. It should be high in carbohydrates (low GI), moderate in protein and low in fat. Umpires should drink at least 1 to 1½ litres of water on the morning prior to the game. If conditions are hot or humid adding salt or gastrolyte to water or using sports drinks may be beneficial.

At the Ground

Arrival at the ground should be at least 30 minutes prior to the commencement of the match. This time will be needed to change, Meet your other umpires, prepare yourself and for Club Umpires to visit both teams in their rooms.

Approximately 30 minutes to one hour prior to the game Field and Boundary Umpires should eat a small carbohydrate snack.

DO NOT LEAVE VALUABLES IN THE UMPIRES ROOM WHILE IT IS UNATTENDED, THE CLUB IS NOT RESPONSIBLE FOR SECURITY

Warm-up exercises must be thorough. This should include a warm-up jog, static stretches, dynamic stretches and run throughs all prior to walking out on the ground.

Field Umpires

Regardless of which game you are umpiring it is imperative to inspect the ground. The inspection needs to take into account that all ground markings are correct, goal and behind posts have the correct padding and the ground surface is clear of any dangerous hazards (such as raised sprinkler heads). If any problems exist, use common sense and diplomacy in raising the matter/s with the Ground Manager.

Get changed so that you are dressed and ready for warm up exercises at least 20 minutes before the game starts. The following hints will help your appearance and comfort:

- clean freshly pressed uniform.
- the finger grip of your whistle should be wrapped with adhesive tape to avoid damage to fingers or the whistle slipping off. Tape should cover the base of the whistle as well so that if it breaks off the holder, you have a chance of recovering it.
- carry a spare whistle in your pocket on the inside of your shorts and also a card and pen for noting reporting offences.
- a red and yellow card for send offs.

Visit the player's rooms about 30 to 40 minutes before the game. Do not interrupt the coach addressing his team (do some warm up exercises while waiting). In all matches you will be provided with two footballs, the visiting captain chooses the one you will use.

In each room, introduce yourself to the coach and captain (make sure you get their names). Take time in the rooms to chat to players. Never command centre stage by addressing player's en-masse. You should be unobtrusive and establish a friendly contact at this stage. Never attempt to advise how you are going to umpire or interpret a particular rule. No matter how careful you are, your statement will be ridiculed as soon as a controversial decision arises. Ensure that if club boundary and/or goal umpires are to be used you check with the Team Manager, while visiting the rooms, they have the required umpires.

Be on the ground at least seven minutes before starting time. If possible, before making your way onto the ground introduce yourself to club goal and boundary umpires if applicable. Enter the ground in an orderly group (sometimes this is not possible due to the casual attitude of some clubs). Check that these umpires know the basic communication signals. Club boundary umpires are frequently inexperienced and should be encouraged.

Once you are 25 metres onto the ground, hold the ball aloft until acknowledged by the timekeepers, use common sense if they blow the siren before you reach this point. In junior matches you may not be able to even spot the timekeepers, in which case hold the ball aloft for a few seconds and blow your whistle.

Walk directly to the centre – do not stroll! Place the ball on the ground and do a warm up jog of at least 400 metres (approximately three (3) times around the outside of the centre square). This time should be used to mentally prepare yourself for the first few minutes of the game.

If teams enter the ground on time, give players a reasonable time for their warm-up, then call the captains to the centre for the tossing of a coin to determine in which direction each team will kick. It is normal for a goal umpire to provide the coin and the visiting captain to "call" the toss. Be proactive with starting times. At breaks one umpire should visit each team and remind them that the restart is not far away.

All Field Umpires must:

1. Ensure the match day footballs meet the necessary requirements well before the commencement of the game.
2. Ensure all team sheets are submitted 30 minutes prior to the match and that they are neatly completed and signed.
3. Ensure that all disciplines are ready to enter the Oval seven (7) minutes before the scheduled starting time of the match.
4. Ensure all club footballs are removed from the field three (3) minutes before the scheduled match commencement and team officials are seated on the bench, which is located well back from the boundary line and the match starts on time.

Boundary Umpires

Get changed so that you are dressed and ready for warm up exercises at least 20 minutes before the game starts. The following hints will help your appearance and comfort:

- clean freshly pressed uniform.
- the finger grip of your whistle should be wrapped with adhesive tape to avoid damage to fingers or the whistle slipping off. Tape should cover the base of the whistle as well so that if it breaks off the holder, you have a chance of recovering it.
- carry a spare whistle in your pocket on the inside of your shorts and also a card and pen for noting reporting offences.

Walk directly to the centre following behind the field umpires. Do a warm up jog of at least 400 metres (approximately three (3) times around the outside of the centre square). This time should be used to mentally prepare yourself for the first few minutes of the game.

All Boundary Umpires must ensure you check in with the Field Umpires 60 minutes prior to game time.

Goal Umpires

Get changed so that you are dressed and ready for warm up exercises at least 20 minutes before the game starts. The following hints will help your appearance:

- clean freshly pressed uniform.
- clean freshly pressed flags.

Ensure you give all umpires a time call to walking onto the ground. The countdown should begin with 15 minutes to go prior to walking onto the ground.

All Goal Umpires must:

1. Ensure you check in with the Field Umpires 60 minutes prior to game time.
2. Secure your flag holders to the goal posts.
3. Synchronize the time with the timekeepers.

AFL SYDNEY MATCH REQUIREMENTS

Ground Manager

The home club must appoint a Ground Manager who will be responsible for the match day requirements and match paperwork for the day. The Ground Manager should introduce him/herself to the umpires and officials of the visiting club on arrival and acquaint them with the ground facilities as well as provide details of the closest emergency medical facilities. Should the Ground Manager be replaced during the day, the newly appointed person should inform both the umpires and visiting club of the change.

The Ground Manager is expected to wear a clearly visible jacket provided by the League so that he/she is readily identifiable.

Match Starting Times

Starting times vary from game to game. Please check your appointments for the start time..

Quarter Lengths and Time On (Home & Away matches)

Premier Division 20 minute quarters plus time on

Divisions 1-4 22 minutes – no time on

Under 18's 20 minute quarters - no time on

For matches where time on is played the following is to apply:

- To indicate the commencement of the time added period, the field umpire shall blow his/her whistle and raise one arm above his/her head. To indicate that the time added period has elapsed the field umpire shall again blow his/her whistle and raise one arm above the head.
- Where the umpire fails to signal the completion of the time added period, or the timekeepers fail to hear his/her whistle or see his/her signal, the timekeepers are to restart the clock when the ball is clearly back in play.
- In the case of a goal or behind being scored, the time added is that which elapses between the time that the goal umpire first signals the goal or behind and the bouncing of the ball in the centre (after a goal) or the ball being brought back into play (after a behind).
- In the event of a player being replaced under the blood rule, timekeepers are to stop the clock from the time that the blood rule signal is given by the umpire until the umpire signals time back on or the ball is clearly in play.
- In case of a player being replaced using a stretcher, the field umpire shall signal time off and on as detailed above.

For matches where time on is not applicable the following will apply:

- The clock is only to be stopped for the blood rule or when a player is replaced using the stretcher with the procedure as follows:-
 - In the event of a player being replaced under the blood rule, timekeepers are to stop the clock from the time that the blood rule signal is given by the umpire until the umpire signals time back on or the ball is clearly in play.
 - In case of a player being replaced using a stretcher, the field umpire shall signal time off and on as detailed above.

Interval Lengths

AFL Sydney Premier Division

| | |
|-----------------------|------------|
| ¼ and ¾ time interval | 6 minutes |
| ½ time interval | 20 minutes |

AFL Sydney All Other Grades

| | |
|-----------------------|------------|
| ¼ and ¾ time interval | 5 minutes |
| ½ time interval | 15 minutes |

The above is the maximum amount of time that can be used at any interval.

Warning Sirens

All AFL Sydney Grades

| | |
|--|-------|
| Umpires enter the playing field prior to the start of the game and half-time | Once |
| Five minutes prior to scheduled starting time of the match and third quarter | Once |
| Two minutes prior to scheduled starting time of all quarters | Twice |
| One minute prior to scheduled starting time of all quarters | Once |
| Scheduled starting time of all quarters | Once |

Footballs in Matches

Two Sherrin footballs of a suitable standard must be provided for use in each match. The umpires shall have the visiting captain decide which ball shall be used for the match. For AFL Sydney Premier Division One daytime matches, at least one new football must be provided. In AFL Sydney matches played under lights, yellow leather footballs must be used (of which one must be new for AFL Sydney Premier Division matches). In all other grades, used footballs of a standard considered satisfactory by the Field Umpire shall suffice.

Footballs must be returned to the Ground Manager at the conclusion of the game.

Player Uniforms

Playing Attire

Players of each team must play in their club uniform as registered with the League and wear numbers on the back of their jumpers corresponding to the numbers shown on the Team List. All numbers must be whole numbers between 1 and 99 inclusive. No two players or more from the same team are permitted to wear the same number.

All players in Premier Division, Division One, Division Two and U18's Premier Cup are required to wear white shorts at away matches to minimise any clash of uniforms. Where a clash of jumper colours exists the League will determine the uniforms to be worn by the competing teams.

Lycra Shorts

Lycra or "bike" shorts may be worn under club shorts provided that they are either of a natural colour or the same colour as the club shorts.

Sponsor's Logos

Jumpers worn by AFL Sydney Clubs must have the AFL (NSW/ACT) logo on the right breast.

Sponsors logo's may be worn on the left breast on the front of the jumper as well as above and below the number on the back of the jumper. No sponsors logo's are permitted in the middle of the jumper. Sponosrs logo's may also be worn on the right front of the shorts

Inspection of Equipment

No player shall be permitted to play in a match wearing apparel or protective equipment which may cause injury to himself or other players. The Field Umpires may at their discretion inspect players' equipment either before or at any time during the match.

Team Officials

The following is a list of the officials each club may supply for games:

Runner(s)

- Must wear iridescent green supplied tops with the club name and "runner" printed on back.
- Must also wear (1) iridescent green shorts or (2) tracksuit pants – the latter may be either black or green. Footwear must be either running shoes or football boots.
- Each team is permitted to use either one or two runners. If a club uses two runners, only one runner is allowed on the field at any one time.
- Runners are not required to enter the ground via the interchange area.
- Note - The sole duty of the official Team Runner or Runners is to deliver messages to players of his club and then leave the field immediately having done so.

Trainers, Other Medical Support Staff and Water Carriers

- Clubs are permitted to utilize a maximum of six (6) trainers, other medical support staff and water carriers per team.
- Only permitted onto the field during play to attend to injured players or to provide players with water – not to deliver messages to players.
- Must be dressed in either white tops or club shirts (must not clash with either of the competing teams jumper). They are all to wear the same style of top. Either tracksuit pants or club/running shorts are to be worn (jeans, boardshorts etc are not permitted), together with running shoes or football boots (no bare feet or thongs).
- Water Carriers shall not be younger than fourteen (14) years of age.

Team Bench

In addition to the maximum number of trainers, water carriers, interchange players and team runner/s there will be a maximum of four (4) other officials allowed on the bench area inside the ground during play. All members of the interchange bench must remain well behind the boundary line.

All umpires have the responsibility of ensuring that the interchange bench and team official guidelines are adhered to. Any official not adhering to the above are not permitted to enter the playing area.

Club Umpires

Where the League has not appointed official field umpires or accredited club umpires, it shall be each club's responsibility to arrange for a suitable person or persons to umpire the match.

As a minimum, two field umpires are required prior to a match commencing. These can be accredited umpires, registered club field umpires or a combination of both. Should two umpires not be available, the match is to be cancelled and the matter referred to the Administration Committee for determination.

Where two field umpires commence a match and for some reason one field umpire is unable to complete a match, the remaining field umpire may continue to control the match as a single umpire if another suitable umpire is not available to take the place of the unfit umpire.

Where official goal and boundary umpires have not been appointed by the League, each competing club must be prepared to provide a suitable goal umpire, whilst the home club is to supply the boundary umpires to officiate.

Official field umpires shall have the power to overrule decisions by club goal and/or boundary umpires and remove them should they consider that such club umpires are not competent to carry out the required duties.

Club Umpires Attire

Club field umpires are to be attired in a 'yellow/black club umpire shirt', black shorts, black socks and runners or football boots.

Club boundary umpires must be attired in white shirt, club shorts, runners or football boots and equipped with a suitable whistle.

Club goal umpires must be equipped with two white flags and attired in a club shirt or white coat.

Umpire Escorts

For each match, the home club must appoint a suitable person to ensure the safety of umpires (ideally the Ground Manager or appointee). The Umpires Escort is to escort the umpires (including club umpires):

- from their change-rooms to the centre of the field prior to the commencement of a match
- from their assembly point on the field to their change-rooms at half-time.
- from their change-rooms to the centre of the field after the half time break.
- from their assembly point on the field to their change-rooms at the conclusion of the match.

In addition, the Umpires Escort is to stand with the umpires during the quarter and three-quarter time intervals and arrange for water to be provided to the umpires, if required.

The Umpires Escort is expected to wear a clearly visible jacket provided by the League so that he/she is more readily identifiable.

Any Umpire Escort provided is expected to assist in providing and/or obtaining details of any alleged breach of the Code of Conduct immediately after completing his/her duties in liaison with/at the request of the Umpires or Ground Manager as per the guidelines in 14.2 of these By-Laws.

Siren

A suitable siren which can be clearly heard throughout the ground is to be provided by the home club.

Scoreboard

A suitable scoreboard with numbers and team names clearly visible to players and spectators must be in operation for all matches.

Ground Markings

Goal-squares, boundary lines, 45 metre centre square, 50 metre arc at each end of the ground, 3 metre centre circle (with intersecting line), and 10 metre centre circle (with intersecting line) and an interchange area must be clearly marked. The interchange area comprising two short lines across the boundary line 15 metres apart should be marked on one wing and adequate seating provided equidistant on either side for the interchange players and team officials of each club.

The boundary line must be marked at least three (3) metres inside the fence line. If there is no fence spectators must stand behind a second marked line, which is marked three (3) metres outside the boundary line around the whole ground.

A coach's line should be marked being ten (10) metres in length and 1 metre from the boundary line. It should be marked central to the front of the coach's box/ area. No official or bench player is allowed to stand in front of this line during play.

Padding must be provided on all goal and behind posts to a height of at least 2.5 metres from the ground.

Stretcher

A "scoop" (or similar) stretcher in good condition must be located in a quickly accessible location for the duration of the days play. The home club is also to ensure that it can promptly facilitate ambulance access to the field of play if necessary.

Number of Players

Premier Division 18 on field plus 4 interchange

Divisions 1-3 18 on field plus 4 interchange

Division 4 & Under 18's Premier & Challenge Cup

- If both teams have eighteen (18) players or less listed on the team sheet the match will be played as sixteen (16) players on the field, unless both teams agree to play more.
- If both teams have nineteen (19) players or more listed on the team sheet the match will be played as eighteen (18) players on the field.
- Maximum number of players that can be listed on the team sheet is twenty two (22).

In all competitions the minimum number of on field players required for a team to commence a match shall be fourteen (14).

Umpire Change Rooms

Only the following people are permitted into the Umpires' Room prior to the match:-

- AFL NSW/ACT State Umpiring Manager
- AFL Sydney Umpiring Coaching Staff
- Ground Manager
- AFL NSW/ACT General Manager
- AFL NSW/ACT Competition & Club Development Manager
- AFL Sydney Football Operations Co-ordinator
- Timekeepers
- Umpires' Escort or Ground Security
- Competing team officials while performing a duty (i.e. delivering team sheets)

No media or competing team player or coaching personnel are allowed into the rooms prior to the commencement of the game unless permission has been obtained by the State Umpiring Manager.

After the game all Umpires must remain in the Umpires' Room until after the Club Representatives and any of the AFL Sydney Umpiring Coaching Staff have visited the room. Club Representatives have been told to seek the all clear 15 minutes after the conclusion of the game.

After Match Duties

Field and Boundary umpires are to move directly from the ground to the umpires' room. It is a good practice never to loiter even if the crowd appears docile. The home club must provide an escort from the ground to the change room. If an escort is not provided it is advisable to move with the players, who will usually provide protection

Goal Umpires should proceed quickly (preferably run) to the centre of the ground and confirm the score and then proceed quickly (preferably run) off the ground.

Take your time in completing paper work. Only officiating umpires and umpire coaching staff should be present in the change rooms after the match. Clear the room if necessary (always if there is a report) to give yourself time and quietness.

A representative from each club will approach the Umpires room approximately fifteen (15) minutes after the completion of each match to obtain the "All clear". Should there be any player reports from the match please endeavour to have a copy of the report available for the clubs at this time.

Paperwork

It is important that the paperwork is completed as accurately as possible. Forms to be completed as soon as possible:

Team Lists

Each club is to provide their team lists at least thirty (30) minutes prior to the commencement time for the match. When the team list is received you are required to check the following:

- The number of players listed do not exceed the maximum required for that competition;
- The names of all officials (i.e. coaches, runners, water carriers etc) are included.
- All listed players have a number jumper recorded;
- Note the time it was received;
- The club official is to be requested to correct any errors on the team list

- Team Lists are to be placed in sealed envelope at the end of the match

Umpires Match Report (to be provided by the home club)

- All questions must be completed. Any additional comments can be made to support your responses.
- All accredited umpires plus club umpires must sign the form as evidence of having officiated in the match. The umpire pays are calculated from this form.
- Remember you are AFL Sydney eyes for the match and as such if breaches of the By-Laws occur it is important that you record them to ensure they can be corrected in the future.
- Form is to be placed in the sealed envelope at the end of the match

Best & Fairest Voting Slip (to be provided by home club)

Field Umpires should take time in completing the voting slip and should throughout the intervals be discussing the best players. This will avoid possible voting of players who did not play well through the course of the game. Do not leave the thinking of votes until after the game has concluded as usually it is too late.

The player adjudged third fairest and best will receive one vote, the player adjudged second fairest and best will receive two votes and the player adjudged fairest and best will receive three votes.

Field Umpires are to award votes to the players adjudged by them as the fairest and best players on the day irrespective of whether such players have been found guilty of an offence in a match during that season and irrespective of whether any of such players have been reported on the day.

Care should be taken to state the player's initial and number, particularly when two or more players of the same surname are engaged in a match. Care must be taken to enter all required details. Entries must be printed and be legible. All officiating Field Umpires are to sign the Voting Slip and then place it in the envelope.

Sealed Envelope (to be provided by the home club)

Envelope is to contain the following:

- Team Lists x 2
- Umpires Match Report
- Best & Fairest Voting Slips
- Goal Umpire Scorecards
- Player Report Form (if applicable)

Envelope is to be sealed and signed across the seal. Should you have already sealed the envelope and a Club Representative comes in for the 'All Clear' make a note on the envelope of the club receiving the 'All Clear'.

ORDER OFF, REPORTING AND TRIBUNAL

Order Off *(AFL Sydney By-Law 12)*

Yellow Card

- 12.1 A player who is reported by a field umpire or field umpires for a breach of the laws of the game shall be ordered from the field for a period of fifteen (15) minutes. In this instance an umpire will hold up a yellow card.
- 12.2 At the discretion of the field umpire, a player may be ordered from the field for a period of fifteen (15) minutes and not be reported. In this instance an umpire will hold up a yellow card.
- 12.3 A player ordered off with a yellow card is required to leave the playing area immediately through the interchange area. The offending players club is responsible for obtaining the all clear from the timekeepers for such player to resume playing.
- 12.4 For the purposes of this rule, a yellow card will result in the player concerned remaining off the field for a flat period of fifteen minutes, excluding breaks between quarters. E.g. a player sent off five minutes before half time would be permitted to resume playing ten minutes after the third quarter commenced.
- 12.5 All players who are ordered from the field with a yellow card can be replaced immediately.

Red Card

- 12.6 A player who is reported by a field umpire or field umpires for a breach of the laws of the game twice in the same match for separate incidents, or who is reported for a serious breach (as listed below) shall be ordered from the field for the remainder of the match. In this instance an umpire will hold up a red card.
- 12.7 Serious breaches are defined as where a player or official;
- Intentionally, recklessly or negligently makes contact with or strikes an umpire
 - Attempts to make contact with or strike an umpire
 - Behaves in an abusive, insulting, threatening or obscene manner towards or in relation to an umpire
 - Intentionally, recklessly or negligently kicks another person
 - Commits an act of misconduct - if the umpire is of the opinion that the act constituting misconduct is serious in nature
- 12.8 A player ordered off with a red card is required to leave the playing area immediately through the interchange area. The offending player is not permitted to sit on the bench, or enter the playing arena at any time (including breaks) for the remainder of the match.
- 12.9 All players who are ordered from the field with a red card can be replaced after a period of fifteen (15) minutes has elapsed. The offending players club is responsible for obtaining the all clear from the timekeepers for the replacement player to resume playing.
- 12.10 For the purposes of this rule, a red card will result in the player concerned being unable to be replaced for a flat period of fifteen (15) minutes, excluding breaks between quarters. E.g. a player sent off five minutes before half time would be permitted to be replaced until ten minutes after the third quarter commenced.

Recording of Order Offs

- 12.11 When a player is ordered off the umpire will show the appropriate yellow or red card to the timekeeper who will in turn acknowledge the order off by showing the same colour card to the umpire.
- 12.12 Timekeepers are required to record the time that players, who are ordered off by the field umpires, leave the field and shall be the sole judges as to when such players may resume playing, or be replaced (whichever is applicable). It is the offending players club's responsibility to obtain the all clear from the timekeepers for such players to resume playing.

Reporting

Umpires are to use a separate Player Report Sheet for each report made. Always have someone else check it for you when you have finished it.

- You must always check the team sheets for the name and number of the player you are reporting and of the player offended against. This would need to be checked a couple of times.
- Complete the details under Match, Grade and Player against the reportable offence under which you are reporting. Please ensure that sufficient details of the offence are provided especially for reports involving Abusive Language and Misconduct
- Complete the details of the report at the bottom of the form. A copy of the report is to be given to a Club Representative of each club, who should come to the Umpires' room, fifteen (15) minutes after the game, to get the 'All Clear'. It is not necessary to read the report out to the Club Representative.
- The Offence Grade Template is to be completed and forwarded to the League Office either by e-mail garry.burkinshaw@aflnswact.com.au or fax (9360 2255) by 10am on Monday morning following the match. This form allows for the league to award a player a Prescribed Penalty. Prescribed penalties may be offered for minor offences only in accordance with the table that follows on the next page.
- Umpires are to send an SMS to Garry Burkinshaw (0437 996 339) by 6pm on Sunday following the game. The information to be provided in the SMS should be the name of the reported player, match, grade and your name.
- The prescribed penalty is offered to the club/player on Monday upon completion and receipt of the Player Report Form and Offence Grade Template. The club/player must then notify the League of acceptance or refusal to accept the set penalty by 5.00pm on the Tuesday following the match. Under no circumstances will reported officials be offered a prescribed penalty. (A list of Prescribed Penalties is shown on the following two pages).

Prescribed Penalty Procedure

AFL Sydney has adopted a prescribed penalty system for reported players. It is intended that such a system shall apply to players with a good record and who are reported for minor offences.

The system will not apply to officials who are reported. Those reports will be heard by the tribunal.

Procedure

Umpires shall report and charge players in the usual manner. The reporting umpire shall complete the Offence Grade Template and forward to the Senior Football Operations Co-ordinator by 10.00 am on the Monday following the match.

Once the Player Report Form and Offence Grade Template has been received the Senior Football Operations Co-ordinator will process the report and decide whether or not the offence and player is suitable for determination under the prescribed penalty system or if the report should be referred to the tribunal.

If the offence and/or player are suitable for determination under the Prescribed Penalty System, the prescribed penalty shall be offered to the club/player on the Monday following the match in which the player was reported. The club/player shall notify AFL Sydney of the acceptance or refusal to accept the set penalty no later than 5.00pm on the Tuesday following the match in which the player was reported. If accepted, the penalty shall be recorded against the player's record kept by the league. If the prescribed penalty is rejected the report shall be referred to the tribunal for hearing at a time to be advised the AFL Sydney.

Minor Offences

- Using abusive, insulting, threatening or obscene language towards or in relation to an umpire 19.2.2 (c)
- Behaving in an abusive, insulting, threatening or obscene manner towards or in relation to an umpire 19.2.2 (d)
- Committing an act of misconduct 19.2.2 (p)
- Tripping another person 19.2.2 (g) (iii)
- Striking another person 19.2.2 (g) (ii)
- Charging another person 19.2.2 (g) (v)
- Engaging in time wasting 19.2.2 (g) (iv)
- Disputing a decision of an umpire 19.2.2 (e)
- Using abusive, insulting, threatening or obscene language 19.2.2 (m)
- Shaking a goalpost 19.2.2 (k)
- Throwing or pushing an opponent 19.2.2 (g) (vi)
- Attempting to trip another person 19.2.2 (j)
- Attempting to strike another person 19.2.2 (i)

- Unduly rough play against an opponent 19.2.2 (g) (vii)
- Wrestling another person 19.2.2 (l)
- Failing to leave the playing surface when directed to do so 19.2.2 (n)
- Wearing unacceptable equipment 19.2.2 (o)
- Using an obscene gesture 19.2.2 (f)
- Engaging in a melee 19.2.2 (g) (viii)
- Committing an act of misconduct 19.2.2 (p)

Tribunal

Tribunal meetings are held at the AFL NSW/ACT Head Office which is situated at Level 1, The Sheridan Building, Sydney Football Stadium, Moore Park Rd, Moore Park. Car parking is available in the Gold Members Car Park which is off Driver Avenue. The first case to be heard will be at 6.30pm each Wednesday evening.

Should you make a report in your match you may be required to attend the tribunal hearing should the player decide not to accept a prescribed penalty or the offence does not warrant a prescribed penalty. Umpires will be notified on Tuesday afternoon whether a player has taken the prescribed penalty or elected for a tribunal hearing. It is advisable that you assume that you will be required at the tribunal.

AFL SYDNEY

Law# _____

Player _____

OFFENCE GRADE TEMPLATE - 2009 CONTACT

| | |
|---|--|
| Conduct Offence was There were | <input type="checkbox"/> Intentional or <input type="checkbox"/> Reckless or <input type="checkbox"/> Negligence <u>Refer over for definitions</u> <input type="checkbox"/> Multiple strikes |
| Area of body struck | <input type="checkbox"/> Above shoulders <input type="checkbox"/> Groin <input type="checkbox"/> Elsewhere |
| Impact Impact was Result of impact | <input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low <input type="checkbox"/> Unaffected <input type="checkbox"/> Needed treatment <input type="checkbox"/> Had to leave field / Drew blood |
| Location of where offence occurred | <input type="checkbox"/> In play or <input type="checkbox"/> Out of play or <input type="checkbox"/> Behind play /King hit |
| Result of offence after the offence | <input type="checkbox"/> Player remonstrated <input type="checkbox"/> Melee occurred as a result <input type="checkbox"/> No response at all |

AUDITORY

| | |
|---|---|
| Comments were | <input type="checkbox"/> Unrepentant or <input type="checkbox"/> No response or <input type="checkbox"/> Apologetic |
| Was the result of a disputed decision | |
| Attitude of player after being informed of report | |
| Were Comments | |

Do you think the offending player should be offered a prescribed penalty

☐ Yes ☐ NO

Comments (including why a player shouldn't be offered a Prescribed Penalty)

Conduct Definitions

Negligence – requires that a person must take reasonable care to avoid acts which can be reasonably foreseen to result in a reportable offence.

While Australian Football is a contact sport, players owe a duty of care to others not to cause and to avoid illegal contact.

An example of negligent contact may be where a player collides with another player who has taken a mark and where contact occurs just after the mark has been taken. The offending player has a duty of care to avoid heavy contact by slowing his momentum as much as he reasonably can. A failure to do so constitutes negligence.

Recklessness – More serious conduct is known as recklessness, which means a situation where there is a risk of a reportable offence and a player proceeded to act nonetheless, not caring whether or not the action resulted in a reportable offence..

In the example above, if a player collides with another player who has marked the ball, in circumstances where there is some further time after the mark has been taken, and where he blindly continued on, to contact the player taking the mark then the act can then be best described as reckless. In other words if a player charges into another player who has marked the ball, in a way which indicates that the offending player did not care whether illegal contact occurred or not, then the player has acted recklessly.

Intentional – requires a deliberate desire to commit a reportable offence. The person must purposely set out to achieve that result.

Again in the example, a player who cannons into another player who has marked the ball, but this time after the umpire has signaled a mark, without slowing momentum, with eyes on the player and with a body action apparently designed to inflict injury on the opponent, will be regarded as having intended the consequences of his action.

In all cases, person's state of mind can be reasonably inferred from a person's behaviour i.e. eye contact, flexing etc.

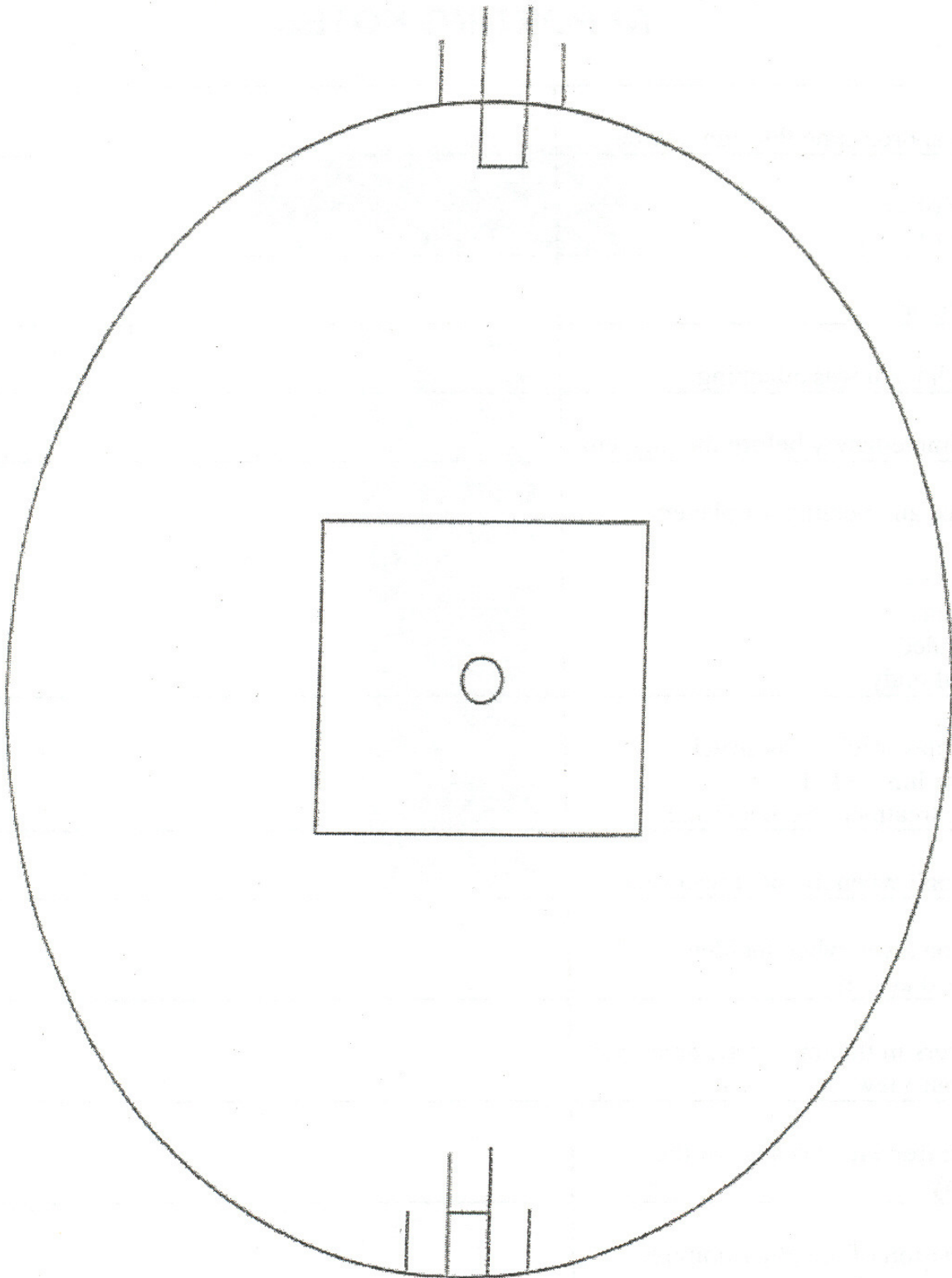
Generally, the more severe the force, the more likely the contact will be intentional or reckless.

REPORTING NOTES (FOR UMPIRES USE)

Jot down for your personal reference all the details you can recall about the incident. It does not matter if you cannot recall all the information. Other umpires can assist you with the peripheral details but if asked you must say so e.g. "the other field umpire told me he was 60 m away on the opposite side of the major axis and was not looking at the incident".

| | |
|---|--|
| When What quarter and approx time through quarter? | |
| Who No and team of offender No and team of victim | |
| Where Location of incident on the ground | |
| Direction Which way was each team attacking in that quarter? | |
| Play Describe play immediately before the incident | |
| Incident Describe offence and position of players involved: how many blows: left or right hand: how many landed: to what part of body | |
| Effect Condition of victim: blood?: did the blow cause him to go to ground: did he require treatment from a trainer | |
| Ball Where was the ball when the incident occurred | |
| Distance How far were you away from the incident (use diagram) | |
| Other players Were other players in the immediate area Did they obscure your view | |
| Free Kick Did you award a free kick for the incident: specify offence | |
| Umpires Approximate position of the other umpires at the time of the incident | |
| Provocation Did you see or hear any previous exchange between these players | |
| Report What did you say to the player when reporting him | |
| Response What did the player say and/or do when told he was being reported | |

DIAGRAM OF PLAY FOR REPORT



BLOOD RULE

Under AFL rules, no player shall take part in any match if the player is actively bleeding.

A player MUST immediately, upon a direction by a field umpire, leave the playing arena where the umpire is of the opinion that the player is ACTIVELY bleeding

THE PLAYER CANNOT RETURN TO THE FIELD UNTIL AND UNLESS THE CAUSE OF THE BLEEDING HAS BEEN FIXED, THE INJURY IS SECURELY COVERED TO THE EXTENT THAT NO BLOOD CAN BE SEEN COMING FROM THE AREA, ANY BLOOD STAINED ARTICLE OF UNIFORM HAS BEEN REMOVED AND REPLACED AND ANY BLOOD THAT WAS PRESENT HAS BEEN THOROUGHLY CLEANSED AND REMOVED.

After the player is directed to leave the field, wait a reasonable time to allow the replacement to take up position and then restart the game. The replacement player can enter the field as soon as the bleeding player moves towards the marked interchange area. Play cannot resume until the bleeding player is off the playing field, however the umpire at his discretion can resume play if the replacement takes too long to move into position.

A player refusing to promptly leave the field should be reported for misconduct Law 19.2.2 (m) in that the player refused to promptly leave the field when directed to do so.

An umpire taking action under the Blood Rule should do so as follows:

- **FIELD UMPIRE IN CONTROL OF PLAY**
At the next stoppage in play (score, field bounce, out of bounds, free or mark) blow time on and tell the player to leave the field and indicate using the blood rule signal (crossing the straight arms above the head). Give the replacement player time to take up position if he has come straight on and there was no delay in him entering the playing arena.
- **FIELD UMPIRE NOT IN CONTROL OF PLAY/OFFICIAL BOUNDARY & EMERGENCY UMPIRES**
At the next stoppage in play, attract the attention of the field umpire in control of play (blow the whistle if necessary) and indicate verbally and using the blood rule signal, then go to the player.
- **OFFICIAL GOAL UMPIRES**
At the next stoppage in play (except for a score) attract the attention of the nearest field umpire, give the Blood Rule signal and when the field umpire in control has also acknowledged, go to the player.

If the next stoppage is a score, give the score signal and then give the Blood Rule signal, get the acknowledgment, run to the player, instruct them to leave the field and then go back and wave the flag/s.

RACIAL AND RELIGIOUS VILIFICATION POLICY

No player in the capacity as a player of a club or, in the course of carrying out his duties or functions as or incidental to a player of a club or any director, officer, servant or agent of a club (including without limitation any coach, assistant coach, trainer, medical officer, runner or person entitled to enter the arena during the course of or prior to or during any break in play in any match) shall act towards or speak to any other person in a manner, or engage in any other conduct which threatens, disparages, vilifies or insults another person (the person vilified) on the basis of that person's race, religion, colour, descent or national or ethnic origin.

A complaint such as this must only be made by an umpire on the occasion of being absolutely certain of what has taken place. You must have seen and heard exactly what has happened without assuming or guessing. Before lodging the complaint you must then ask the offended player "Are you offended?" If they answer yes you must ask "Do you wish to take the matter further?" if they wish to take it further you must then record the exact incident on the AFL Sydney Match Report Form.

Definition of vilify: To defame or speak badly of.

GROUND ADDRESSES

| GROUND | ADDRESS |
|--|---|
| Alan Davidson Oval | Cnr Sydney Park Road & Euston Road, Alexandria |
| Bensons Lane Reserve | Bensons Lane, Richmond |
| Blacktown Olympic Park | Eastern Rd, Rooty Hill |
| Bruce Purser Reserve | Cnr Commercial & Withers Rd, Rouse Hill |
| Charles McLaughlin Res. | Crestwood Drive, Baulkham Hills |
| Drummoyne Oval | Bayswater Street, Drummoyne |
| Dukes Oval | Cnr Park Street & Great Western Highway, Emu Plains |
| Ern Holmes Oval | Britannia Avenue, Pennant Hills |
| Fairfax Reserve | Sir Warwick Fairfax Dr, Harrington Park |
| Gipps Road Oval | Gipps Road, Greystanes |
| Gore Hill Oval | Pacific Highway, Crows Nest |
| Greygums Oval | Greygums Road, Cranebrook |
| Gwawley Park | Cnr Taren Point Road & Box Road, Caringbah |
| Harrington Park | Sir Warwick Fairfax Dr, Harrington Park |
| Henson Park | Sydenham Road, Marrickville |
| Kelso Park Oval | Henry Lawson Drive, Panania |
| Mahoney Park | Cnr Illawarra Rd & Wharf St, Marrickville |
| Monarch Field | 416 Fields Road, Macquarie Fields |
| North Dalton Park | Pioneer Road, Towradgi (North Wollongong) |
| Olds Park | Forest Road, Peakhurst |
| University Oval | Talavera Road, Macquarie Park |
| Picken Oval | Hampton St, Croydon Park |
| Pittwater No 6 Oval | Nth Narrabeen Res, Walsh St, Narrabeen |
| Rosedale Park | Cnr Stroud Street & National Street, Warwick Farm |
| St Ignatius College Field One Field Four | Tambourine Bay Road, Riverview (Lane Cove) |
| St Pauls Oval | City Rd, Camperdown |
| Sydney Showgrounds | Grand Parade, Sydney Olympic Park |
| Sydney Uni No 1 Oval | Sydney Uni, Parramatta Road, Camperdown |
| Trumper Park | Glenmore Road, Paddington |
| Village Green | Barker Street, Kensington |
| Weldon Oval | Stirgess Avenue, Harbord |
| WH Wagener Oval | Whitfield Avenue, Ashbury |

LIGHTNING POLICY

Scope

This policy applies to all training sessions sanctioned by the AFL Sydney Umpiring Department.

Policy

In the event that there is a threat from lightning, which may affect the health and well-being of umpires, the Umpiring Department will be responsible for making the decision to suspend any training activity. If a representative of the Umpiring Department is not available, training should be suspended.

Discussion

Lightning is a dangerous phenomenon. In Australia, lightning strikes killed 23 people and hospitalised a further 95 persons between 1990 and 1999. There has been an increase in the proportion of casualties occurring during outdoor sport and recreational activities over recent years. Sporting / Athletic teams that practice and compete outdoors are at risk when the weather is inclement.

This policy has been developed based on US guidelines drawn up in 1998 by the Lightning Safety Group and adopted by the US National Athletic Trainers' Association. This policy recommends close weather monitoring in the lead-up to an event, the establishment of a specific chain of command and the implementation of an appropriate decision-making process.

Principles

The AFL (NSW/ACT) is responsible for the health and well-being of its employees. As such, every effort will be made to ensure that umpires are protected at training. As lightning can occur at any time of the year, umpires should be educated on the risks associated with lightning and the need to move to a safe area in the event of lightning.

AFL NSW/ACT will be responsible for the administration of this policy.

Guidelines

Proactive Plan

The proactive plan should commence in the days before the activity, where weather forecasts provide important warning of possible thunderstorm activity. Increased awareness of lightning risk should continue on the day of the activity until it has finished.

The most basic level of warning involves observation of the weather in the local area. The observation of approaching storm clouds, the first flash of lightning or clap of thunder, no matter how far away should heighten lightning-awareness. The level of risk depends on one's location (direction and distance) relative to the storm cell and the direction in which the storm system is travelling.

Determining Distance from the Storm Cell

A simple method for determining the distance to the storm cell is to measure the time elapsed from when the lightning flash is observed to when the associated clap of thunder is heard.

Light travels faster than sound. Assuming that the light from the flash reaches the observer instantaneously, and knowing that sound takes approximately three (3) seconds to travel one (1) kilometre, the distance can be determined using the following rule:

$$\text{Distance (in kilometres)} = \frac{\text{Time from observing flash to hearing thunder (in seconds)}}{3}$$

Criteria for suspension and resumption of activities

The “30/30” rule (described below) is recommended for lightning safety and serves as a guide for the suspension and subsequent resumption of activity. The overall message is to seek shelter when the lightning activity is too close.

It is important to remember that lightning may be obscured by clouds so it must be assumed that when thunder is heard, lightning is in the vicinity. In such cases, careful judgement must be used to determine whether a threat exists.

Suspension of activity

The first part of the ‘30/30’ rule is a guide to the suspension of activity. Most experts agree that the accepted ‘safe’ distance is no less than 10 kilometres. This means that as the time interval between observing the flash, and hearing the thunder approaches 30 seconds, all those in exposed areas (see the section on Unsafe structures and locations” below) should be seeking or already inside safe shelters. A storm cell with lightning activity within 10 kilometres constitutes a threat.

Resumption of activity

The second part of the ‘30/30’ rule provides the criteria for resumption of activity. Here, it is recommended that people wait 30 minutes after the last sighting of lightning or sound of thunder. This figure is based on the observation that a typical storm moves at about 40kmh. Thus, waiting 30 minutes allows the thunderstorm to be about 20 km away, minimising the probability of a nearby strike.

It is important to emphasise that blue skies and lack of rainfall are not adequate reasons to breach the 30-minute return-to-activity rule.

Safe structures and locations

No place is absolutely safe from the lightning threat; however, some places are safer than others.

It is important to have already identified safe structures and the most appropriate way of moving people into these facilities. Standing in the shelter of a grandstand is not suitable given the large amount of metal present in the structure. The best choice is a large, fully enclosed building.

Other safe structures include a fully enclosed metal vehicle (whose electrical properties act to guide the lightning current around the passengers).

Unsafe structures and locations

The nature of the work environment of football umpires at training exposes them to a far greater risk of lightning strike than is normal. Unsafe structures and locations include open fields and being in close vicinity to tall structures (e.g. tree, light pole, goal post).

Small structures such as rain/picnic shelters and interchange benches, as well as structures with a large amount of metal in them (e.g. grandstands) are also unsafe. Fixed line phones should not be used. Any object which increases an individual's height (goal umpires flags) or metallic objects (whistles) will place the person at an increased risk.

Chain of Command

When lightning threatens (see the section on "Suspension of activity" above), the Umpiring Department will suspend training and move umpires to a safe area. In the event that a representative of the Umpiring Department is not present, training should be suspended.

There is no need for umpires to be exposed to even a minimal threat during training, and it is expected that any time lightning activity exists within 10km of the training location, that training will be suspended.

This is particularly important when umpires are training at an off-site venue (i.e. Centennial Parklands) where a safe structure may not be immediately available.

Dissemination of Information

It is the responsibility of the State Umpiring Manager to inform all Coaching and Support staff and Umpires of this policy. AFL NSW/ ACT will also inform umpires of appropriate safe structures.

References

1. Cooper MA, Holle RL, Lopez RE. Recommendations for lightning safety (letter). JAMA 1999; 282: 1132-1133. <PubMed>
2. Holle RL, Lopez RE, Howard KW, et al. Safety in the Presence of Lightning. Semin Neurol 1995; 15: 375-380 <PubMed>
3. Walsh KM, Bennett B, Cooper MA, et al. National Athletic Trainers Association on position statement: lightning safety for athletics and recreation. J Athletic Training 2000; 35: 471-477.
4. Standards Australia. Lightning safety. AS 1768-1991. Sydney: Standards Australia, 1991.
5. Cooper MA, Andrews CJ, Holle RL, Lopez RE. Lightning injuries. In: Auerback PS, editor, Wilderness Medicine: Management of wilderness and environmental emergencies. 4thed. St Louis: Mosby, 2001; 73-110

IMPORTANT ASPECTS OF UMPIRING

Field Umpiring

Laws of the Game

Be well aware of the laws by continually and consistently reading the rule book, watching the DVD and listening intently and taking notes at coaching sessions.

Spirit of the Laws of the Game

1. Contest for the ball (i.e. ball running free)

"The player whose sole objective is to contest the ball shall be permitted to do so."

- A player may be fairly met by use of hip, shoulder, chest, arms and open hand and be pushed or bumped in the chest or side.
- Solid but legal bumps are permitted.
- Contact to the head is considered to be illegal.

2. Diving on the ball

"The ball shall be kept in motion."

- Where a player elects to dive on the ball or, when on the ground, elects to drag the ball underneath their body and is correctly tackled, the player is to be penalised for holding the ball if he or she fails to immediately knock the ball clear or correctly dispose of it.

3. Marking contests

"The player whose sole objective is to contest a mark shall be permitted to do so."

- Where there is incidental contact in a marking contest when the ball is the sole objective (eyes on the ball), play on will result.
- When a player leaps early, the attempt must be realistic (i.e. they must be able to touch the ball).

4. Tackling

A player who is tackled illegally while in possession of the ball shall be awarded a free kick.

NO PRIOR OPPORTUNITY – REASONABLE TIME

"The player who has possession of the ball and is tackled correctly by an opponent shall be given a reasonable time to kick or handball the ball or attempt to kick or handball the ball."

- If the tackle pins the ball, a field bounce will result.
- If a correct tackle or bump causes the player with the ball to lose possession, play on will result.

PRIOR OPPORTUNITY – IMMEDIATE DISPOSAL

"The player who has possession of the ball and has had an opportunity to dispose of it and is then tackled correctly by an opponent must immediately kick or handball the ball."

- If a correct tackle pins the ball or causes the player with the ball to lose possession, a free kick will result.
- If a bump or knock to the arm causes the player with the ball to lose possession, play on will result.

5. Ruck Contests

"The player whose sole objective is to contest the ruck shall be permitted to do so."

- Where there is incidental contact in a ruck contest when the ball is the sole objective (eyes on the ball), play on will result.

6. Advantage Plays

"The ball shall be kept in motion by permitting the team offended against to take advantage, provided play is continuous."

- Advantage can apply only to a free kick. It cannot apply to a mark.
- A guide as to whether play is continuous is that the outcome of the play would have been the same had the whistle not been blown.

7. 50-metre penalty

"After a mark or free kick has been awarded, a 50 metre penalty will be awarded against the opposing team which unduly delays or abuses an umpire."

An undue delay of the play includes:-

- Going over the mark before the umpire calls play on.
- Not returning the ball directly to a player after they have been awarded a mark or free kick.
- Unduly holding an opponent after that player has marked the ball.
- A player who is not involved in the marking contest holds a player who has marked the ball or has been awarded a free kick.

Communication

Both verbal and non verbal communication is important tools for a good umpiring performance.

A couple of tips for good communication are:-

- Indicate strongly
- Be confident in the way you behave
- Communicate decisions using the appropriate words from the Laws of Australian Football.
- Speak to players how you would like to be spoken to. Often you can communicate your message by remaining cool, calm and collected.

Control of the Game

The key to this is to act appropriately on all occasions. Control comes, initially, from simple decision making around the ground. All breaches of the laws shall be penalised and accompanied by a hard and loud blowing of the whistle.

Here are three aspects of umpiring football which require attention and will influence the control you have:

Scrimmages – Break them up quickly, preferably with a free kick.

Rough and Illegal Tackles – Penalise them and whether accidental or not, the offender should be spoken with then, if at all possible, or at the first opportunity.

Back Chat – Don't put up with it (**ZERO TOLERANCE**), don't ignore it, talk to the offender and give him a chance to retract his words and hopefully this will stop you having to take tougher action.

When players see you on top of these situations, you will have their respect and confidence.

Positioning

We need to run to a position, which will let us see exactly how an incident takes place.

- Stay approximately 20 to 25 metres from general play and this will allow you to run down the ground when the ball is kicked, rather than run a long way to the side, initially.
- Rather than stand still whilst you whistle/signal for a free to be taken, or award a mark, do so as you move off into position.

BLOW SHOW GO

- Anticipate e.g. when a player has the ball and you know he is going to kick it, start running then, not after the ball has been kicked.

Conclusion

All members of the coaching panel are available to you for the purpose of providing instruction and guidance as you may require it. Please feel free to approach us.

Boundary Umpires

- After you have given a decision, look at the field umpire for his confirmation before moving to get the ball to throw in.
- Throw the ball in approximately 15 metres toward the centre of the ground at all times to make a good contest and not less than five (5) metres in height.
- When a deliberate shot at goal is being taken, always get into position behind the point post so as you can give a decision if the ball goes out of bounds or to assist the goal umpire if it is a behind.
- When running the ball back to the centre after a goal, run to a position level with your partner (approximately halfway between the goal square and the centre square) before passing the ball, then as you approach your position at the point of the square, turn around and run the last three (3) or four (4) paces backwards.
- Always run facing the player with the ball, i.e. run forward as you come up to the player taking a kick positioned near the boundary line then turn and run backwards as you run away from him. The same as you run backwards away from the point post around the boundary line after a behind has been scored.
- Never turn your back on the play, keep facing it at all times, under all situations.

Goal Umpires

- Must check their scorecards at the end of each quarter. If found to be incorrect with each other, go through the quarter scores and work out the correct score. If found to be incorrect with the scoreboard, both umpires must go to the scoreboard attendants to advise them. If all are correct, one umpire faces the scoreboard and waves his flags (as for a goal), at the end of each quarter.
- As a guide, there are three general rules for resolving different scores:
 - It is often the goal umpire at the non-scoring end who has the accurate score as he has not been under pressure to make decisions.
 - It is easier to 'forget' to record a score than it is to add a score in error. Therefore, the umpire with the extra score is usually correct.
 - If there is a scoreboard, check the scoreboard. The goal umpire with the same score as the scoreboard is usually correct as the other umpire may have made a mistake.
 - Should there be three discrepancies between both goal umpires and scoreboard then goal umpires are instructed to check the score with the timekeepers.
- Always be on the move as this helps concentration. Try to have the centre of your goals between you and the play, or pivoting as per coaching instructions.
- When play is in your half always be prepared to move fast to get under the flight of the ball or to get up and straddle the line so as a correct decision can be given.
- When you make a decision make all movements sharp and clear. Don't just put your hands up to signal a goal; **snap them into position whilst standing at attention.**
- Always be prepared to assist the boundary umpire if he/she is caught behind play.



APPENDIX

SYDNEY AFL **UMPIRE'S MATCH REPORT**

.....(Home) vs(Visitors) **DIV:** PREM/ONE/TWO
VENUE **DATE** **GRADE:** SNR/RES/U/18

| | Team 1 (Home) | Team 2 (Visitors) |
|---|---------------|-------------------|
| <i>(Insert Team Names:)</i> | | |
| Ground Manager Identified. Name:..... | Yes/No | |
| Comment: | | |
| Match commenced on time throughout the day? | Yes/No | Yes/No |
| Comment: | | |
| Correct footballs supplied? | Yes/No | |
| Comment: | | |
| Players in correct uniform? | Yes/No | Yes/No |
| Comment: | | |
| Trainers, runners & water carriers in correct uniforms? | Yes/No | Yes/No |
| Comment: | | |
| Club umpires (if applicable) correctly attired? | Yes/No | Yes/No |
| Comment: | | |
| Umpires Escort Provided | Yes/No | |
| Comment: | | |
| Siren effective throughout game? | Yes/No | |
| Comment: | | |
| Scoreboard Operated | Yes/No | |
| Comment: | | |
| Ground markings adequate? | Yes/No | |
| Comment: | | |
| Stretcher available? | Yes/No | |
| Comment: | | |
| Team Sheet correct? | Yes/No | Yes/No |
| Time Team Sheet Handed in | | |
| Comment: | | |
| Umpires change room in good condition | Yes/No | |
| Comment: | | |
| Correct number of officials on the bench | Yes/No | Yes/No |
| Comment: | | |

Please turn over ----->

| | | |
|---|--------|--------|
| Team officials received the 'all clear' at full time? | Yes/No | Yes/No |
| Comment: | | |
| Any reports? | Yes/No | Yes/No |

Reported player(s) - Club and No:

Any other comments?:

.....

.....

.....

.....

.....

.....

.....

.....

Note: Please ensure all questions have been answered.

| ACCREDITED UMPIRES (ALL ACCREDITED UMPIRES TO COMPLETE) | | | |
|--|---|------|-----------|
| | | Name | Signature |
| Field | 1 | | |
| | 2 | | |
| | 3 | | |
| Boundary | 1 | | |
| | 2 | | |
| | 3 | | |
| | 4 | | |
| Goal | 1 | | |
| | 2 | | |
| Emergency | 1 | | |

| REGISTERED CLUB FIELD UMPIRES (ALL REGISTERED CLUB FIELD UMPIRES TO COMPLETE) | | | |
|--|-----------|------|--------|
| Name | Signature | Club | Reg No |
| | | | |
| | | | |

APPENDIX 2

SYDNEY AFL

UMPIRES' BEST AND FAIREST VOTING SLIP

DIVISION

GRADE

..... V

| | Jumper No | First Name | Surname | Player's Club |
|---------|-----------|------------|---------|---------------|
| 3 VOTES | | | | |
| 2 VOTES | | | | |
| 1 VOTE | | | | |

SIGNED

DATE

SIGNED

SIGNED

NOTICE OF REPORT



White Copy - Controlling Body

Green Copy - Competing Club

Pink Copy - Competing Club

Blue Copy - Umpire

League: _____ Grade: _____

Match: _____ V _____

Date: _____

I, the undersigned, report the following Person:

| PERSON'S NAME | NUMBER (If applicable) | CLUB |
|---------------|---------------------------|------|
| | | |
| | | |

The Person is reported for (state Reportable Offence and provide particulars of the alleged offence).

The Reportable Offence was allegedly committed (state quarter in which incident occurred or whether the incident occurred before or after the Match or during an interval).

State the approximate vicinity where the incident occurred:

Signed: _____

Umpire/General Manager - Football Operations/Representative of Commission

Print Name: _____ Date: _____



SYDNEY UMPIRES' CODE OF CONDUCT

- Display fairness and uniformity in applying the Laws of Australian Football and the AFL Sydney By-Laws.
- Be honest in your assessment of situations.
- Be consistent and courteous in calling all infractions.
- Condemn deliberate fouls as being unsporting and promote fair play and appropriate sports behaviour.
- Ensure that the health and safety of the players be the number one priority when making decisions.
- Be a positive role model in behaviour and personal appearance.
- Ensure you remain up to date with any rule changes and/or interpretation of rules as laid down by the AFL and the AFL (NSW/ACT).
- Seek continual self-improvement through study, performance appraisal and regular updating of competencies.
- Do not engage in physical and/or verbal intimidation, abuse or conduct toward any player, official, or supporter. Such actions are totally unacceptable.
- Carry out administration and on field policies developed by the AFL (NSW/ACT).
- Avoid any situation which may lead to a conflict of interest or that will bring umpiring into disrepute.

I _____ agree to adhere to the
above AFL Sydney Umpires' Code of Conduct.

Signed: _____

Dated: _____

CLUB FIELD UMPIRE REGISTRATION FORM



1. All club field umpires are required to complete and sign the Club Umpire Registration Form.
2. A club field umpire cannot officiate as a club field umpire until this form has been processed and accepted.

PERSONAL DETAILS (please complete using block letters)

FIRST NAME(S): _____ SURNAME: _____
DOB: ____/____/____ ADDRESS: _____
SUBURB: _____ STATE: _____ POSTCODE: _____
CONTACTS: (H): _____ (W): _____ (MOB): _____
EMAIL: _____

ACCREDITATION

Do you currently hold an Umpires Accreditation? YES NO
If yes: Accreditation No: _____ Date last umpired: _____
Have you attended a Club Field Umpire Training Seminar? YES NO
If yes: Date ____/____/____ Venue: _____
Are you currently under disqualification by any League or Club? YES NO
Have you ever been disqualified by any League or Club? YES NO

CODE OF CONDUCT

- Display fairness and uniformity in applying the rules.
- Be honest in your assessment of situations.
- Be consistent and courteous in calling all infractions.
- Condemn deliberate fouls as being unsporting and promote fair play and appropriate sports behaviour.
- The health and safety of the players must be the most important reason to be weighed in during the decision making process.
- Use common sense to ensure the 'spirit of the game' for players is not lost by being too pedantic when applying the rules.
- Be a positive role model in behaviour and personal appearance.
- Ensure you remain up to date with any rule changes and/or interpretation of rules as laid down by the AFL.
- Seek continual self-improvement through study, performance appraisal and regular updating of competencies.
- Do not engage in physical and/or verbal intimidation, abuse or conduct toward any player, official, umpire or supporter. Such actions are totally unacceptable.

CLUB REGISTRATION

I wish to be registered to be a Club Field Umpire with the following clubs:

1. _____ 2. _____
3. _____ 4. _____

SIGNATURE

I hereby agree that I am bound by the rules, by-laws and policies of the league and the AFL (NSW/ACT) Commission Ltd ("the Commission") as amended from time to time ("the Rules"). I have read the Code of Conduct clause and agree to abide by the same. I declare that the information provided by me is true and correct.

Signature of Umpire: _____ Date: _____

LEAGUE ENDORSEMENT (Office use only)

Registration: Granted/Refused. Reason for Refusal (if applicable) _____
Signed: _____ (League Official) Date: ____/____/____
Registration No: _____ Registration Card Issued: ____/____/____

