



# *WEST VANCOUVER FIELD HOCKEY CLUB*

*Home of North Shore Field Hockey*

**UMPIRING CLINIC**  
**MINI RULES**

GEOFF MATTHEWS | WEST VANCOUVER | MARCH 2024

# Welcome

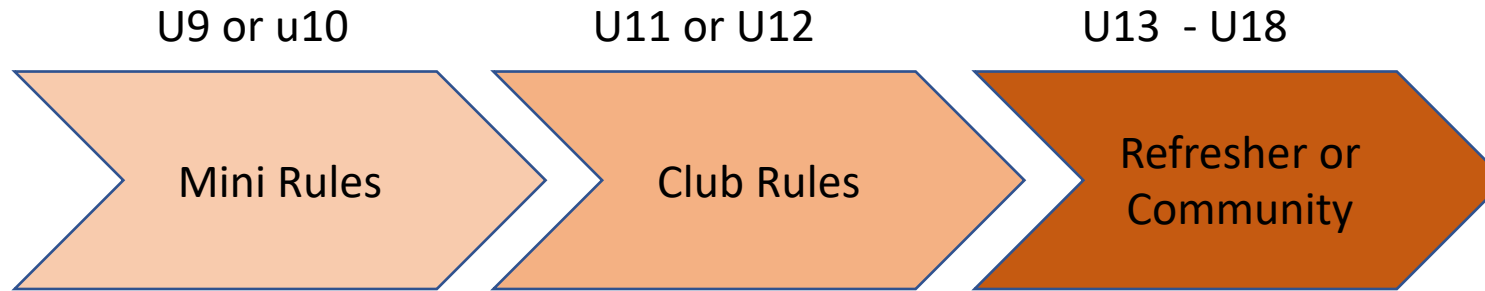


- ✓ Introductions
- ✓ Umpiring Pathway & Payments
- ✓ Field Sizes
- ✓ Mini Game Rules
- ✓ Hand Signals

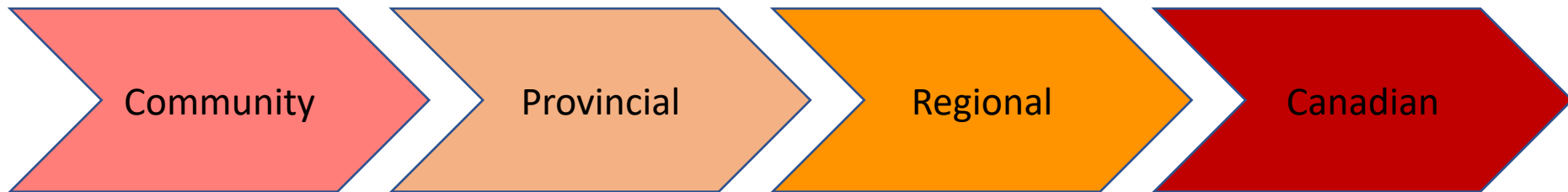
# Umpiring Pathway



## WVFHC Umpiring Pathway – Spring League



## Field Hockey Canada Umpiring Pathway



# Umpiring Mentors



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

WVFC has senior umpires who can help beginner umpires by coming out to their first games and coaching them to get them started. Take advantage of your mentor and ask him or her questions – having a mentor is more valuable than any rule book ever will be.

# Getting scheduled



Using Assigner – You or your parent will receive an email

assignr.com | West Vancouver FHC

Geoff Matthews (gmatthews)

Home

Games

People

Availability

Searches

Messages

Reports

Videos

Registration

Maintenance

Home

All Games

Mar 29 – Apr 4, 2020

today < > day week list month

Help: Let's Get Started!

**Saturday, April 4**

Assign Games...

9:00am - 9:59am	● Ambleside E / U9
10:00am - 10:59am	● Ambleside E / U9
11:00am - 11:59am	● Ambleside E / U9

# Payments



WVFC is committed to improving the number and quality of technical officials at the club. The current pay scale has two opportunities for umpires to increase their game rate of pay.

All umpires (Mini rules, Club rules & Community umpires) are required to attend ONE MANDATORY clinic. To receive the "Education Incentive" bonus, umpires will need to attend a 2nd clinic. This 2nd clinic will ensure there is an adequate understanding of the theory required to be a successful umpire and to give umpires the opportunity to get feedback from experienced mentors.

We value committed umpires who want to improve. All umpires who umpire 5 games or more will receive a "Commitment Incentive" bonus.

We also encourage all umpires to get assessed by a Mentor. This assessment will give you real-time feedback and will help with decision-making and positional play.

Once a bonus incentive has been activated, you will receive back-pay on your previous games.

# 2023 Payments



## UMPIRE PAY SCALES

Umpire Rating	2023 Basic Rate	Commitment Incentives (>8 games)
Mini Rules	\$12.50	\$1.50
Club Rules	\$17.50	\$1.50
Community Un-rated	\$17.50	\$1.50
Community Rated	\$23.50	\$1.50
Provincial	\$26.50	\$1.50
Regional	\$31.50	\$1.50
Canadian	\$36.50	\$1.50

# Payments



WVFC will pay umpires directly at 2 points during Spring League (approximately once a month). Cheques will be issued and mailed to each umpire. Any umpire earning over \$500 in one year will receive a T4 from WVFC.

- Payment of each umpire will be based on the weekly umpire schedules that are issued by the Umpire Schedulers.
- The Umpire scheduler issues a weekly schedule assigning umpires to games. This will be posted on [wvfhc.com](http://wvfhc.com) and circulated to all umpires

Each week, it is the responsibility of **every umpire** to:

- Check the weekly schedule and make sure they are aware which games they have been assigned
- Ensure that they are umpiring the right game at the field
- Notify WVFC if they are unable to make a game as soon as possible – this should be done by the US
- Email [wvumpires@wvfhc.com](mailto:wvumpires@wvfhc.com) if there are any changes or substitutions to the posted schedule

# Contact information



Geoff Matthews – [geoff@wvfhc.com](mailto:geoff@wvfhc.com)

Umpire Coordinator – [wvumpires@wvfhc.com](mailto:wvumpires@wvfhc.com)



# **WEST VANCOUVER FIELD HOCKEY CLUB**

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## **INTRODUCTION TO UMPIRING MINI RULES**

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# What do you need to start umpiring?



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

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



# The Field of Play



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

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

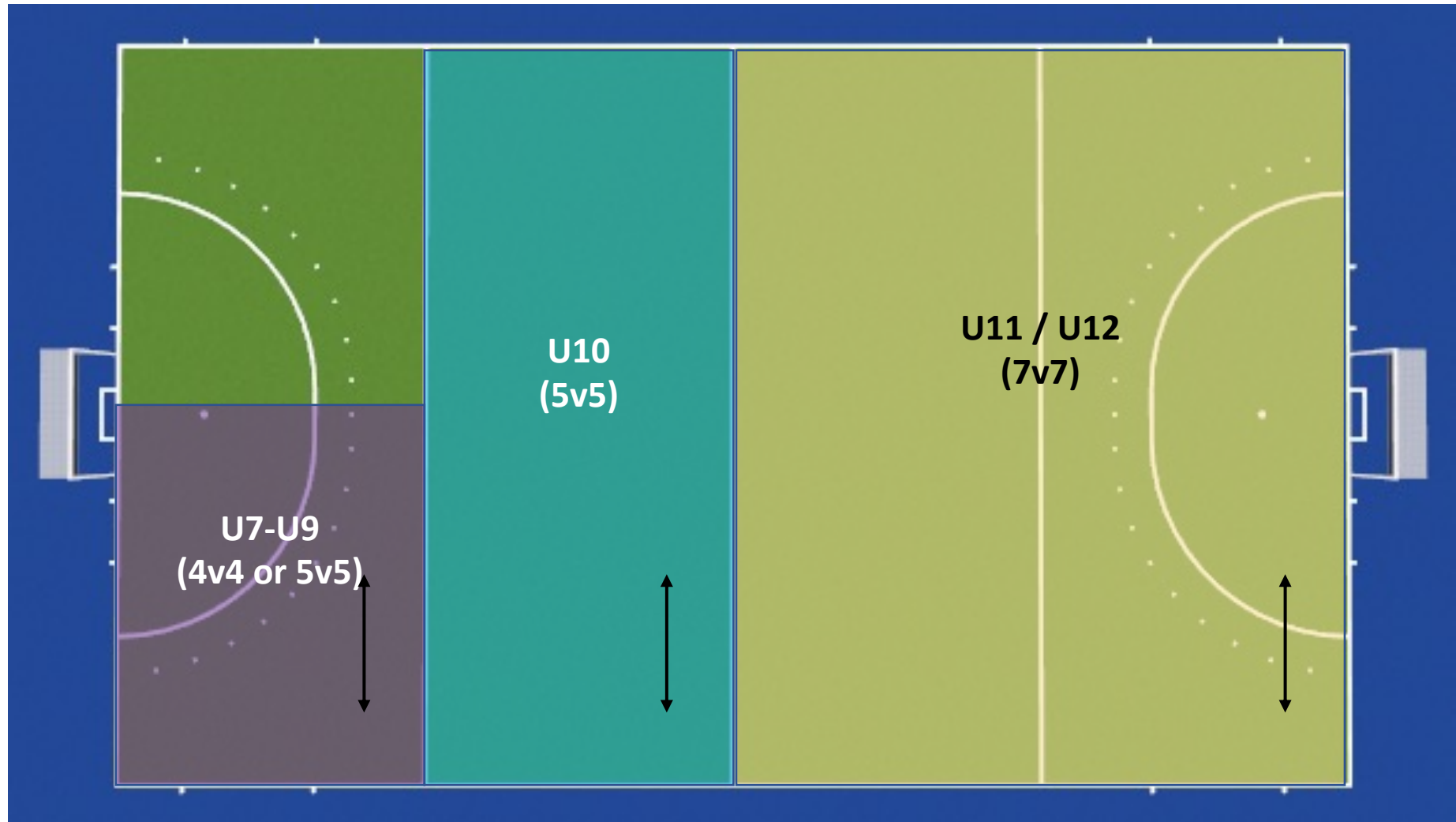
U10 play in 1/4 of the field (1 x 23m area), U9 play in half of that size (1/8 of the field)

*\*Only 1 umpire for U9*

U7 & U8's play in half of that size (1/8 of the field)

*\*No umpires for U7 & U8*

# The Field of Play – Different sizes





# Field Setup – U9



# Field Setup – U10



# WVFHC Mini Rules



- 1) Equipment: safety issue; WVFHC Rules require all players to wear shin pads and mouth guards. Umpires may point out non-compliance, but it is the coach's responsibility to ensure all players are properly equipped.
- 2) Players may not wear anything that might be dangerous to other players. All players must have their stick in their hand.
- 3) Substitutions: Substitutions for BOTH teams are made at the center line, on the SAME side of the field, "on the fly" and/or as "group" substitutions during a natural break in the play, e.g. ball out of play over the sideline.
- 4) Duration of Game:

**U9 Games** - 12 min quarters (2 min turnaround). After the 2nd quarter teams will have 5 min half-time break then switch and play 2 quarters against the other half of the team.

**U10 Games** - 12 min quarters (2 min turnaround). After the 2nd quarter teams will have 5 min half-time break then switch and play 2 quarters against the other half of the team.

# WVFHC Mini Rules



## 5) Start of Game:

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

## 6) Re-Start of Game:

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

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

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

# WVFHC Mini Rules



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

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

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

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

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

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

# WVFHC Mini Rules



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

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

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

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

# WVFHC Mini Rules



19) Foot fault ("Feet"): Try play advantage as much as possible. Foot fouls are called when the player INTENTIONALLY:

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

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

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

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



# **WEST VANCOUVER FIELD HOCKEY CLUB**

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**WHISTLE USE AND HAND SIGNALS**

# Positioning for team umpiring

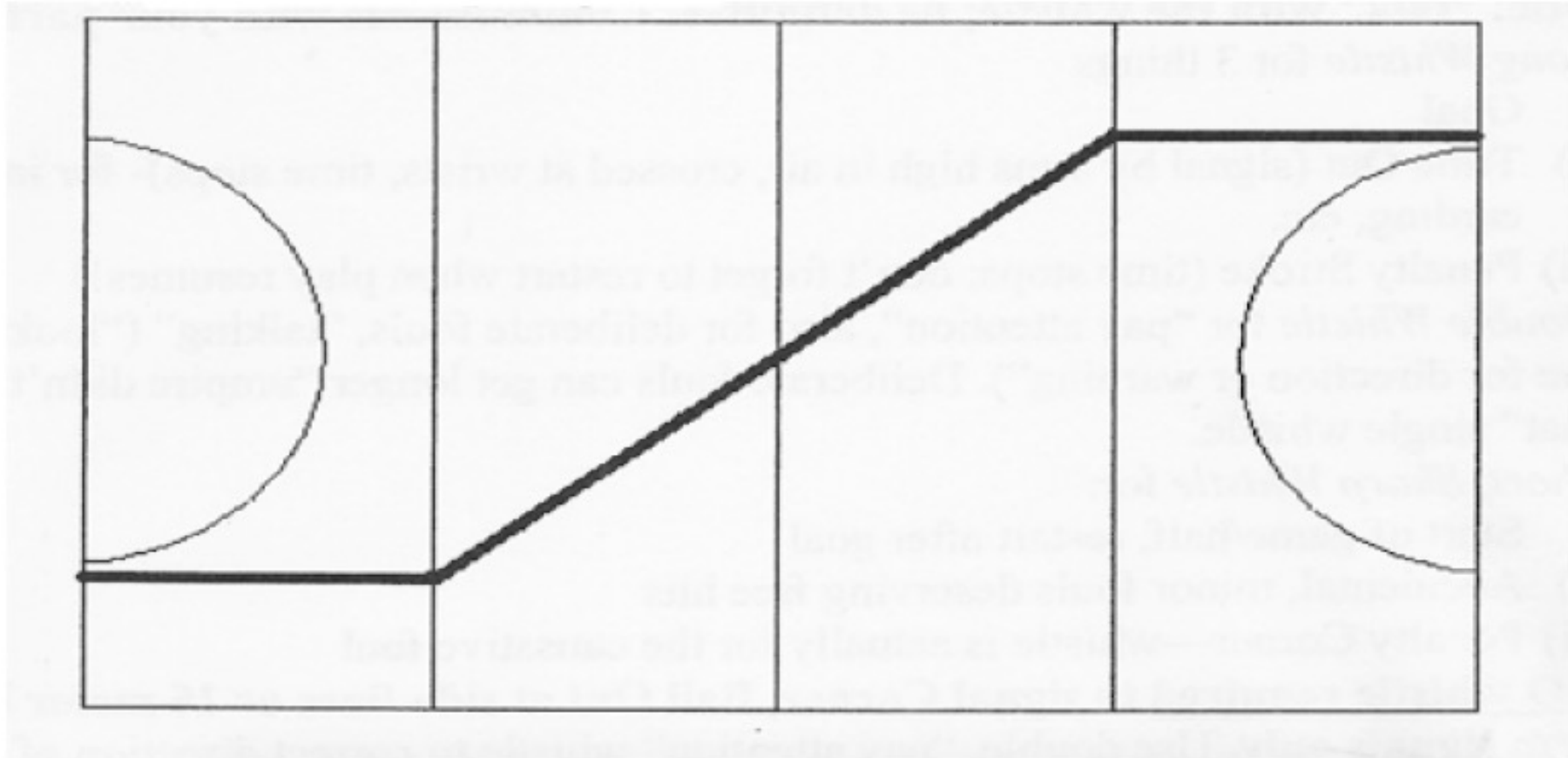


Good positioning is very important in umpiring. Being in a good position will help you see fouls and will allow you to anticipate the play. It will also allow you to help your other umpire out.

## Basic Positioning

- Your “area of control” is your sideline and the goal on your **RIGHT**.
- Your partner takes the opposite side and works the same pattern to his/her right
- Umpire stay on the same sides after half-time – they do NOT switch ends
- Place yourself so you can see the ball, both teams and your partner.
- When play is in the middle of the field, stay closer to the sideline; when play is in the circle, be closer to the goal.
- Be ahead of and to the right of all play moving toward your circle. It is OK to trail when play is moving toward your partner's circle.
- Don't call in your partner's area unless unsighted.
- NEVER call in your partner's circle; doing so is disrespectful, and your partner likely has a much better view of what is going on in there than you do!
- Do not guess about fouls...if you can't see it, you cannot call it. The better your positioning, the more sure you will be!

# Positioning for team umpiring



# Work as a team



It's important to talk to your other umpire before each game, especially if you don't know them or have never umpired with them before. A pre-game talk is a good way to get more comfortable with your partner and to make sure you are on the same page.

Some things to discuss:

- What side of the field you will each take
- Who is keeping time
- How you interpret and call certain rules
- Whether you will be using advantage
- Whether either of you knows anything about the teams playing
- How much support do you want in your area of control
- Anything else you are unsure about....

# How to use your whistle?



This is the primary way of communicating with the players.  
Make sure your whistle is LOUD and CLEAR

**There are several different ways to use your whistle:**

## **Short whistle**

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

## **Long whistle**

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

# How to use your whistle?



## **Double whistle**

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

## **“Singing” whistle**

- Ending the half or game

## **NO whistle for:**

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

## **\*\* Use the tools in your belt!**

- Voice, body language, and whistle! ... and of course cards when you get into higher level games.

# Fouls



When a foul occurs, the umpire should blow their whistle and award the appropriate penalty depending on who has fouled and where. As you become a better, more experienced umpire, you can learn to apply advantage to allow the game to flow better

When calling fouls:

- Blow your whistle to stop play.
- Signal which foul you are calling (eg: obstruction, foot foul, etc.)
- Signal which teams is awarded the ball due to the foul (point in the direction of play)
- With younger players it is helpful to verbalize what you are calling, as most of them will not understand your arm signals; it may also be helpful for you so the thought process of recognizing a foul and awarding a penalty becomes more routine.
- Award the appropriate penalty.
- Depending on where the foul occurs and who commits it, it may be a free hit, penalty corner, or penalty stroke.

# Signals



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

## **Foot foul**

- Touch your upturned foot

## **Back-stick**

- Pat the back of your hand

## **Dangerous play**

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

## **Obstruction**

- Crossed arms in front of your chest

## **Hacking/Stick Obstruction**

- One hand chopping at the opposite forearm

# Signals



## **Free hit**

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

## **15m hit**

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

## **Long Corner**

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

## **Penalty corner**

- Point with both hands to the goal

## **Penalty stroke**

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

## **Goal**

- Point with both hands to the center line

# Signals



## **Time out**

- Wrists crossed above your head

## **Time in**

- One hand straight in the air

## **5 meters**

- Hand held out in front of you showing five fingers

## **Bully**

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

## **One/Two minutes remaining**

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

# Rules of Hockey

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

# Umpires' Signals

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

# Have fun!

