



AFL NORTHERN TERRITORY LTD.

Location: TIO Stadium, Abala Road Marrara NT 0812 Postal Address: PO Box 43196 Casuarina NT 0811
Telephone: (08) 8980 4888 Facsimile: (08) 8945 0069 Email: aflnt@aflnt.com.au
Website: www.aflnt.com.au ABN 81 097 620525

UMP'S COACHES CORNER NEWSLETTER



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Volume 3 Edition 7

Welcome to Edition 7 of the Coaches Corner Newsletter for 2009/10 NTFL season. This is for all Umpires at training and all those that miss Monday night's coaching session due to work or sickness. **(Spare copies will be in the "HANDOUT" Pigeon Hole from each Friday afternoon).** So it's your responsibility to pick up your weekly Ump's Coaches Corner Newsletter, so you're keeping up to date with what's going well, what's not and also the general news.

Since last week was the NTFL Community Round and I had the AFLNT GD Conference I unfortunately didn't get time to print a edition up, so I've combine the 2 weeks together for this SUPER EDITION for this Round 10 SUPER SATURDAY of FOOTBALL. As we approach the middle of the season we must keep our concentration levels up high and keep up the good work all the way into the x-mas/new year break.

Round 8 & 9 notes to remember from now on and through-out the season please:

- The tradition continues with the Black Sox (handicap) Run this coming Monday Evening starting at 5.45pm from Mindel Beach opposite the Gardens Oval Main gates. Please bring your \$2 as the winner of the Black Sox -8km and the Black Shorts – 4km (for goalies & juniors) share the winners. Are you ready to create history and have your name on the prestige trophy?
- **Unavailability must be in by the end of training on Mondays** at the latest please as we do appointments on a Tuesday. Also with the X-mas Break coming up soon, please write it down in the Blue Unavailability Book if going away early or not returning until mid January 2010 please.
- We have a new updated **AFLNT MATCH REPORT SHEET** that must be completed for every match from now on. Please make sure we do it properly as we (AFLNT) fine the clubs if there NOT fulfilling their obligations. Please note this form does **NOT** replace a Normal Report, this forms helps us clean up minor issues before they become a major issue in the near future.
- Thank you to all those umpires for signing the NTFL CODE OF CONDUCT Form.





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- **If you have a Report, you must ring Michael Barfoot – 8980 4812 or his mobile on 0439 384 197 between 2pm- 5pm on a Tuesday afternoon to find out if the reported player has taken a set penalty or if it's going to fight it at the tribunal. No reporting umpires didn't fulfill their responsibilities and ring Michael.**
- Don't forget to help run WATER for each other– share the workload please!!!
- **Accreditation** – Make sure you keep bringing your Accreditation Diary with you to every match so a Coach or Senior Umpire can help you fill in a box or two in the diary and then by the end of the year you should have it completed.
- Your pays should have gone in (Thursday 26th Nov) for Rounds 7 & 8 of Footy; I thank you for being patient with this is a new system as we are still having teething problems unfortunately.
- Everyone should be receiving an email/s from Sporting Pulse on Wednesday Evening with your Appt/s. If your not means you haven't handed your Rego in.
- **If you're not at training Wednesday night to sign off your Appointments it's YOUR RESPONSIBILITY to call AFLNT on 8980 4888 before 12 Noon on Friday!**
- **All Umpires a REMINDER that your NTFL PASS is for umpiring or water carrying for fellow Umpires ONLY.** I have receive complaints that some umpires are using their Umpiring Pass for their entranced into junior footy matches on their Non-umpiring day. Under NTFL By-Laws this is NOT ALLOWED, you must pay the \$5.00 morning entranced fee still.
- **ALL FIELD UMPIRES ARE REQUIRED TO VISIT TEAMS PRIOR TO THE MATCH IN ALL GRADES!!! (in your training singlet/shirt for League/Reserves umpires please)**
- NTFLUA Blue Shorts may be purchased for \$20 COD and they look great with the new Blue NTFLUA Polo Shirt.

Round 8 & 9 Umpires Coaching Session Notes

League Field Panel Umpires Whiteboard – Round 8

Work Wells +	Work On's -
Tap Trough's	Signaling – pointed the wrong way and not selling them big enough
Team work and positive encouragement	Red Time Efforts
Match Management – we control the players really well – with only 3 reports in all grades, for the weekend	Retain from Kick-outs (we need to keep the wide kicks that are outside the tramlines)





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Field Training Meeting at 5.45pm Sharp:

On Monday night (23rd Nov) we discuss what is our game plan as Field Umpires and why there different to our team rules as everyone seems to mixing them up.

FIELD UMPIRES GAME PLAN

For the 2009/10 NTFL Season

- Pay all warranted infringements – protect the ball player & keep it Major & Obvious!
- Take control when appropriate
- Communicate effectively
- Follow team rules
- Let them play football
- 3 minute maximum MZ Efforts
- Red Time is Non-Negotiable
- Bounce Straight – 3 shockers = ball up time
- Be proactive, not reactive!
- It's about the group, not the individual! – SO NO SHOW-BOATING

FIELD UMPIRES TEAM RULES

As voted by the umpires for the 2009/10 NTFL Season

- Be in the change room:
 - League – 1 hour prior to game
 - All other Grades – 45 minutes prior to game
- Reports – No Umpire to leave until all paper work is completed.
- Accept feedback from coaches.
- Support fellow Umpires on and off field.
- Conduct yourself in a professional manner on and off the field.
- Show Respect, Gain Respect.
- Zero Tolerance – Zero tolerance to demonstrative/verbal abuse
- Integrity & Honesty
- Knowledge – Understanding the laws of the game and their application
- Work Rate – 100% effort 100% of the time for our main match of the weekend.





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League & Level 1 Field Panel TRAINING DRILL:

On Monday night (23rd Nov) we practice again:

Our MZ Boundary Throw-Ins (BTI) (3 Umpire system) as we need to start 10m away and we MUST arc to ensure we get side onto the contest by watching the ruckman positioning. And making sure we don't to early or to short resulting in us not getting back inside of play after its hit the ruckman hands.

League Field Panel Umpires Whiteboard – Round 9

Work Wells +	Work On's -
Adjusted free kicks & positioning for the wet conditions – protected the ball player more with players sliding In The Back and not paying as many HTB's	When the Tempo of the game lifted, we as a team did not!
Team-work	Change-over's to MZ as the EZ umpire coming too far out with play
Managed Reportable Incidents really well	Missing a free kick straight after a BTI - concentration

League & Level 1 Field Panel TRAINING DRILL:

On Monday night (30th Nov) we practice:

Working the packs near the boundary line and in the strike zone, making sure we keep working the right angles and not getting suck into the packs by keeping our required 20-25m from general play.

Then after paying a free kick or calling for a ball-up we back out hard and keep the kick if it land on or just inside the 50m line we work hard to keep it, but if the kick went further we would give up control and the we would be tap through.

Boundary TRAINING DRILL:

As you know we watched the video on AFL Boundary Umpire Bloopers last night, but last week we actually did something.

Warm up as usual, then the normal post to post run around the boundary





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start at post, jog to 50m line 50% to half way, then jog to 50m line, then 50% to the post, turn around,
jog to 50m line, then 60% to next 50 m line, then jog to post turn around
jog to 50m line, then 70% to the post, turn around
80% from post to post.

Drink

Then in pairs or groups of 3 depending on numbers, practice passing the ball between each other going across the ground, when you get to the other side, do not swap over, but come back so throwing the ball with the other hand. Do this about 60% Then swap groups around, so doing it with someone else. Do this as often as necessary, ensuring the ball is thrown in the correct manner.

Then in pairs again, one starts on the boundary line and the other one in approx 15 metres, going across the oval again. Throw the ball in as you would normally and the other person catches it. This person (catcher) stays in the same spot and the person who threw the ball goes 15 metres behind them across the oval and that person throws the ball, so you "leap frog" across the oval, throwing the ball to each other. Go across the oval and back again, should have approx 10-15 throws each

Change partners, can also be competitive as to which group gets back first. The intention is to throw the ball accurately then towards the end fatigue sets in and the concentration level needs to increase as distances get shorter.

League Goal Panel TRAINING DRILL:

We couldn't use goal squares as they were just repaired, so we played games.

- Beat the tennis ball around the circle – one in middle to throw out and back to middle each time. If runner beats ball circle does 5 push ups – circle wins, runner does 5 push ups.
- Then throw from middle out and pass around circle. Loser (runner or circle) does 5 push ups
- Tennis ball hit high – get under it – catch if you can
- Slips catching
- 10 metres – sprint forward and then backfoot return – every 15 seconds. 4 times 10 runs (2.5 minutes each)





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- 10 metres – backfoot and sprint return – every 15 seconds. 4 times 10 runs (2.5 minutes each)
- Walk for 2 minutes between each set
- Slips catching (fatigued)

Bit of fun out of the goal squares

Level 1 Goal TRAINING DRILL:

For the first year group, the following was done:

- Discussed the rules relating to when a defender marks the ball and momentum take him/her back through the goals/point then the defender goes around and the boundary line and kicks ball, vice versa for defender going over boundary line;
- Catching drill, with tennis balls, to get people under the flight of the ball – start off getting the umpires catching 1 ball, then 2 balls, then 3 balls.

CENTRE CIRCLE - UMPIRES COMMENT

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Edition 9

This week I would like to explain to the public about the Blood Rule and its procedure as there has been a bit of confusions with players, trainers and team runners of the difference between Active Bleeding and Not Active Bleeding.

Laws of Australian Football: **22 INFECTIOUS DISEASES**

22.1 THE MEANING OF ACTIVE BLEEDING

In this Law 22, the term of “Active Bleeding” means the existence of an injury or wound, which continues to bleed. Active Bleeding does not include minor bleeding from a graze or scratch, which has abated and can be readily removed from a Player or any part of his uniform.

22.2 PARTICIPANT IN MATCHES WHEN ACTIVELY BLEEDING

(a) Unless Law 22.7 applies:

- (i) a Player must not remain on the Playing Surface for so long as he or she is Actively Bleeding; and
- (ii) a Club or Team must not allow any of its Players to remain on the Playing surface for so long as the Player is Actively Bleeding.



- (b) Unless immediate treatment needs to be given, having due regard to a Player's health and safety, a Club or Team must not allow any Player who is Actively Bleeding to be treated on the Playing Surface.

22.3 ACTIVE BLEEDING – ROLE OF UMPIRE

22.3.1 Role of Umpire

Where a field Umpire is of the opinion that a Player is Actively Bleeding, the field Umpire must stop play at the first available opportunity: (a Mark, a free kick, a score or a ball up)

**** Signal for Active Bleeding is cross arms above the umpire's head****

- (a) direct the Player concerned to immediately leave the Playing Surface: and
- (b) subject to Law 22.3.3, wait a reasonable period to allow the replacement Player to take up position before recommencing play; and recommence play.

22.3.2 Player to follow Directions of Field Umpire

Where a Player is directed by a field Umpire to leave the playing surface because he or she is Actively Bleeding, the Player must the Leave the playing surface immediately through the Interchange Area. The Player must not re-enter the Playing surface or take part any further part in the match until and unless:

- (a) the cause of such bleeding has been abated;
- (b) the injury is securely bound to ensure that all blood is contained;
- (c) any blood-stained article of uniform has been removed and replaced; and
- (d) any blood on any part of the Players body has been thoroughly cleansed and removed.

22.3.4 Refusal to Leave Playing Surface

Where a Player refuses to or does not immediately leave the Playing surface when directed to do so by a Field Umpire, the following will apply:

- (a) warn that Free kicked will be paid and may be reported
- (b) pay a free kick
and still refuse to leave the playing surface
- (c) the field umpire shall report the Player for Misconduct in failing to follow a direction of an Umpire.
and he or she still refuse to leave the playing surface
- (d) the match will immediately end and be forfeited by the reported player's team; and
- (e) Law 10.7 will apply to any match which is forfeited.

22.4 PROCEDURE WHEN PLAYER NOT ACTIVELY BLEEDING

Where a field Umpire is of the opinion that a Player is not Actively Bleeding, but the Player has blood on any part of his body or uniform, the following will apply:

- (a) at the first available opportunity, the field Umpire must signal and direct the Player to obtain treatment. After the signal is given, play will continue;

*** Signal for Non Actively Bleeding is cross arms below the umpire's shoulders*** (b) the Player may on the Playing Surface after the signal is given by the field Umpire, but must at the earliest opportunity:

- (i) in the case of blood being on any part of his uniform, have the piece of uniform removed and replaced; and/or



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(ii) in the case of blood being on any part of his body, have the blood removed and the cause of any bleeding (if any) treated and covered so that all blood is contained;

(c) if any receiving treatment, the field Umpire is of the opinion that blood is still appearing on any part of the player's body or uniform, the player is deemed to be Actively Bleeding and Law 22.3 will apply.

Milestone Avenue- Round 9:

- Craig Windebank – League Boundary Debut – Palmerston v Darwin
- Roy Baehnisch – 350th Boundary Umpiring Game

CENTRE CIRCLE - UMPIRES COMMENT

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Edition 10

This week I would like to explain to the public about the “Ruck Contests” as we have a fair few new big men to this season NTFL competition. It has great to see the big men battle it out in the ruck to give first use of the ball to the midfielders, but they must do it legally and saying that though if a ruckman elects **not** to jump and his opponent jumps higher than him in one motion and doesn't turn their back, it is NOT a free kick. The below article is from Shaun Ryan a current 2 time AFL Grand Final Field Umpire talking about “Ruck Contests” on www.afl.com.au.

Ruck Contests

Over the duration of a match ruck contests are a frequent occurrence, and as players fight for position under the flight of the ball free kicks regularly occur as opposing ruckman strive for an advantage over their opposite number. AFL field umpire Shaun Ryan explains how to approach ruck contests and what you should be looking for...

When we talk about ruck contests the primary thing that we need to have in the forefront of our mind is that the ruckman who wants to contests the ball shall be given every opportunity to do so. So really, from an umpire's point of view, if you bring it back to the bare basics you should be looking out for the ruckman who is trying to prohibit the other ruckman from contesting the ball.





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Obviously, centre bounces, field bounces and boundary throw-ins are the three ruck situations that occur during a match and each of these situations throw up their own common occurring free kicks.

In terms of centre bounces, free kicks that often occur are blocks with the arms and with the leg, chopping of the arms, ruckman producing an unrealistic attempt to contest the ball, and one ruckman blocking the other's run by running under the flight of the ball.

In field bounces similar free kicks can occur to those in centre bounces, however, in addition to these, other common free kicks include holding the man and teams using two ruckman.

Obviously, because the two ruckman generally stand next to each other when contesting field bounces, there is a chance one ruckman will grab his opponent's jumper or rap his arm around his waist which is not permitted. In regards to two ruckman, players are not permitted to use one ruckman to block their opponent and then have a team mate acting as the second ruckman to come over the top and contest the ruck.

In boundary throw-ins similar types of free kicks occur to those in field bounces, but another common free kick which generally occurs is one ruckman taking the ball out of the ruck. If a ruckman does this he must immediately dispose of the football by way of kick or handball. An attempt to kick or handball in this situation is not good enough as a ruckman who takes the ball out of the ruck is deemed to have had a prior opportunity.

A good indicator to use when judging a player's intention is his eyes. Looking at his eyes is going to help you to determine whether his objective is to impede the other ruckman or to contest the ball. However, remember that a player's eyes are a guide only, do not pay a free kick solely on where his eyes are.

Another good indicator to use for centre bounces is the line of the ball. If you bounce the ball straight and one ruckman runs under the flight of the ball then obviously there is going to be a chance that a free kick for a block might occur.

In field bounces it is important to work hard and back out quickly positioning yourself 10-15 meters away from the contest so that you have a good view. Similarly during boundary throw-ins, you need to work hard early in order to obtain a good side on position.

You should also do your homework before the game. By knowing who the ruckman are going to be you can be prepared for how they will likely go about contesting the ruck. For example, you can work out if there is a jumping ruckman versus one that doesn't jump and





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is happy to use his arms.

By doing your homework you will be prepared for the types of free kicks likely to occur.

Milestone Avenue- Round 9:

- Michael Wadrop – League Goal Debut – Southern Districts v Darwin
- Darren Witham – 300th Goal Umpiring Game
- Craig Blake -150th Umpiring Game
- Lyndon Bradshaw – 100th U/18 Umpiring Game
- Richard Waterson – 100th Umpiring Game
- John Colwill – 50th Reserves Field Umpiring Game
- Tempe Cotterill – 50th Umpiring Game

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Mark Noonan
Umpiring Development Manager
AFL Northern Territory

