

It's Official!



Into Officiating Award

Learner Resource
2021 Version

Welcome to the England Netball Into Officiating Course

Congratulations on taking the first steps to becoming a qualified England Netball umpire!

Becoming an umpire has given me some of the best experiences of my life and has taken me to places all over the world I could have only dreamed of visiting when I was younger. The privilege of attending a Netball World Cup or Commonwealth Games is as important as being able to umpire a grassroots match, working with players and coaches to get the best out of our sport.

The aims and objectives of the Into Officiating Course are:

- To inspire you to become a qualified umpire
- To improve your knowledge and understanding of Netball
- To teach you some of the techniques of good umpiring
- To provide an understanding of how the main rules are applied
- To build your whistle confidence
- To give you some practical ideas to take away and use when you are umpiring

This resource has been designed to support your learning during the course and includes a number of tasks which can be completed during the course. This resource can also be used as a reference guide to be referred to during the course and once you start umpiring in the field.

I wish you the very best of luck as you embark on your officiating journey. Whether it ends with you umpiring at a Netball World Cup or achieving your own personal goals, it's a journey I know you are going to really enjoy and one where you will meet fantastic people and make lifelong friends.



Gary Burgess
England Netball, Head of Officiating

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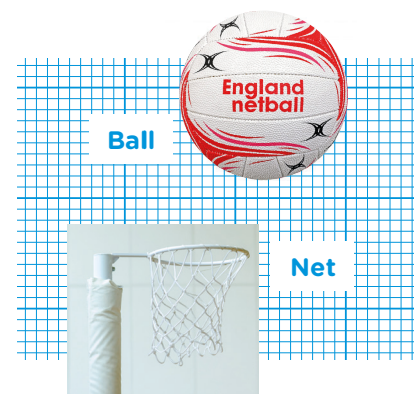
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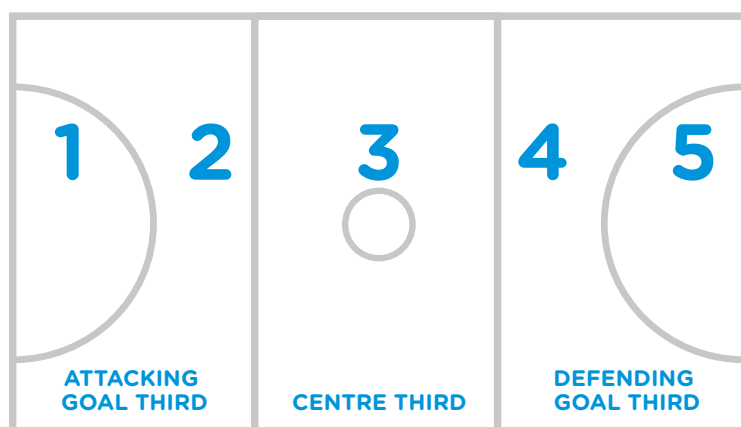
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Introduction to Netball



Netball is a throwing and catching ball sport played between two teams of seven players and England Netball is the National Governing Body for the sport in England. Matches are played on a rectangular court divided into thirds, with a goal post at each end as shown. The side lines and goal lines that form the boundary of the court are considered part of the court.



Area of Play	Position
1 & 2	GS Goal Shooter
1, 2 & 3	GA Goal Attack
2 & 3	WA Wing Attack
2, 3 & 4	C Centre
3 & 4	WD Wing Defence
3, 4 & 5	GD Goal Defence
4 & 5	GK Goal Keeper

The Into Officiating Pathway

Pre-requisite 13+ years of age and full membership of England Netball

Attend Into Officiating Award course

Gain practical experience

Pass practical assessment

Into Officiating

Valid for 2 years

The object of the game is for teams to score goals, by passing a ball and shooting through their own team's goal ring.

Players are assigned positions that define their role within the team and restrict their area of movement on the court. All players on court must wear a bib that signifies the position.

Only the GS and GA can score goals for their team.

During play, a player with the ball can take no more than one step before passing it, and must pass the ball or shoot for goal within three seconds.

At the end of the match the team with the most goals scored wins.

Remember

In the Rules Book, matches should normally be 60 minutes long, divided into four 15 minute quarters; however at a local level the timings can change, it is best to check with the league/tournament organisers at the start of the match.

Section One

In this section you will cover:

- What does an umpire actually do?
- What makes a good umpire?
- What to wear
- What equipment you will need
- Areas of control
- Playing areas



Task 1 – What does an umpire actually do?

1	
2	
3	
4	

Task 2 – What makes a good umpire?

1		5
2		6
3		7
4		8

What to wear

If you expect to command respect you must look and act professionally and dress for success! Approach the match in a way that shows you are looking forward to being there, have fun, smile and be part of the match. Make sure that your uniform is clean, neat and that you are wearing the correct footwear.

An umpire's clothing should be distinct from the playing kit of the competing teams. Umpires should not wear excessive jewellery, except a watch, and have their hair tied back if necessary.

Check out England Netball's Officiating range of umpire kit at www.EnglandNetball.co.uk/store



What equipment will you need?

Finger Whistle



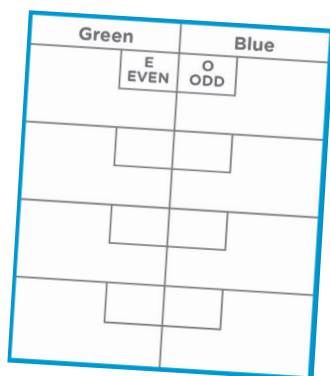
Pencil



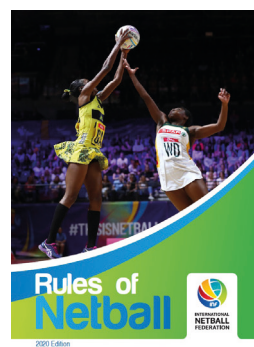
Timer



Band



Score Card



Rules Book or app



Areas of control

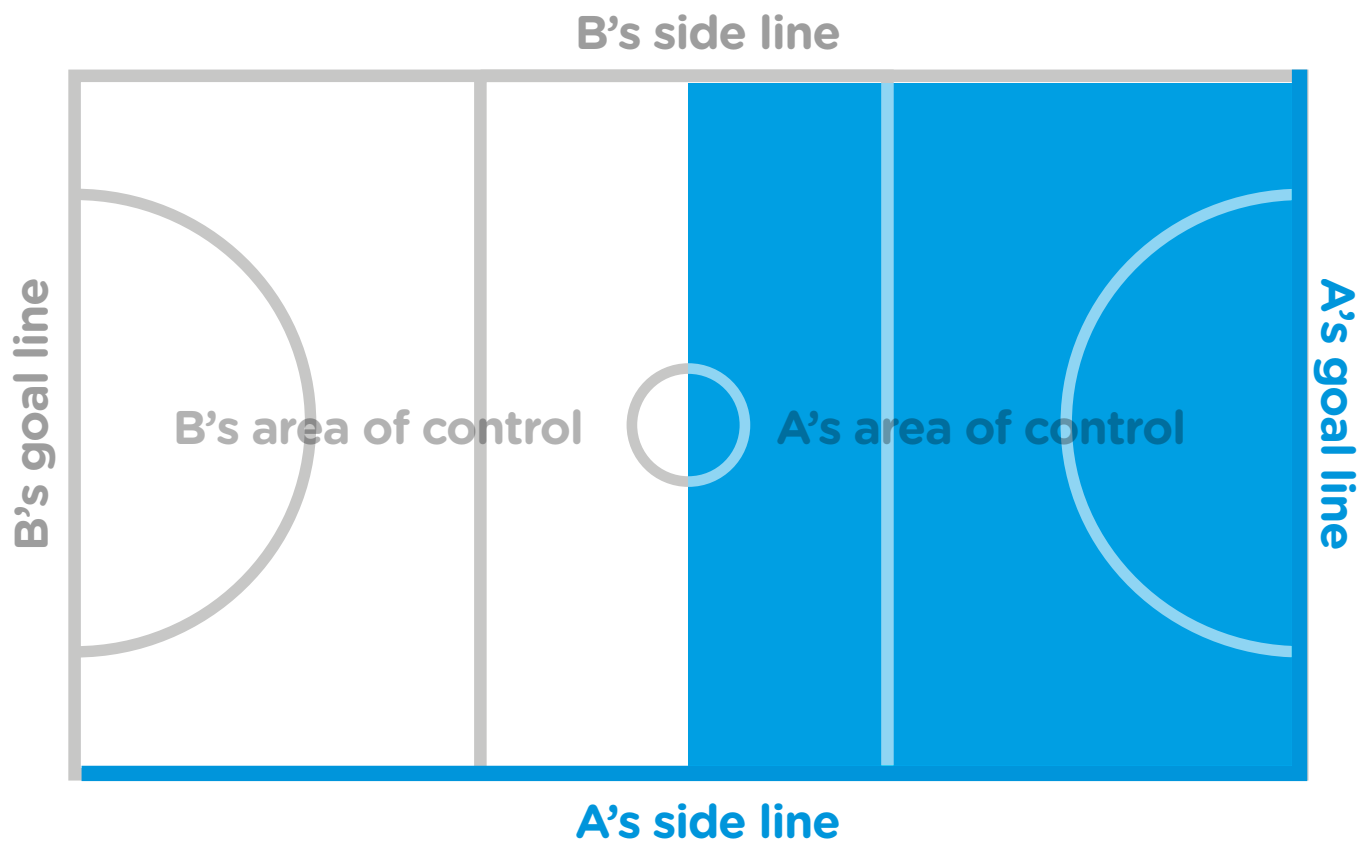
Each match requires two umpires, who work as a team.

An umpire has an agreed area that is clearly recognised and is known as their 'Area of Control'. You will be responsible for:

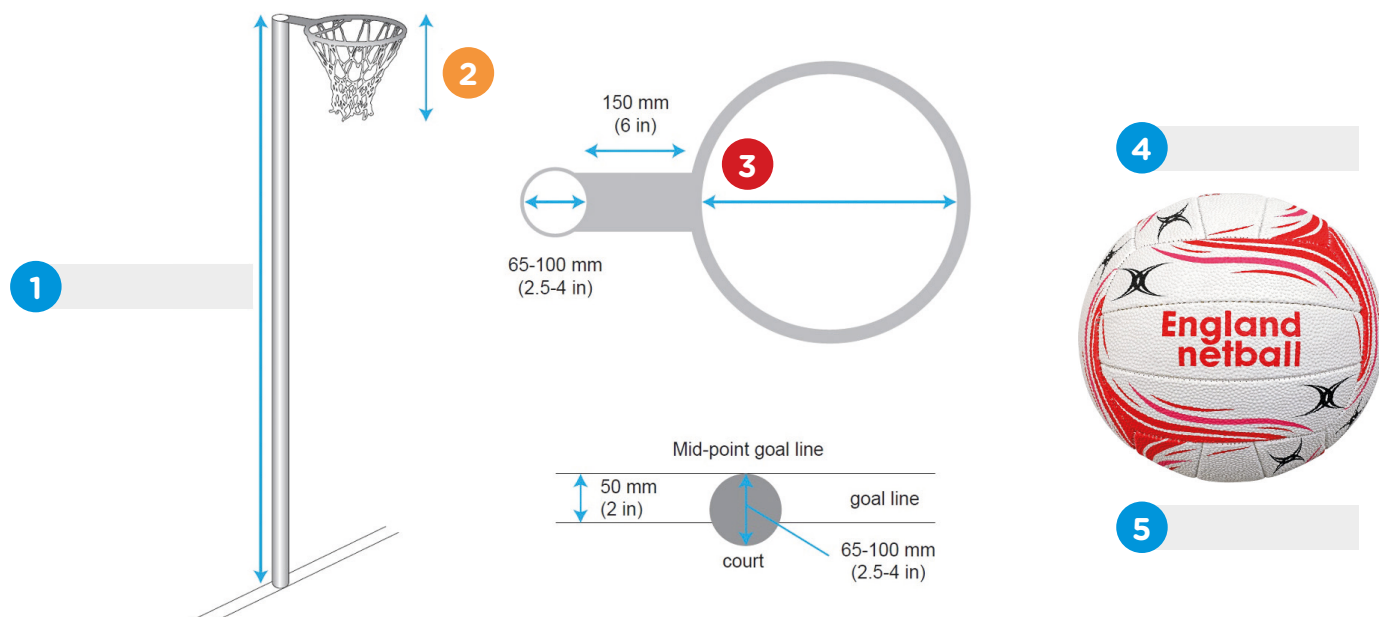
- The half of the court area to the right of the centre circle
- All the side line that you are standing next to
- All the goal line to your right

REMEMBER
You should not make any calls in your co-umpire's half, except for when the ball has gone out of court on your side line.

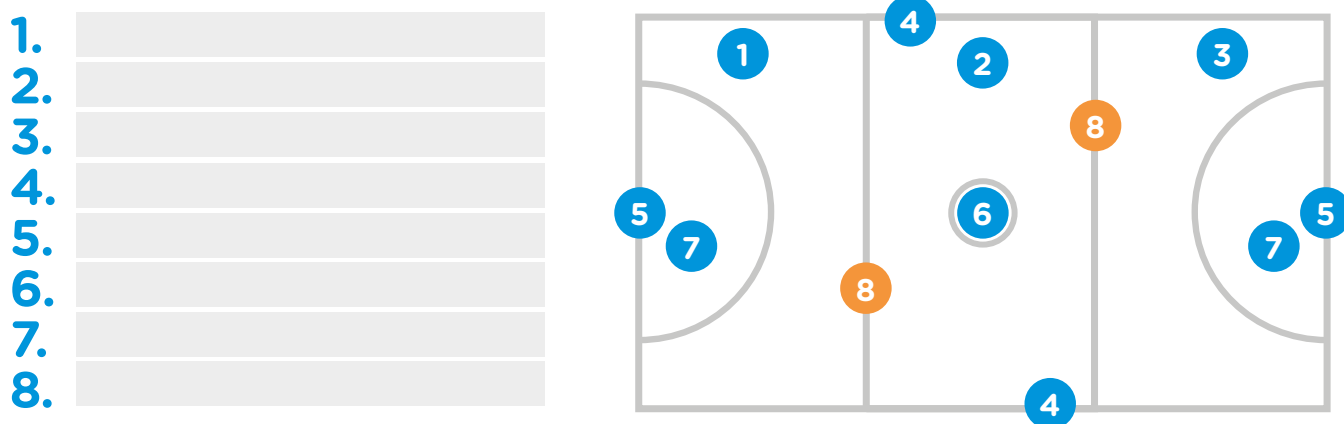
Each umpire is responsible for penalising infringements and goals scored in their half of the court and makes all decisions for the throw in on one side line, including infringements by the player taking the throw in or any opponent defending that player. If the throw in is awarded in the co-umpire's half, the co-umpire resumes control once it has been set.



Task 3 - Technical Specifications

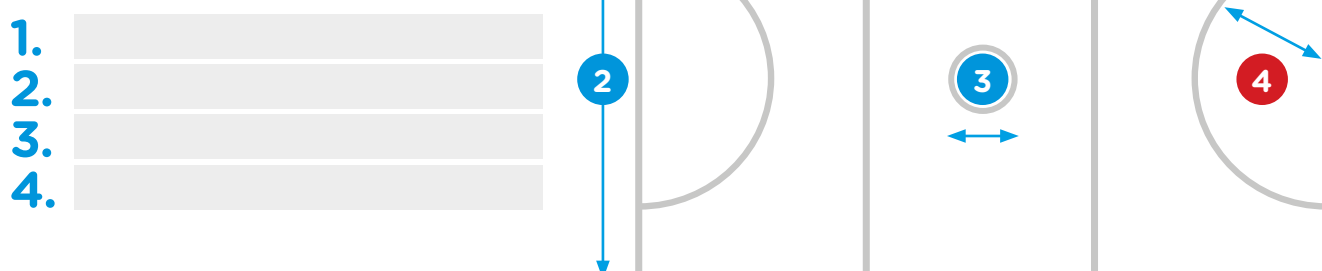


Task 4 - Label the court markings



Task 5 - Dimensions of the court

Can you correctly identify the measurements of:
 1 - Side line? 2 - Goal line? 3 - Centre circle?
 4 - Goal circle?



Section Two

In this section you will cover:

- Techniques and Applications
- Communication
- Sanctions and Actions
- Terminology
- Vision, Position and Movement

Techniques and Applications

The skills of an umpire can be broken down into two main areas:

Techniques

- How you move
- What you see, where you look and when
- How you manage the game - before, during and after

Applications

- How you apply the rules
- What you say and how you communicate and interact with players and other participants

Communication

As an umpire, good communication skills are critical for success.

Task 6 – How does an umpire communicate?

1			5
2			6
3			
4			

There are three communication tools that an umpire uses to help control the flow of the match and to communicate their decisions to their co-umpire, players, coaches, technical officials and spectators.

Whistle

Know **why**, **how** and **when** to blow your whistle.

Why

- To impose sanctions; start and restart the match; ensure fair play; keep the players and officials safe and to communicate with co-umpire/ Official Bench/players and Team Bench.

How

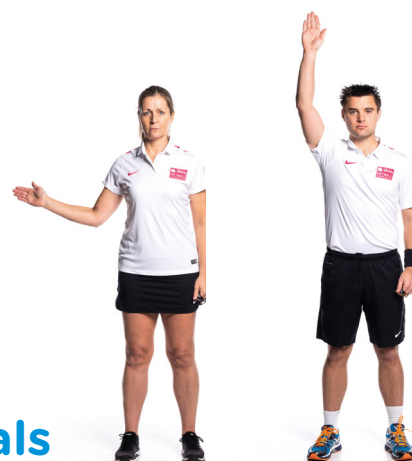
- Short, sharp blast; sound in control; so all players on court and your co-umpire can hear.

When

- At the Centre Pass; to stop the match and hold time; clarify when the ball goes out of court if it is not clear; when the rules are broken/award a toss-up and to end the match.



Hand Signals



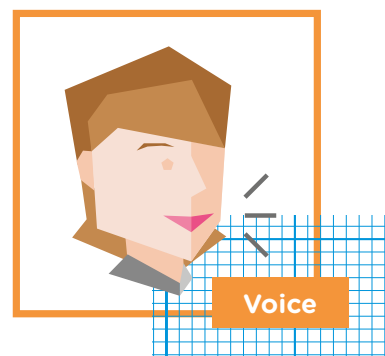
- There are 23 different hand signals!
- Help to communicate your decision
- Stick to the Rules Book and avoid copying others
- For Into Officiating, you are only expected to use the hand signals for the direction of the centre pass and for a goal scored.

Voice

Use your voice to communicate your decision and instructions to the players/co-umpire/ Official Bench and the Team Bench.

To do this effectively:

- **Be Calm** - do not rush, know what you want to say before trying to say it
- **Be Confident** - make sure the surrounding players and co-umpire can hear you, but don't shout
- **Be Clear** - with your instructions and always use the correct terminology
- **Be Decisive** - but not arrogant or bossy
- **Be Fair** - treat all players, coaches and fellow officials as you want to be treated
- **Be Sensible** - do not be afraid to use common sense



Sanctions

During a match, the umpires may award one of two types of sanction if a team or player infringes the rules. These sanctions are:

- a) Free pass
- b) Penalty pass

Sanctions are awarded to the non-infringing team and may be taken by any player allowed in the area

Free Pass - Awarded for minor infringements (actions the player does themselves)

Penalty Pass - Awarded for major infringements (actions players do to other players)

Task 7 – Minor and Major Infringements

Minor infringements	Major infringements
1	1
2	2
3	3
4	4
5	
6	
7	

Actions

Umpires can also award ‘actions’ to a team. These are;

- a) A Throw in - for when the ball comes into contact with something or someone outside of the court
- b) A Toss-Up – to resolve a number of simultaneous situations that may occur between opposing players



What to say (Terminology)

Throughout a match, umpires will use their voice to apply the rules and direct players to change their behaviour. We call these verbal instructions – terminology.

To help Umpires remember what to say and in what order, we have a terminology sequence referred to as the 5 Ws.

TOP TIP: You are only required to call the Who? (penalised player) for major infringements, a Toss Up, Offside/Breaking and on occasions where the infringing player is less obvious.

Whistle	Which?	Who?	What?	Who to?
For a majority of infringements	Which rule has been infringed?	Who is the player penalised?	Sanction or Action is awarded	Which team? (call and indicate)

How to move (Movement and Timing)

Effective movement and the timing of your run to the goal line is crucial to being a successful umpire. To make the right call, you need to be in the right position at the right time. To be in the best possible position to correctly penalise infringements, the umpire needs to:

- Move in relation to play
- Be in line with or slightly ahead of play
- Arrive at the goal line at the same time as the ball arrives (this will normally be when a shooter catches the ball under the post for a shot)
- Beat the Centre back to the centre pass to blow the whistle for the start of play so as to not delay the centre pass being taken

Where to stand (Positioning)

Knowing where to stand and when to re-position is a skill that umpires will develop over time. Umpires should always stand where they can effectively see infringements

- Position yourself so you can see
- Eyes and or shoulders square to the court
- Off court making use of the court surround
- Form a triangle with the player in possession of the ball and the opponent marking them
- Don't be afraid to take up a new position to improve what you can see

Where to look (Vision)

Knowing where to look and when is an important skill for all umpires. We call this skill – and how it is used – vision. When you begin to umpire you are likely to focus your attention on the ball and the players holding or contesting for the ball. Do not let players block your vision, you may need to move a step or two to see what you need to. Vision is key to being an effective umpire and with more practice you will soon learn to widen your vision.

TOP TIP: Nothing happens to the ball whilst it is in the air. Things can happen when a player or players attempt to gain possession of the ball. Try not to focus all your attention on the ball. Look at the actions of the players as this is where the infringements will occur.

Visual Triggers

Throughout a match, players will make subtle movements and actions which will give you a hint on what may follow. We call these visual triggers.

A player holding the ball in a certain way can tell us a lot about the next pass and how far 'down the court' the ball may be thrown.



Shoulder pass – the player is looking to throw the ball a fair distance 'down the court' at pace

Chest Pass – the most frequently used pass on court, for short to medium distance



Bounce Pass – a short range pass mainly used in and around the goal circle



Section Three

In this section you will cover

- Match Guidelines
- The start of play
- Scoring a Goal
- Keeping the score

Match Guidelines

The Match Guidelines can be found toward the back of the Rules Book and provide umpires with an additional set of information on how the rules are applied and guidance on the protocols that are followed before a match, at quarter and half time and following the final whistle.

Umpire Checks

- Check the court is safe and free of debris and the court surround areas (where you will be moving) are free from hazards and spectators
- Ball is the right size and pressure
- Posts are secure and suitable
- Confirm which team has the first centre pass
- Agree with your co-umpire which side to umpire (decided by the toss of a coin)
- Warm up

Player Checks

Umpires are responsible for checking players' nails (short and smooth), no jewellery, fitness bands or adornments, suitable footwear and that hair is tied back (a pony tail or plait is fine).



Start of Play

The team that has won the toss takes the first centre pass. All players need to take the court standing in their designated areas as shown. The only players allowed in the centre third until the whistle has been blown to start play are both Centres.

When the Centre steps into the circle the controlling umpire blows their whistle and play starts.

For the first centre pass of each quarter, the controlling umpire is the umpire in whose half the attacking players are situated. Looking at the diagram below, the umpire opposite the Official Bench is the controlling umpire as the green attacking players (WA, GA and GS) are positioned in the goal third. The green Centre is taking the centre pass and usually faces the goal post they are shooting towards. For all other centre passes in that quarter, the controlling umpire is the umpire at whose end a goal is scored. A centre pass happens at the start of each quarter and then alternates between each team following a goal being scored.

The Centre taking the centre pass must stand with at least one foot wholly within the centre circle when the whistle is blown.

The centre pass must be caught or touched by a player who is standing in the centre third or who jumps, catches the ball whilst in the air and then lands with either their first foot or both feet wholly within the centre third.

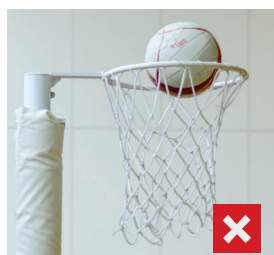


REMEMBER
At least one of the Centre's feet must be wholly in contact with the court inside the centre circle before the centre pass whistle is blown.

Scoring a Goal

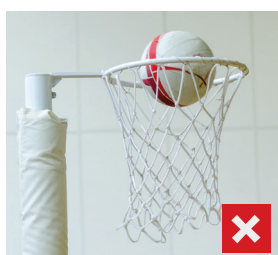
REMEMBER
A defender may not deflect the ball on the downward flight of the ball towards goal

A goal is scored when the ball is thrown or batted over and completely through the ring by the GS/GA standing wholly within the goal circle.



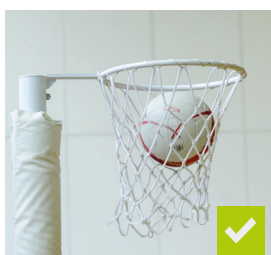
No Goal

Only one third of the ball is through the ring



No Goal

Only half of the ball is through the ring



Goal

The ball must be completely through the ring to score a goal

This may be very important if the ball is in the air when the umpire's whistle is blown for the end of the quarter or match. If the ball is not completely through the ring at the time of the whistle, then the goal will not count.

When a goal is scored, the umpire raises one hand vertically. No whistle is blown.

The umpire will then indicate the direction of the next centre pass.



REMEMBER
The GS/GA must not have any contact with the ground outside the goal circle while taking a shot at goal.

Keeping the Score

Matches at elite level will have separate timers and scorers, however there might be times at grassroots level when the Umpire has to keep score and time the match themselves.

To aid the umpires to keep track of the score, they use a 'scorecard'. This will not only help the umpire record when and how many goals have been scored for both teams, but also which team has the next centre pass.

At the start of the match, write the team names at the top as shown in Figure 1 (Red Team and Blue Team). Once the teams have tossed a coin for the centre pass (the winner can either choose to take the first centre pass or a goal end to shoot toward first) they will then inform the scorers and umpires. Whichever team takes the first centre pass, they are identified as the 'Even' side, the other team are then 'Odd'.

1.

Red		Blue	
	E EVEN	O ODD	

TOP TIP: If the ball is in play when the whistle is blown for quarter time, the Evens and Odds are changed over. If a quarter ends after a goal is scored but before the next centre pass is taken, then the Evens and Odds remain the same.

TOP TIP: If a scorer is available, this is when you use a band on your hand to track the centre passes. The band starts on the hand pointing in the same direction as the team which has the first centre pass and you change it over after each goal is scored.

Throughout the quarter, note under the correct team, each time they score a goal. Use actual numbers to do this as shown in Figure 2, crossing out the previous goal scored before adding the next.

At the end of the first quarter, the scores are noted down into the next section of the scorecard. This is when the 'Even' and 'Odd' comes in, by adding the scores together you can determine which team has the next centre pass.

The centre pass must alternate throughout the whole match, so if the score was 7-4 when play was stopped at the end of the first quarter. $7+4=11$ (odd number) indicating that the Blue team had taken the last centre pass. Since no more goals have been added it has to be the Red team when re- starting the second quarter. Hence the 'Even' and 'Odd' swapping over in the second section on the scorecard as shown in Figure 3.

Task 8 – Scoring

Before the next session, your tutor will provide you with a link to view a short self-help scoring video and a section of match footage for you to practice your scoring.

Complete the scorecard below for the footage provided, tracking the goals scored and confirming who will be taking the next centre pass at the start of quarter two. You may wish to use the other quarters to practice your scoring on other matches you may find on the England Netball website or YouTube.

Red		Blue	
1 2 3 4	E EVEN	O ODD	1 2 3 4 5 6 7
	O	E	

2.

Red		Blue	
1 2 3 4	E EVEN	O ODD	1 2 3 4 5 6 7
4	O	E	7

3.

Red		Blue	

Section Four

In this section you will cover

- **Minor Infringements**

Centre Pass

At a centre pass when the whistle is blown, a Centre must have at least one foot wholly inside the centre circle.

If a Centre does not have one foot wholly inside the circle the umpire will blow the whistle to restart play and then immediately blow the whistle a second time to penalise the infringement.

The umpire controlling the centre pass is responsible for penalising any infringement by the Centre taking the centre pass and any opponent defending the pass (if the sanction is awarded in the co-umpire's half, the co-umpire will take control once it is set).



Whistle	Incorrect centre pass	Free pass	Red
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TOP TIP: When a player is on court all lines are considered part of the area they outline. At a centre pass a player may step on the line but not over it. On the line is fine – when on court.

Out of Court

A ball is out of court when

- It touches the ground outside of the court
- It touches any person or object in contact with the ground outside of the court
- A player on court is holding the ball which is in contact with the ground, an object or a person outside of the court



No whistle*	Throw In	Blue
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TOP TIPS:

There is no whistle for out of court unless the player is unaware that they have stepped out of court. If the ball rebounds off the post this is NOT out of court.

Throw In

The player taking a throw in must

- Stand outside of the court, with one foot within 15cm/6 inches of the line
- Make sure all other players are on court
- Throw the ball within 3 seconds
- Not footwork
- Not step behind any offside area whilst holding the ball



No whistle*

Throw In

Red

TOP TIP: On the line is fine does not apply at a Throw In

Toss Up

Toss ups are conducted by the umpire when two players simultaneously

- Catch the ball
- Knock the ball out of court
- Go offside
- Contact each other

How to take a Toss Up

- Players face each other and the goal they are trying to score into
- Standing 0.9 m (3 ft) apart, with arms by their sides
- Ball is placed in the middle at shoulder height of the smaller player. Simultaneously you blow the whistle and flick the ball off your hand, no-more than 600 mm (2 ft) into the air. Retreat off court and into position as soon as possible

REMEMBER
If two players enter the centre third simultaneously before the whistle is blown, if neither player makes contact with the ball they are not penalised and play continues



Whistle

Simultaneous...

Goal Attack/Goal Keeper

Toss Up

TOP TIP: The player that wins the ball can then either pass or shoot it (if they are GS or GA and within the goal circle).

Playing the Ball

You may have heard parts of this rule referred to as

- Replaying the ball
- Repossession

Recognising when a player is in 'possession' and when a player is not, is the key to this rule.

Incorrect playing the ball is when a player who is deemed to have had 'possession' and or then does one of the following with the ball:

- Roll the ball to another player
- Deliberately kick
- Strike the ball with a fist
- Throw the ball whilst sitting, lying or kneeling on the ground
- Use the goal post to regain balance or as a support
- Bounce, bat or throw the ball and then regain possession before the ball has been touched by another player or it rebounds from the goal post

REMEMBER
If the ball comes into contact with something else on court (i.e. player or post) then the player can regain possession of the ball.



Whistle

Incorrect Playing the Ball

Free Pass

Red

Held Ball

A player must release the ball within 3 seconds from when they take possession.

The time starts from when the player takes possession of the ball. This also includes if the player catches the ball whilst in the air.

REMEMBER
One and two and three and blow!



Whistle

Held Ball

Free Pass

Red

Short Pass

When a player passes the ball there must be sufficient space for an opposing player on court to be able to intercept the ball with a hand as it moves from the hands of the thrower to those of the receiver.

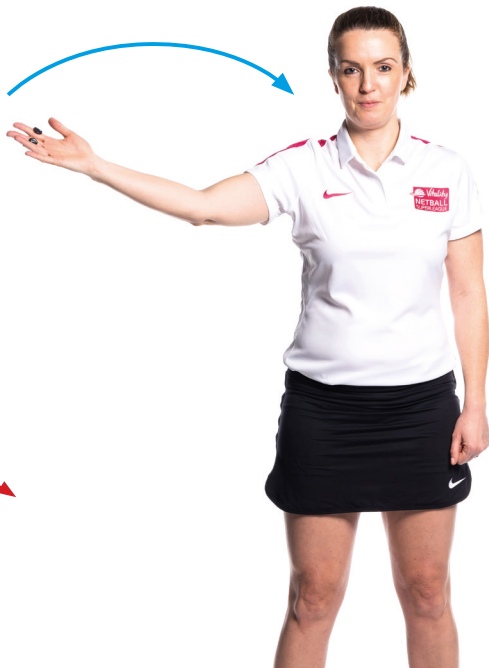
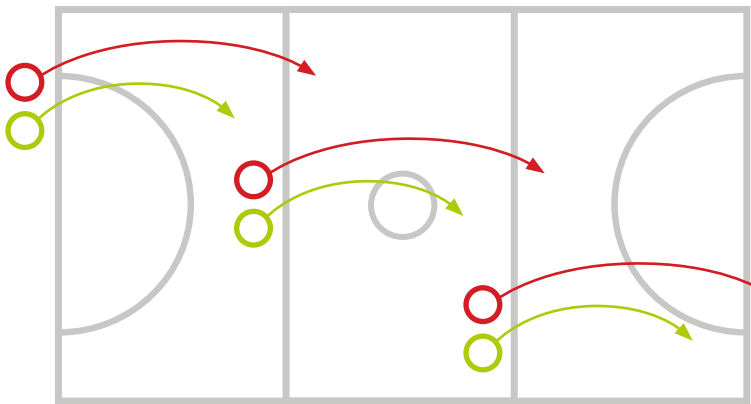


Whistle	Short Pass	Free Pass	Blue
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Over a Third

The ball must be caught or touched by a player in each third of the court.
The player who touches or catches the ball must:

- Be standing wholly in the correct third when the ball is caught or touched
- After catching or touching the ball in the air, land either with the first foot or both feet in the third concerned



Whistle	Over a Third	Free Pass	Red
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Footwork

When receiving the ball a player will catch the ball on one foot or two feet. This is termed either:

- a one foot landing
- a two feet landing

What the player can do next will be different for a one foot or two feet landing



Key things to look for when penalising footwork

- A player taking 3 steps
- A player dragging their landing foot
- A player hopping on either foot
- A player that jumps from both feet and lands on both feet while still in possession of the ball

What is a pivot?

A pivot is a movement where a player with the ball swivels either on the heel or on the ball of the landing foot while this maintains contact with the ground.

A player may not swivel on both the heel and ball of the landing foot alternately in an attempt to gain ground.



Whistle	Footwork	Free Pass	Red
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Offside

A player is offside when they enter a court area not designated for that playing position. This applies whether the player has contact with the ball or not.

TOP TIP: At a centre pass, offside infringements are termed ‘breaking’.



Whistle	Offside	Wing Attack	Free Pass	Red
Whistle	Breaking	Goal Defence	Free Pass	Blue

Section Five

In this section you will cover

- Major Infringements

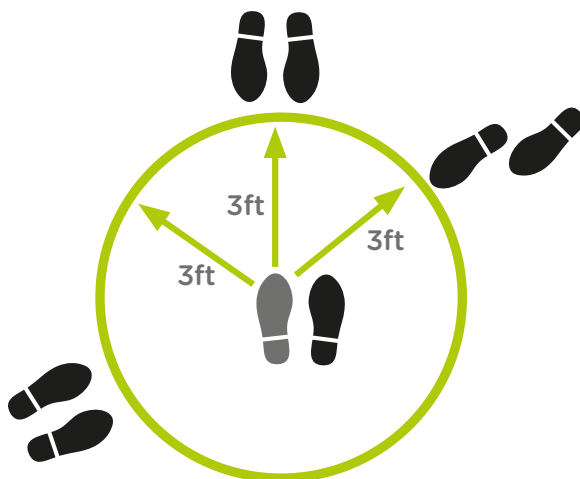
Obstruction

There are two types of obstruction that may occur in a match. The most common type you will see at Into Officiating level is obstruction of a player with the ball. The second type is obstruction of a player without the ball.



Obstruction of a player with the ball

An opposing player may attempt to deflect, intercept or defend a player with the ball, provided there is a distance of not less than 0.9m (3 ft) measured on the ground from the landing foot (the greyed out foot print in the diagrams) of the player with the ball to the nearest part of the foot of the defending player.



Whistle

Obstruction

Goal Keeper

Penalty Pass

Red

Obstruction of a player without the ball

A player who is within 0.9m (3 ft) of an opponent may not, whether attacking or defending, use movements that take the arms away from the body so as to limit the possible movement of an opponent, except as required for natural body stance.

Players can make momentary movements with their arms to indicate an intended direction of movement or to catch, deflect or intercept a pass.



Whistle	Obstruction	Goal Defence	Penalty Pass	Blue
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Contact

When attacking, defending or playing the ball opposing players may come into physical contact with each other.

Provided the players do not interfere with each other's play or use their bodies to gain an unfair advantage, it is deemed to be 'contest' and play continues.

'Contact' occurs when a player's actions interfere with an opponent's play, whether these are accidental or deliberate.





REMEMBER

Once the player taking the penalty is in the correct position as indicated by the Umpire, they can choose to either play the ball immediately or wait for the penalised player to 'Stand out of play'

Whistle	Contact	Wing Defence	Penalty Pass	Red
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Section Six

In this section you will cover

- **Stoppages**
- **Injury, Illness and Blood**
- **Late Players**
- **Game Management**

During a quarter, there may be times when you are required to stop the match and deal with an injury or illness or something not covered by the rules.

These include;

- If a player gets injured
- If a player is bleeding or has blood on them
- If a player arrives after the start of a match
- An emergency not covered by the rules



Whistle

Hold time

Injury

Goal Keeper

Injuries or Illness

From time to time a player may become injured and will need to be substituted. They will likely call to the umpire to hold time and let you know what injury they have. You should blow the whistle immediately to stop the match, holding time as you do. The injured player has up to 30 seconds to leave the court. The team can choose to substitute the injured player, leave that position vacant or move someone else on the team into that position.

Blood

An umpire may be requested to hold time due to a player bleeding or the umpire may notice the blood first. The same procedure is followed as with a standard injury but the umpire may need to determine who is bleeding if this is not clear. The player that is bleeding will need to leave the court and be substituted. The uniform of the bleeding player may need to be cleaned before they return to the match.

Any player with blood on them but who is not bleeding will need to have this cleaned too, but may return to the match before time restarts. During this time, the umpire will instruct the other players to check that they do not have any blood on them and will also check that the ball and court is clean.

Whistle

Hold time

Blood stoppage

Goal Shooter

Task 9 - Late Players

A match can begin with a minimum of 5 players from a team on court.

If a player/s arrives after a match has started, when can the umpire hold time to allow them to enter the court?

1

2

3

If a late player/s arrives, the umpire will need to hold time and check they are ready to take to court which includes no jewellery, smooth and short nails and that hair is suitably tied back. The player/s must only fill the position/s left vacant.

Whistle

Hold time

Late Player

Other Stoppages

An umpire may be required to hold time for an emergency or for something that is not covered in the Rules Book. Some typical scenarios where an umpire may need to hold time;

- A ball rolling onto court
- The match ball from your court rolls onto another court
- A player's bib falls off
- A problem with the post or the ball
- A fire alarm

The only other time an umpire may be required to hold time is when dealing with foul play.

REMEMBER

When blowing the whistle to hold time, make sure you remember where the ball was when play was stopped. This will be important when re-starting the match once the stoppage has ended.

Task 10 - Game Management

Game Management is the term used to describe the actions an umpire may use to manage a match, in addition to the normal sanctions.

The 4 Game Management actions are:

1

2

3

4

An umpire's main role is to change player behaviour by applying the rules consistently and clearly. This can be done by using a strong whistle, clear voice and good hand signals. If these are done well, it is rare that an umpire at Into Officiating level will have to use the game management actions.

Players are ultimately responsible for changing their behaviour in line with the decisions made by the umpire. If a player does continue to infringe the rules despite guidance from the umpire, further action can be taken.

More information on the application of Game Management is given on the C Award and B Award courses or can be found in the Into Officiating Resource Hub.

Notes

Notes

Codes of Conduct

England Netball (EN) has codes of conduct across the sport which is driven by its' core values of leadership, integrity, teamwork and excellence. Our codes require that highest standards of conduct from everyone involved in netball to ensure that their behaviour and actions meet the values and standards expected to them at all times.

As an Umpire I will:

- Be a full member of EN and comply with all rules, regulations and requirements of the sport including any leagues and competitions in which I umpire
- Respect the right, dignity and worth of all people involved in netball, regardless of gender, marital status, race, colour, disability, sexuality, age, occupation, religion or political opinion
- Not abuse or misuse any relationship of trust or position of power or influence held by me within my team, club, league, county, regional or national association
- Always conduct myself in an appropriate manner and cooperate with other officials and administrators
- Exercise self control; I understand that verbal, emotional and physical abuse of coaches, spectators, athletes or other officials is not acceptable or permitted behaviour in netball
- Treat all officials with respect, never bully or take unfair advantage of another official
- Umpire consistently, independently and with complete impartiality and exercise reasonable care and skill to enforce the rules of the game, to apply them fairly and to effect control of the game so as to ensure the safety of the players at all times
- Abide by the 'safeguarding best practice guidelines' for children and young people
- Ensure that I will maintain the level of knowledge required by attending appropriate and approved EN courses
- Conform to the appropriate standard of mental and physical fitness defined by EN which will enable me to effectively control matches
- Be appropriately dressed whenever I umpire
- Abide by any disciplinary sanctions that might be imposed on me
- Promote this Code of Conduct to other umpires and officials

I WILL NOT:

- Consume alcoholic drinks or illegal substance or smoke either immediately prior to or whilst umpiring
- Wager on any match or at any event where I am umpiring
- Offer or attempt to offer, or accept either directly or indirectly, any consideration whatsoever with a view to influencing the result of any match
- Coach during any match at which I am umpiring
- Use social media technology to bring the game into disrepute or make an inappropriate comment about a fellow official, coach, athlete, volunteer or England Netball

Warm Up and Cool Down

Warm Up Principles

A warm up should be performed before participating in sport and physical activity and generally consists of a gradual increase in the intensity of physical activity (pulse raiser), joint mobility exercises, dynamic stretching and a sport related activity. It is important that warm ups are specific to the exercise that will follow, which means that activities should prepare the muscles to be used and activate the energy systems that are required for that particular activity.

Why warm up?

- Reduce the risk of injury
- Raise heart rate
- Increase the flow of oxygen to the muscles
- Mentally prepare for activity
- Stretch muscles to prepare them for activity
- Set ground rules for the session
- Explore the activity area

Cool Down Principles

A cool down should be performed at the conclusion of sport and physical activity allowing the body to gradually transition from working at high intensity to its' natural resting state. Cooling down can involve a slow jog or walk, stretching and time to rehydrate.

Why cool down?

- Allows the body to return to its' normal resting state
- Helps blood to flow away from the muscles
- Allows body temperature to return to normal
- Helps the heart rate to slow down and return to resting rate
- Helps remove lactic acid which can cause cramps and muscle stiffness
- Allows the participant to recover mentally from the activity

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