



HELD BALL

RULE REFERENCE

9

ACTIVITY OBJECTIVE

To provide umpires with the opportunity to apply the Held Ball rule in a fun and engaging activity.

AREA REQUIRED

Your choice of indoor or outdoor playing area.

EQUIPMENT REQUIRED

1 x Rule book per umpire

1 x Stopwatch

1 x Pen or pencil per umpire

1 x Device capable of playing music

1 x Blank piece of paper per umpire

10 MINUTES DURATION

WHAT TO DO

- Provide each umpire with a blank piece of paper and pen/pencil.
- Explain that the aim is to practise counting three seconds.
- Play a number of songs for different lengths of time - some within three seconds, some right on and some longer. Keep a record of the times for each song.
- Each time the song starts, it signals a player catching the ball. Each time the song is stopped, it signals a player releasing the ball.
- For each song, umpires are to write down the length of time they thought the song was played for and whether it would be considered a Held Ball.
- Change it up by getting participants to do different tasks while counting (for example, shut their eyes, run on the spot, sidestep, etc.).
- At the end of the activity, read back the length of each song and get participants to record those that they answered correctly
- Use the **Ask the Umpires** questions to promote further discussion and reinforce the most important aspects of the learning by referencing the **Umpire Coaching Tips**.

UMPIRE COACHING TIPS

- A player who has caught or held the ball needs to pass or shoot for goal within three seconds.
- Be aware of the moment of receipt as this is when the count starts.
- Keep the player in view until they release the ball.
- The Sanction for a Held Ball is a Free Pass.
- The Sanction is taken where the infringement occurred (e.g. where the player was standing).
- No players are required to stand out of play.

ASK THE UMPIRES

- Why is it important to practice counting three seconds?
- Why does an umpire need to be aware of the moment a player receives the ball?
- What is the Sanction for a Held Ball?
- Where is the Sanction awarded?
- Do any players need to stand out of play?
- Can you think of other ways to practice counting three seconds?