RULES IN ACTION

HELD BALL

RULE REFERENCE 9.4.1

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 Whistle per umpire

1 x Stopwatch

10 MINUTES DURATION

WHAT TO DO

- Group participants into pairs, one with a whistle and one with a stopwatch.
- Pairs are to spread out around the Court (or available playing area).
- On 'go', the umpire with the stopwatch is to run around the court using different umpire movement patterns (for example, sidestep, jog, sprint). Their partner is to follow them, mirroring the movements.
- When the umpire with the stopwatch calls 'caught' (as in received a pass) and stops moving, they are to start their stopwatch.
- The second umpire is to start their count and when they think it would be a Held Ball. For example, at three seconds they are to blow their whistle, call 'Held Ball' and use the correct hand signal. The partner with the stopwatch is to indicate how close they were to the three seconds.
- Swap roles each time and continue to practise.
- 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?

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