



OBSTRUCTION

RULE REFERENCE

7, 11

RELATED SANCTION AND ACTION

Penalty Pass

ACTIVITY OBJECTIVE

To provide umpires with the opportunity to apply the **Obstruction** rule in a games-based activity.

AREA REQUIRED

Your choice of indoor or outdoor playing area.

EQUIPMENT REQUIRED

1 x Rule Book per umpire

1 x Whistle per umpire

1 x Stopwatch

1 x Set of patches or bibs

14 x Coloured cones

10 MINUTES DURATION

WHAT TO DO

- From the Centre Circle, randomly place seven sets of cones, in pairs, at varying distances around one half of the Court - some at exactly 0.9m (3 ft), some less than and some more than.
 - Umpires take it in turns to be the umpire who 'controls the half' where the cones are laid out.
 - The umpire blows their whistle and uses the correct hand signal to indicate the start of play.
 - Start the stopwatch.
 - The umpire then has up to 21 seconds to move along the Side Line and onto the Goal Line, while making one of three calls; 'short', 'correct', or 'long'; - in relation to the distance between each set of cones.
 - When the umpire has made their final call, they blow their whistle to indicate the end of play.
 - Stop the stopwatch and record the correct number of calls.
- The umpire who has the greatest number of correct calls in the shortest time wins.
 - To make it harder, have the other umpires stand at each set of cones, with one player pretending to be the defender and the other the attacker.
 - After all umpires have had a turn, the umpire who has the most number of correct calls wins.
 - Use the **Ask the Umpires** questions to promote further discussions around the rule and reinforce the most important aspects of the learning by referencing the **Umpire Coaching Tips**.
 - Always finish each training session with the **Quick Quiz** section.

ASK THE UMPIRES

- How does positioning affect your ability to judge defending distance?
- What is the Sanction for Obstruction?
- Where is the Sanction taken?
- Who is allowed to take the Sanction?
- Do any players need to stand out of play?
- What is the hand signal for Obstruction?

UMPIRE COACHING TIPS

- Remember that Obstruction must also be judged with reference to 3 seconds and the footwork skills of the thrower.
- The Sanction for Obstruction is a Penalty Pass.
- Sanction is taken where the infringer was standing unless this places the non-infringing team at a disadvantage.
- The infringer must move quickly to the position indicated.
- The infringer must stand beside but away from the player taking the sanction so as not to impede that player.
- The infringer must remain in this position and not move or take any part in play (including verbal comments) until the ball has been released.
- Understand that there is a distance not less than 0.9m that is measured from the nearest foot of the defending player to:
 - The nearest part of the landed foot of the receiver,
 - The nearest part of the landed foot the thrower uses to pivot on,
 - The spot on the ground from which the landed foot was lifted, or
 - The nearest part of the foot of the thrower who lands simultaneously on both feet and does not move either.
- Defending has two aims:
 - Attempting to prevent the opponent from throwing or moving in the direction desired.
 - Attempting to intercept the pass.
- Be aware of a player with the ball who shortens the distance. Know that if the defending player takes up the correct distance from the original landed foot, they do not have to readjust their defending position.
- Understand that a defending player may take up the correct distance prior to or after a player with the ball shortens the distance.
- When a Penalty Pass is awarded, the Sanction is 'set' when the player taking the Penalty Pass is positioned correctly with the ball and the infringer is also positioned correctly. 3 seconds is measured from the time both players are in position.



1. A player is standing within 0.9m (3 fet) of an opponent in possession of the ball. The player is making no effort to defend and there is on interference with the throwing action. Would this player be penalised?
A. No
2. A defending player wishes to attempt to intercept or defend a throw by an attacking player who has caught the ball in the air and landed on the right foot.

What is the minimum distance the defending player must stand from the right foot of the attacking player before attempting to defend?

A. A distance of 0.9m (3 ft).

From which foot of the defending player is the distance measured on the ground?

A. The nearer foot.

Refer to the instructions within the Starter Guide