

## VOLUME 4

NOVEMBER 1990

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### PENALTY STROKE PROCEDURE

#### (CUP MATCHES)

As we get into " Cup Match Season" many Umpires are faced with the daunting task of ending a game with penalty strokes. If the score is still a draw after 30 minutes extra time then panic may set in if we are not really prepared for this event. So, here is a handy guide to help you through.

1. Toss a coin with the captains to determine which team will go first, and indicate which goal will be used.
2. Tell the captains to choose five team members and give their numbers to you. These must be in the order in which they will take their strokes.
3. Check that both teams are beyond the halfway line and to either side of the field.
4. Decide which umpire is to control the strokes and which one will take the goal line. It is usual for both umpires to keep the score indicating on their score sheet who misses and who scores as each stroke is taken.
5. Each team has to take five strokes before deciding the winner. If both teams are level at this point then a "sudden death" situation arises.
6. The team that went second in the initial round will start this series.
7. The same players must be used but not necessarily in the same order.
8. The score is taken after each pair of strokes to establish the winner and this continues until there is a winner.

#### HINTS

It is useful to call out the score after each pair of strokes to keep the teams informed.

Be sure to check with your colleague frequently.

Make sure that your signals at the end of each stroke are **EXCEPTIONALLY CLEAR** so that no doubt arises.

All the usual points on strokes apply.

Although it appears monotonous do repeat the instructions to keeper and striker before each stroke so that no misunderstanding occurs.

For detailed guidance see the insert with the current rulebook.

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## KIT

Most types of sporting "gear" can now be obtained and, as a screen of the official badge has been purchased through the Association, a replica of the badge can now be printed on all types of kit at minimal cost!

Here are some of the "opportunities" to be had:

An umpiring tracksuit is available to members of the Association at a cost of £40 (£20 for jacket only). It is available in yellow and grey, with the badge already printed on it. Extremely warm - ideal for cold January afternoons! Made to measure.

Astro shoes, or in fact any type of footwear, can be purchased at a minimum discount of 20% (many models at £10 upwards depending on size). Can be obtained on a 48 hours turnaround, so if you know your exact requirements (brand name, model name) give it a whirl!

Umpiring equipment (different types of whistles, pullovers, polo shirts, rulebooks etc.) can also be obtained.

All the above kit is available through Julie Giblett (Bristol 670942). No obligation to buy - why not give her a call?

You'll be surprised at the bargains you can pick up!

Julie promises that the whole of the 2p profit she makes on each item will be given to this Association!

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## ANSWERS TO QUIZ II

1. Nothing - 12" is legal.
2. No! Penalty corner. This is a deliberate breach of Rule 14e - surely the players know the rules so it is deliberate? (Rule 14 Penalties 2).
3. None - the rule is a maximum of five defenders.
4. Penalty goal. The goalkeeper is not exempted from the requirement to hold her stick at all times (Rule 12.1(b)).
5. Short corner. To be a goal the ball must first be struck by another attacker in the circle. (Rule 15 (h) )
6. Five minutes (Rule 12.IV.Penalties 5(ii)).

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## INDOOR HOCKEY

Although Indoor hockey seems to be on its way out, there are still opportunities and too few people to 'try their hand' at umpiring the indoor game. If you fancy having a look at an indoor hockey match and test your skill, contact Lesley Millar on Bristol 826828.

Avon has a very strong indoor league with three divisions so don't be put off by thinking the game is of too high a standard, Lesley can find a game to suit you!

If you are interested please give Lesley a call, she will be only to pleased to hear from you.

Lesley is also keen on helping those who already umpire the indoor game and will be happy to coach those wanting to go for their AEWHA badge.

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### QUERY

What do umpires feel about players wearing Bermuda shorts under their skirts?

Does it contravene Rule 9?

Should umpires worry about standards of dress?

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### NOTES FROM THE LOCAL LEAGUE SECRETARY

1. Please will umpires print their names on the match report forms as well as signing since signatures are sometimes illegible!
2. No changes should be made to the match report forms after umpires have signed them. Could you please therefore initial any changes made so that the Secretary knows they are not changed after the event.
3. The Secretary is also asking that umpires receive the team sheets before the match and check the numbers on the shirts with those on the sheet. If there is a player without a number, captains have been asked to carry tape to alleviate that problem before the match starts.

The Secretary realises that these are small points but if it becomes usual practice then much of her job will be made easier. She appreciates all the hard work that umpires are doing, realising that without them there would be no League!

She sends her thanks.

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### FORTHCOMING EVENTS

25th December 1990 Day off for good behaviour!

13th January 1991 - Coaching for "C" and above (ring John to book your place).  
Venue will be Redmaids School. Probable timing (10.00 to 12.00)

15th January 1991 Open Evening at Imperial Athletic Club - 8.00pm

12th March 1991 Open Evening at Imperial Athletic Club - 8.00pm

Secretary: John James