



## WELCOME TO UMPIRING - 2022



## Conflict Management - In Game

How do we control the game and deal with conflict?

The three 'C's.

- **Communication** - which includes whistle, indications (signals) and voice. Effective communication with players is a key ingredient for effective umpiring. All forms of communication must be strong, clear and positive.
- **Confidence** - we must always be confident when umpiring especially with our decision making and this also includes firm handshakes when meeting the coach and players.
- **Calm & Composed** - always remain calm in all circumstances. Take some deep breaths and don't panic or rush your decision making process. By remaining calm, you can think clearly and avoid being flustered

REPORTING or USING CARDS should be a **last resort**.

Below is a scale I'd like all umpires to use. Depending on the level of the abuse, you might go straight to number 3 or 4, but this will give you some tools which you can use to control the game and prevent incidents from escalating any further.

1. A friendly warning
2. A final warning
3. A free kick



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4. A free kick plus 25 or 50 metre penalty
5. Cards - blue, yellow or red
6. Report