



# Field Umpires Coaching

## Wednesday May 31

### Round 8 Review

AFL South East  
Casey Fields, Cranbourne East VIC 3977 |



## Tonight

- Ruck Contests
- Red/yellow card distinction.
- Training – effort and intensity.
- Kings Birthday weekend

# **Ruck Contests**

**Spirit of the Law : The player whose sole objective is to contest the ball shall be permitted to do so.**

# **Ruck Contests**

**In the rule book there are 6 free kicks that can be paid for ruck infringements. What are they?**

# Ruck Contests

- 1. Non designated ruckman contests the ruck.**
- 2. Pushes or bumps an opposition ruckman**
- 3. Blocks an opposition ruckman**
- 4. Makes contact with an opposition ruck prior to the ball leaving the umpires hand.**
- 5. Ruck steps outside of the centre circle or crosses over into their attacking half (ie, line over centre circle).**
- 6. Hits the ball out of bounds on the full from a throw up or boundary throw in.**

# COACHING #13 RUCK 2023

<https://www.loom.com/share/da280dc80c9a43c2bc62f6a4d12ea6b0>

<https://www.loom.com/share/ef798ffd3b26414fb2ead931fc22a5c0>

<https://www.loom.com/share/ef798ffd3b26414fb2ead931fc22a5c0>

<https://www.loom.com/share/3416ec62c9f94487a616357e8ef706bf>

<https://www.loom.com/share/60dd317d77cf43cf8b054188bded92a2>

<https://www.loom.com/share/60dd317d77cf43cf8b054188bded92a2>

<https://www.loom.com/share/03d3b7a6d0ed4692b9717f2c7f3ee0f7>

<https://www.loom.com/share/570387f679ef4374b76d94f42acd5a32>

<https://www.loom.com/share/570387f679ef4374b76d94f42acd5a32>

# COACHING #13 Red/Yellow 2023

A quick direction on the allocation of Yellow and Red Cards.

## **Yellow Card**

player cannot be replaced and is off the field for 15 minutes

he/she may return after this time

to be used for a regular reportable offence : eg, tripping by foot, striking, dangerous tackle, abusive language.

Two examples of yellow cards correctly used as follows;

<https://www.loom.com/share/87633711836a4390ae85819572d88ea5>

<https://www.loom.com/share/058bf30744944fadb7db21bd710a3fab>

# COACHING #13 2023





**Welcome back to Senior footy**

**Joe Lillburne**

**Devon Meadows v Seaford**

**Alex Malligan**

**Pearcedale v Hastings**

# COACHING #13 2023



**Congratulations**

**First AFLSE Reserves match**

**Josh Rochford**

**Tyabb v Edi-Aspendale**



**Congratulations**

**First AFLSE Division 1 match**



**Kieren Lazarus**

**Red Hill v Langwarrin**

**King's Birthday weekend – Sat 10/Sun 11**

**Training effort/intensity**

## Game Plan

- Protect the ball player
- Work for the team
- Do the one percenters;
- Take control when needed
- Blend into the game
- Have Fun

## Next Week

**Monday 5 June.** No Training  
Coaching Reviews / Self reviews

**Wednesday 7 June**  
SUA Bowling Night

## CONTACTS

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