



CENA UMPIRE CPD · 6 OCTOBER 2026

Contact, game management and other **tricky calls.**

Working through the theory, then putting it into practice in breakout rooms using game clips.



TONIGHT

Roughly what we're **looking to cover.**

- **CENA reminders:** match timings and logistics, the rota, and mentoring
- **Contact or contest**
- **Game management**
- **Four rules that trip umpires up**
 - Each block has some theory which we'll work through and then you'll go into breakout rooms to discuss the clips
 - Rooms go at their own pace. You won't get through every clip, and that's fine: the discussion is the point
 - Timings are flexible. If we run over, we'll run another session for whatever we don't get to
 - All the clips, with the expected decisions, will be available online afterwards for you to review



Important things to be aware of.

SENIORS

Match timings and logistics

- 15-minute quarters, with breaks of 1, 2 and 1 minutes
- Whistles at 30 s and 10 s before each quarter
- The timer calls 10 s, then a 5-second countdown
- Each team provides a timer and a scorer, sat together on the home bench
- A suspended player sits at the far end of the bench, next to the timers
- Keep your sideline and goal line clear of spectators and bags
- Both teams supply a ball; the home team's ball is the match ball

ROTA AND MENTORING

Check the rota

- Check when you are down to umpire
- Want more? Sign up to the mentoring scheme
- You can't umpire a club you're connected to: one you play for, coach for or help run
- That still applies outside the usual schedule, including CENA games at a club training session, even between two teams from the same club
- Seniors limit: umpire two games, or play one and umpire one
- Be sensible about the rest of your day: even easier games are mentally tiring



01

BLOCK ONE

Contact or **contest.**

Netball is a contested sport. Contact is only an infringement when it interferes.

Contact is only an infringement when it **interferes.**

- The opponent loses possession of the ball
- Their passing or shooting action is interfered with
- Their position is changed in a way that limits their free movement
 - A shooting action has to be more precise than a passing action, so it takes less to interfere with it

A HELPFUL QUESTION

Would the player's position or action be meaningfully different without the contact?



CONTACT OR CONTEST

Advantage is not a **get out.**

- If the contact did not interfere, the correct response is nothing at all
- Signalling advantage for contact you would not whistle tells players there was an infringement when there was not
- Advantage is for a real infringement where the non-infringing team is better off if you let play continue

WATCH FOR THIS

If you would not blow the whistle for a contact, you should not play **advantage either.**

REMEMBER

Advantage is still an infringement, and it still **counts towards repeated infringing.**



BREAKOUT ROOMS

Contact or contest: **the clips.**

Into your breakout rooms. Go at your own pace: you won't get through every clip, and that's fine. What matters is the discussion about what you'd give, and why.

- Contact or contest — youtube.com/playlist?list=PLeOurD4t7XNQ



SCAN FOR LINKS

Every playlist, on one page: thenetballumpire.com/training/cpd/cpd-cena-oct-26-clip-links

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02

BLOCK TWO

Game management.

The ladder, what we can do before we get there, and the common infringements that result in an advance.

The ladder, and what we can do **before we get there.**

Proactive advice

Advance and / or escalate

Warning

Suspension

Ordering off

- Normally in order, but a serious enough offence can enter at any rung (Rule 18.8)
- One way only: each formal action can be received once

BEFORE PROACTIVE ADVICE

- A sharper, louder whistle
- A longer whistle
- A more deliberate voice
- Sustained eye contact with the player
- Reverse the terminology: “Goal Defence, contact” rather than “Contact, Goal Defence”
- A tactical pause before announcing the decision

BEFORE A SUSPENSION OR ORDERING OFF

Injured player first, then confer with your co-umpire.

- Thinking time, after the initial adrenaline spike
- Lets the temperature of the game cool
- A second opinion, so you don’t do anything too rash (or do too little)
- Your co-umpire knows what is coming and can tell the bench



Unfair play ends in an **advance**.

RULE 19.3

Intentional infringing

- Obstruction with no attempt to take the distance
- Offside with no prospect of staying onside
- Contact the player could have avoided
- Could they be expected to know, and did they have time to process it? Consider the level of play.

RULE 19.2

Delaying play

- A player or team must not intentionally waste time or delay play
- Be proactive first: an extra shout to get on court, a “let’s hurry up”
- We’re not there to catch players out, but we can’t keep asking either

RULE 19.4

Repeated infringing

RULE 19.6

Intimidation

- Behaviour designed to distract an opponent for an unfair advantage
- Covering the eyes, swiping at the face, sudden noises, stomping, waving arms, sledging
- Ask: is the action aimed at defending?

RULE 19.5

Disputed ruling

The sanction for all five is a penalty pass, advanced up to half a third.



Dangerous play: **three questions.**

- Since 2024 the minimum for dangerous play is a suspension, not a warning
- Rule 19.11: any action that is unnecessarily forceful, careless, reckless or dangerous and could affect another player's safety; head and neck contact is named specifically
- Ordering off for intentional or highly reckless acts (Rule 18.29)
- The sanction with a suspension is a penalty pass, not advanced, and nobody stands out of play

1

Is there a contact infringement?

Did it interfere? If not, nothing else applies.

2

Does it endanger player safety?

If yes, it is dangerous play: minimum a suspension.

3

Intentional or highly reckless?

That decides suspension or ordering off.

SUSPENSIONS: A QUICK REMINDER

1 If the GK is suspended, can the GD move to GK and leave GD empty instead?

2 What happens when the C is suspended?

3 Must the suspended player be the one who comes back on, and when can they re-enter?



Game management: **the clips.**

Into your breakout rooms. Go at your own pace: you won't get through every clip, and that's fine. What matters is the discussion about what you'd give, and why.

- Intentional infringing – youtube.com/playlist?list=PLHHFbRubAivg
- Delaying play – youtube.com/playlist?list=PLfMdfYXfq4co
- Intimidation – youtube.com/playlist?list=PLDRfDI4DUfWw
- Dangerous play – youtube.com/playlist?list=PLQ1lnKa5__Gs



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03

BLOCK THREE

Four rules that **trip** umpires up.

Replayed ball or repossession, the short pass, footwork, using the goalpost.

Replayed ball or repossession?

The distinction is possession.

- Had it, dropped it, touched it again: repossession (Rule 11.6)
- Never had it and went beyond the permitted sequence: replayed ball (Rule 11.7)

1st action	2nd action	3rd action
Catch	—	—
Roll to oneself	—	—
Catch (from goalpost rebound)	—	—
Bat	Catch	—
Bounce	Catch	—
Uncontrolled touch (one or more)		Catch, bat or bounce

More than two contacts are only permitted when every preceding contact was an uncontrolled touch.



Replayed ball (incorrect playing of the ball)



Repossession



The short pass: freeze the frame.

- Rule 12.1 asks one question: as the ball leaves the passer's hands, is there sufficient space for an opponent to deflect or intercept it?
- Freeze the frame at release and imagine you can move a defender anywhere: could they get a hand in without contacting an attacker?
- It is not about where the defenders actually are; it is where you could put one
- Distance is one factor but a bigger factor is time: a loopy pass from close can be interceptable, a drilled pass from slightly further away may not be
 - Rare second case (Rule 12.2): two team-mates take the ball in quick succession, and the second one ends up with it is also a short pass

THE TEST

Is there anywhere on court a defender could have deflected the ball?



Footwork: find the **landing foot**.

PERMITTED

One pivot point

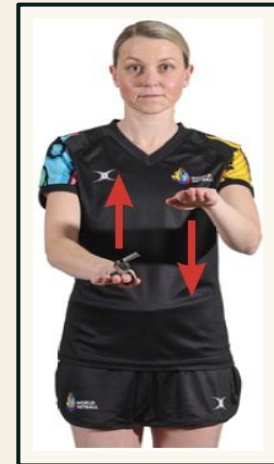
- Land on the ball of the foot, place the heel down, then pivot on the heel
- Lift onto the ball of the foot afterwards, with no further pivot
- Land flat-footed and pivot on the heel only, or the ball of the foot only

FOOTWORK

Two pivot points

- Pivot on the toe, ground the heel, then pivot on the heel
- Alternate heel and toe to gain ground: the shuffle
- Any movement that uses two pivot points

- Most of it comes down to identifying the landing foot correctly
- Late take-off: was the foot on the floor at the catch, and was it regrounded before the ball had been released?



Footwork



Using the **goalpost**.

- A player may not use the goalpost as a support, including to gain or retain possession (Rule 11.3)
- Incidental contact is nothing: posts get brushed constantly
- **“Contact on the post” is not a rule book term.** It is one of two different infringements:
 - Using the goalpost (Rule 11.3): the player uses the post for support or to play the ball. Free pass
 - Interference with shot (Rule 9): causing the goalpost to move to interfere with a shot at goal. Penalty pass



Using the goalpost
(incorrect playing of the
ball)



Interference with shot



Four rules that trip umpires up: **the clips.**

Into your breakout rooms. Go at your own pace: you won't get through every clip, and that's fine. What matters is the discussion about what you'd give, and why.

- Replayed ball or repossession — youtube.com/playlist?list=PLYxAtzHnGYL4
- The short pass — youtube.com/playlist?list=PLMuyX3aI4Tr8
- Footwork — youtube.com/playlist?list=PLU_asHQbGO_w
- Using the goalpost — youtube.com/playlist?list=PLddWZrvNKQGA



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Keep going.

Revisit everything covered tonight, and a lot more, at the link below.

thenetballumpire.com/training/cpd/cpd-cena-oct-26

- Every clip from tonight, with the expected decision and why



SCAN FOR THE PAGE

