**UMPIRING MAY 2018 UPDATE:**

FITNESS- GUT RUNNING

SUPPORT AS NO 2 AND END ZONE ROTATION

MATCH MANAGEMENT- PRESENCE

AWARENESS- WATCH AFTER DISPOSAL- AFTER A GOAL WHERE ARE U FOCUSING

POSITIONING – USING THE TRIANGLE

TEAMWORK PRIOR DURING AND AFTER NEVER SWITCH OFF

STRONG VOICE LOUD AND LONG WHISTLE. GET SIGNALS SHARPER

OFF GROUND DUTIES

**HOT GAMES**

DON’T OVER REACT

DON’T GO INTO GAMES WITH PRE THOUGHTS

STAY CALM AND COMPOSED

DON’T RUSH SIGNALS

**WET WEATHER UMPIRING**

CHANGE OF CLOTHES

BOOTS WOULD BE A GOOD IDEA

OIL YOUR LEGS LIKE MARSHY

NO COLOURED SKINS UNDER CLOTHING PLS…

WARM UP CORRECTLY BEFORE AND AFTER HALF TIME

DON’T LET PACKS LINGER

WATCH FOR KICKING LIKELY TO CAUSE INJURY

HOLD WHISTLE FOR MARKS

FRONT ON CONTACT NEVER A SOFT FREEE KICK

SLIDING IN AND DROPPING KNEES…. BALL SLIPS OUT OR TACKLE KNOCKS THE BALL OUT CALL PLAY ON