



FIELD UMPIRE COACHING NOTES – DISTANCES IN FOOTBALL

DISTANCE	WHAT IT MEANS / WHEN IT IS APPLIED
15 metres	A kick must travel <u>15 metres</u> for a mark to be paid. Note: This doesn't apply in under 10's – a mark can be paid from a kick of any distance.
5 metres	The player standing on the mark must be <u>5 metres</u> away from the goal square when an opponent is kicking-off after a behind.
5 metres	No player from either team is allowed within <u>5 metres</u> of the goal square during a kick-off after a behind.
50 metre penalty	A player is brought forward <u>50 metres</u> when an opponent is undisciplined or unnecessarily wastes time (See elsewhere for a list of offences which attract a 50m penalty). Note: In under 10's the penalty is 10metres and 15 metres in under 12's.
10 metres	The width of the protected area for a set kick is <u>10 metres</u> . That is, 5 metres either side of the player on the mark and the player taking the kick.
1 metre	At a ball-up or boundary throw-in, the 2 ruckmen must be separated by approximately <u>1 metre</u> in preparation for the contest.
2 metres	At a set kick, an opponent can follow a team-mate of the side with the ball through the protected area so long as he is following within <u>2 metres</u> of 'his man'.
5 metres	When awarding a set kick near the behind post, the player on the mark should be positioned <u>5 metres</u> in from the boundary.
2 metres	For the above action of bringing the mark in 5 metres, the mark must have taken place no more than <u>2 metres</u> from the behind post.
50 metres	The size of the square is <u>50 x 50 metres</u> . Knowing this will help when measuring a 50 metre penalty.
15 metres	A player can run <u>15 metres</u> with the ball before he/she must bounce or dispose of it.
5 metres	The ball must be within 5 metres of an opponent before he/she can be legally shepherded or bumped.
20 metres	In general play umpires should attempt to adjudicate from approximately 20 metres away. This distance will allow for good sight of the ball-carrier/contest and will provide adequate peripheral vision of outside players.
20 metres	When sending off a player in the RDFL we need to walk them off the ground. When doing this it is important that we remain approximately <u>20 metres</u> from the player.
20 metres	As in the above situation, you only need to walk with the player to approximately <u>20 metres</u> from the boundary line.
50 metres?	When doing your warm-ups prior to the game, check that the 50 metre arc is actually <u>50 metres</u> . This will help you measure the distance of a 50 metre penalty.