

FIELD UMPIRE COACHING NOTES – 50 METRE PENALTIES

The following is a list of offences that attract a 50m penalty:

1. A player encroaches the mark;
2. A player engages in time wasting;
3. A player abuses or acts demonstratively towards an Umpire;
4. A player enters the Protected Area, except when the Player is accompanying or following within 5 metres of their opponent;
5. A player has not returned the football directly and on the full to the player awarded the free kick or mark;
6. A player gives away another free kick
7. When not in the immediate contest, a player holds a player after he/she has marked the football or has been awarded a free kick; and
8. A Player in the contest who unreasonably holds a player after that player has marked the football or has been awarded a free kick.

Tips to Remember:

- Always blow 'time off' before advancing the mark and remember to blow 'time on' once you've set the new mark
- Use ground markings such as the centre square and 50m arcs to help you measure the distance of the 50m penalty
- The mark should be advanced in a direct line to the centre of the goals
- If the player being advanced 50 metres is already within 50m of goal, the mark shall be set on the goal line directly in front
- Always use clear and concise communication and have a presence if necessary
- For volatile 50m penalties, run backwards in order to keep your vision on the offending player(s) and to ensure there is no retaliation
- In a 2 or 3 umpire system the umpire who awards the 50m penalty should always keep control, even if these means a switching of positions or zones.
- Remember that reduced penalty distances apply in U10's and U12's.