



FIELD UMPIRE COACHING NOTES – THE MAIN FREE KICKS

The following list is not definitive; it simply provides an explanation of commonly occurring free kicks. You are still expected to read the AFL Laws book, accreditation manuals and the Riddell Umpires association handbook.

FREE KICK	WHAT IT IS PAID FOR/WHAT HAPPENS	SIGNAL/ACTION
High tackle	Any contact on the shoulders or above. This includes accidental bumps/knocks and attempts to spoil the ball.	3 taps of the shoulder
Push in the back	Forceful contact in the back. This doesn't have to be two hands pushing in the back – it could also be one hand, a forearm, or even a shoulder to nudge out.	Two hands thrust outwards in a pushing action.
Holding the man	Any holding/tackling that infringes an opponent when they are not in possession of the ball. Note: A player has possession of the ball when he is over it (E.g. tapping it along the ground or laying on it in a pack) so no free kick is paid in this instance.	Shaking shirt with both hands for a few seconds.
Holding the ball	This is paid when a player has had a prior opportunity to dispose of the ball, is tackled correctly and then fails to immediately kick or handball. Note: There is a complex decision-making process behind this free kick, but in reality it is easy to understand. We will go into more detail though.	Swishing motion with both arms to mimic dropping/letting go of the ball.
Kicking in danger	Kicking in an indiscriminate manner that is likely to cause injury. Note: It is important that we protect the player trying to pick up the ball so pay anything that is even remotely dangerous	3 kicks while holding hands over the shin
Push-out in marking contest	Deliberately pushing out a player who is attempting to mark the ball while in the air.	Two hands thrust outwards in a pushing action.
Throw	Throwing the ball or incorrectly handballing	Scoop with two hands
Abuse to umpire	Aggressively disputing decisions, swearing etc. Note: A free kick is paid to the nearest opposition player. However, if the opposition already have the ball (E.g. after a mark), then pay a 50m penalty. If the abuse is severe you can send the player off, or report them.	No signal, but blow whistle and explain what the free kick was paid for.