

Running

Running is an obvious part of field umpiring but, whilst umpiring football can be a physical challenge, smart running should not totally exhaust a fit and well-prepared field umpire.

A field umpire is basically in perpetual movement during a match and it is rare for an umpire not to be moving, even if only walking, when he is the no. 2.

More commonly, an umpire is either jogging or cantering during the match or straight out sprinting in certain readily identifiable situations. These are the "trigger running" situations.

Of course, there is an amount of backwards running, which, whilst a skill that needs training and practice, is not an overly difficult skill.



Cantering Running

The cantering umpire, keeping pace comfortably with the game as appropriate, not exhausting himself, turns into...

Trigger Running

...a trigger running umpire...the umpire accelerates quickly when a certain scenario presents itself - here, the umpire has made a decision and appears to be trigger running (sprinting) into control the set play



Trigger Running is called for when:

- **Set Kick Control** - a mark or free is awarded and the umpire needs to get in fast to retain control of the play;
- **Running with the Play** - a player is running fast, carrying the ball - the umpire must run and keep up!
- **Scrimmages** - a scrum leads to a ball up - the umpire needs to get in fast before anyone loses their cool;
- **Adjusting to Side on for Marks** - running to the mark - trigger run to get side on to the contest;
- **Throw-Ins** - boundary throw-ins - trigger running to observe the ruck contest from front, then side and then adjusting back inside the play;



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- **Ball Towards the Boundary** - ball heading towards the boundary line - the umpire needs to trigger run to stay side on to the play (and also is thereby leaving the tramlines);
 - **No. 2 Taking Over Control** - no. 2 coming up to take control - trigger run fast to get into take over control, allowing the umpire to back off and await the fall of the kick
 - **General Common Sense Dictates** - often common sense dictates and militates that the Umpire just has to run like the wind to keep up with the play - you'll know when!