

### **Evaluating your Performance – Umpires Self-Assessment**

An umpire should be trying to be consistent with everything they do no matter what level of game they are involved in. Reflect on your performance after a game and ask yourself the following questions. Reflect on why you have given the answers you have and how you can improve.

<b>QUESTION</b>	<b>ANSWER / COMMENTS</b>
Did I handle all of the aspects of the pre-match preparation well checking the court, players etc..?	
Was my whistle loud and sharp and could the players hear my decisions?	
Did I use hand signals when giving decisions?	
Did I always adjust and readjust my positioning according to the play?	
Was I consistent with my observation and application of 3 seconds, contact and obstruction?	
Did I always go to the other side of the goal post when play moved to that side?	
Did I walk from the sideline to the goal line and never change pace into a sprint as the ball went into the circle?	
Did I walk back to the sideline after a goal was scored, or hold up play at a Centre Pass?	
Did I let the players or spectators of either team influence my decisions?	
How well did I communicate with the other umpire throughout the game?	
Did I consistently use the correct terminology?	
What was the most positive aspect of my umpiring today?	
What aspects of the game or rules did I find difficult?	
Was I fit for the level of the game?	
Did the players respond positively to my decision making?	
Did I maintain concentration throughout the game?	
Would I benefit from talking to someone about this game?	