



Evaluation & Performance 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 their performance after a game and ask themselves the following questions. Reflect on why they have given the answers they have and how they can improve.

Question	Answer/Comments
Did I handle all aspects of the pre-match preparation checking the court, players etc?	
Was my whistle loud and sharp, 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 and readjust when necessary?	
Did I walk from the side line to the goal line and never change pace into a sprint as the ball went into the circle?	
Did I walk back to the side line after a goal had been scored or hold 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?	
Is there any area that I need to improve upon?	