

## Learning Outcomes – Participants Will:

**Adjust position from a Field Throw Up to obtain appropriate position for a scrimmage in general play.**

Success Criteria –  
Participants will be  
able to:

- Conduct a Field Throw Up
- Adjudicate a ruck contest
- Spread from the contest to obtain appropriate distance from play
- Adjust position for a scrimmage in general play
- Use change of pace to have presence into a Field Throw Up



## Activity

- Groups of 5-6 people
  - Multiple groups running simultaneously
  - Participants acting as players
1. Umpire conducts Field Throw Up
  2. Umpire spreads hard from ruck contest
  3. Simulated scrimmage between players
  4. Umpire positions and adjusts for play
  5. Ball is trapped in scrimmage
  6. Umpire blows whistle for Throw Up
  7. Umpire triggers in and repeat
- Each Umpire does 2 Throw Ups & then rotate