Umpires play a key part in the on-field experience for players, coaches, parents and fans. Use these recommendations to help maximize your impact and keep the game safe, fun and fair for all involved:

1. **Safety first!** Make sure you and your fellow coaches and program leaders have appropriate background checks and SafeSport training and certification to provide safe learning environments.

2. **Continue to work on your game.** Know the rules and be prepared. Study, watch and take advantage of professional development opportunities to keep up to date on the game. Network with and mentor others.

3. **Create an environment that allows you to work on your umpiring without the pressure and scrutinization of highly competitive events.**

4. **Create a pathway for advancement that works for your goals.** Be available, prepared and driven to success.

5. **Be physically fit for umpiring.** You are an athlete, not just a figure on the field. You must move, run and be agile to be successful.

6. **Umpiring is a lifestyle.** Treat others as you want to be treated on the field, with respect, acceptance and fairness.

7. **Balance training, number of matches and rest time to cut down on overuse injuries and burnout.**

8. **Umpiring field hockey is a year-round proposition.** Keep your game at its peak by umpiring and being active all year long, not just in season.

9. **Welcome and provide feedback with the intent to improve.**

10. **Always be willing to learn.** Field hockey is an ever-changing game. Be open to new concepts and strategies to keep up with today’s game. USA Field Hockey provides tools and resources to support umpires of all levels.