

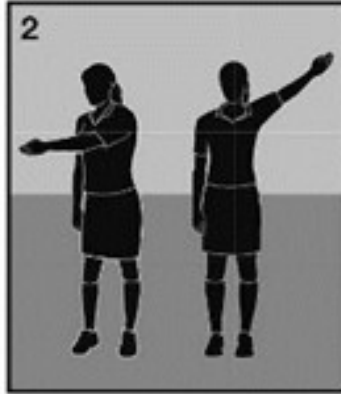


OFFICIAL FIELD HOCKEY SIGNALS

(For a description of these signals, see page 82.)



Free Hit



25-yard Free Hit



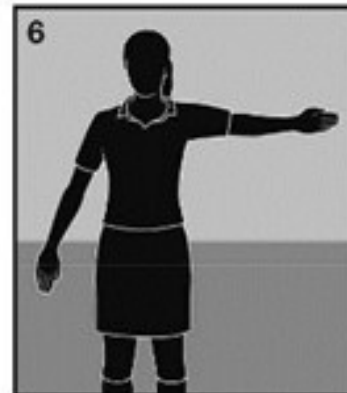
16-yard Free Hit



Penalty Corner



Penalty Stroke



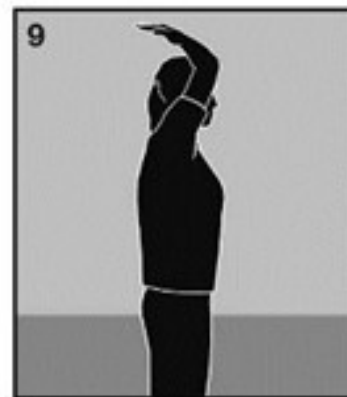
Side-in



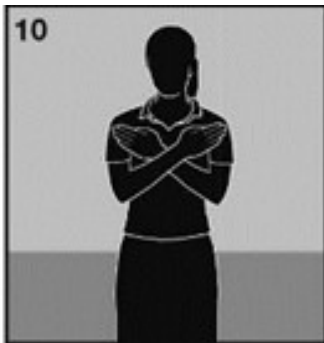
Stick Interference



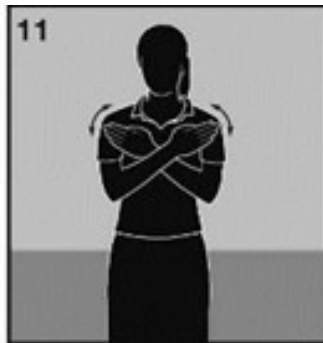
Advancing



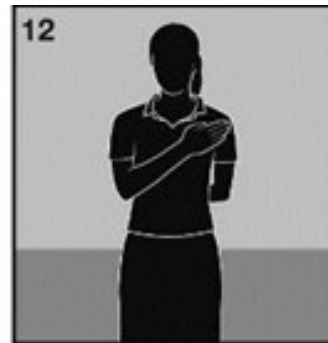
Dangerous Use
of Stick



Obstruction



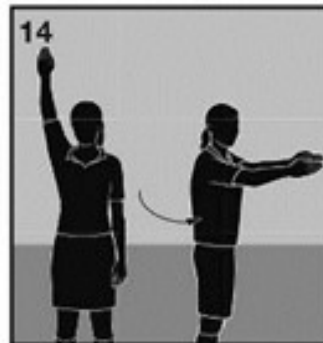
Third Party Obstruction



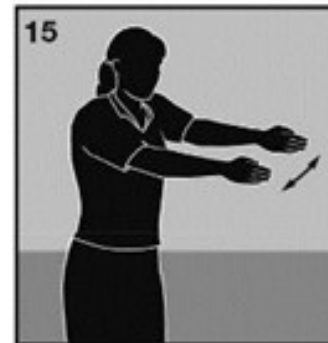
Dangerous Play



Time-out



Goal Scored



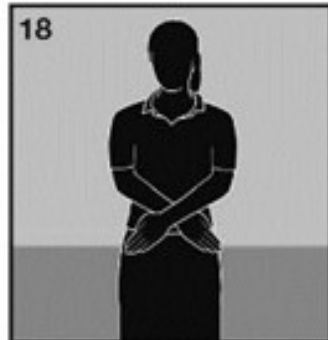
Bully



Advantage



Raised Ball



No Goal



Play with Wrong Side of Stick



Pushing



5-yard Distance

Description of Signals

1. **Free Hit**– Arm held to the side, slightly above horizontal with the palm forward toward the field .
2. **25– Yard Free Hit**– Using the right or left arm as appropriate, with the arm well below the shoulder level, draw an imaginary line from the point where the ball crossed the backline to the point on the 25-yard line.
3. **16-Yard Free Hit**– Officials back is to the end line with arms held to the side, slightly above horizontal, palms forward, pointing towards the center of the field.
4. **Penalty Corner**- Extend both arms horizontally toward the goal.
5. **Penalty Stroke**– First signal time-out (arms crossed at the wrist above the head), then extend the right arm overhead and the left arm toward the penalty stroke line.
6. **Side-in**– For direction, arm extended to the side, slightly above horizontal, palm forward toward the field with other arm down at the side.
7. **Stick Interference**– Hit forearm of one arm with other hand (chopping action).
8. **Advancing**– Slightly raise one leg and touch it with the hand.
9. **Dangerous Use of Stick**– Raise bent arm forward and upward over the head.
10. **Obstruction**– Arms crossed in front of chest with palms inward.
11. **Third Party Obstruction**– Arms crossed in front of chest, palms inward, then move forearm in and out one time.
12. **Dangerous Play**– Place one forearm diagonally across the chest.
13. **Time-out**– Arms extended overhead, crossed at the wrist, palms forward towards the field
14. **Goal Scored**– One arm extended overhead, palm forward, then turn and extend both arms horizontally towards the center of the field.
15. **Bully**– Move hands alternately up and down in front of body with palms facing each other.
16. **Advantage**– Extend an arm high from the shoulder in the direction in which the benefiting team is playing.
17. **Raised Ball**- Arms extended in front of body approximately 18 inches apart, with palms held facing each other.
18. **No Goal**– Extend and cross arms in front of body with palms down.
19. **Wrong side of Stick**– One arm extended in front of body, touch back of hand with palm of free hand.
20. **Pushing**– Hands out in front of body with a pushing motion.
21. **5-Yard Distance**– Extend one arm straight up in the air showing an open hand with all fingers extended