











# Official NFHS Field Hockey Signals

<p>1</p>  <p>FREE HIT AND 25-YARD FREE HIT</p>	<p>2</p>  <p>16-YARD HIT</p>	<p>3</p>  <p>PENALTY CORNER</p>	<p>4</p>  <p>PENALTY STROKE</p>
<p>5</p>  <p>SIDE-IN</p>	<p>6</p>  <p>STICK INTERFERENCE</p>	<p>7</p>  <p>ADVANCING</p>	<p>8</p>  <p>DANGEROUS USE OF STICK</p>
<p>9</p>  <p>OBSTRUCTION</p>	<p>10</p>  <p>THIRD PARTY OBSTRUCTION</p>	<p>11</p>  <p>DANGEROUS PLAY</p>	<p>12</p>  <p>TIME-OUT</p>
<p>13</p>  <p>GOAL SCORED</p>	<p>14</p>  <p>BULLY</p>	<p>15</p>  <p>ADVANTAGE</p>	<p>16</p>  <p>RAISED BALL</p>
<p>17</p>  <p>NO GOAL</p>	<p>18</p>  <p>PLAY WITH WRONG SIDE OF STICK</p>	<p>19</p>  <p>PUSHING</p>	<p>20</p>  <p>5-YARD DISTANCE</p>

**DESCRIPTION OF SIGNALS**

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