



Official NFHS Field Hockey Signals

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

DESCRIPTION OF SIGNALS

1. **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. **Long Hit** – Arm held to the side, approximately 45 degrees above horizontal, pointing toward the appropriate corner 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. **"Add Ten"** – Raise one arm vertically with fist clinched.
8. **Stick Interference** – Hit forearm of one arm with other hand (chopping action).
9. **Advancing** – Slightly raise one leg and touch it with the hand.
10. **Dangerous Use of Stick** - Raise bent arm forward and upward over the head.
11. **Obstruction** – Arms crossed in front of chest with palms inward.
12. **Third Party Obstruction** – Arms crossed in front of chest, palms inward, then move forearms in and out one time.
13. **Dangerous Play** – Arms extended forward, lower than waist, palms down. Move the arms slowly up and down one time.
14. **Time-out** – Arms extended overhead, crossed at the wrist, palms forward towards the field.
15. **Goal Scored** – One arm extended overhead, palm forward, then turn and extend both arms horizontally towards the center of the field.
16. **Bully** – Extend both arms in front of body, below the waist with palms touching, then move the arms and hands from one side to the other one time.
17. **Advantage** – Extend an arm high from the shoulder in the direction in which the benefiting team is playing.
18. **Raised Ball** – Arms extended in front of body approximately 18 inches apart, palms facing each other.
19. **No Goal** – Extend and cross arms in front of body with palms down.

