**Umpiring signals**

**Start Time**: turn towards the other umpire with one arm straight up in the air.

**Stop Time**: turn towards the other umpire and cross fully-extended arms at the wrists above the head.

**Bully**: With hands close to the body (palms turned toward each other) the movement of the sticks to imitate a bully.

**Sideline Hit**: indicate the direction with one arm raised horizontally.

**“16”**: face the centre of the field and extend both arms horizontally sideways.

**Long Corner**: point one arm at the corner flag nearest where the ball crossed the back-line.

**Goal**: point both arms horizontally towards the centre of the field.

**Dangerous Play**: place one forearm diagonally across the chest.

**Misconduct and / or aggressive behavior**: to stop the game and a calming gesture by both hands slowly up and down the body, palms facing down.

**Foot**: slightly raise a leg and touch it near the foot or ankle with the hand.

**Raised Ball**: hold palms facing each other horizontally in front of the body.

**Obstruction**: hold crossed forearms in front of the chest.
3rd Man Obstruction: alternately open and close crossed forearms in front of the chest

5 Metres Distance: one arm straight up showing an open hand.

Stick Obstruction/check: hold one arm out and downwards; touch the forearm with the other hand

Advantage: extend one arm high from the shoulder in the direction in which the benefiting team is playing

Free Hit: indicate the direction with one arm raised horizontally

Move forward 10 m: Arm straight up, hand as a fist.

Penalty Corner: point both arms horizontally towards the goal

Penalty Stroke: point one arm at the penalty stroke mark and the other straight up in the air; this signal also indicates time stopped.