

Umpiring signals

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



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



"16" : face the centre of the field and extend both arms horizontally sideways



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



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.



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



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



Sideline Hit : indicate the direction with one arm raised horizontally



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



Dangerous Play : place one forearm diagonally across the chest



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



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.



Free Hit : indicate the direction with one arm raised horizontally



Penalty Corner : point both arms horizontally towards the goal



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



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



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

