
APPENDIX A

ARM SIGNALS FOR OFFICIALS

ALTERNATE POSSESSION: Both arms are at chest level with palms down and fingers touching. Swing them out, down and away from the body and then signal direction of the possession.

BLOCKING: Place open hands on the hips and move them to touch hips with in-and-out motion.

CHECK TO THE HEAD: Make a chopping motion with the hand close to the head.

COVER: Arms extended downward in front of body with the right palm held on top of the left palm.

CROSSE INTO/THROUGH SPHERE: Move hand with open palm over the head in an arching motion from one ear to the other.

DANGEROUS CONTACT: One hand held in front of the chest with the palm facing forward and the other hand grasping its wrist. Push forward.

DANGEROUS FOLLOW THROUGH & DANGEROUS PROPELLING: Fists held in front of body (with one being higher than the other) then extending outward in a throwing motion. (fist of lower hand down, fist of upper hand up like a crosse would be held).

DANGEROUS PLAY: Place one forearm diagonally across the chest.

DANGEROUS SHOT ON GOALKEEPER: Open palm in front of face moving in an in/out motion.

DIRECTION OF POSSESSION: Point with open hand in the direction of play.

EARLY ENTRY ON DRAW: With the palm down, move hand back and forth in an arching motion over the line while indicating directional signal with other arm.

EMPTY CROSSE CHECK: Use the right hand with clapping motion on the left hand.

FORCING THROUGH: With open palm push out away from the face followed by the Offensive Foul signal.

GOAL: Turn toward the center of the field, raise arms above the head and then lower them, pointing horizontally toward the center of the field.

GOAL CIRCLE FOUL: Simultaneous directional signal with one arm, and chopping motion toward the GC with the other arm.

HELD WHISTLE: Arm raised horizontally, at shoulder level, in the direction of the goal the offended player is attacking.

HOLDING: Bend arm at the elbow with hand in a fist and grab the forearm with the opposite hand.

ILLEGAL BALL OFF THE BODY: Indicate by pointing to the body part that touched the ball.

ILLEGAL CRADLE IN SPHERE: Make a cradling motion using the hand pulled in close to the face.

ILLEGAL DRAW: Whistle + Direction Signal

ILLEGAL PICK: Blocking signal and then Offensive Foul Signal

ILLEGAL PROCEDURE: Bend arms at the elbows and circle the forearms around each other at chest height.

ILLEGAL STICK TO BODY CONTACT: Place fists (one up, one down) in horizontal position in front of hips. Then extend arms outward in a pushing motion.

MISCONDUCT: Cross both arms diagonally across the chest.

NO GOAL: With the arms extended toward the ground, swing them out and in so that they cross each other.

OFFENSIVE FOUL: Place one hand behind head and indicate direction of with the other hand.

OFFSETTING FOULS: Extend arms horizontally to the sides, with hands in fist, followed by a show of each foul signal – Offensive foul signal and Defensive foul signal.

OFFSIDE: Raise an open hand above the head to indicate the foul. Close the fist when making the call.

POSSESSION/RELEASE OF DRAW: Arm raised overhead and moved by the side of the body in large clockwise motion.

PUSHING OR BODY CONTACT: Make a pushing motion with two arms out in front of the body.

RE-DRAW: Place crossed palms in front of body, begin with hands together, and then extend them up and out with a quick motion.

ROUGH CHECK/ILLEGAL CHECK ON BODY: Use the arm to make a large chop motion against the wrist of the opposite arm.

SHOOTING SPACE: Arms held in front of the body with palms toward face, with one hand closer to the face, hands up, palms in a line about 6 inches toward the face.

SLASH: Long swiping motion of the extended arm from high to low across the body.

THREE-SECOND RULE: Three fingers raised, palm away.

TIME IN: Hand open above the head with arm fully extended; then drop the arm in a chopping motion to start the clock.

TIME-OUT: Turn toward the timer and cross fully extended arms at the wrist above the head.

TRIP: Point to ankle while performing a kicking motion.

WARDING: Use the forearm in an upward motion away from the body.

10-SECOND GC COUNT: One arm, shoulder high, moving from chest (90-degree bend) to full extension.



Alternate Possession



Blocking



Check to the Head



Cover



Crosse Into/
Through Sphere



Dangerous Contact



Dangerous Follow Through
& Dangerous Propelling



Dangerous Play



Dangerous Shot on
Goalkeeper



Early Entry on Draw



Empty Crosse Check



Forcing Through



Goal



Goal Circle Foul



Held Whistle



Holding



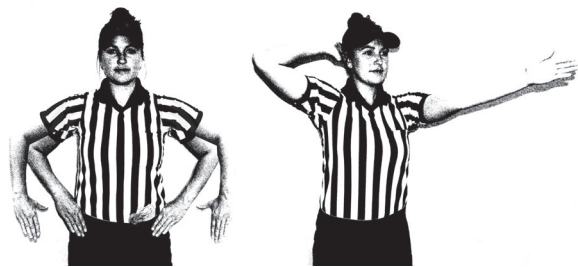
Illegal Ball off
the Body



Illegal Cradle
in Sphere



Illegal Draw



Illegal Pick



Illegal Procedure



Illegal Stick to Body Contact



Misconduct



No Goal



Offensive Foul



Offsetting Fouls



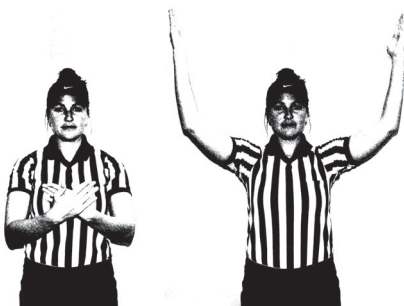
Offside



Possession/Release of Draw



Pushing or Body Contact



Re-draw



Rough Check/
Illegal Check on Body



Shooting Space



Slash



Three-second
Rule



Time In

