






















Official NFHS Field Hockey Signals

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

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.