APPENDIX A ARM SIGNALS FOR OFFICIALS

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

<u>BLOCKING</u>: Place open hands on the hips and move them to touch hips with in-andout motion.

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

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

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

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

<u>DANGEROUS FOLLOW THROUGH & DANGEROUS PROPELLING:</u> 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.

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

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

<u>EARLY ENTRY ON DRAW</u>: 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.

<u>GOAL:</u> 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.

84 - APPENDIX A • ARM SIGNALS FOR OFFICIALS

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

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

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

<u>ILLEGAL CRADLE IN SPHERE:</u> 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

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

<u>ILLEGAL STICK TO BODY CONTACT:</u> 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.

<u>OBSTRUCTION OF FREE SPACE TO GOAL:</u> 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.

OFFENSIVE FOUL: Place one hand behind head and indicate direction of possession 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.

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

<u>RE-DRAW:</u> 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.

<u>SLASH</u>: Long swiping motion of the extended arm from high to low across the body. <u>THREE SECOND RULE</u>: Three fingers raised, palm away.

APPENDIX A • ARM SIGNALS FOR OFFICIALS - 85

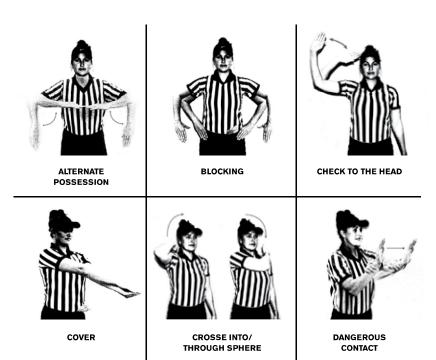
TIME IN: Hand open above the head with arm fully extended; then drop the arm in a chopping motion to start the clock.

TIME OUT: Turn towards the timer and cross fully extended arms at the wrist above the head

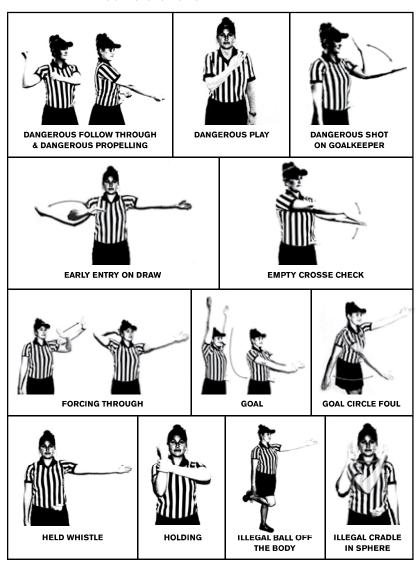
TRIP: Point to ankle while performing a kicking motion.

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

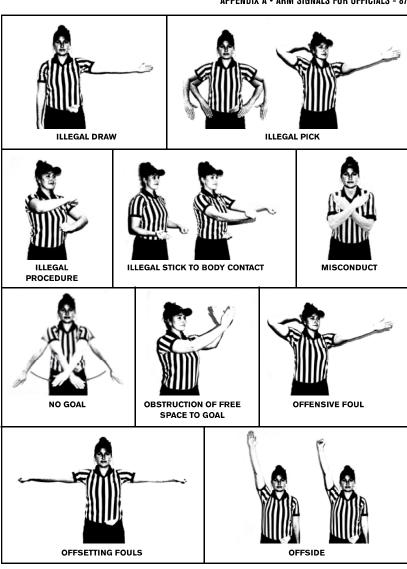
10 SECOND GC COUNT: One arm, shoulder high, moving from chest (90 degree bend) to full extension.



86 - APPENDIX A • ARM SIGNALS FOR OFFICIALS



APPENDIX A • ARM SIGNALS FOR OFFICIALS - 87



88 - APPENDIX A • ARM SIGNALS FOR OFFICIALS

