

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.

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 forwards 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.

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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.

OBSTRUCTION OF FREE SPACE TO GOAL: 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.

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.

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

THREE SECOND RULE: Three fingers raised, palm away.

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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.



ALTERNATE
POSSESSION



BLOCKING



CHECK TO THE HEAD



COVER















CROSSE INTO/
THROUGH SPHERE













DANGEROUS
CONTACT







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 <p>DANGEROUS FOLLOW THROUGH & DANGEROUS PROPELLING</p>	 <p>DANGEROUS PLAY</p>	 <p>DANGEROUS SHOT ON GOALKEEPER</p>	
 <p>EARLY ENTRY ON DRAW</p>	 <p>EMPTY CROSSE CHECK</p>		
 <p>FORCING THROUGH</p>	 <p>GOAL</p>	 <p>GOAL CIRCLE FOUL</p>	
 <p>HELD WHISTLE</p>	 <p>HOLDING</p>	 <p>ILLEGAL BALL OFF THE BODY</p>	 <p>ILLEGAL CRADLE IN SPHERE</p>

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 <p>ILLEGAL DRAW</p>	 <p>ILLEGAL PICK</p>	
 <p>ILLEGAL PROCEDURE</p>	 <p>ILLEGAL STICK TO BODY CONTACT</p>	 <p>MISCONDUCT</p>
 <p>NO GOAL</p>	 <p>OBSTRUCTION OF FREE SPACE TO GOAL</p>	 <p>OFFENSIVE FOUL</p>
 <p>OFFSETTING FOULS</p>	 <p>OFFSIDE</p>	

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 <p>PUSHING OR BODY CONTACT</p>	 <p>REDRAW</p>	 <p>ROUGH CHECK/ ILLEGAL CHECK ON BODY</p>
 <p>SLASH</p>	 <p>THREE SECOND RULE</p>	 <p>TIME IN</p>
 <p>TRIP</p>	 <p>WARDING</p>	 <p>10 SECOND GC COUNT</p>
 <p>TIME OUT</p>		