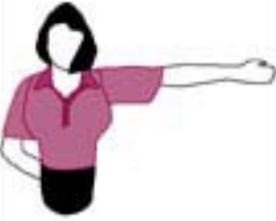


# Rules of Hockey

The International Hockey Federation®  
U.S. Field Hockey Association®

# Umpires' Signals

<p><b>Time Start</b></p>  <p>Turn towards the other umpire with one arm straight up in the air.</p>	<p><b>Time Stopped</b></p>  <p>Turn towards the other umpire and cross fully-extended arms at the wrists above the head.</p>	<p><b>Time Left</b></p>  <p>For two minutes, raise both hands straight up in the air with pointing index fingers. For one minute, raise one hand straight up in the air with pointing index finger.</p>	<p><b>Hit-in from the side-line</b></p>  <p>Indicate the direction with one arm raised horizontally; point downwards towards the side-line with the other arm.</p>	<p><b>Hit for behind the back-line (16-yard hit)</b></p>  <p>Extend both arms horizontally sideways.</p>
<p><b>Hit-in from the side-line (corner)</b></p>  <p>Point one arm at the corner flag nearer where the ball crossed the back-line.</p>	<p><b>Bully</b></p>  <p>Move the hands in front of the body alternately up and down with the palms facing each other.</p>	<p><b>Goal scored</b></p>  <p>Point both arms horizontally towards the center of the field.</p>	<p><b>Advantage</b></p>  <p>Extend an arm high from the shoulder in the direction in which the benefiting team is playing.</p>	<p><b>Dangerous play and/or bad temper</b></p>  <p>Stop play and make a calming movement by raising both hands horizontally palms downward, in front of the body, moving them slowly up and down; indicating the penalty if necessary.</p>
<p><b>Free hit</b></p>  <p>Indicate the direction with one arm raised horizontally and the open hand at face level.</p>	<p><b>Free hit progressed up to 10 meters</b></p>  <p>Raise one arm vertically with fist clenched.</p>	<p><b>5 meters distance</b></p>  <p>Extend one arm straight up in the air showing an open hand with all fingers extended.</p>	<p><b>Penalty Corner</b></p>  <p>Point both arms horizontally towards the goal.</p>	<p><b>Obstruction</b></p>  <p>Hold crossed forearms in front of the chest.</p>
<p><b>Obstruction (third party)</b></p>  <p>Alternately open and close crossed forearms in front of the chest.</p>	<p><b>Ball not stopped at penalty corner</b></p>  <p>Make a rolling movement with the hand.</p>	<p><b>Kicks</b></p>  <p>Slightly raise a leg and touch it near the foot or ankle with the hand.</p>	<p><b>Raised ball</b></p>  <p>Hold palms horizontally in front of the body, facing and approximately 150 mm from each other.</p>	<p><b>Penalty stroke</b></p>  <p>One arm points to the penalty spot, the other points straight in the air.</p>