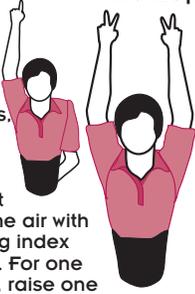
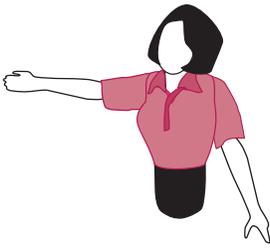
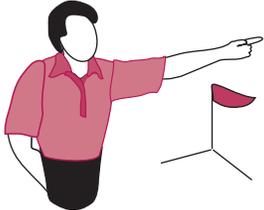
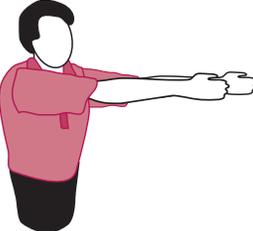
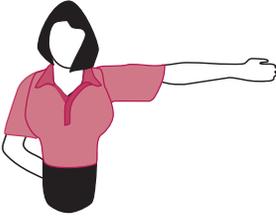
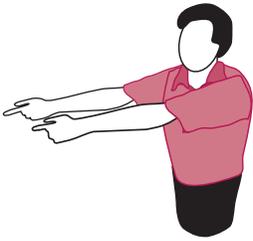


# Rules of Hockey

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 fingers. Once a signal has been acknowledged no further signal is needed.</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>