

Boarding



Striking the clenched fist of one hand into the open palm of the opposite hand in front of the chest.

Bodychecking



Open palm of the non-whistle hand, with fingers together, comes across body on to the opposite shoulder.

Butt-Ending



A cross motion of the forearms, one moving under the other arm.

Charging



Rotating clenched fists around one another in front of the chest.

Checking From Behind



A forward motion of both arms, with the palms of the hands open and facing away from the body, fully extended from the chest at shoulder level.

Cross-checking



A forward and backward motion of the arms with both fists clenched, extending from the chest for a distance of about one foot.

Delayed Off-side



Non-whistle arm fully extended above the head. To nullify a delayed off-side the Linesperson shall drop the arm to the side.

Delayed Calling Penalty



Extending the non-whistle arm fully above the head.

Goal Scored



A single point directed at the goal in which the puck legally entered.

Hand Pass



Pushing motion with the open palm.

Head Contact



Patting flat (open palm) of the non-whistle hand on this side of the head.

High Sticking



Holding both fists clenched, one immediately above the other at the height of the forehead.

Holding



Clasping either wrist with the other hand in front of the chest.

Holding The Stick



Two stage signal involving the holding signal (shown above) followed by a signal indicating you are holding onto a stick with two hands in a normal manner.

Hooking



A tugging motion with both arms as if pulling something from in front toward the stomach.

Icing The Puck



The back Referee or Linesperson signals a possible icing by fully extending either arm over their head. The arm should remain raised until the front Referee or Linesperson, either blows the whistle to indicate an icing or until the icing is washed out. Once the icing has been completed, the back Referee or Linesperson will then point to the appropriate face-off spot and skate to it.

Interference



Crossing arms stationary in front of the chest.

Kneeing



Slapping either knee with the palm of the hand, while keeping both skates on the ice.

Match Penalty



Patting flat of the hand on the top of the head.

Misconduct



Both hands on hips.

Too Many Players



Indication with six fingers (one hand open) in front of the chest.

Roughing



Fist clenched and arm extended out to the front or side of the body.

Slashing



A chopping motion with the edge of one hand across the opposite forearm.

Spearing



Jabbing motion with both hands thrust out immediately in front of the body and then hands dropped to the side of the body.

Tripping/Clipping/Slew-Footing



Striking leg with either hand below the knee, keeping both skates on the ice.

Unsportsmanlike Conduct/Diving



Using both hands to form a “T” in front of the chest.

Wash Out



A sweeping sideways motion of both arms across the front of the body at shoulder level with palms down. This signal is used: (a) by the Referee to signal “no goal”; (b) by the Linesperson to signal “no icing” and in certain situations “no off-side” (c) wash out a potential “high stick on the puck”

Hockey signals courtesy of Hockey Canada Rule Book 2025-26