



BACK OVER

Right arm at right angle to body giving a left to right motion.



BOARDING

Pounding of the closed fist of one hand into the open palm of the other hand.



BUTT-END

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



CHARGING

Rotating clenched fists around one another in front of chest.

CROSS CHECKING

One forward motion with both fists clenched extending from the chest.



DELAYING THE GAME

Both arms extended out to the side with fists closed.



DELAYED PENALTY

Referee extends his non-whistle hand straight up until the end of play.



ELBOWING

Tapping either elbow with the opposite hand.



FACE-OFF

Arms crossed in front of the chest, hands open one behind the other. Pull arms apart as if resembling two sticks being drawn.



5-SECOND COUNT

Whistle hand extended straight over head with 5 fingers apart.



FREE HAND CHECK

Left arm extended with open palm facing outward showing a pushing motion.





GOAL CREASE VIOLATION

Place one foot on crease line and signal possession while blowing whistle.

HOOING

One tugging motion with both arms, as if pulling something toward the stomach.



GOAL SCORED

Both arms extended over your head.

INTERFERENCE

Crossed arms in front of chest, hands open.



HAND BALL

Show clasping of hands together at waist level.

KNEEING

Tapping one knee while keeping head up.



HIGH STICKING

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

MATCH PENALTY

Tap on top of head.



HOLDING

Clasp either wrist with the other hand well in front of the chest.

MINOR INTERFERENCE

Forearm across chest, then point in direction of possession.





MISCONDUCT

Placing of both hands on hips.

10-SECOND COUNT

Both arms extended to just over your head with 10 fingers apart and extended.



ROUGHING AND UNNECESSARY ROUGHNESS

Extending one arm out to the side with closed fist.

TRIPPING

Both feet on the floor, right leg forward and keep looking straight forward as knee is being struck.



SHOT ON NET

Whistle hand extended straight up, rotate index finger and bring arm down.

UNSPORTSMANLIKE CONDUCT

One hand on top of the other to form a "T" at the side of the body.



SLASHING

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

WASH OUT

Both arms swung laterally across the body with palms down. Goal disallowed.



SPEARING

A pushing motion with both arms as if pushing the stick from the stomach.

WRAP AROUND

Crossed arms in front of your chest with fists closed.

