

MINI HOCKEY RULES

6 a-SIDE (u/8 and younger)

6 a-side (u/9 and u/10)

8 a-SIDES

UMPIRING

AND GENERAL INFORMATION

Published by:

South African Hockey Association

(Umpires Sub-committee)

And

South African School's Hockey



QUARTER FIELD

6 a-SIDES HOCKEY (u8 and younger)

1. TEAMS

The game is played between two teams. Each side shall each have a maximum of 8 players. Six players are permitted on the pitch at any one time. The remaining two players are substitutes, and can substitute at any time. Kicking backs are **not** permitted in Mini Hockey.

2. UMPIRES

- Preferably two umpires shall control the game;
- The umpires should co-umpire the game (help one another and form a team)
- The umpire should allow both teams to enjoy and learn about the game of hockey;
- The umpires are free to coach both sides without bias, and coaching must be friendly and positive;
- Explain at all times why the whistle has been blown

3. SUBSTITUTION

Substitutions are allowed at any time

4. DURATION OF THE GAME

The game is played over two halves (usually 12 to 15 minutes each way) with an interval

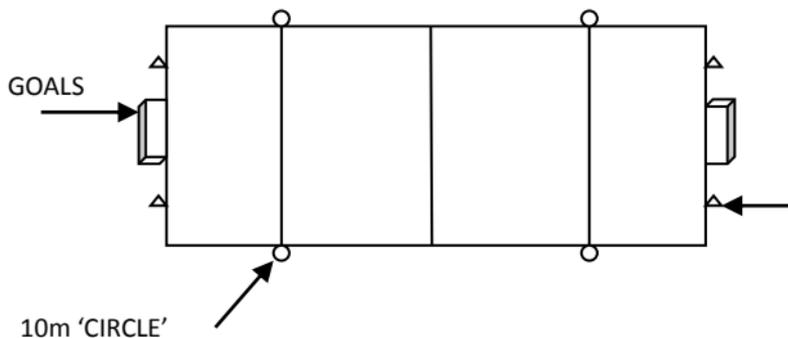
Following half time the two teams change ends.

5. CAPTAINS

The captains of each team toss before the start of the game for choice of ends or possession of the ball.

6. PITCH

Either a $\frac{1}{4}$ of a full hockey field, or +/- 40 -50 meters in length by 20-25 meters in width. The shooting "circle" is a 10 meter line, measured from the baseline from side line to side line. This may be marked with beacons on the side line of each side of the field.



7. THE GOAL

Width 3.6 meters (goals are the same size as those used in full field hockey) and are 45cm (18 inch) in height. (The goals may be 3m if cones are used)

8. THE BALL

A standard regulation weight and size hockey ball is used.

9. THE STICK

The stick shall be a standard regulation hockey stick. The stick shall have a flat face side and rounded side (back). The ball may only be played with the flat side of the stick or the side edges. Coaches and teachers are requested to ensure that young players use a suitable length and weight stick. (A rule of thumb being no shorter than the head of the femur and not longer than their belly button.)

10. EQUIPMENT/CLOTHING

No player shall wear any equipment that may be dangerous to themselves or other players. This includes raised jewellery, baseball cap with a stiffened peak, etc. It is compulsory to wear shin protectors and highly recommended to wear mouth guards at all times.

11. STARTING AND RE-STARTING THE GAME

The game is started with a push or hit from the centre of the centre line. This occurs at the start of the game or half and after a goal has been scored. At the start of the game or after a goal has been scored each team must be positioned in their own half of the pitch, with the opposing players a minimum of 5 meters from the ball until the centre pass is played. The ball can be played in any direction and must move at least 1 meter before being played by another player from the same team.

12. SCORING A GOAL

A goal is scored when the ball is played (hit, pushed, flicked, deflected) by an attacker in the 10 meter area into the goal. The whole ball must completely cross over the goal-line between the goal-posts and lifted no higher than 45cm (18 inch).

13. OFFSIDES

There is **NO** off-sides in hockey.

14. BALL OUTSIDE THE FIELD OF PLAY

14.1. OVER THE SIDE-LINE:

When the ball passes completely over the side-line off the stick of a team it shall be put into play along the ground in any direction using a hit or push by the opposing team. This is called a hit-in. Until the ball is played, no opposition players shall be with-in 5 meters of the ball. If the ball crossed over the side line with-in the 10 meter goal area, all players must be at least 5 meters away from the ball, except the player taking the free hit. A free hit in the 10m goal area cannot be a direct shot at goal.

14.2. OVER THE BACK-LINE BY AN ATTACKER:

When the ball passes over the back-line off one of the attacking players and no goal is scored, the game is restarted with a hit to the defence, which is taken just outside the 10 meter line and in line with where the ball crossed the back-line.

14.3. OVER THE BACK-LINE BY A DEFENDER:

If the ball is played over the back line by a defender, either accidentally or on purpose the game is re-started with the attacking team taking a hit 3m beyond goal area in line were the ball went out. The ball may be hit directly into the circle

**There is NO self - pass or penalty corners on a ¼ field
for u/8 and younger**

15. FAIR PLAY

Rough or dangerous play shall not be allowed, nor may any behaviour, which in the opinion of the umpire, amount to misconduct

Note: The umpire shall suspend (send off) any player who chooses to continually disobey the rules on the pitch or who uses bad language.

A player may not:

Intentionally use any part of their body to play the ball.

Lift the ball in an uncontrolled manner (under cutting).

- Play any lifted ball with the stick above shoulder height.
- Use the round side of the stick when playing the ball and when striking the ball, the stick must in no way be used in a dangerous or intimidating manner.
- Play the ball with their feet nor kick the ball. Obstruct by running between an opponent and the ball, thereby unfairly preventing the opponent from playing the ball. Neither may they use any part of their body or stick to obstruct a player.
- Hold on, charge, kick, shove, intentionally trip or strike any player or umpire. Uncontrolled lift the ball in the 10 meter area except when having a shot at goal, which may not be higher than 45cm.
- Play the stick of the opponent (hacking).
- A player shall not take part in or interfere with the game unless the player is holding their stick.

16. FREE HITS

16.1. Free hits are taken close to where the offence occurred.

16.2. The ball must be stationary at a free hit

16.3. Until a free hit is taken, all opposing players must be at least 5 meter from the ball. All free hits awarded within 3 meters of the

10 meter corner line, must be taken on an imaginary line 3 meters from the 10 meter line. All players other than the player taking the free hit must be at least 5 meters away.

16.4. In the event of the player accidentally misses the ball when attempting to take the free hit, it shall be taken again.

18. OBSTRUCTION

Obstruction is when a player prevents an opposing player from playing the ball by:

- a) Interfering with a stick or person of the opposition
- b) Shielding of the ball with the stick or body by the opposition

Note:

- The attacking player must attempt to play the ball before an umpire may interpret obstruction.
- A free hit is given to the player who has been obstructed at the place where the obstruction occurred.



SOUTH AFRICAN HOCKEY ASSOCIATION

QUARTER FIELD

6 a-SIDES HOCKEY u9 and u//10s

1. TEAMS

The game is played between two teams. Each side shall each have a maximum of 8 players. Six players are permitted on the pitch at any one time. The remaining two players are substitutes, and can substitute at any time, except at the award of a penalty corner. Kicking backs are **not** permitted in Mini Hockey.

2. UMPIRES

- Preferably two umpires shall control the game;
- The umpires should co-umpire the game (help one another and form a team)
- The umpire should allow both teams to enjoy and learn about the game of hockey;
- The umpires are free to coach both sides without bias, and coaching must be friendly and positive;
- Explain at all times why the whistle has been blown

3. SUBSTITUTION

Substitutions are allowed at any time, except following the award of a penalty corner.

4. DURATION OF THE GAME

The game is played over two halves (usually 12 to 15 minutes each way) with an interval (half time of not more than 5 minutes).

Following half time the two teams change ends.

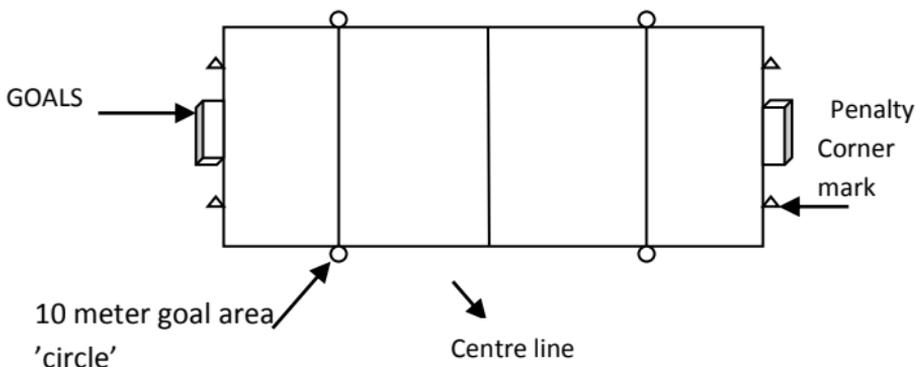
5. CAPTAINS

The captains of each team toss before the start of the game for choice of ends or possession of the ball.

Captains must wear a distinctive arm-band or similar distinguishing article on an upper arm or shoulder or over the upper part of a sock.

6. PITCH

Either a $\frac{1}{4}$ of a full hockey field, or +/- 40 -50 meters in length by 20-25 meters in width. The shooting "circle" is a 10 meter line, measured from the baseline from side line to side line. This may be marked with beacons on the side line of each side of the field. The penalty corner marks are 5 meters from each goal post on the back line.



7. THE GOAL

Width 3.6 meters (goals are the same size as those used in full field hockey) and are 45cm (18 inch) in height.

8. THE BALL

A standard regulation weight and size hockey ball is used.

9. THE STICK

The stick shall be a standard regulation hockey stick. The stick shall have a flat face side and rounded side (back). The ball may only be played with the flat side of the stick or the side edges. Coaches and teachers are requested to ensure that young players use a suitable length and weight stick. (A rule of thumb being no shorter than the head of the femur and not longer than their belly button.)

10. EQUIPMENT/CLOTHING

No player shall wear any equipment that may be dangerous to themselves or other players. This includes raised jewellery, baseball cap with a stiffened peak, etc. It is compulsory to wear shin protectors and highly recommended to wear mouth guards at all times.

11. STARTING AND RE-STARTING THE GAME

The game is started with a push or hit or self-pass from the centre of the centre line. This occurs at the start of the game or half and after a goal has been scored. At the start of the game or after a goal has been scored each team must be positioned in their own half of the pitch, with the opposing players a minimum of 5 meters from the ball until the centre pass is played. The ball can be played in any direction or the player with the ball may use a self-pass

12. SCORING A GOAL

A goal is scored when the ball is played (hit, pushed, flicked, deflected) by an attacker in the 10 meter area into the goal. The whole ball must completely cross over the goal-line between the goal-posts and lifted no higher than 45cm (18 inch). Either when:

1. On entering the goals
2. Or hitting the Backboard

13. OFFSIDES

There is **NO** off-sides in hockey.

14. BALL OUTSIDE THE FIELD OF PLAY

14.1. OVER THE SIDE-LINE:

When the ball passes completely over the side-line off the stick of a team it shall be put back into play along the ground in any direction using a hit or push or a self-pass by the opposing team. Until the ball is played, no opposition players shall be with-in 5 meters of the ball. If the ball crossed over the side line with-in the 10 meter goal area, all players must be at least 5 meters away from the ball, except the player with the ball, who may only pass the ball once the ball has travelled 3 meters.

14.2. OVER THE BACK-LINE BY AN ATTACKER:

When the ball passes over the back-line off one of the attacking players and no goal is scored, the game is restarted with a hit to the defence, which is taken just outside the 10 meter line and in line with where the ball crossed the back-line.

14.3. OVER THE BACK-LINE BY A DEFENDER:

If the ball is **accidentally** played over the back line by a defender and no goal is scored, the game is re-started with the attacking team taking a hit, push or self-pass 3m beyond goal area in line with where the ball went out. The ball must travel 3m before the ball can be hit into the goal area

If a defending player **deliberately** plays the ball over the back-line, the game is re-started with a penalty corner to the attacking team. The penalty corner is taken on the back-line 5 meters from the goal post. No player other than the player injecting the ball shall be within 5 meters of the ball. The **4 permissible defending players** must take up a position to defend the corner not closer than 5 meters from the player injecting the ball and all behind the backline/ goals.

15. FAIR PLAY

Rough or dangerous play shall not be allowed, nor may any behaviour, which in the opinion of the umpire, amount to misconduct

Note: The umpire shall suspend (send off) any player who chooses to continually disobey the rules on the pitch or who uses bad language.

A player may not:

Intentionally use any part of their body to play the ball.

Lift the ball in an uncontrolled manner (under cutting).

- Play any lifted ball with the stick above shoulder height.
- Use the round side of the stick when playing the ball and when striking the ball, the stick must in no way be used in a dangerous or intimidating manner.
- Play the ball with their feet nor kick the ball. Obstruct by running between an opponent and the ball, thereby unfairly preventing the opponent from playing the ball. Neither may they use any part

of their body or stick to obstruct a player.

- Hold on, charge, kick, shove, intentionally trip or strike any player or umpire. Uncontrolled lift the ball in the 10 meter area except when having a shot at goal, which may not be higher than 45cm.
- Play the stick of the opponent (hacking).
- A player shall not take part in or interfere with the game unless the player is holding their stick.

16. FREE HITS / SELF-PASS

16.1. Free hits are taken close to where the offence occurred.

16.2. The ball must be stationary at a free hit. A free hit maybe a hit, push or self-passed

16.3. Until a free hit is taken, all opposing players must be at least 5 mt from the ball. All free hits awarded within 3 meters of the 10 mt goal line, the ball must travel 3m from a self-pass before the ball can be hit into the goal area

16.4. In the event of the player accidentally misses the ball when attempting to take the free hit, it shall be taken again.

17. PENALTY CORNERS

A penalty corner shall be awarded for any one of the following reasons:

17.1. A defending player committing an offence inside the 10 meter goal area.

17.2. A defending player deliberately playing the ball over their own back-line from within their half of the pitch.

Taking of a penalty corner:

- Penalty corners are taken on the penalty corner marking, 5 meter line from the goal post on the back-line.

- The attacking players may choose from which side of the goals they wish to take the penalty corner.
- The player injecting the ball should ideally have at least one foot behind the back-line. (however common sense should prevail should this not happen)
- All other attacking players must be outside the 10 meter area. The 4 defending players (**which includes the goalie**) must stand behind the back-line at least 5 meters from the ball. The remaining 2 defending players must go to the centre line.
- In order for a goal to be scored, the ball must pass outside the 10 meter line, before being brought back into the circle.
- The ball is not required to be stopped before a shot is taken. Once the ball has gone further than 5 meters from the 10 meter circle line, the penalty corner is over.
- A shot at goal may not be lifted higher than 45cm (18inch). Danger and the prevention thereof must be the first priority of the umpires.
- Any penalty corner awarded on or just before half time or the end of the game shall be completed.
- Defenders may use face protection. These face protectors must be removed once the ball has been cleared and before the player clearing the ball, leaves the goal area. Lenience can be given until 3m beyond this goal line but no further

18. OBSTRUCTION

Obstruction is when a player prevents an opposing player from playing the ball by:

- a) Interfering with a stick or person of the opposition
- b) Shielding of the ball with the stick or body by the opposition

Note:

- The attacking player must attempt to play the ball before an umpire may interpret obstruction.
- A free hit is given to the player who has been obstructed at the place where the obstruction occurred.

**JUST A REMINDER THAT U9 AND U10 MAY PLAY THE SELF-PASS
AND MUST PLAY PENALTY CORNERS**



SOUTH AFRICAN HOCKEY ASSOCIATION

HALF FIELD

8 a-SIDES HOCKEY

1. TEAMS

The game is played between two teams. Each side shall each have a maximum of 10 players. Eight players are permitted on the pitch at any one time. The remaining two players are substitutes, and can substitute at anytime, except at the award of a penalty corner. Kicking backs are not permitted in Mini Hockey.

2. UMPIRES

- Preferably two umpires shall control the game;
- The umpires should co-umpire the game (help one another and form a team);
- The umpire should allow both teams to enjoy and learn about the game of hockey;
- The umpires are free to coach both sides without bias, and coaching must be friendly and positive;
- Explain at all times why the whistle has been blown

3. SUBSTITUTION

Substitutions are allowed at any time, except following the award of a penalty corner.

4. DURATION OF THE GAME

The game is played over two halves (usually 15/20 minutes each way) with an interval (half time of not more than 5 minutes).

Following half time the two teams change ends

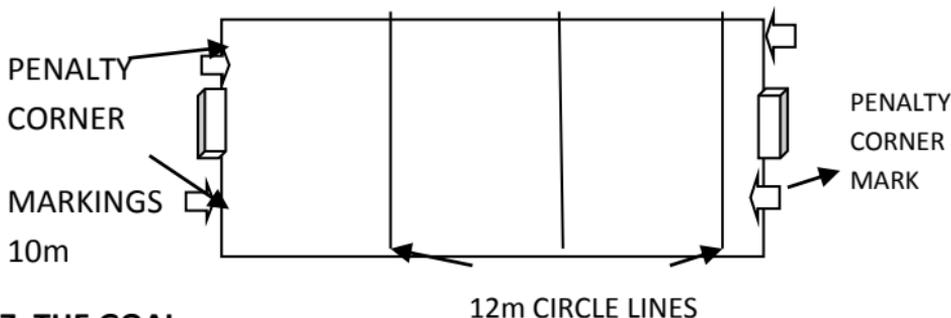
5. CAPTAINS

The captains of each team toss before the start of the game for choice of ends or possession of the ball.

Captains must wear a distinctive arm-band or similar distinguishing article on an upper arm or shoulder or over the upper part of a sock.

6. PITCH

Either a $\frac{1}{2}$ of a full hockey field, or +/- 40 -50 meters in length by 40 meters in width. The shooting "circle" is a 12 meter line, measured from the baseline from side line to side line. This may be marked with beacons on the side line of each side of the field. The penalty corner marks are 10 meters from each goal post on the back line. The long corner marker for the long corners is measured 5 meters on the side line from the back line.



7. THE GOAL

Width 3.6 meters (goals are the same size as those used in full field hockey) and the backboards are 45cm (18 inch) in height.

8. THE BALL

A standard regulation weight and size hockey ball is used.

9. THE STICK

The stick shall be a standard regulation hockey stick. The stick shall have a flat face side and rounded side (back). The ball may only be played with the flat side of the stick or the side edges. Coaches and teachers are requested to ensure that young players use a suitable length and weight stick. A rule of thumb being, no shorter than the head of the femur and not longer than their belly button

10. EQUIPMENT/CLOTHING

No player shall wear any equipment that may be dangerous to themselves or other players. This includes raised jewellery, baseball cap with a stiffened peak, etc. It is compulsory to wear shin protectors and highly recommended to wear mouth guards at all times.

11. STARTING AND RE-STARTING THE GAME

The game is started with a push/ hit/ self-pass from the centre of the centre line. This occurs at the start of the game or half and after a goal has been scored. At the start of the game or after a goal has been scored each team must be positioned in their own half of the pitch, with the opposing players a minimum of 5 meters from the ball until the centre pass is played.

12. SCORING A GOAL

A goal is scored when the ball is played (hit, pushed, flicked, deflected) by an attacker in the 12 meter area into the goals. The whole ball must

completely cross over the goal-line between the goal-posts and lifted no higher than 45cm (18 inch). Either when:

1. On entering the goals
2. Hitting the backboard

13. OFFSIDES

There is NO off-side in hockey.

14. BALL OUTSIDE THE FIELD OF PLAY

14.1. OVER THE SIDE-LINE:

When the ball passes completely over the side-line off the stick of a team, it shall be put into play along the ground in any direction using a hit or push or self-pass by the opposing team. Until the ball is played, no opposition players shall be with-in 5 meters of the ball. If the ball crossed over the side line with-in the 12 meter goal area, all players must be at least 5 meters away from the ball, except the player taking the free hit.

A free hit in the 12m goal area cannot be a direct shot at goal

14.2. OVER THE BACK-LINE BY AN ATTACKER:

When the ball passes over the back-line off one of the attacking players and no goal is scored, the game is re-started with a hit to the defence, which is taken at the 12 meter line and in line with where the ball crossed the back-line.

14.3. OVER THE BACK-LINE BY A DEFENDER:

If the ball is **accidentally** played over the back line by a defender and no goal is scored, the game is re-started with the attaching team placing

the ball 5mts beyond goal area in line with where the ball went out. No player, other than the player taking the hit, shall be within 5mt of the ball and the ball **must move 3mt** before being played in the goal area *or alternatively has to be touched by another player* of either team, before a shot at goal can be taken

If a defending player ***deliberately*** plays the ball over the back-line, the game is re-started with a penalty corner to the attacking team. The penalty corner is taken on the back-line 10 meters from the goal post. No player other than the player injecting the ball shall be within 5 meters of the ball. The **5 permissible defending players** must take up a position to defend the corner not closer than 5 meters from the player injecting the ball.

15. FAIR PLAY

Rough or dangerous play shall not be allowed, nor may any behaviour, which in the opinion of the umpire, amount to misconduct

Note: The umpire shall suspend (send off) any player who chooses to continually disobey the rules on the pitch or who uses bad language.

A player may not:

- Intentionally use any part of their body to play the ball.
- Lift the ball in an uncontrolled manner (under cutting).
- Play any lifted ball with the stick above shoulder height.
- Use the round side of the stick when playing the ball and when striking the ball, the stick must in no way be used in a dangerous or intimidating manner.
- Play the ball with their feet nor kick the ball.

- Obstruct by running between an opponent and the ball, thereby unfairly preventing the opponent from playing the ball. Neither may they use any part of their body or stick to obstruct a player.
- Hold on, charge, kick, shove, intentionally trip or strike any player or umpire.
- Uncontrolled lift the ball in the 10 meter area except when having a shot at goal, which may not be higher than 45cm.
- Play the stick of the opponent (hacking).
- A player shall not take part in or interfere with the game unless the player is holding their stick.

16. FREE HITS and SELF PASS

- 16.1. Free hits are taken close to where the offence occurred.
- 16.2. The ball must be stationary at a free hit and the pass maybe hit, pushed or a self-pass may be taken.
- 16.3. Until a free hit is taken, all opposing players must be at least 5 meters from the ball. All free hits awarded within 3 meters of the 12 meter corner line, must be taken on an imaginary line 3 meters from the 12 meter line. All players other than the player taking the free hit must be at least 5 meters away.
- 16.4. In the event of the player accidently misses the ball when attempting to take the free hit is shall be taken again.
- 16.5. **If any infringement occurs just outside the goal-area, the free hit is taken at the point of the offence but the ball must move 3mt** before being played in the goal area *or* alternatively has *to be touched by another player* of either team before a shot at goal is taken

17. PENALTY CORNERS

A penalty corner shall be awarded for any one of the following reasons:

- 17.1. A defending player committing an offence inside the 12m goal area.
- 17.2. A defending player deliberately playing the ball over their own back-line from within their half of the pitch.

Taking of a penalty corner:

- Penalty corners are taken on the penalty corner marking, 10 meter line from the goal post on the back-line.
- The attacking players may choose from which side of the goals they wish to take the penalty corner.
- The player injecting the ball should ideally have at least one foot behind the back-line. (However common sense should prevail should this not happen)
- All other attacking players must be outside the 12 meter area.
- The **4 defending players (this includes the goalkeeper)** must stand behind the back-line at least 5 meters from the ball. The remaining 3 defending players must go to the **opposite goal area**.
- In order for a goal to be scored, the ball must pass outside the 12 meter line, before being brought back into the circle. The ball is not required to be stopped before a shot is taken. Once the ball has gone further than 5 meters from the 12 meter circle line, the penalty corner is over.
- A shot at goal may not be lifted higher than 45cm (18inch). Danger and the prevention thereof must be the first priority of the umpires.
- Any penalty corner awarded on or just before half time or the end of the game shall be completed.
- Defenders may use face protection. These face protectors must be removed once the ball has been cleared and before the player

playing the ball, leaves the goal area. Lenience can be given till 3m beyond this goal line but no further

18. GOALKEEPERS

- No player can kick the ball without adequate protection on his or her legs and feet in the circle area. Kicking backs are not permitted.
- A goalkeeper should be equipped with a helmet, kickers, pads (leg protectors), and a chest pad. In the case of the younger players playing on the ½ field a face protector can be used but preferably if the school/club who can afford it, a full helmet should be worn. Also the older players should be encouraged to wear goalkeeping gloves.
- The goalkeeper may not deliberately lift/propel the ball into players when stopping / saving and clearing the ball.
- A goalkeeper may not kick the ball outside the “circle” area.

19. OBSTRUCTION

Obstruction is when a player prevents an opposing player from playing the ball by:

- a) Interfering with a stick or person of the opposition
- b) Shielding of the ball with the stick or body by the opposition

Note:

- The attacking player must attempt to play the ball before an umpire may interpret obstruction.
- A free hit is given to the player who has been obstructed at the place where the obstruction occurred.

20. DOUBLE DEFENCE

When two defending players “double tackle” or channel the opposing players towards the edges of the field. (One player channels the opponent, while the other positions himself/herself to commit or execute the tackle).

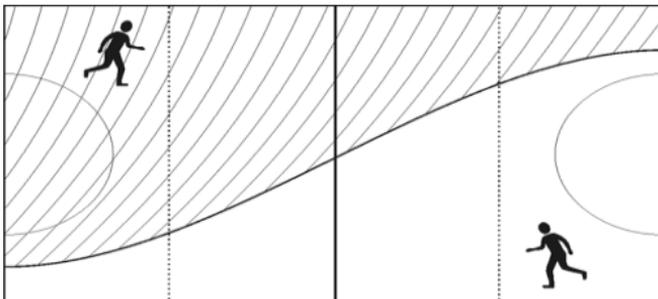
**JUST a REMINDER THAT THE SELF-PASS AND PENALTY CORNERS
ARE PLAYED ON the 8 a-side half field**



SOUTH AFRICAN HOCKEY ASSOCIATION

UMPIRING TIPS

- The two umpires should form the third team on the field. They should umpire the game together.
- The umpires should always have control of the game, whilst encouraging the players to play and enjoy the game.
- An umpire should fair and not too lenient.
- The umpire should wear appropriate clothing to allow for free movement.
- The whistle should be held in the hand and not kept around the neck or in the mouth.
- Blow the whistle firmly and clearly, using a louder tone for more serious infringements and fouls.
- The umpires stand on opposite sides of the field, each taking the right hand half of the field. Umpires don't change sides at half time. The diagram below indicates the areas which should be covered by each umpire:



- Make decisions decisively, clearly and constantly. Be fair to both teams
- At a mini level it is important to tell the players what they have done wrong so that they can learn from their mistakes.
- Play advantage as much as possible without allowing the game to become dangerous.
- No bad language should be tolerated. Players using bad language must be suspended (sent off). In such cases the suspended player may not be substituted by another player.
- Players may not abuse umpires. Any player doing so must also be suspended from the game.
- Suspension times for players should be in multiples of 5 minutes, depending on the severity of the circumstance / infringement.
- Umpires should be strict on bad stick tackling (hacking).
- It is ideal to try and always have the ball and as many players within your vision at all times. To do this entails moving into suitable positions early, and with play when necessary.
- When in the circle area, use the closest goal post as guide to obtain your ideal positioning.
- Arm signals should always be made clearly, with a straight arm, preferably at eye level.
- Danger and the prevention there of should be the first priority of umpires.
- Lifted balls (including a skilled lifted ball over the stick of a defender) should be blown according to danger.

Umpiring Signals

Signals for conduct of play must be shown if there is doubt about the reason for the decision.

TIMING



Start Time: Check that players are in their positions and are ready to play. Turn towards the other umpire with one hand straight up in the air. Blow the whistle to start time.



Stop Time: Turn towards the other umpire and cross fully-extended arms at the wrists above the head. You should also check that time has been stopped by the match manager.

BALL OUT OF PLAY



Ball out of play over the side-line: Indicate the direction of the free hit with a horizontal arm.



Ball out of play over the back line by an attacker: Face the centre of the field and extend both arms horizontally sideways.



Ball out of play over the back line unintentionally by a defender: Point one arm at the corner flag nearest where the ball crossed the back line.

GOAL SCORED



Goal scored: Point both arms horizontally towards the centre of the field.

CONDUCT OF PLAY



Dangerous play: Place one forearm diagonally across the chest.



Misconduct and/or bad temper: Stop play and make a calming movement by moving both hands slowly up and down, palms downward, in front of the body.



Foot infringement: Slightly raise a leg and touch it near the foot of ankle with the hand. The other arm should indicate the direction of the free hit.



Raised ball: Hold palms facing each other horizontally in front of the body, with one palm approximately 150mm above the other.



Obstruction: Hold crossed forearms in front of the chest.



Third party obstruction: Alternately open and close crossed forearms in front of the chest.



Stick obstruction: Hold one arm out and downwards in front of the body half-way between vertical and horizontal; touch the forearm with the other hand.



5 Metres distance: Players should be 5 metres away from the ball while the free hit is taken. Extend one arm straight up in the air showing an open hand with all fingers extended.

PENALTIES



Advantage: Extend one arm high from the shoulder in the direction in which the benefiting team is playing. The umpire can call “play on”.



Free hit: Indicate the direction with one arm raised horizontally.



Free hit progressed up 10 metres: Raise arm vertically with fist clenched.



Penalty corner: Point both arms towards the goal.



Penalty stroke: Point one arm at the penalty stroke mark and the other straight up in the air. This signal also indicates time stopped.