Goal Crease Violation

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

Goal Scored

Both arms extended over your head.

Hand Ball

Show clasping of hands together at waist level.

High Sticking

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

Shot on Net

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

Slashing

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

Spearing

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

10-Second Count

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

Holding

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

Hooking

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

Interference

Crossed arms in front of chest, hands open.

Kneeing

Tapping one knee while keeping head up.

Tripping

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

Unsportsmanlike Conduct

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

Wash Out

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

Wrap Around

Crossed arms in front of your chest with fists closed.

Back Over

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

Charging

Rotation clenched fists around one another in front of chest.

Boarding

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

Cross-Checking

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

Butt-End

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

Delaying the Game

Both arms extended out to the side with fists closed.

Delayed Penalty

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

Elbowing

Tapping either elbow with the opposite hand.

Match Penalty

Tap on top of head.

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.

Minor Interference

Forearm across chest, then point in direction of possession.

5-Second Count

Whistle hand extended straight over head with 5 fingers apart.

Misconduct

Placing of both hands on hips.

Free-Hand Check

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

Roughing and Unnecessary Roughness

Extending one arm out to the side with closed fist.