

### 3.5 Whistling :

- a the whistle is the main way in which umpires communicate with players, each other and other persons involved in the match
- b the whistle must be blown decisively and loudly enough for all involved in the match to be able to hear it. This does not mean long loud whistling at all times
- c the tone and duration of the whistle must be varied to communicate the seriousness of offences to players.

### 3.6 Signalling :

- a signals must be clear and held up long enough to ensure that all players and the other umpire are aware of decisions
- b only the official signals must be used
- c it is preferable to be stationary when giving a signal
- d directional signals must not be made across the body
- e it is bad practice to look away from the players when a signal or decision is made ; further offences might be missed, concentration can be lost, or this can indicate a lack of confidence.

## **4 Umpiring signals**

### 4.1 Timing :

- a start time : turn towards the other umpire with one arm straight up in the air
- b stop time : turn towards the other umpire and cross fully-extended arms at the wrists above the head

- c two minutes of play remaining: raise both hands straight up in the air with pointing index fingers
- d one minute of play remaining: raise one hand straight up in the air with pointing index finger.

*Once a timing signal has been acknowledged no further time signal is needed.*

4.2 Bully: move hands alternately up and down in front of the body with palms facing each other.

4.3 Ball out of play:

- a ball out of play over the side-line: indicate the direction with one arm raised horizontally
- b ball out of play over the back-line by an attacker: face the centre of the field and extend both arms horizontally sideways
- c 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.

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

4.5 Conduct of play:

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

- a dangerous play: place one forearm diagonally across the chest
- b 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

- c kick: slightly raise a leg and touch it near the foot or ankle with the hand
- d raised ball : hold palms facing each other horizontally in front of the body, with one palm approximately 150 mm above the other
- e obstruction: hold crossed forearms in front of the chest
- f third party or shadow obstruction : alternately open and close crossed forearms in front of the chest
- g 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
- h 5 metres distance : extend one arm straight up in the air showing an open hand with all fingers extended.

#### 4.6 Penalties :

- a advantage: extend one arm high from the shoulder in the direction in which the benefiting team is playing
- b free hit: indicate the direction with one arm raised horizontally
- c penalty corner: point both arms horizontally towards the goal
- d penalty stroke: point one arm at the penalty stroke mark and the other straight up in the air; this signal also indicates time stopped.