

















Umpires' signals

Whistle start/stop play 	16 yd hit 	Penalty corner 	Goal 	Hit out defence 	Side line 
No goal 	Play no foul 	Advantage 	Penalty stroke 	Kick 	Back stick 
Start time 	Stop time 	Long corner 	Direction 	5m warning 	Obstruction 
Arms moving 3 rd party obstruction 	Bully 	Danger 	Stick obstruction 	Raised ball 	Pushing 
Calming aggression 	2 min suspension 	Minimum 5 min 	Expulsion 	<h2>Rules of Hockey</h2> <ul style="list-style-type: none"> • Always show the primary signal first what's next or which way to go. • Show secondary signals to clarify your decision if there is confusion. • Demonstrate your authority and control players' actions through the intensity of the whistle. • Use cards to back up your authority if the whistle or friendly persuasion fails. 	
<h2>Umpires' SMILE</h2> <p>Simple: keep the game moving Management: think safety Interpretation: keep abreast of the rules Look: rule only on what you see Enjoyment: be consistent, be fair</p>			Time remaining 