



Official NFHS Field Hockey Signals

1 FREE HIT	2 16-YARD HIT	3 LONG HIT	4 PENALTY CORNER		
5 PENALTY STROKE	6 SIDE-IN	7 ADD TEN			
8 STICK INTERFERENCE	9 ADVANCING	10 DANGEROUS USE OF STICK	11 OBSTRUCTION		
12 THIRD PARTY OBSTRUCTION	13 DANGEROUS PLAY	14 TIME-OUT	15 GOAL SCORED	16 BULLY	
17 ADVANTAGE	18 RAISED BALL	19 NO GOAL	20 PLAY WITH WRONG SIDE OF STICK	21 PUSHING	22 5-YARD DISTANCE