



## 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	