

Ice hockey signals description

1. Strike the clenched fist of one hand into the open palm of the other hand directly in front of the chest.
2. A crossing motion of the forearms, one moving under the other.
3. Rotating clenched fists around one another in front of the chest.
4. Keep both skates on the ice when signalling, using the right hand on the leg.
5. Extend arm above the head and tap the head with an open palm.
6. A single forward and back motion with both fists clenched in front of the chest.
7. Extend arm to upright position.
8. Extend arm in the air and point to the line with the other arm.
9. The non-whistle hand, palm open, is placed across the chest and then fully extended directly in front of the body.
10. Tapping either elbow with the opposite hand.

11. A double “punching” motion with fist clenched, fully extended in front of the body.

12. Fist clenched, fully extending arm from the side.

13. Point at the net with the non-whistle hand, palm open.

14. A single or double motion as if grasping a face mask and pulling it down.

15. The non-whistle hand (open hand) and arm are placed straight down alongside the body and swung forward and up once in an underhand motion.

16. Holding both fists, clenched, one a short space immediately above the other to the side of the head.

17. Arm placed behind the back, elbow bent, forearm parallel to the ice surface.

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

19. Clasp the wrist of the whistle hand with the other hand well in front of the chest. Next, hold both fists, clenched, one a short space in front of the other at waist height.

20. After blowing the whistle for offside, point towards the offending team’s special spot with the non-whistle hand.

21. Crossed arms with fists clenched stationary in front of the chest.

22. A series of tugging motions with both arms, as if pulling something towards the stomach.

23. Using both hands to form a "T" in front of the chest.

24. Keep both skates on the ice when signalling, using right hand on the leg.

25. Both arms swung shoulder height, not waist height.

26. A single slapping of the right palm to the left knee, keeping both skate blades on the ice.

27. Hands in the middle of the body in the shape of "O". Additional infraction following obstruction.

28. Arms crossed (fists clenched) above the head.

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