












































Referee Hand Signals and Cheat Sheet

Types (T) (I=Procedural, P=Personal Foul, T=Technical Foul)

Signal	Text	Penalty	T	Duration	Comments
	Timeout: Discretionary or Injury. Follow with tapping on chest for my TO.	None RULE: 4-27 4-28	I	Up to 2 minutes. 4 per game. Max 2 per half.	Possession required if not a dead ball.
	Score	None	I		Made by Lead Official. Retrieve ball and place at X. Check the penalty box after a goal.
	No Score	None 4-9	I		End of period horn, goal-crease violation, too many players, teams offside, whistle, head off stick, play on or foul by scoring team, timeout.
	Face-Off	None 4-3	I		
	Alternate Possession	Possession 4-33	I		Must be recorded on the scorecard.
	Ball in Possession on Face-off or start the clock at Half.	None	I		Attack/Defense must stay out of center area until called.
	Ball has entered attack area.	None 4-14 4-15 3-3	I	Occurs within 10 seconds of crossing the midline.	Must stay in the attack area during the last 2 minutes of regulation play. ONLY IN 4TH QTR & TO TEAM THAT'S LEADING.
	Out of Bounds. Direction of Play.	Possession	I		Don't forget to look to bench for sub opportunity. NOT ON ENDLINE.
	Failure to Advance the Ball.	Possession	I	20 seconds (including 4 second goalie count) to the midline 10 seconds to the goal area.	Player must be in contact with some part of the midline area. Airborne players do not count.
	Loose Ball		I		A call is made and the ball is not in possession of a player.

	Simultaneous Fouls	7-6	I		FOULS AGAINST BOTH TEAMS THAT OCCUR DURING A FLAG DOWN.
	Non-releasable Penalty	7-2	I		FULL TIME SERVED. IF MULTIPLE FOULS-NON-RELEASE SERVED FIRST. 7-2-e.
 13. Counts	Counts		I		
	Stalling Warning		I		ALL REFS MUST AGREE TO CALL.
	Re-entry of the Crease	Possession 4-20	I		Ball awarded outside the offensive area.
	Play-on, Dead Ball or Dead Ball followed by Appropriate Foul Signal.		I	Play-on count to 3 and call the foul unless possession is gained by the offended.	LOOSE BALL TECHNICAL FOUL WHICH RESULTS IN AWARD OF POSSESSION.
	Inadvertent Whistle.		I		AWARD BALL TO TEAM IN POSSESSION OR USE ALTERNATING POSSESSION
	Disregard Flag.		I		
	Personal Foul	Time	P	1 to 3 minutes	A player fouls out after 5 fouls. Can be substituted for. Goals not meeting specs – 3 Minutes Non-Releaseable for Home Team.
	Illegal Body Check	Time 5-3	P	1 to 3 minutes	Spearing=1 minute non-releaseable Violent Spearing=3 minutes non-releaseable. EJECTION.
	Slashing	Time 5-6	P	1 to 3 minutes	Must hit stick. Not neck/head or below the waist. Hand is part of the Crosse. Swinging with excessive viciousness or recklessness.

	Cross Checking	Time 5-2	P	1 to 3 minutes	Should be a visible thrust.
	Tripping	Time 5-7	P	1 to 3 minutes	Obstructing an opponent at or below the waist with the Crosse, hands, feet, or legs.
	Unnecessary Roughness	Time 5-8	P	1 to 3 minutes	Excessively violent, punching, or avoidable acts. "Take-out" check
	Unsportsmanlike Conduct	Time 5-9	P	1 to 3 minutes	Non-releasable in FOLLOWING cases. <i>Arguing with an official. Profane language or gestures. Taunting. Record on Scorecard, report to Assignor</i>
	Illegal Equipment (Crosse)	Time 5-4 5-5	P	1 OR 3 minutes	<i>Altered Stick – 3 Minutes Non-Releasable</i> <i>Stick out of game. Stick under table, no coach in section.</i>
	Deep Pockets	Time 5-4	P	1 minute	<i>Deep Pocket – 1 Minute Non-Releasable. Stick may be fixed and return to game.</i>
	Illegal Equipment (Gloves)	Time 5-5	P	1 minute	<i>Jewelry – 1 Minute Non-Releasable</i>
	Expulsion Foul	Ejection 5-11	P	<i>3-minute non-releasable penalty.</i> Remove coach from area. Student in school official charge.	<i>2nd non-releasable, unsportsmanlike foul. Striking or attempting to strike, or leaving the bench during a fight. Tobacco.FLAGRANT FOUL.</i>
	Technical Foul (Time Served)	Time or Possession	T	AWARD OR 30 seconds	
	Interference	Time or Possession 6-7	T	AWARD OR 30 seconds	Must allow free movement of the ball except when within 5 yards of a loose ball or in-flight.
	Illegal Offensive Screening	Time or Possession 6-4	T	AWARD OR 30 seconds	Blocking a player from the man he is playing or obstructing with the Crosse. Must be stationary prior to contact.

	Holding	Time or Possession 6-3	T	AWARD OR 30 seconds	Pinning, stepping, grabbing an opponents Crosse, or holding with a free hand.
	Warding Off	Time or Possession 6-11	T	AWARD OR 30 seconds	Using the free hand or arm to hold, push or control the movement of the Crosse or body of the player after applying a check.
	Pushing	Time or Possession 6-9	T	AWARD OR 30 seconds	Push or thrust from behind or outside the 5 yard area.
	Withholding Ball from Play	Time or Possession 6-12	T	AWARD OR 30 seconds	Lie on the ball, trap and hold longer than necessary. Repeated offenses are unsportsmanlike conduct.
	Stalling	Time or Possession 6-10	T	AWARD OR 30 seconds	Leaving the goal area after a team has been told to "keep it in" during the last 2 minutes of play.
	Offside	Time or Possession 6-8	T	AWARD OR 30 seconds	Ball awarded on the offensive side of the center face-off X if committed by offense. Ball awarded at spot for slow whistle.
	Crease Violation	Time or Possession 6-2	T	AWARD OR 30 seconds	Award ball on offensive side of X IF COMMITTED WHEN DEFENSE IN POSSESSION
	Conduct Foul	Time or Possession 6-6	T	AWARD OR 30 seconds	Coach on field, personnel in the coaches area, no artificial aids for communication to players, object to official's decision, artificial noise.
	Illegal Procedure	Time or Possession 6-5	T	AWARD OR 30 seconds	Award ball on offensive side of X. Touching, no stick, stick in face, lateness, delay, illegal entry, >4 long sticks, failure to advance to goal area <= 10 sec, unacceptable horn.
	Substitution Infraction	Time or Possession 6-6-j	T	AWARD OR 30 seconds	
	Illegal Touching of the Ball	Time or Possession 6-5-2 4-19	T	AWARD OR 30 seconds	TOUCHING BALL WITH FREE HAND- NOT ON STICK OK FOR GOALIE IF IN CREESE & DOES NOT PICK BALL UP