



1. Foul
"Foul"

Hold one arm straight out and chop the other forearm across the straight arm



2. Violation
"Violation"

Hands above head forming a V, closed fists



3. Goal
"Goal"

Raise both arms, fully extended, straight up, palms facing inward



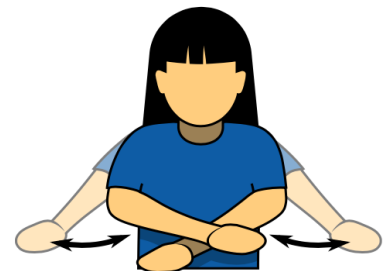
4. Contest
"Contest"

Two fists bumped together in front of chest, back of hands facing outward



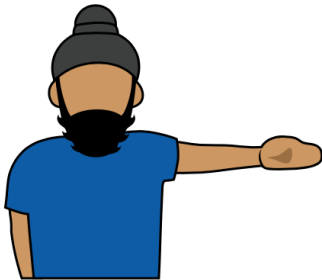
5. Accepted
"Accepted"

Forearms extended in front of body, elbows tight against torso with palms facing upwards



6. Retracted/Play On
"Retracted" "Play On"

Sweeping crossover motion with both arms extended down in front of body



7. In/Out-of-bounds –
Out of end zone
"In" "Out"

Point with one arm extended, flat palm, thumb parallel to fingers, towards playing field (in) or away from playing field (out)



8. Disc down
"Down"

Index finger straight arm pointing down at 45 degree



9. Disc up
"Up"

Elbow down forearm vertical index finger pointing upward



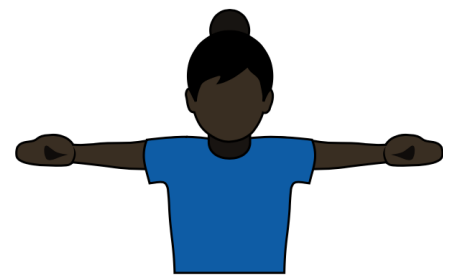
10. Pick
"Pick"

Arms raised, elbows bent, fists facing head



11. Travel
"Travel"

Closed fists, rotate wrists around in a vertical circle



12. Marking Infraction
"Fast Count" "Straddle" "Disc Space" "Wrapping" "Double Team" "Vision"

Arms extended to side, palms facing front



13 Turnover
"Turnover"

Right arm extended in front of body, palm facing up and then rotate to palm facing down



14. Timing Violation
"Stall" "Violation"

Tap head with open hand



15. Off side
"Off side"

Arms crossed overhead in an X, hands closed in a fist



16. Time-out
"Time-out"

Form a T with the hands, or a hand and the disc



17. Spirit Stoppage
"Spirit Stoppage"

Upside down T formed by the hands



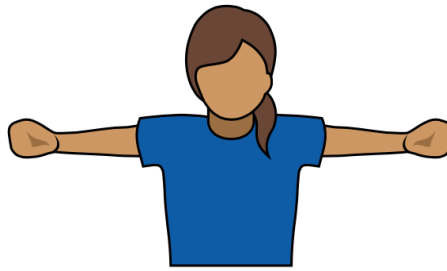
18. Stoppage
"Injury" "Technical"

Hands clasped and raised above head, arms bent



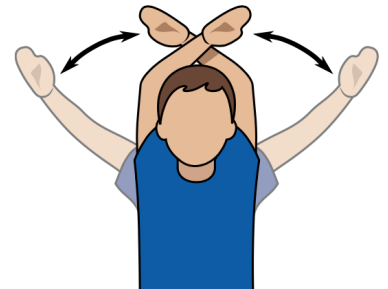
19. Personnel Ratio: Men
"Ratio: Men"

Hands cupped behind head, elbows out to side



20. Personnel Ratio: Women
"Ratio: Women"

Arms extended to side, hands closed in a fist



21. Play has stopped

Wave both extended arms crosswise overhead



22. Match Point
"Match Point"

Both arms pointing straight up to the left, palms facing down



23. Who made the call
"Called by Offence/Defence"

Pointing with two arms straight out, towards the end zone being defended by the team