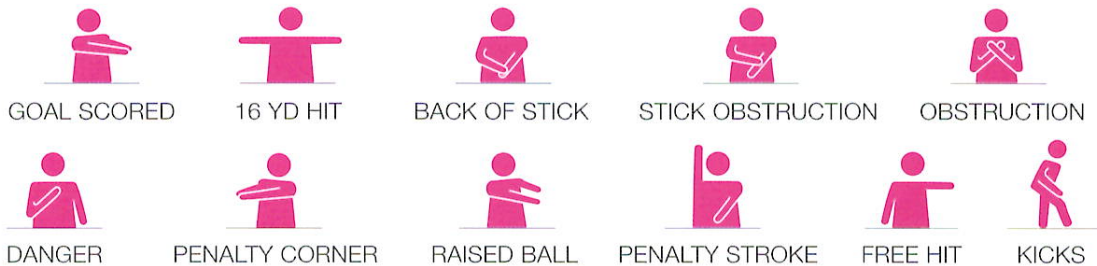


UMPIRE SIGNALS



FOULS:

A player may not commit any of the following actions.

Shield or obstruct the ball from an opponent with the body or stick

Play the ball with the round side of the stick

Interfere in the game without a stick; charge hit, shove, or trip an opponent.

Use the foot or leg to support the stick in order to resist an opponent

Hit, hook, or hold an opponent's stick

Raise the stick in a dangerous or intimidating manner while approaching, attempting to play or stop the ball

Advance the ball by any means other than with the stick

Stop or deflect the ball in the air or on the ground with any part of the body

USA Field Hockey's Grow the Game campaign was launched in an effort to increase awareness and participation nationwide. With new programs, initiatives and resources, the campaign will help introduce the sport to new boys and girls, develop more coaches and officials, provide additional playing opportunities for kids, men and post-collegiate athletes and expose field hockey in new and non-traditional areas. For more information visit www.usafielddhockey.com.

