



**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 inwards



**4. Contest**

*Contest*

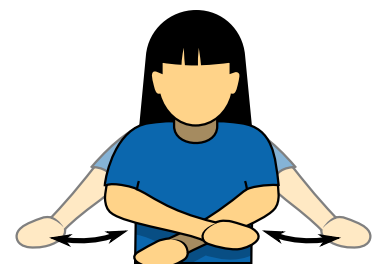
Two fists bumped together in front of chest, back of hands facing outward



**5. Accepted**

*Accepted*

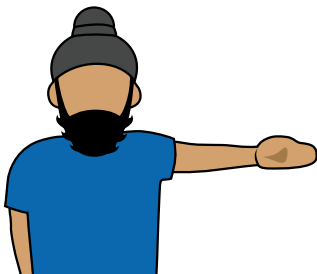
Forearms extended in front of body, elbows tight against torso with palms facing upwards



**6. Retracted**

*Play On*

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*

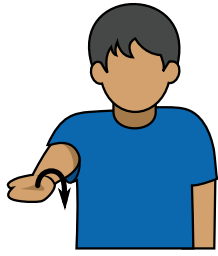
Closed fists, rotate wrists around in a vertical circle



**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. Offside / False Start**  
*False Start*

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



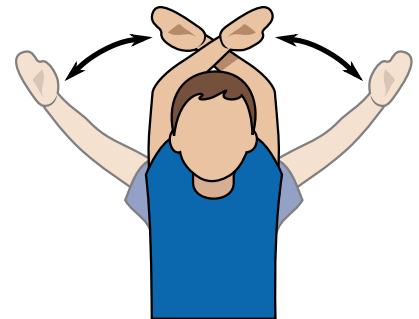
**19. Gender Ratio: Male Matching**  
*Gender Ratio: Male Matching*

Hands cupped behind head, elbows out to side



**20. Gender Ratio: Female Matching**  
*Gender Ratio: Female Matching*

Arms extended to side, hands closed in a fist



**21. Play has stopped**

Wave both extended arms crosswise overhead



**22. Who made the call**  
*Called by Offence / Defence*

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



**23. Did not affect the play**  
*Did not affect the play*

Open hand held above head and sweeping forward and back



**24. Match Point**  
*Match Point*

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