

Mississauga Xpress Floorball League

Rules & Regulations • Jan 1, 2026

Welcome!

Here is a breakdown of the rules and regulations of our league,
specific to our facility and league size.



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1) Rink

Games are played at Clarkson CC unless the facility isn't available. The goalie line and crease are marked by the white badminton lines. The larger crease is marked by the black basketball key lines. The out of bounds lines are marked on the walls in red. Team benches are on opposite sides of the gym on the scoreboard side.

2) Game Time

Games are 2 x 13 minutes with a 2 minute break. During the regular season, a game that is tied after regulation will have a shootout. Shootout involves 3 shooters from each team. During play-offs, the game will go to sudden death overtime.

In case of a shootout, the home team chooses whether to shoot first or allow the opposing team to shoot first. If the score is still tied after each team has had 3 shot attempts, the shootout will continue with each team selecting one shooter that hasn't taken a shot. If any team had used all their players in the shootout, they can use a shooter for a second time. The same rule will apply before that player can shoot a third time. Goalies can't participate as a shooter during the shootout.

3) Participants

Teams will be selected by the MXFL committee. After week 3, the MXFL committee can make changes to any team in order to balance teams out. Each team will consist of 9 players. Substitute goalies can be used in a case where the regular goalie is not available during the regular season only. In a case of a season ending injury or season suspension, a replacement may be added to a team.

Starting lineups will consist of 4 players plus a goalie. Teams can elect to play without a goalie and have 5 players. Teams not having at least 4 players (which can include a goalie) will forfeit the game.

4) Equipment

Shirt colours will be determined after teams have been selected. All players will be required to wear the same colour as their teammates. If an official deems that a colour shirt is too difficult to differentiate they can elect to ask the offending player to wear a pinnie.

Goalies are required to wear a facemask at all times. The mask type must be approved by the official.

Shoes must be non marking soles.

Sticks must be approved by an official to be used in a game or shootout.

Baseball hats may be worn but must be worn backwards in order not to cause any injury.

5) Fixed Situations

501 General regulations for fixed situations

When play has been interrupted, it shall be resumed with a fixed situation, according to what caused the interruption. Fixed situations are face-offs, hit-ins, free-hits and penalty shots.

The referees shall signal who has possession and mark the place for the fixed situation. The ball may be played after the signal if it is not moving and is in the right position. The referees shall first show the consequence sign and then a possible offence sign. The offence sign shall only be used if considered necessary, however always in connection with penalties and penalty shots. If, in the referees' opinion, play is not affected, the ball does not have to be entirely still or in exactly the right place at a hit-in or a free-hit.

A fixed situation shall not be unreasonably delayed. The referees decide what shall be considered unreasonable delay. If a fixed situation is delayed, the referees shall if possible, notify the player

before any action is taken. If there is a further delay, possession will be awarded to the other team.

502 Face-off

At the start of a new period and to confirm a correctly scored goal, a face-off shall be taken at the centre spot. A goal scored during extra time, or from a penalty shot deciding the match, or after the end of a period, shall not be confirmed with a face-off. When a face-off is taken at the centre spot, each team shall be on their own side of the centre line.

When play is interrupted and neither team can be awarded a hit-in, a free-hit or a penalty shot, play shall be resumed with a face-off.

When play is interrupted and neither team can be awarded a hit-in, a free-hit or a penalty shot, play shall be resumed with a face-off.

All players, except those taking the face-off, shall immediately, without summons from the referees, take a position at least 3 m from the ball, sticks included. Before a face-off, it is the referees'

responsibility to check that the teams are ready and that all players have taken position.

The ball shall be played with the stick and shall be taken by one field player from each team. The players shall be facing the opposing team's short side and must not have physical contact before the face-off. The feet shall be placed perpendicular to the centre line. Each player shall have both feet at the same distance from the centre line. The sticks shall be held with a normal grip and with both hands above the grip mark. The blades shall be placed perpendicular to the centre line on either side of the ball, but without touching it. Normal grip implies the way the player holds the stick during play. The defending team's player chooses on which side of the ball to place the stick. **If the face-off is on the centre line, the visiting team's player chooses.** The ball shall be at the centre of the blades. In case of a dispute in connection with a substitution before a face-off is taken, the away team is obliged to carry out their substitution first.

A face-off may go directly into the goal.

503 Events leading to a face-off

When the ball is damaged unintentionally.

When the goal cage is moved unintentionally and cannot be put back within a reasonable time. It is the goalkeeper's responsibility to put the goal cage back as soon as this is considered possible.

When a serious injury occurs, or an injured player directly affects play. The referees decide what shall be considered a serious injury, but as soon as this is suspected, play shall be interrupted immediately.

When an unnatural situation occurs during play. The referees decide what shall be considered an unnatural situation, but this always includes, amongst others, unauthorised persons or objects on the rink, the lights going out either completely or partly, and the final signal being sounded by mistake, when a broken stick causes a dangerous situation or directly affects the play, or when a referee is hit by the ball and this has a significant effect on the play.

When a goal is disallowed despite the fact that no offence leading to a free-hit has been committed. This includes when the ball goes into the goal without passing the goal line from the front.

When a penalty shot does not result in a goal. This includes when a penalty shot is incorrectly performed.

When the referees are unable to decide the direction of a hit-in or a free-hit. This includes when players from both teams commit offences simultaneously.

When the referees consider their decision to be incorrect.

When the non-offending team during a delayed penalty, in the referees' opinion, is trying to waste time. The team should, if possible, be made aware of this before any actions are taken.

504 Hit-in

When the ball hits above the red line a hit-in shall be awarded to the non-offending team. If the ball hits the metal edge of the floor and hits above the red line, it is still considered in.

The opponents shall immediately, without summons from the referees, take a position at least 3 m from the ball, sticks included. The player taking the hit-in does not have to wait for the opponents to take position, but if the ball is played while the

opponents are trying to take position in a correct way, no action shall be taken.

The ball shall be played with the stick. It shall be hit, not dragged, flicked or lifted on the stick.

The player taking the hit-in shall not touch the ball again before it has touched another player or another player's equipment.

A hit-in may go directly into the goal.

505 Events leading to a hit-in

When the ball passes the board or hits the ceiling or any other object above the rink.

506 Free-hit

When an offence leading to a free-hit is committed, a free-hit shall be awarded to the non-offending team. With offences leading to a free-hit, the advantage rule shall be applied whenever possible. The advantage rule implies that if the non-offending team still controls the ball after an offence, they shall have the opportunity to go on playing if this gives them a

greater advantage than a free-hit. If advantage is being played, and the game is interrupted because the non-offending team loses control of the ball, the resulting free-hit shall be placed where the last offence occurred.

The free-hit shall be taken in one of the corners where the offence was committed behind the imaginary extensions of the goal lines.

The free-hit shall be taken at the basketball free throw line on the whistle, where the offence was committed within 3 m of the goal area.

The opponents shall immediately, without summons from the referees, take a position at least 3 m from the ball, sticks included. The player taking the free-hit does not have to wait for the opponents to take position, but if the ball is played while the opponents are trying to take position in a correct way, no action shall be taken.

The ball shall be played with the stick. It shall be hit, not dragged, flicked or lifted on the stick.

The player taking the free-hit shall not touch the ball again before it has touched another player or another player's equipment.

A free-hit may go directly into the goal.

507 Offences leading to a free-hit

When a player hits, blocks, lifts, kicks an opponent's stick or hits the opponent's body with the possibility of reaching the ball.

If the referees consider the player to have played the ball in an otherwise correct way before hitting the opponent's stick or the opponent's body, no action shall be taken.

When a player holds an opponent or opponent's stick.

When a field player raises the blade of the stick above waist level in the back swing before hitting the ball, or in the forward swing after hitting the ball.

This includes mock shots. A high swing is allowed if no other players are in the vicinity, and there is no risk of being hit. Waist level is considered the level of the waist when standing upright.

When a field player uses any part of the stick, foot or lower leg, to play or try to play the ball above knee level.

Stopping the ball with a thigh is not considered to be playing the ball above knee level. Knee level is considered the level of the knees when standing upright.

When a field player places their stick, foot or leg between an opponent's legs or feet.

When a player, in control of the ball, or trying to reach it, forces or pushes an opponent in any way other than shoulder to shoulder.

When a player, in control of the ball, trying to reach it, or trying to get a better position, moves backwards into an opponent, or prevents an opponent from moving in the direction intended.

This includes when the attacking team prevents or obstructs the formation of a defence line at a free hit awarded within 3.5 m of the goalkeeper's area.

When a field player is in the goalkeeper area or in the area where the goal cage normally stands.

A field player is allowed to pass through the goalkeeper area if, in the referees' opinion, play is not affected, and the goalkeeper's actions are not hindered.

If, when a free-hit for the opposing team is hit directly at the goal, a field player of the defending team is in the goalkeeper area, in the goal cage or, if the goal cage has been moved, in the area where the goal cage normally stands, a penalty shot shall always be awarded.

A field player is considered to be in the goalkeeper area if any part of the body touches the floor inside the goalkeeper area. A field player with only the stick in the goalkeeper area is not considered to be in the goalkeeper area. The lines belong to the goalkeeper area.

When a field player intentionally moves the opposing team's goal cage.

When a field player passively obstructs the goalkeeper's throw-out.

This shall be considered an offence only if the field player is inside the goal crease or closer to the goalkeeper than 3 m, measured from where the goalkeeper gains control of the ball. Passively implies unintentionally or through omission to move.

When a field player jumps up and stops the ball.

Jumping is considered to be when both feet entirely leave the floor. Running is not considered as jumping. A player is allowed to jump over the ball as well as play, touch and stop the ball below knee level. Knee level is considered the level of the knees when standing upright.

When a goalkeeper throws or kicks the ball over the centre line.

This shall be considered an offence only if the ball does not touch the floor, the board, another player or another player's equipment before it passes the centre line. The entire ball has to pass the centre line.

When a goalkeeper has the ball under control for more than 3 seconds.

If the goalkeeper puts the ball down and picks it up again this shall be considered controlling the ball all the time.

When a goalkeeper receives a pass, or takes the ball, from a field player in the same team.

This shall be considered an offence only if the ball, in the referees' opinion, is played intentionally. Receiving implies that the goalkeeper touches the ball with either the hands or arms, also even after the goalkeeper has possibly touched or stopped the ball with any other part of the body. A goalkeeper may receive a pass from a player in the same team if the goalkeeper is completely outside the goal crease when receiving the pass and is thereby considered a field player. If the goalkeeper leaves the goal crease entirely, stops the ball, returns to the goal crease and picks the ball up this shall not be considered a pass to the goalkeeper. A pass to the goalkeeper is not considered a goal situation and can not result in a penalty shot.

When a penalty is imposed during play.

The free-hit shall be taken where the offence was committed. If the referees are unable to decide where the offence occurred, the free-hit shall be taken at the nearest face-off dot, according to where the ball was at the interruption.

When a player/team is guilty of passive play.

This includes when a field player, in order to waste time, places themselves against the rink or goal cage in such a manner that the opponent is unable to reach the ball in a correct way. This also includes when the goalkeeper blocks the ball through the goal net. The player should, if possible, be made aware of this before any actions are taken.

When a field player plays the ball with the head.

When a delayed penalty is carried out because the offending team plays or takes control of the ball.

The free-hit shall be taken at the nearest face-off dot, according to where the ball was at the interruption.

508 Penalty shot

When an offence leading to a penalty shot is committed, a penalty shot shall be awarded to the non-offending team.

The penalty shot shall be started with the stick and taken from the centre spot.

The penalty shot starts from the referee's whistle and ends with the next referee whistle.

All players except the player taking the penalty shot and the defending goalkeeper shall be in their substitution zone during the entire penalty shot. The goalkeeper shall be in the goalkeeper area when the penalty shot starts.

If the goalkeeper commits an offence during the penalty shot, a new penalty shot shall be awarded, and any prescribed penalty carried out.

If another player or member of the team staff in the offending team commits an offence during the penalty shot, a new penalty shot shall be awarded.

If a player, except from the player taking the penalty shot, or member of the team staff in the non-offending team commits an offence during the penalty shot the penalty shot is considered incorrectly performed.

The player taking the penalty shot may play the ball an unlimited number of times and shall follow a continuous movement towards the goal cage.

Continuous implies that the player and the ball are not allowed to come to a full stop or change direction away from the goal cage simultaneously.

As soon as the goalkeeper has touched the ball or the ball has touched the front face of the goal cage, the player must not touch the ball again during the penalty shot.

Game time shall be stopped during the entire penalty shot.

A player who has incurred a major bench penalty shall be on the penalty bench during the penalty shot.

If a player incurs a match penalty the team captain shall choose a field player, who is not already penalised, to serve the bench penalty.

509 Delayed penalty shot

A delayed penalty shot shall be applied when the non-offending team still controls the ball after an offence leading to a penalty shot, and the goal situation is still in progress.

A delayed penalty shot may be caused by an offence leading to a penalty even if a delayed penalty is already in progress.

During a delayed penalty shot each offence committed by the offending team and leading to a free-hit shall be penalised as repeated offences. Offences leading to penalties shall be penalised according to the offence. All penalties shall be served by the players having committed these.

A delayed penalty shot implies that the non-offending team is given the possibility to continue the attack until the immediate goal situation is over.

A delayed penalty shot shall still be carried out after the end of a period or a match.

If the non-offending team scores correctly during a delayed penalty shot, the goal shall be allowed, and the penalty shot cancelled.

510 Offences leading to a penalty shot

When a goal situation is interrupted, or prevented from occurring, because the defending team has committed an offence leading to a free-hit or a penalty.

The referees decide what shall be considered a goal situation. Offences in the goal crease shall not automatically lead to a penalty shot.

A penalty shot shall always be awarded when the defending team, during a goal situation, intentionally moves the goal cage or intentionally plays with too many players on the rink.

If, when a free-hit for the opposing team is hit directly at the goal, a field player of the defending team is in the goalkeeper area, in the goal cage or, if the goal cage has been moved, in the area where the goal cage normally stands, a penalty shot shall always be awarded.

6) PENALTIES

601 General regulations for penalties

A penalised player shall be on the penalty bench during the entire penalty.

A player that is serving a penalty which has not expired at the end of regular game time may not participate in the shootout.

A penalty, which has not expired at the end of regular game time, shall continue during extra time.

A penalised player who is injured may be replaced on the penalty bench by a field player who is not already penalised.

If a goalkeeper incurs one or several minor bench penalties, the team captain shall choose a field player, who is not already penalised, to serve the penalty. A goalkeeper incurring a major bench penalty, or a personal penalty shall serve the penalty themselves. If a goalkeeper incurs one or several minor bench penalties when serving penalties or in connection with a major bench penalty or a personal penalty, they shall serve these penalties themselves.

If a goalkeeper serves penalties and a reserve goalkeeper is not available, the team has a maximum of 3 minutes to properly equip a field player, but none of this time shall be used for warming up.

The new goalkeeper shall be marked in the match record, and the time of the change shall be noted.

When the penalty expires, the goalkeeper must not enter the rink until play is interrupted. Due to this the team captain shall choose a field player, who is not already penalised, to accompany the goalkeeper on the penalty bench in order to enter the rink when the bench penalty expires. Only the penalised player shall be noted in the match record. The referees shall together with the secretariat help a goalkeeper, whose penalty has expired during play, to leave the penalty bench as soon as play is interrupted.

602 Delayed penalty

All penalties may be delayed. A delayed penalty shall be applied when the non-offending team still controls the ball after an offence leading to a penalty. Only one penalty at a time can be delayed except when a goal situation is in progress.

A delayed penalty implies that the non-offending team is given the possibility to continue the attack until the offending team plays the ball, takes control of it or play is interrupted.

If the offending team scores during a delayed penalty, the goal shall be disallowed, and play resumed with a face-off. If the nonoffending team scores an own goal, the goal shall be allowed.

603 Bench penalty

The duration of a bench penalty is 2 minutes.

A bench penalty shall affect the team, and due to this the penalised player shall not be replaced on the rink during the penalty.

If the opposing team scores during a bench penalty that is being measured, the penalty shall terminate, unless the opposing team is outnumbered on the rink or the teams play with equal strength.

The penalty will not terminate if the goal is scored either during a delayed penalty or a delayed penalty shot or from a penalty shot.

If a team has more than one bench penalty, these shall terminate in the same order they have been carried out.

The offence leading to a penalty shot shall not result in a bench penalty unless the offence is a major bench penalty or a match penalty.

All other offences committed shall be penalised according to the offence and no other penalties shall be affected.

604 Minor bench penalty

A minor bench penalty consists of one bench penalty served by the player committing the offence.

605 Offences leading to a minor bench penalty

When a player, hits, blocks, lifts, kicks an opponent's stick or hits the opponent's body to gain a considerable advantage, or with no possibility of reaching the ball.

When a player holds an opponent or opponent's stick to gain a considerable advantage, or with no possibility of reaching the ball.

When a field player plays the ball above waist level with any part of their stick, foot or lower leg.

Waist level is considered the level of the player's waist when standing upright.

When a player is guilty of careless play with the stick.

This includes uncontrolled forward or backward swing of the stick and raising the stick above an opponent's head if this is considered dangerous or disturbing for the opponent.

When a player forces or pushes an opponent against the wall or the goal cage.

When a player is guilty of careless physical play.

This includes when a player tackles, trips or obstructs an opponent in a careless manner.

When a field player participates in play without a stick.

This includes when a player who dropped their stick on the rink substitutes without picking it up.

This does not include a goalkeeper, temporarily considered a field player.

When a player intentionally moves to obstruct an opponent, who is not in control of the ball.

If a player who is trying to move into a better position backs into an opponent or prevents an opponent from moving in the direction intended, only a free-hit shall be awarded.

When a field player actively obstructs the goalkeeper's throw-out.

This shall be considered an offence only if the field player is inside the goal crease or closer to the goalkeeper than 3 m, measured from where the goalkeeper gains control of the ball. Actively implies following the goalkeeper sideways or trying to reach the ball with the stick.

When a player violates the 3 m rule at a hit-in or a free-hit.

If the hit-in or the free-hit is performed while the opponents are trying to take position in a correct way, no action shall be taken. If a team forms a defence line which is not at a proper distance, only one player shall be penalised.

When a field player, to gain a considerable advantage, lies or sits down and stops or plays the ball, or in another way affects the situation.

This also includes stopping or playing the ball with both knees or one hand on the floor, stick holding hand excluded.

When a field player with intent, stops or plays the ball with their hand or arm.

When an incorrect substitution takes place.

The player leaving the rink has to be 2 m from the bench before a new player may enter the rink. If the case is close, action shall only be taken if play is affected. It is also incorrect substitution when a player changes outside the team's own substitution zone when play is interrupted. The player entering the rink is the one to be penalised.

When a team plays with too many players on the rink. Only one player that is on the floor shall be penalised.

When a penalised player:

- **Without entering the rink, leaves the penalty bench before their penalty expires or terminates.**
- **Refuses to leave the penalty bench when their penalty expires.**
- **Enters the rink during an interruption in the game, before their penalty expires or terminates.**

When a team systematically disrupts play by committing repeated offences leading to a free-hit.

When a team intentionally delays play.

When a player or a member of the team staff protests against the referees' decisions, or when coaching is performed in a disturbing or otherwise incorrect way.

This includes when the team captain constantly and without reason questions the referees' decisions. Protesting against the referees' decisions and coaching in a disturbing way is considered spontaneous and a minor offence compared to unsportsmanlike behaviour.

When a goalkeeper, despite summons from the referees, omits to put the goal cage back into position.

It is the goalkeeper's responsibility to put the goal cage back as soon as this is considered possible.

When a player, despite summons from the referee, omits to pick up their broken stick from the rink.

The player who broke their stick is responsible for picking it up at the next interruption.

However, anyone taking part in the game is allowed to remove it from the rink in a safe and controlled manner even during play.

606 Major bench penalty

A major bench penalty consists of two bench penalties served consecutively by the player committing the offence.

If a major bench penalty is imposed in connection with a penalty shot or a delayed penalty shot, the rules concerning penalties in connection with a penalty shot shall also be applied.

607 Offences leading to a major bench penalty

When a field player is guilty of reckless play with the stick.

When a field player uses their stick to hook an opponent's body.

When a player throws their stick or other equipment on the rink to hit or try to hit the ball.

When a player is guilty of reckless physical play.

This includes when a player tackles, throws or trips an opponent against the board or the goal cage, or otherwise attacks an opponent recklessly.

608 Offences leading to a 10-minute personal penalty

When a player or a member of the team staff is guilty of unsportsmanlike behaviour.

Unsportsmanlike behaviour implies: Behaving in an insulting or unfair way towards referees, scorekeepers, players or spectators. Intentionally kicking, upsetting or hitting the wall or the goal cage. Intentionally breaking a stick or other equipment. Throwing the stick or any other equipment, even during an interruption or in the substitution zone.

When a player is guilty of simulating with the intention of deceiving the referees.

This includes when a player is exaggerating or embellishing a fall, a hit or any other attack. Simulating to have been exposed to an offence or feigning an injury. A player committing an offence could still be penalised even if a player is guilty of simulating in the same situation.

The administrating authority may decide to further punish simulating afterwards regardless of the action taken by the referees during the game.

609 Match penalty

A match penalty can only be imposed in connection with a major bench penalty.

Match penalty shall lead to suspension for the rest of the match and possible further punishment according to the conditions and routines set by the administrating authority.

610 Offences leading to a match penalty

When a player is guilty of continued or repeated unsportsmanlike behaviour.

When a player breaks a stick or other equipment in a reckless or violent way.

When a player is guilty of violent physical play.

When a player or a member of the team staff participates in a scuffle.

A scuffle implies a milder form of a fight, without punches or kicks, where the players involved respect attempts to separate them.

When a player or a member of the team staff leaves the substitution bench or the penalty bench to engage in an altercation.

When a player or a member of the team staff is involved in a fight.

7) Goals

701 Allowed goals

A goal shall be considered allowed when it has been correctly scored and confirmed with a face-off at the centre spot.

702 Correctly scored goals

When the entire ball passes the goal line from the front, having been played in a correct way with a field player's stick, and no offence leading to a free-hit or a penalty has been committed by the attacking team in connection with, or immediately before, the goal.

This includes:

When the goal cage is out of position and the ball passes the goal line from the front between the marks for the posts and below the imaginary position of the bar.

When an own goal is scored. A goal is considered an own goal when a player actively with the stick or body plays or directs a ball clearly moving away from the goal line into the own goal. If the non-offending team scores an own goal during a delayed penalty, the goal shall be allowed.

It will be credited to the opposing player that last touched the ball.

When the entire ball passes the goal line from the front after a player in the defending team has directed the ball with their stick or body, or a player in the attacking team has unintentionally directed the ball with their body, and no offence leading to a free-hit or a penalty has been committed by the attacking team in connection with, or immediately before the goal.

703 Incorrectly scored goals

When a player in the attacking team has committed an offence leading to a free-hit or a penalty in connection with, or immediately before, the goal.

When a player in the attacking team intentionally kicks or directs the ball with any part of their body and the ball goes into

the goal even after having touched an opponent, an opponent's equipment or a player in the attacking team.

Since this is not considered an offence, play shall be resumed with a face-off.

When the ball passes the goal line during, or after, a signal.

When the ball goes into the goal cage without passing the goal line from the front.

When a goalkeeper throws or kicks the ball into the opposing team's goal even if the ball touched an opponent, an opponent's equipment or a player in the attacking team.

Since this is not considered an offence, play shall be resumed with a face-off.

When the offending team scores during a delayed penalty.

The penalty shall be carried out and play resumed with a face-off.

8) CONSEQUENCE SIGNS

801 Stoppage of game/Time out
The fingertips held perpendicular to the palm of the hand



802 Face-off
The forearms held horizontally, the palms of the hands downwards



803 Hit-in

The arm held horizontally in the advantage direction, the palm of the hand downwards



804 Free-hit

The arm held horizontally in the advantage direction, the palm of the hand downwards



805 Advantage

The arm held in the advantage direction, the palm of the hand upwards



806 Penalty shot

The arms held above the head and crossed at the wrist, with the fists closed



807 Delayed penalty/Delayed penalty shot

The arm held vertically, the palm of the hand forwards



808 Bench penalty/Personal penalty

The arm held vertically, minor penalty shown with two fingers and major penalty with five, 10 minutes with a clenched hand.



809 Match penalty

The arm held vertically with the red card displayed



810 Goal

The arm in the direction of first the goal and then the centre spot



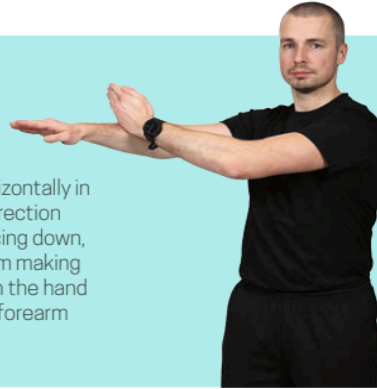
811 Continue play/
Incorrectly scored goal
The arms held horizontally,
the palms of the hands downwards



9) OFFENCE SIGNS

901 Hit

One arm held horizontally in the advantage direction with the palm facing down, with the other arm making a single blow with the hand to the extended forearm



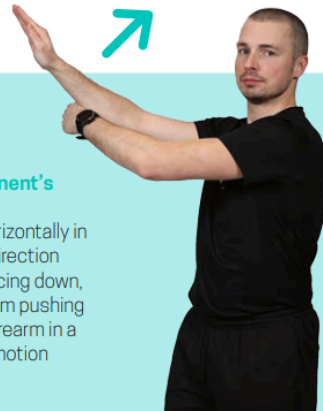
902 Locking an opponent's stick

One arm held horizontally in the advantage direction with the palm facing down, with the other arm pushing the extended forearm in a single downwards motion



903 Lifting an opponent's stick

One arm held horizontally in the advantage direction with the palm facing down, with the other arm pushing the extended forearm in a single upwards motion



904 High stick
Imitating the holding
of a stick

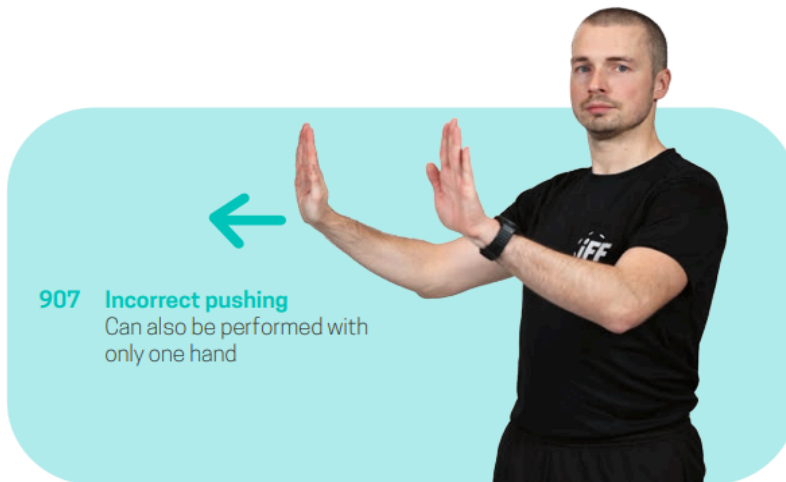


**905 Placing stick, foot or leg
between an opponent's leg**
One leg slightly raised and one
arm indicating a movement
beneath the uplifted leg



906 Hooking
The forearms held horizontally,
imitating the holding of a stick
and the motion of pulling the
stick

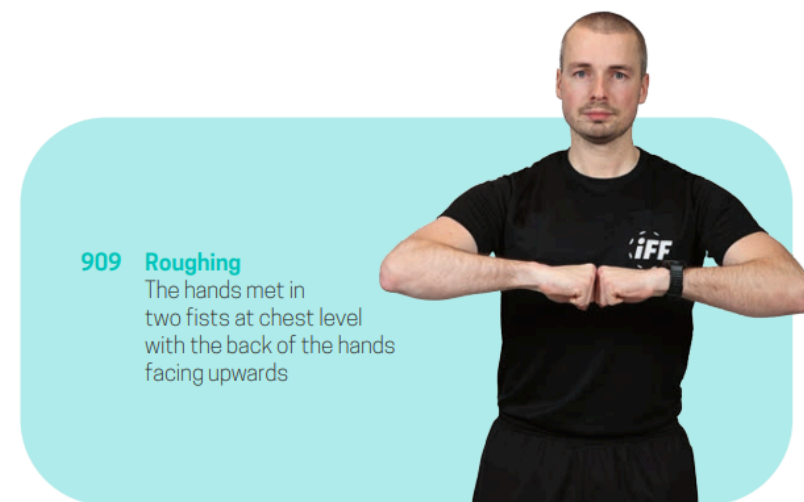




907 Incorrect pushing
Can also be performed with only one hand



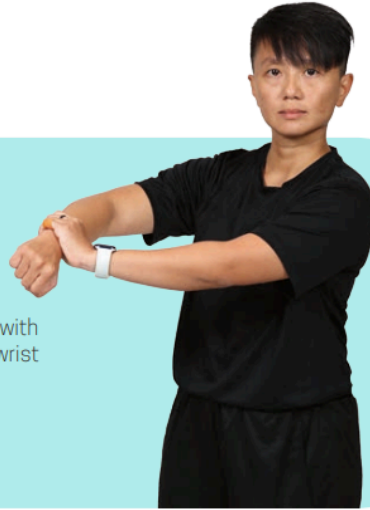
908 Backing into an opponent
The hands cupped, the palms of the hands upwards, the forearms pulled backwards



909 Roughing
The hands met in two fists at chest level with the back of the hands facing upwards

910 Holding

One arm held horizontally in the advantage direction with the palm facing down, with the other arm gripping the wrist of the extended arm



911 Interference

Both arms crossed in front of the chest with palms facing the body

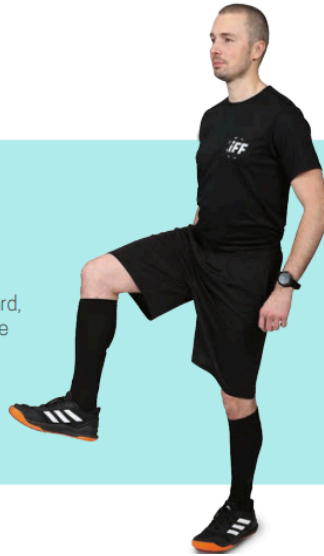


912 Incorrect kick

The foot turned outward, on a level with the ankle and with a kicking motion



913 High kick
The foot turned outward,
on a level with the knee



**914 Entering the
goalkeeper area**
Both arms extended
above the head with
fingertips meeting to
create a triangle shape



915 Incorrect distance
The forearms held
vertically at shoulder
width apart



916 Incorrect jump
The palms of the hands held out facing upwards with an upwards action



917 Incorrect throw-out
The forearms held horizontally, the palms of the hands facing each other



918 Inccorret hit-in/Inccorret free-hit
The palm of the hand upwards, in the direction of the original free-hit, then moved as shown



919 **Playing the ball lying down**

The palm of the hand downwards with a left and right motion



920 **Hands**

The palm of the hand facing forward



921 **Header**

The palm of the hand to the forehead



922 Incorrect substitution
The forearms rotating
in a rolling action



923 Repeated offences
One arm held horizontally
in the advantage direction with
the palm facing down, with the
other arm making three blows
with the hand to the extended
forearm



924 Delaying play
One arm extended above
the head with a single finger
pointing upwards and the lower
arm moving in a circular motion



925 Misconduct
Both hands placed
on hips

