



BACK OVER

Right arm at right angle to body giving a left to right motion.



BOARDING

Pounding of the closed fist of one hand into the open palm of the other hand.



BUTT-END

A cross motion of the forearms, one moving under the other.



CHARGING

Rotating clenched fists around one another in front of chest.



CROSS CHECKING

One forward motion with both fists clenched extending from the chest.

DELAYING THE GAME

Both arms extended out to the side with fists closed.



DELAYED PENALTY

Referee extends his non-whistle hand straight up until the end of play.



ELBOWING

Tapping either elbow with the opposite hand.



FACE-OFF

Arms crossed in front of the chest, hands open one behind the other. Pull arms apart as if resembling two sticks being drawn.



5-SECOND COUNT

Whistle hand extended straight over head with 5 fingers apart.



FREE HAND CHECK

Left arm extended with open palm facing outward showing a pushing motion.

