裁判手勢

羽球

線審 Line Judges

● 球落在界內

SHUTTLE IS IN

將右手指向界線

Point the right hand towards the boundary line



● 未看見

UNSIGHTED

以雙手遮蔽雙眼

Covering both eyes with both hands



● 球落在界外

SHUTTLE IS OUT

兩臂水平伸出

Arms extended horizontally



發球審 Service Judges

● 發球過高

HIGH SERVE

右手水平放置肋骨間

Right hand placed horizontally between the ribs



● 拍柄朝上

RACKET HANDLE FACING UP

垂直舉起右手手掌

Raise the right hand palm vertically



● 雙腳踩線與離地

BOTH FEET ON THE LINE AND OFF THE GROUND

伸出右腳並以右手示意

Extend the right foot and gesture with the right hand



● 發球未擊中羽球基座

SERVE DID NOT HIT THE BASE OF THE SHUTTLECOCK

右手張開並以左手輕觸右手掌

Right hand open and lightly touch thepalm of the right hand with the left hand

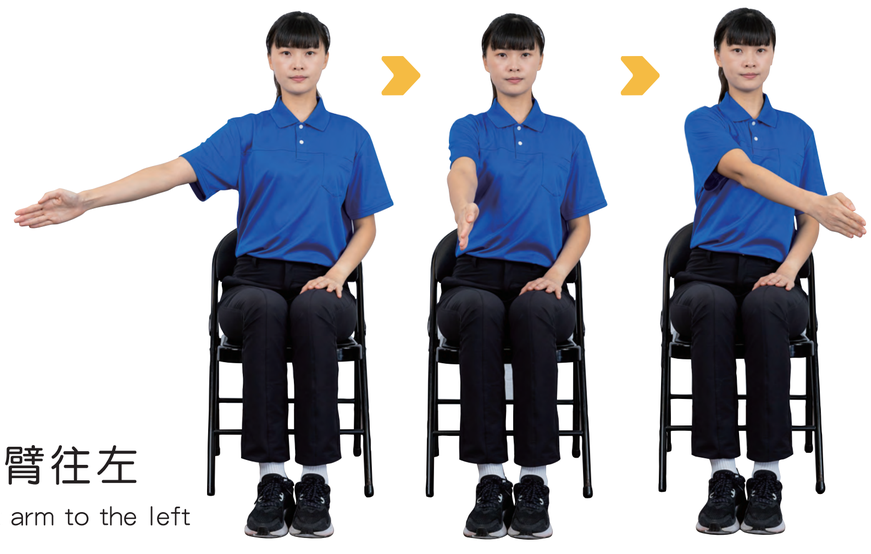


● 延遲發球

DELAYED SERVE

揮動右臂往左

Swing the right arm to the left



裁判手勢

足球

主裁判 Referee

直接自由球
DIRECT FREE KICK



前臂側平舉

Lateral forearm raise

間接自由球
INDIRECT FREE KICK



單臂上舉 掌心向前

Single-arm overhead raise with palm facing forward

得益規則
ADVANTAGE



雙臂前舉稍作連續晃動

Raise both arms forward and make small, continuous movements

警告（舉黃牌）
YELLOW CARD

一手持牌直臂上舉
面向被處罰球員

Hold the card in one hand, extend the arm upward, facing the penalized player



判罰離場（舉紅牌）
RED CARD

一手持牌直臂上舉
面向被處罰球員
另一隻手平舉指向場邊

Hold the card in one hand, extend the arm upward, facing the penalized player



進攻方向（左、右方）
ATTACKING DIRECTION

單臂側舉 面向進攻方

Single-arm lateral raise, facing the attacking side



裁判手勢

足球

助理裁判 Assistant Referee

● 越位

OFFSIDE



站在與越線隊員平行的邊線外
將旗子上舉

Stand outside the touchline parallel to the offside player and raise the flag

● 換人

SUBSTITUTION



兩手高舉平持旗幟

Both hands raised holding the flag horizontally

● 球門球

GOAL KICK

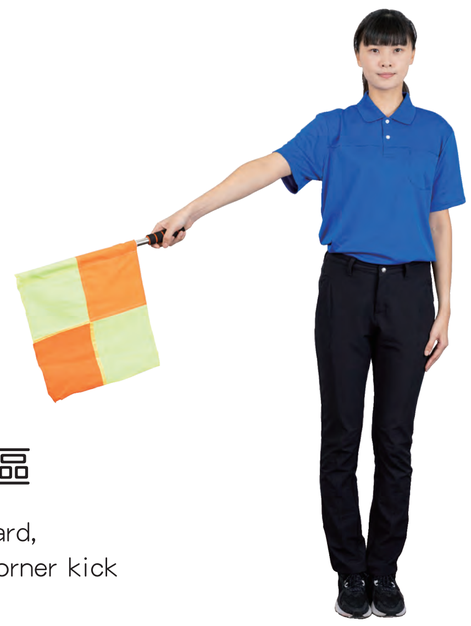


單臂向前平舉
指向執行球門球的球門區

Single arm extended forward horizontally, pointing towards the goal area for the goal kick

● 角球

CORNER KICK



單臂斜下舉
指向執行角球的角球區

Single arm raised diagonally downward, pointing towards the corner area for the corner kick

● 球出邊線指示方向

THROW-IN DIRECTION (LEFT SIDE)





奇鼎事業

裁判手勢

桌球

得分

A POINT



握拳比向得分的一方

Make a fist and point towards the side that scored

重發球

A LET



右手舉起手掌平伸

Raise the right hand with the palm facing up

換邊發球

NEXT SERVER



手勢指向發球方

Gesture pointing to the server

擦邊球

LET SERVER



手臂伸直 食指指向擦邊方向

Arm extended, index finger pointing towards the

交換方位

CHANGE OF SIDES SIGNAL



兩手掌平伸 交叉胸前

Both hands flat, crossed in front of the chest

練習兩分鐘

PRACTICE FOR TWO MINUTES



手臂伸直 食指指向擦邊方向

Raise the right hand with two fingers extended straight

裁判手勢

排球

發球
AUTHORISATION TO SERVE



揮手指示發球方向

Move the hand to indicate direction of service

發球球隊
TEAM TO SERVE



向發球一方伸臂

Extend the arm to the side of team that will serve

延誤發球
DELAY IN SERVICE



舉8指 向上伸展

Raise eight fingers, spread open

攔網犯規
BLOCKING FAULT OR SCREENING



雙臂垂直 手掌向前

Raise both arms vertically, palms forward

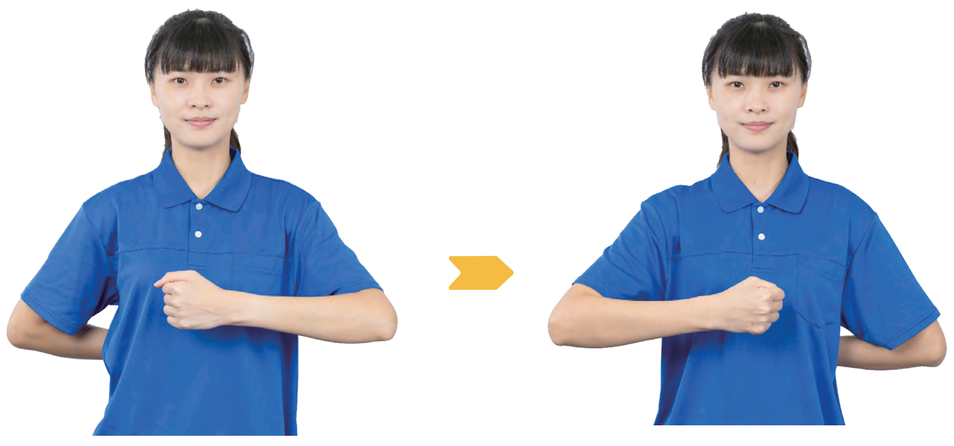
暫停
TIME-OUT



雙手手掌 作T字型

Place the palm of one hand over the fingers of the other, held vertically (forming a T)

交換場地
CHANGE OF COURTS



屈肘環身體兩側一前一後交替扭擺

Raise the forearms front and back and twist them around the body

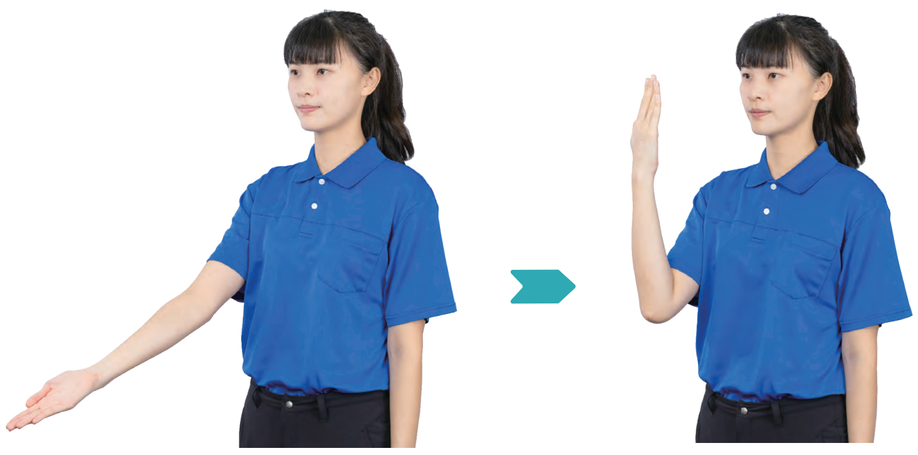
一局或一場結束
END OF SET (OR MATCH)



雙手交叉於胸前

Cross the forearms in front of the chest, hands

持球
CATCH



緩舉前臂 手掌朝上

Slowly lift the forearm, palm of the hand facing upwards

位置或輪轉犯規
POSITIONAL OR ROTATIONAL FAULT



以食指在腹前畫圈

Make a circular motion with the forefingern

裁判手勢

排球

● 界外球
BALL “OUT”



手臂垂直上舉 雙掌向後張開

Raise the forearms vertically, hands open, palms towards the body

● 界內球
BALL “IN”



伸臂指向界內地面

Point the arm and fingers toward the floor

● 替補
SUBSTITUTION



雙手前臂平置於胸腹前
相互環繞

Circular motion of the forearms around each other

● 不當行為警告
MISCONDUCT WARNING



出示黃牌警告

Show a yellow card for warning

● 驅逐出場
MISCONDUCT PENALTY



出示紅牌處罰

Show a red card for penalty

● 取消資格
EXPULSION



出示紅、黃雙牌

Show both cards jointly for expulsion

● 重新發球比賽
DOUBLE FAULT AND REPLAY



雙手豎起大拇指

Raise both thumbs vertically

● 觸球
BALL TOUCHED



以手指垂直劃過另一掌

Brush with the palm of one hand the fingers of the other, held vertically

● 侵入對方場域或球由網下穿越
PENETRATION INTO THE OPPONENT COURT
BALL CROSSING THE LOWER SPACE



手指指向中線

Point to the center line or to the relevant line

● 觸網
NET TOUCHED BY PLAYER



以犯規方的手指向網
並指出犯規球員號碼

Indicate the relevant side of the net with the corresponding hand downwards

● 連擊
DOUBLE CONTACT



兩指分開上舉

Raise two fingers, spread open

● 四次連擊
FOUR HITS



四指分開上舉

Raise four fingers, spread open

配合國中健康與體育 全冊

奇鼎事業

裁判手勢

棒球

指示比賽開始
PLAY BALL



右手臂高舉
4指併攏 掌心朝前

Right arm raised,
four fingers together,
palm facing forward



手臂往前伸出食指
指向投手方向

Arm extended forward with the index
finger pointing towards the pitcher

好球
STRIKE



右手高舉握拳

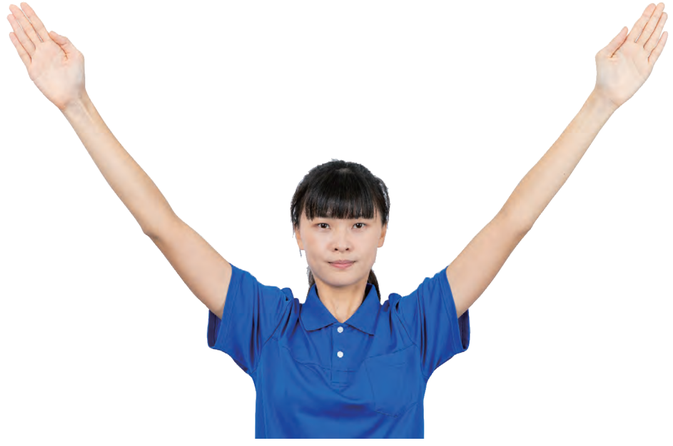
Right hand raised
with a clenched fist



右手側高舉 伸出食指

Right arm raised sideways
with the index finger extended

界外
FOUL BALL



雙手高舉

Both hands raised overhead

界內
FAIR BALL



手臂側舉

Arms extended to the sides

出局
OUT



右手握拳高舉

Right fist clenched and raised

安全上壘
SAFE



雙手高舉

Both hands raised overhead

全壘打
HOME RUN



右手臂上舉伸出食指

Right arm raised with the index
finger extended

暫停
TIME



雙手高舉 掌心朝前

Both hands raised overhead with
palms facing forward

裁判手勢

壘球（含慢速壘球）

● 指示比賽開始

PLAY BALL



右手上舉 掌心朝外

Right arm raised with the palm facing outward

● 指示好球

STRIKE



右手握拳上舉 與肩膀成90度

Right fist raised overhead
at a 90-degree angle to the shoulder

● 指示球數

COUNT

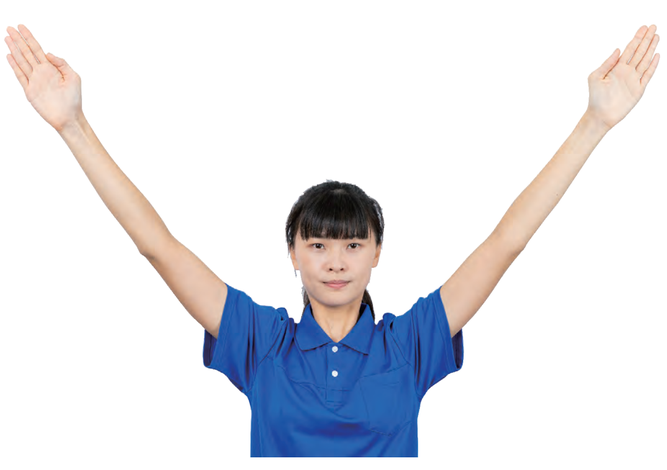


手比出球數 先宣告壞球數

Show the number of balls with the hand,
first declaring the ball count

● 界外球

FOUL BALL



雙手向上舉 掌心向前

Both hands raised upward with palms facing forward

● 界內球

FAIR BALL



向方塊區中心 重複伸展手臂

Repeatedly extend arms toward the center of the box area

● 出局

OUT



以右手握拳 高舉過肩

Right fist clenched and raised above the shoulder

● 安全上壘

SAFE



雙臂向身體兩側水平伸展 掌心向上

Both arms extended horizontally to the sides of the body with palms facing up

● 暫停

TIME



雙臂上舉過頭

Both arms raised overhead

● 全壘打

HOME RUN



右手握拳高舉過頭 並順時鐘旋轉

Right arm raised with the index finger extended

裁判手勢

籃球

提供訊息 Informative

得分不算或取消比賽
CANCEL SCORE, CANCEL PLAY





雙手做剪刀胸前交叉狀

Scissor-like action with arms, once across chest

溝通
COMMUNICATION



豎大拇指

Thumb up

投籃計時鐘重設
SHOT CLOCKREST



食指伸直 轉動手

Rotate hand, extend index finger

違例 Violations

帶球走
TRAVELLING



雙手做剪刀胸前交叉狀

Scissor-like action with arms, once across chest

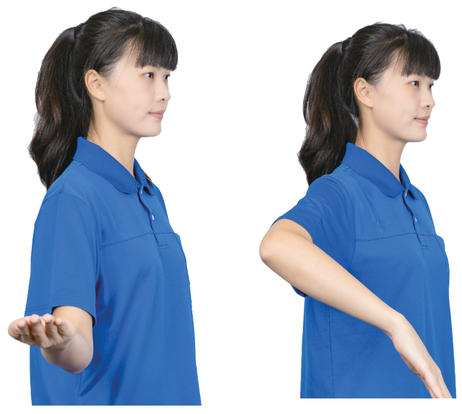
不合法運球：兩次運球
ILLEGAL DRIBBLE:
DOUBLE DRIBBLING



手掌拍球動作

Patting motion with palmt

不合法運球：翻運球
ILLEGAL DRIBBLE:
CARRYING THE BALL



手掌半翻轉

Half rotation with palm

3秒違例
3 SECONDS



手揮動手臂 伸3指

Wave arm, show 3 fingers

8秒違例
8 SECONDS



伸8指

Show 8 fingers

24秒違例
SHOT CLOCK



手指觸肩

Fingers touch shoulder

球回後場
BALL RETURNED TO BACKCOURT



身前揮動手臂

Wave arm front of body

故意腳踢球
DELBERATE KICK OR BLOCK OF THE BALL



指向腳

Point to the foot

配合國中健康與體育 全冊

奇鼎事業

裁判手勢

籃球

比賽計時鐘的手號 Game clock signals

停錶
STOP THE CLOCK



伸指併掌
Open palm

犯規停錶
STOP THE CLOCK FOUL



一手握拳
One cleanched fist

開錶
START THE CLOCK



以手下切
Chop with hand

一分
ONE POINT



1指由手腕翻動
1 finger flag from wrist

二分
TWO POINTS



2指由手腕翻動
2 finger flag from wrist

三分
THREE POINTS



單手：試投
One arm: Attempt

雙手：命中
Both arms: Successful

3指伸展
3 finger extend

替補和暫停 Substitution and Time-out

球員替補
SUBSTITUTION



前臂交叉
Cross forearms

召喚進場
BECKONING-IN



張開手掌 向身前招手
Open palm, wave towards the body

請求暫停
CHARGED TIME-OUT



食指做T字型
Form T, show index finger

媒體暫停
MEDIA TIME-OUT



張開雙臂 緊握拳頭
Open arms with clenched fists

配合國中健康與體育 全冊

奇鼎事業

裁判手勢

籃球

犯規的種類 Type of Fouls

● 拉人
HOLDING



手握腕
Grasp wrist downward

● 手部不合法動作
ILLEGAL USE OF HANDS



擊腕
Strike wrist

● 無球狀態下推人或撞人
PUSHING OR CHARGING WITHOUT THE BALL



模仿「推」
Imitate push

● 阻擋（防守）、非法掩護（進攻）
BLOCKING(DEFFENSE)、ILLEGAL SCREEN (OFFENSE)



雙手插腰
Both hands on hips

向記錄臺報告執行犯規罰則

Foul Penalty Administration-Reporting to Table

● 帶球撞人
CHARGING WITH THE BALL



握拳擊掌
Clenched

● 過度揮肘
EXCESSIVE SWINGING OF ELBOW



肘向後振
Swing elbow backwards

● 無罰球的犯規
AFTER FOUL WITHOUT FREE THROW(S)



指向進攻方向與邊線平行
Half rotation with palm

● 罰一次
1 FREE THROW



伸一指
Hold up 1 fingers

特殊犯規 Special Fouls

● 技術犯規
TECHNICAL FOUL



手掌做T字型
From T, showing palms

● 違反運動道德犯規
UNSPORTSMANLIKE FOUL



握腕向上
Grasp wrist upward

● 奪權犯規
DISQUALIFYING FOUL



握拳舉雙臂
Clenched fists on both hands

配合國中健康與體育 全冊

奇鼎事業