

## Use of the whistle:

Whistle is a tool of communication and not merely a convenient signaling device. Whistles should be selected carefully for the match conditions, age of players and other factors. It is neither required nor expected that the whistle be used for all stoppages and restarts of plays.

A whistle demands attention and should be blown when such attention is needed. Uncontested stoppages (as when a ball clearly leaves the field) should not be whistled — a voice and/or hand signal by the referee or a flag by the assistant referee will normally be sufficient.

Referees should also be alert to the need for variations in the length, force and tone in their use of a whistle to indicate different types of stoppages or different degrees of concern for the event that has just occurred.

For the new referees, you need to blow your whistle clearly and sharply. Learn how to make your whistle “talk” for you. Use the whistle to communicate control. Too many newly certified referees make a call with barely an audible "tweet" which tells everyone on the field that you are unsure of yourself. On your first call, give the whistle a firm blast and confidently point in the direction of the play. A firm whistle will eliminate 50 percent of the arguments. Vary the strength of your whistle depending on what happened – if there is a serious foul, for example, blow the whistle very loudly an/or several times. Be decisive in your calls.

The whistle is required for all ceremonial restarts (every penalty kick and kick-off, plus any other restart which the referee has delayed for any reason). The whistle is needed to:

- start play (1st, 2nd half), after a goal
- stop play for a free kick or penalty kick, if match is suspended or abandoned, or when a period of play has ended due to the expiration of time

- restart play at free kicks when the wall is ordered back the appropriate distance or for penalty kicks
- restart play after it has been stopped due to the issue of a yellow or red card for misconduct, injury, or substitution

The whistle is NOT needed

- to stop play for a goal kick, corner kick or throw-in, a goal
- to restart play from a free kick, goal kick, corner kick, throw-in

No whistle is needed when play is restarted with a dropped ball. Except where required, whistling at other times should be held to a minimum so that, when it is truly needed to gain the attention of players, the whistle is more likely to have the desired impact.

Above are excerpts from US Soccer Guide to Procedures, Introduction for New Referees and Advice to Referees on the Laws of the Game.

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