

Use of whistle:

The whistle IS needed to:

Start play (1st, 2nd half), after a goal

Stop play:

- For a free kick, indirect kick or penalty kick
- If the match is suspended or abandoned
- 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 (10 yds)
- Penalty kicks

Restart play after it has been stopped due to:

- The issue of a yellow or red card for misconduct
- Injury
- Substitution

The whistle is NOT needed to:

Stop play for:

- A goal kick, corner kick or throw-in
- A goal

Restart play from:

- A free kick, goal kick, corner kick, throw-in

A whistle which is used too frequently or unnecessarily will have less impact when it is needed. When a discretionary whistle is needed to start play, the referee should clearly announce to the players that the restart may not occur until after that signal.