



# Using a Hand-held E-whistle

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Referees,

There is an NFHS video about using electronic whistles that I wanted to share with everyone; it's about 4-1/2 minutes long:

<https://bit.ly/39802gZ>

A couple things to keep in mind:

#1 - The demos represent HIGH SCHOOL signals and mechanics, not USAV. A few of our signals/mechanics may be different but you'll still be able to get a feel for how to use an e-whistle.

#2 - You must hold the whistle button LONGER than the referees hold it in the video. The video clips are for demonstration purposes only, so they aren't in a live match setting.

#3 - Based on practical experience, a short chirp will NOT be sufficient to stop play. Press the whistle button for at least one full second, maybe even two seconds, BEFORE you start your signal sequence. The signal sequences of the referees in the video are too fast. Remember, our signal sequence process is three steps: 1) Whistle (hold 1 to 2 seconds), 2) award the point (hold for 2-3 seconds), 3) signal the fault (hold 2-3 seconds).

#4 - For all of us, our personal preference will dictate how we hold the whistle: 1) keep it in your hand or on a wrist lanyard for the entire signal sequence, 2) put it on a lanyard around your neck, 3) put it on a lanyard (or use a belt clip with a retractable line) at waist level.

This video should help if you haven't used an e-whistle before. We may try to create our own training video in the near future!

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