

Whistle Pattern Cheat Sheet

Mac Water Polo Rookie Guide to the Whistles



Call	Whistle	When to Use This	Notes
Start of Game Restart after Goal Start Penalty Throw	One Whistle Tweeeet	Start of Game Restart after Goal Start Penalty Throw	On restart, front court ref starts forward and back court ref starts play. On Penalty, front court ref administers throw, back court ref oversees remaining field players.
Ordinary or Minor Fouls	One Whistle Tweeeet	Ordinary Foul by Defense	Impeding
	Two Whistles - one short, one long Tweeet-Tweeeeeet	Offensive fouls (aka contra fouls), pass out of bounds (except goalie tip), shot deflected out of bounds by field player, shot clock and 2 M violations.	NCAA and NFHS Rules: Ball put in play at line of ball. Fina Rules: Ball put in play at or behind line of foul
Major Foul	Two part whistle - first for attention, then indicate foul Tweet-Tweet Tweeeet or Tweet-Tweet Tweet-Tweet Tweeeet	Examples of Exclusion Fouls: Hold, sink, pull back Kicking, striking (clear intent sufficient - contact not required), Misconduct	Indicate number of excluded player to field and desk If whistling a double exclusion, call ball out first. If whistling a turnover with exclusion, first whistle the turnover and then whistle the exclusion.
Corner Throw Awarded	Two Short Whistles Tweet-Tweet	Ball thrown over goal line last touched by goalie	Any player may take this at 2 meters and the side of the field. New clock.
Goal Throw Awarded	One Whistle Tweeeet	Ball thrown over goal line last touched by any player except goalie.	Any player may take this inside of 2 meters. New clock.
Goal Scored	Tweeeeeeeeeet (fading whistle)	After a goal	Point across the body to the center. Indicate scorer's number to table. This is exclusively the Front Court Ref's call.
Penalty Foul	Tweeeeeeeeeet Signal 5 to the field and the cap number of the offending player to the table	Penalty Foul committed, Penalty Throw awarded	Examples of Penalty Fouls: Fouling inside 5 meters that prevents a probable goal, two hand field block or attempted block inside 5 meters