Of all the tools in the referee’s kit, the whistle is probably the most important if it used properly and at the right time. The way the whistle is blown will reflect the thoughts, personality, authority and determination of the referee. Practice blowing the whistle using the following techniques:

## 1. Angle It Down…

When you put your whistle in your mouth to blow, angle it slightly downwards. This will allow the sound to travel away from you across the field rather than straight back into your own ears! Your whistle might sound loud to you, but if you’ve got it straight in your mouth, you’re probably the only person who thinks it’s loud!

## 2. Take a Breath…

A lot of people blow a whistle like they are trying to blow up a balloon. They fill their mouth with air and then push this air through the whistle to make the sound. The golden rule is you can only get out what you put in, and most whistles need to be blown hard!

Building the pressure from your gut by using your stomach and lung muscles will allow you to force more air, faster (and longer if necessary) through the whistle. This will allow you to achieve a crisper, sharper sound that will give you more authority and make you sound more confident and professional.

## 3. Use your…Tongue?

The other trick to get that sharp sound is to use your tongue. Many people call it “spit whistling.” Put your tongue against the end of the whistle, build up pressure by blowing and then release your tongue to let the air pass through the whistle in one sharp burst. Then, put your tongue back on the end of the whistle to cut off the sound quickly. This results in a much sharper sound (instead of building up and then trailing off.) The technique can be used for every whistle you blow, but is also very useful in making several short, quick blasts to grab people’s attention. By moving your tongue on and off the end of the whistle quickly, you can make short sharp blasts faster than you could blow into the whistle in quick succession.

Adapted from <https://fivemetresplease.com/how-to-blow-your-whistle/>