**Start/Restart of Play**
The whistle is used to stop and start play. When starting play, the umpire also gives a visual arm signal by raising the arm above the head and moving it down to the side as the whistle is blown. The only exception to this is in the case of a “throw,” where the visual arm signal is the actual arm movement forward on the toss of the ball as the umpire blows the whistle. The timer’s horn indicates the end of each half and overtime.

**Stand**
The ball is “dead” when the umpire blows the whistle; and no player, except the goalkeeper or her deputy within the goal circle, may move unless directed by the umpire, until the game is restarted. If any other player moves, the umpire directs her to return to her original position.

**Out of Bounds**
When the ball goes out of bounds, the umpire blows the whistle to stop play and the players must “stand.” This occurs (1) when a player in possession of the ball carries or propels the ball out of bounds, or (2) when a player is the last to touch a loose ball before the ball goes out of bounds. In these cases, the opponents are awarded the ball when play resumes. Carrying/throwing the ball out of bounds is a simple change of possession, not a foul.
On a Shot

When a shot or deflected shot on goal goes out of bounds, the player nearest to the ball when it crosses the boundary places the ball in her crosse and stands 2 meters inside the boundary line from the spot where the ball went out of bounds. Opponents must give the player with the ball at least 1 meter of free space. If two opposing players are equidistant from the ball (stick or body) when it goes out of bounds, a throw is taken. If the goalkeeper is within her goal circle and is nearest to the ball when it crosses the boundary, she remains in her circle to restart play.

A shot or deflected shot remains a shot until (1) the ball goes out of bounds, (2) the ball comes to rest on the field of play, (3) a player gains possession of the ball or (4) a player otherwise causes the ball to go out of bounds. It is the umpire’s responsibility to determine if a thrown ball is a shot.