Referee Training
Other Hand Signals

Pick6Sports.com
For Every Call

• Speak loudly, clearly and confidently
• Communicate the facts:
  1. What happened? What’s the call?
  2. What’s the consequence?
  3. What’s the current status/time/score?
Counting 7 Seconds for Pass

Hold one hand high above head, with fist closed.

On each count, extend the correct number of fingers (i.e. 1, 2, 3, 4, 5). For 6, extend just your index (e.g. same as 1). For 7, extend 2 fingers.

Between each number, close your fist (i.e. closed, 1, closed, 2, closed ...).

Blow whistle after “7”.

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First Down

Pointing with open palm, extend arm straight outwards in the direction the offense is going. Also, look in that same direction momentarily.
Indicating Down After Spotting Ball

Hold one hand high above head.
1st Down:  Index finger
2nd Down:  Index and middle finger (the letter V)
3rd Down:  Touch tips of index finger and thumb, extending other three fingers (like an “OK” sign)
4th Down:  Make a fist.
Touchdown

Announce:
“Score is now ...

Ask Offensive Coach if they are going to try a 1 or 2 point conversion.

Raise both arms straight up so hands are above shoulders
Extra Point is Good

Announce:
“1 Point” or
“2 Points”

“Score is now ...

Same signal as Touchdown
Announce:

“Quarterback’s flag was pulled in the end zone. This is a safety. Score is now…”
Announce:

“This is the (team name)’s first and only time out this half. The (other team) has one/also has no time out(s) remaining.”

Wave hands above head by crossing your arms above head then arcing them outwards until arms are fully extended to your sides. Repeat twice:

Cross, extend, cross, extend.

Then point to the team calling the time out.
Inadvertent Flag / No Flag

Announce:

“There is no flag on the play.” If appropriate, explain why (i.e. “ball carrier was tripped by his own teammate.”)

“Wave off” the flag by crossing your arms above head then arcing them outwards until arms are fully extended to your sides. Repeat three times: Cross, extend, cross, extend, cross, extend.
Lesson Review

• Speak loudly, clearly and confidently
• Communicate the facts:
  1. What happened? What’s the call?
  2. What’s the consequence?
  3. What’s the current status/time/score?