

When the Officials blows their whistle

1. **STOP** and **do not move** until the whistle is blown again unless instructed to do so by an official
2. **Listen** to the official and **follow** instructions quickly
3. Look around you and start thinking about your next move before the whistle re-starts play
 - If you have the ball, assess your passing options
 - If you don't have the ball, recognize if you are a good pass option and put up your stick to ask for the ball
 - If defending, identify and communicate your marks with teammates