USER MANUAL

SPINTSO REFEREE WATCH S2 PRO

VERSION 1.0

SPINTSO®

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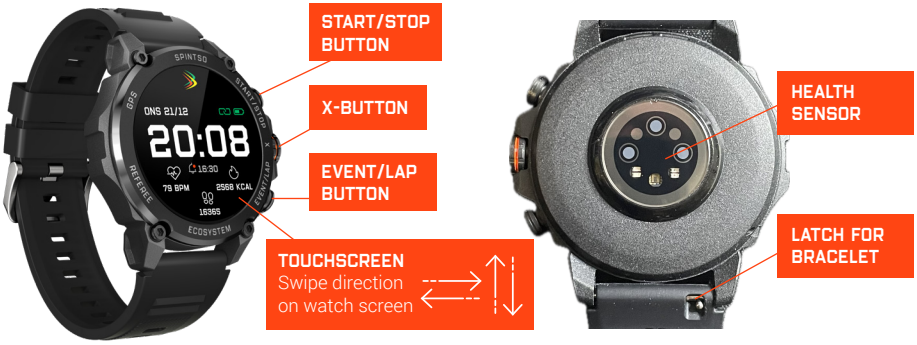
Please read this manual in its entirety before using your Spintso watch.

2. OVERVIEW AND ABBREVIATIONS



3. START-UP

3.1. CONTENT

The following items are included:
- Spintso referee watch S2 PRO.
- USB-A wireless charger.
- Quick start manual.
- Extra Bracelet

3.2. PEEL OFF

Before using your new watch, please remove the screen protector and the thin transparent plastic film that covers the health sensor.

3.3. ACTIVATION

Press and hold Start/stop button until the Spintso logo appears. Then release the button. During start-up, a brief vibration and beep indication activates.

4. CHARGING

Connect the included charging cable to a standard USB-A charging port and place the watch onto the wireless charging pad. Make sure that the watch aligns properly with the pad. The watch will briefly light up the display and indicate charging when charging starts.

While charging, press and release the START/STOP button to see current charging status. Charging time is up to four hours and is complete after the display shows a fully charged battery.

To ensure that the battery is fully charged, continue to charge for 30 minutes after the watch report 100%.

Disconnect the charger pad from the USB-A port after charging is finished.

5. CONNECT TO APP

5.1. SMARTPHONE INSTALLATION

Search for “Spintso watch” on the App Store for iPhone, or on Google Play for Android. Install Spintso App on your phone.

5.2. CONNECT WATCH

Check that Bluetooth is enabled on your phone and on your watch.
Phone: Normally a Blue Bluetooth symbol.
Watch: White flight mode symbol. (Default)

Open the Spintso watch app on your phone and select the “WATCH” tab. Then select “**ADD SPINTSO WATCH**”. Wait until your Spintso watch appear in the list below and then select S2 PRO. Finally confirm the new pairing by selection on your watch.

The Spintso App may ask you to update the watch software. If battery status is greater than 50% in both your watch and your phone, you can select yes to update.

6. GENERAL HANDLING

6.1. SCREEN WAKE-UP

Screen is activated by either pressing a button, or by turning the wrist. The screen fades and deactivates automatically after a configurable time. During fading, the screen can be tapped to keep the screen active.

6.2. CHANGE CLOCK-FACE

Changing clock-face is made when the watch show your current clock-face. Press on the touchscreen until the small dots appear. Swipe to the right or to the left to change between the different clock-faces. Select the clock-face you prefer by tapping the screen.

Spintso

Classic

Retro

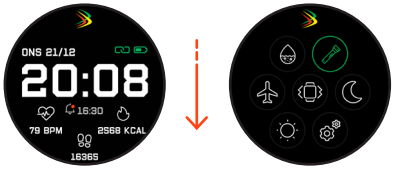
High Visibility

Classy Roman

Classy Normal

6.3. NAVIGATION FROM HOME SCREEN

6.3.1 SETTINGS



Home

Settings

Return to home screen by swiping up, or by pressing a button.

6.3.2 SHORT-CUTS

Home | Referee functions | Heart Rate | Daily health data | Control music

Return to home screen by swiping right/left, or by pressing START/STOP button.

6.3.2 FUNCTIONS

Home | Functions 1 | Functions 2 | Functions 3 | Functions 4

Return to home screen by swiping right, or by pressing START/STOP button.

6.4. DEACTIVATION

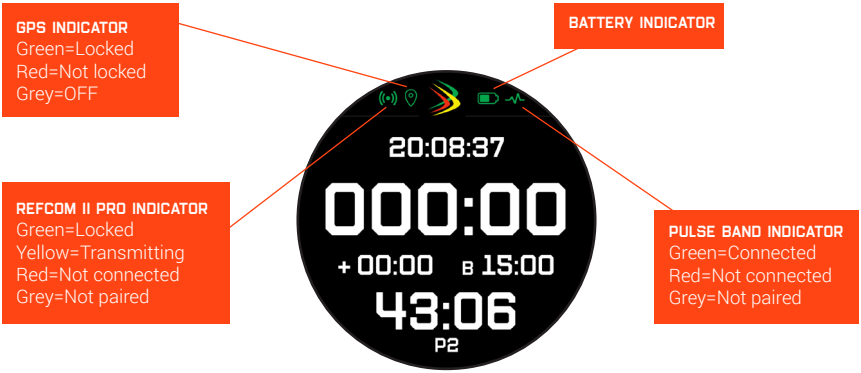
Select Power-Off in Settings or press and hold START/STOP button for 16 seconds to turn off the watch.

7. REFEREE FUNCTIONS

Available referee functions are Referee watch, Interval training watch, Stopwatch, and Activity record. A function is selected by tapping on the applicable circle.

7.1. STATUS BAR

The status bar is visible in all Referee functions.



7.2. REFEREE WATCH

The watch offers four different match clocks. Football/Soccer, Futsal, Field hockey and Rugby. Football/Soccer option includes Classic, Pro and Youth match modes. Classic is the traditional match clock that offers easy and quick control of the match time. Youth is a match clock where goals and penalties can be registered swiftly. PRO is an advanced match clock where Goals, cards and substitutions can be assigned to players and registered. All match programs are set-up individually to provide full flexibility. Match program is started by tapping the match circle.

7.2.1. MATCH SETTINGS

Match settings can be set-up in two ways. On the watch, or from the Spintso App. Note that some advanced settings, and lists of player names can only be edited in the App.
From the App: Choose HOME tab and select “MATCH +”.
On the watch: Tap on settings for the applicable sport. Then tap on the setting that needs to be adjusted or viewed.

- Adjust a setting by tapping on the screen or by rotating the x-button.
- A new setting is stored by pressing Start/stop button.
- Exit or cancel of a new setting is made by swiping to the right or by pressing Event/lap button.
- **Note! A new setting is only stored if confirmed with Start/stop button.**

All settings available from the watch are described below.

7.2.1.1. GENERIC SETTINGS

PERIODS: Set between 1 and 9 periods.

PERIOD TIME: Set individual period time between 00:00 and 99:59 (mm:ss). Confirming a period will show the setting of the next period. Swipe to the left to view the time of the next period. **Note that the time of each period is set individually!**

BREAK TIME: Set individual break time between 00:00 and 99:59 (mm:ss). Confirming a break time will show the setting of the next break time if more than one is used. Swipe to the left to view the time of the next break time if more than one is used. **Note that the time of each break time is set individually!**

INDICATION: Set vibration strength or/and beep sound level between 1 and 5, or off.

START/STOP. This option defines how to start, pause, and restart the match with Start/stop button.
Select SHORT PRESS, LONG PRESS or DOUBLE PRESS.
SHORT PRESS: Button activates immediately.
LONG PRESS: Button activates after being pressed down for 1,5 sec. (Prevents from accidental button press)
DOUBLE PRESS: Button activates immediately at the second press. (Prevents from accidental button press, but the period time can be controlled faster compared to LONG PRESS).

GPS: Set GPS tracking to on or off. Setting GPS to OFF increases the operational time.

SCREEN: Select between ALWAYS ON, or TURN THE WRIST.
ALWAYS ON: The screen is always active.
TURN THE WRIST: Screen fades to lowest brightness, and re-activates to the set brightness when turning the wrist, or when touching the screen. Turn the wrist option increases operational time, especially when GPS is set to OFF.

MATCH VIEW: This option sets the preferred view during match.
Select between NORMAL or HIGH VISIBILITY.
NORMAL: Original Spintso design.
HIGH VISIBILITY: Easy to read font.

PERIOD COUNT: Set to UP or DOWN depending on own preference.
UP: Period time count up.
DOWN: Period time count down.

PERIOD ALERT: Set to ON or OFF. Period alert activates an alarm at a configurable time before the period time ends.
ON: Vibration or sound activate at the set alert time.
OFF: Alert alarm is disabled.

ALERT TIME: Set the alert time between 00:00 and 99:59 (mm:ss). Alert time depend on the period alert setting. Setting for example 01:00 will activate the alarm one minute before the period time ends.

7.2.1.2. SPORT SPECIFIC SETTINGS

TEAM COLOUR: Select between 11 colours for the home team and away team.

PENALTY TIME: Set penalty timer to between 00:00 and 99:59. (mm:ss).

EVENT TIME: Set the event time to ON or OFF.
ON: The total match time show in the display for three seconds when registering an event (Goal or penalty)
OFF: The total match time do not show when registering an event.

PAUSE AFTER GOAL: Set to ON or OFF.
ON: Period timer pause after a goal has been registered.
OFF: Period timer continue normally when registering a goal.

PAUSE AFTER PENALTY: Set to ON or OFF.
ON: Period timer pause after a penalty has been registered.
OFF: Period timer continue normally when registering a penalty.

PAUSE AFTER FOUL: Set to ON or OFF.
ON: Period timer pause after a foul has been registered.
OFF: Period timer continue normally when registering a foul.

TIME-OUT TIME: Set the time of the time-out timer between 00:00 and 99:59 (mm:ss).

GREEN TIME: Set the time of the green card penalty timer between 00:00 and 99:59 (mm:ss).

YELLOW 1 TIME: Set the time of the yellow 1 card penalty timer between 00:00 and 99:59 (mm:ss).

YELLOW 2 TIME: Set the time of the yellow 2 card penalty timer between 00:00 and 99:59 (mm:ss).

YELLOW TIME: Set the time of the yellow card penalty timer between 00:00 and 99:59 (mm:ss).

RED TIMER: Set to ON or OFF.
ON: Red card penalty timer activates when issuing a red card.
OFF: No timer is activated when issuing a red card.

RED TIME: Set the time of the red card penalty timer between 00:00 and 99:59 (mm:ss).

INJURY TIME: Set the time of the injury assessment timer between 00:00 and 99:59 (mm:ss).

CON TIME: Set the time of the conversion timer between 01 and 99 (ss).

PEN TIME: Set the time of the penalty timer between 01 and 99 (ss).

TRY, CONV, PEN KICK, DROP KICK, PEN TRY SCORE: Set the score value 1-9 for each achievement.

7.2.2. MATCH

Tap on the screen to select applicable match. FOOTBALL/SOCCER-CLASSIC/YOUTH/PRO, FUTSAL, FIELD HOCKEY or RUGBY.

7.2.2.1. GENERIC MATCH PREPARATIONS

Charging: Make sure that your watch has enough battery power to last through the match(es). Note that the watch can draw more power than normal during a match due to always on display, GPS tracking and vibrations. Preferably make sure that your watch is fully charged at the beginning of the match day. Recommended charging time is a minimum of three hours.

Set-up: Make sure all match settings are correctly set before the game start. Note that you need to set each period time and break time separately if your game has for example 2 periods/breaks or more.

GPS: GPS needs to be locked if you want your movement to be recorded. If your watch has not been locked to GPS for a long time, the time to connect can be long depending on GPS coverage. 0,5-2 minutes. To make the watch connect to GPS quicker, update the watch with AGPS through the Spintso

watch APP and make a brief GPS connection at a convenient time. This can be done up to a couple of hours before the match. Standing still at the same position in an open area makes connecting to GPS go much faster.
In a city with houses all around, connecting to GPS can take longer if connecting for the first time. After GPS have once connected, movement recording in a city works very well.

7.2.2.2. GENERIC MATCH HANDLING

Applicable match can preferably be selected at warm-up before the match. Then the GPS will have plenty of time to connect, and the watch will be 100% ready when starting the match. (Match can be started even if GPS is not locked)
The following actions are taken after selecting a match.

a. Screen is newer completely shut off.

b. Touch screen is only used to reactivate the screen when faded.

c. Bluetooth to phone is deactivated

d. All notifications and the alarm clock are disabled.

e. GPS start try to connect if set to ON. When GPS is locked, the GPS symbol change from red to green.

f. Number of playing periods, first playing Period time and first break time is presented.

g. All match clock functions are controlled by START/STOP and Event/lap button.

h. Vibration or /and beep sound feedback for button press and match events are enabled.

7.2.2.3. GENERIC MATCH INDICATIONS

The watch indicates all events by vibration or/and beep sound.

7.2.2.3.1. GENERIC MATCH INDICATIONS

SHORT vibration: One second long. Activated at start of period

MEDIUM vibration: Two seconds long. Activated when stopping the period time, when penalty time is zero, and when confirming selections in match menus.

LONG vibration: Five seconds long. Activated at end of Period and at end of Break time.

REMINDER vibration: three vibrations, repeated every 10 seconds. Activated after period time is stopped (Paused) during a period.

ALERT vibration: Six vibrations during six seconds.

7.2.2.3.2. BEEP SOUND

SHORT beep sound: One short beep Activated at start of period.

MEDIUM beep sound: Two short beeps. Activated when stopping the period time, when penalty time is zero, and when confirming selections in match menus.

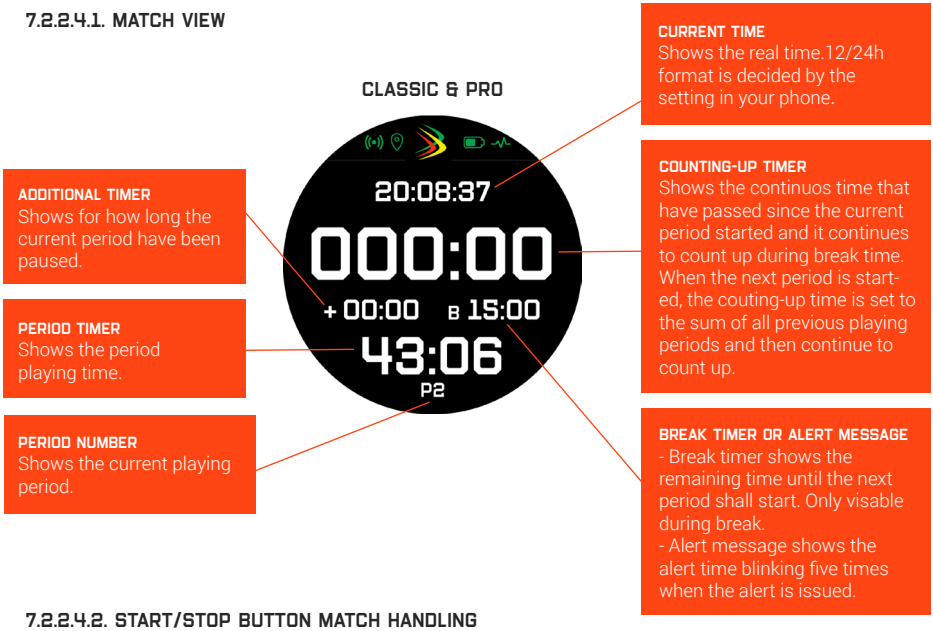
LONG sound: 10 beeps during 5 sec. Activated at end of Period and at end of Break time.

REMINDER sound: Two triple-beeps, repeated every 10 sec. Activated after period time is stopped (Paused) during a period.

ALERT sound: Five double beeps during five seconds.

7.2.2.4. FOOTBALL/SOCCER, CLASSIC AND PRO MATCH

7.2.2.4.1. MATCH VIEW



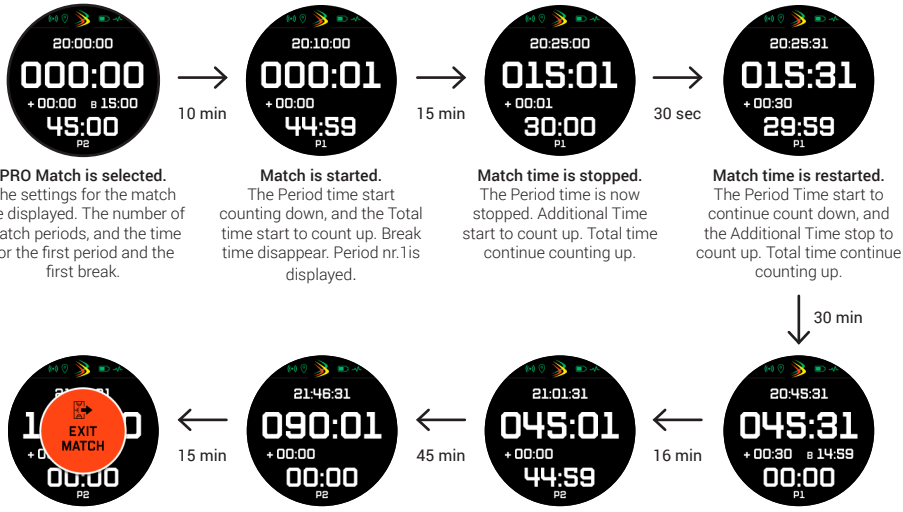
7.2.2.4.2. START/STOP BUTTON MATCH HANDLING

- Match is started by pressing START/STOP button. How the button activates depends on the Short-press, long-press or double-press setting.
- For the CLASSIC and PRO match clocks, we recommend trying the double-press button activation. It provides both fast and secure control of the period timer.
- If the match clock is started too early by mistake, you can reset the current playing period. This is done by pressing and holding START/STOP button for 6 seconds. After 3 seconds you will receive a blinking message that says “PERIOD MENU”. After entering the menu, press and release the START/STOP button to highlight the “RESET PERIOD” option. Confirm the selection by continuously pressing down the START/STOP button until the period is reset.
- During playing period, the period time can be paused by pressing on START/STOP button. Additional time start to count up, and the watch will vibrate and or beep every 10 seconds to remind the referee that the period time is paused. Press on START/STOP button again to resume the period time. The additional time then pauses.
- If an incident such as lightning storm occurs during a playing period, it is possible to pause all match clocks including the additional timer. This is done by pressing and holding START/STOP button for 6 seconds. After 3 seconds you will receive a blinking message that says “PERIOD MENU”. After entering the menu, the “INCIDENT BREAK” option is highlighted. Confirm the highlighted selection by continuously pressing down the START/STOP button until incident break is activated. If “INCIDENT BREAK” is not highlighted, press and release the START/STOP button until “INCIDENT BREAK” is highlighted. Exit the incident break by pressing Start/stop button, and select either “CONTINUE MATCH” or “EXIT MATCH”

- End of period is indicated by a five second vibration and/or beeps, and the break time starts to count down.
- End of break time is indicated by a five second vibration and/or beeps.
- Start the new period by pressing START/STOP button. The new playing period is always started manually, and it can be started before or after the break time have reached zero.
- End of the last period is indicated by a five second vibration and/or beeps. Note that the TOT timer continues to count up in case a yellow or red card needs to be issued after the last period has ended.
- To exit the match clock after the match has completely ended, press and hold START/STOP button for 6 seconds. After 3 seconds you will receive a blinking message that you are about to exit the match.
- To exit the match early, select EXIT MATCH in period menu.

7.2.2.4.3. START/STOP BUTTON MATCH EXAMPLE 2X45, BREAK TIME 15

All start/stop/restart actions are made by pressing START/STOP button.



PRO Match is selected.
The settings for the match are displayed. The number of match periods, and the time for the first period and the first break.

Match is started.
The Period time start counting down, and the Total time start to count up. Break time disappear. Period nr.1is displayed.

Match time is stopped.
The Period time is now stopped. Additional Time start to count up. Total time continue counting up.

Match time is restarted.
The Period Time start to continue count down, and the Additional Time stop to count up. Total time continue counting up.

Break time between periods automatically start.
The Period time has ended, and the break time has started to count down. Total time continue counting up.

2nd period is started
The Period time start counting down, and the Total time start to count up from 45:00. Break time (00:00) disappear, and Additional time is reset. Period nr. 2 is displayed.

Match is finished.
The Period time has ended, and the break time remain not visible. Total time continue counting up.

Exit match.
START/STOP button is pressed >6 sec to manually exit the match. "EXIT MATCH" blink the last 3 seconds to inform that you are about to exit the match.

7.2.2.4.4. PRO, MATCH HANDLING

PRO match handling is same as CLASSIC, but with the option to register goals, yellow & red cards and substitutions. These additional features are controlled by the EVENT/LAP button. The EVENT/LAP button menu works in the same fashion as the PERIOD menu.
To register teams and player names, the complete set-up for PRO match must be made in the Spintso watch app.

- Register kick-off team with EVENT/LAP button after the coin toss.
- Start, paus and restart the match normally by pressing START/STOP button.
- Register a goal, Yellow/red card, or substitution by pressing EVENT/LAP button.
- Display the kick-off team for the next period by pressing EVENT/LAP button once during the break.

7.2.2.4.5. EVENT/LAP BUTTON MENU

The menu options are slightly different depending on which stage the match is at.

Before the match start.

Press 1
Kick-off team is selected before starting the match timers.

During break.

Press 1
Pressing EVENT/LAP button once during break shows the kick-off team for the second playing period.

During break.

Press 2-6
Same order as **"DURING PLAYING PERIOD"**

During playing period.

Press 1
Goal Menu

Press 2
Yellow Card Menu

Press 3
Red Card Menu

Press 4
Substitutions Menu

Press 5
Undo Last

- EVENT/LAP button is pressed and released to step between the different options. Each option displays information and event time of the previous registration.
- Press and hold the EVENT/LAP button on the applicable option to select an event.
- Automatic exit from the menu occurs 5 seconds after the last button press.
- Note that issuing a yellow card twice on the same player results in a red card.

7.2.2.4.6. PRO MATCH EVENT REGISTRATION

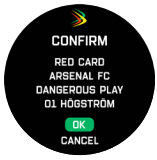
All actions are made by pressing EVENT/LAP button. The example below shows registration of a red card.

STEP 1. Press EVENT/LAP button three times to view the red card option. Press and hold the button to select the red card.

Step 2. Select applicable team by pressing the button. Press and hold the button to select the highlighted option.

Step 3. Select applicable cause by pressing the button. Press and hold the button to select the highlighted option. This step is optional and can be disabled.

Step 4. Select applicable player by pressing the button. Press and hold the button to select the highlighted option. Players already issued with a red card cannot be selected and are marked with strike-through text.



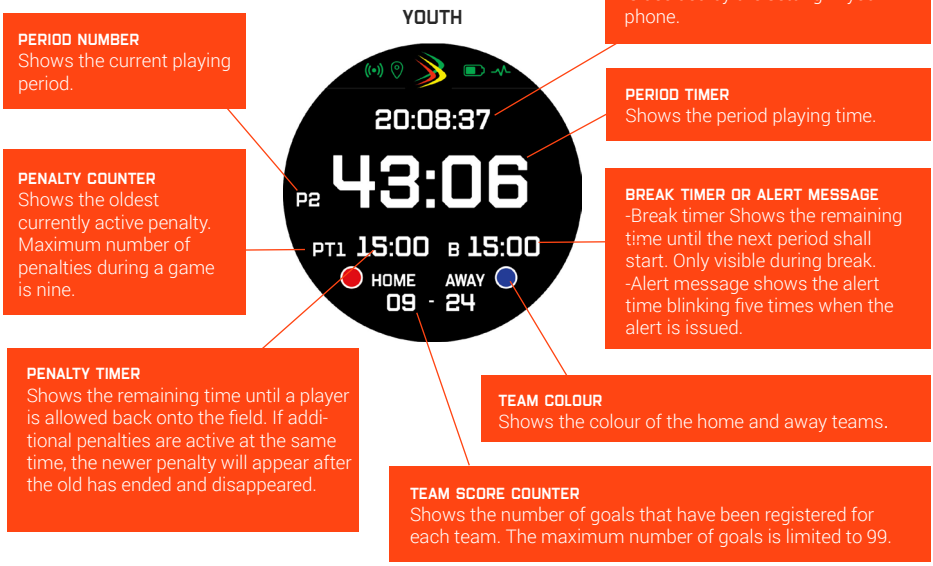
Step 5. Review all input and confirm by selecting OK with the button.

Watch returns to normal match view.

STEP 6. To see the TOT time stamp of the red card. Press EVENT/LAP button three times.

7.2.2.5. FOOTBALL/SOCCER, YOUTH

7.2.2.5.1. MATCH VIEW



7.2.2.5.2. YOUTH MATCH HANDLING

- Match is started by pressing START/STOP button. How the button activates depends on the Short-press, long press or double-press setting.
- For the Youth match clock, we recommend trying short-press button activation. It provides the most practical control of the match clock, and the Youth event menu.
- Display the counting up time (TOT) by pressing and holding the EVENT/LAP button.
- If the match clock is started too early by mistake, you can reset the current playing period. This is done by pressing and holding START/STOP button for 6 seconds. After 3 seconds you will receive a blinking message that the period is about to be reset.
- After the match has started, the Youth event menu can be accessed by pressing down START/STOP button. Enter, exit and stepping through the Event menu is confirmed by short indications. Youth menu and options are described separately.
- End of period is indicated by a five second vibration and/or beeps, and the break time starts to countdown.
- End of break time is indicated by a five second vibration and/or beeps.
- Start the new period by pressing START/STOP button and select Kick-off in the youth event menu. The new playing period is always started manually, and it can be started before or after the break time have reached zero.
- To exit the match clock, press and hold START/STOP button for 6 seconds. After 3 seconds you will receive a blinking message that you are about to exit the match. You can only exit the match after the match has ended, or after a playing period has been reset.

7.2.2.5.3. YOUTH EVENT MENU

The Youth event menu options are slightly different depending on which stage the match is at.

Normal

During pause match

During break

Menu navigation.

- After the match have started, you can access the menu by pressing START/STOP button. The first item in the list is highlighted and ready for activation.
- Step through the menu by repeatedly pressing START/STOP button. The currently selected item is highlighted after release of the button.
- To activate the highlighted item, press and hold START/STOP button for 1 second. Release the button after you have received the vibration confirmation.
- Exit from the menu happens automatically after five seconds if not continuing to press the button. The currently highlighted item is then not activated.
- The menu is designed for quick activations. If you remember the different menu item positions, you don't even need to look at the display. For example:
    - Register goal home: Press and release, press and hold, wait for vibration, release.
    - Register goal away: Press and release twice, press and hold, wait for vibration, release.
    - Pause match: Press and release three times, press and hold, wait for vibration, release.
    - And so on.

Menu items

- KICK-OFF: Starts period 2 to 9.
- GOAL HOME: One goal is added to the Home score counter.
- GOAL AWAY: One goal is added to the Away score counter.
- PAUSE MATCH: Period clock and active penalty timers are paused. Vibrations are activated every 10 seconds to remind that the match clock is paused.
- CONTINUE MATCH: Period clock and active penalty timers are resumed.
- PENALTY: Penalty count down timer is activated. Additional penalty timers (Maximum nine) can also be activated but are hidden until the oldest timer has reached zero. The watch will vibrate when the penalty timer reaches zero. A penalty time that has not reached zero before the end of a period will be paused and resumed at start of the next period. Each penalty is assigned a unique number (1-9).
- UNDO LAST: Cancels the latest action. (Goal or Penalty)
- MERCY END: This option is only visible during match pause and it is used to end the current playing period in advance.

7.2.2.5.4. YOUTH MATCH EXAMPLE 3X20, BREAK TIME 10

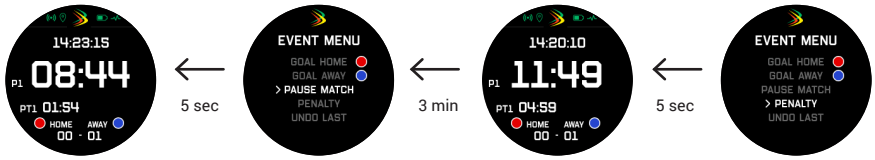
Youth match selected. The settings for the match are displayed. The number of match periods, Penalty time, and the time for the first period and the first break.

Match is started by pressing the button. The Period time start counting down. Penalty time and Break time disappear. Period nr. 1 is displayed.

Goal Guest is registered. Event menu is accessed, and Goal Away is selected. Kick-off option is hidden and not active. The Period time continue counting down in the background.

Watch returns to referee watch. Away is increased by one. The Period Time continue to count down.

5 min



Penalty is registered. Event menu is accessed, and Penalty is selected. The Period time continue counting down in the background.

Watch return to referee watch. Penalty time PT1 start to count down. The Period Time continue to count down.

Match is Paused. Event menu is accessed and Paus Match is selected.

Watch return to referee watch. Period Time and Penalty time PT1 has stopped counting down.

4 min

Match is continued. Youth quick menu is accessed, and Cont. Match is selected.

Watch return to referee watch. Period Time and Penalty time PT1 start to continue counting down.

Period beak time start. The Period time has ended, and the break time has automatically started to count down. (Penalty time PT1 was indicated by vibration and removed after reaching 00:00.)

2nd period is started by mistake too early. Period time start counting down. Break time disappear. Period nr. 2 is displayed.

10 sec

Match end. Button is pressed >6 sec to manually exit the match. "EXIT MATCH" blink the last 3 seconds to inform that you are about to exit the match.

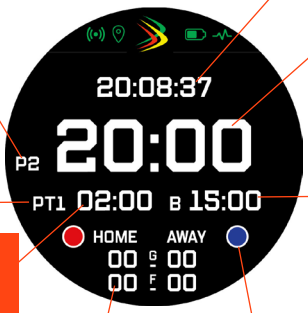
2nd period is started. The Period time start counting down. Break time disappear.

2nd period ready Current Period nr., full period time and the next break time are displayed. Goal scores remain unchanged. Period time is stopped.

2nd period is reset Button is pressed >6 sec to reset the period. "RESET PERIOD" blink the last 3 seconds to inform that the period is about to be reset.

7.2.2.6. FUTSAL

7.2.2.6.1. MATCH VIEW



PERIOD NUMBER
Shows the current playing period.

PENALTY COUNTER
Shows the oldest currently active penalty. Maximum number of penalties during a game is nine.

PENALTY TIMER
Shows the remaining time until a player is allowed back onto the field. If additional penalties are active at the same time, the newer penalty will appear after the old has ended and disappeared.

CURRENT TIME
Shows the real time. 12/24h format is decided by the setting in your phone.

PERIOD TIMER
Shows the period playing time.

BREAK TIMER OR ALERT MESSAGE
-Break timer (B) Shows the remaining time until the next period shall start. Only visible during break.
-Alert message shows the alert time blinking five times when the alert is issued.
-Time-out timer (T) shows after issuing a time-out. When issued, the period and penalty timers pause.

TEAM COLOUR
Shows the colour of the home and away teams.

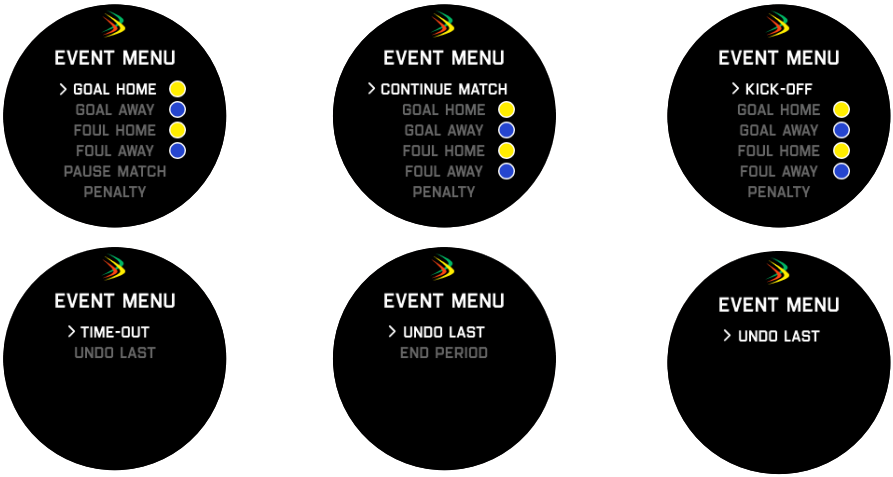
TEAM SCORE COUNTER & TEAM FOUL COUNTER
-G shows the number of goals that have been registered for each team. The maximum number of goals is limited to 99.
-F shows the number of fouls that have been registered for each team. The maximum number of fouls is limited to 99. Registering six fouls or more generates a medium indication. Fouls are reset at second period and start at zero.

7.2.2.6.2. FUTSAL MATCH HANDLING

- Match is started by pressing START/STOP button. How the button activates depends on the Short-press, long-press or double-press setting.
- For the Futsal match clock, we recommend trying short-press button activation. It provides the most practical control of the match clock, and the event menu.
- Display the counting up time (TOT) by pressing and holding the EVENT/LAP button.
- If the match clock is started too early by mistake, you can reset the current playing period. This is done by pressing and holding START/STOP button for 6 seconds. After 3 seconds you will receive a blinking message that the period is about to be reset.
- After the match has started, the event menu can be accessed by pressing down START/STOP button. Enter, exit and stepping through the Event menu is confirmed by short indications. Futsal event menu and options are described separately.
- End of period is indicated by a five second vibration and/or beeps, and the break time starts to count down.
- End of break time is indicated by a five second vibration and/or beeps.
- Start the new period by pressing START/STOP button and select Kick-off in the event menu. The new playing period is always started manually, and it can be started before or after the break time have reached zero.
- To exit the match clock, press and hold START/STOP button for 6 seconds. After 3 seconds you will receive a blinking message that you are about to exit the match. You can only exit the match after the match has ended, or after a playing period has been reset.

7.2.2.6.3. FUTSAL EVENT MENU

The Futsal event menu options are slightly different depending on which stage the match is at



Normal | During pause match | During break

Menu navigation.

- After the match has started, you can access the menu by pressing START/STOP button. The first item in the list is highlighted and ready for activation.
- Step through the menu by repeatedly pressing START/STOP button. The currently selected item is highlighted after release of the button.
- To activate the highlighted item, press and hold START/STOP button for 1 second. Release the button after you have received the vibration confirmation.
- Exit from the menu happens automatically after five seconds if not continuing to press the button. The currently highlighted item is then not activated.
- The menu is designed for quick activations. If you remember the different menu item positions, you don't even need to look at the display. For example:
    - Register goal home: Press and release, press and hold, wait for vibration, release.
    - Register goal away: Press and release twice, press and hold, wait for vibration, release.
    - Register foul home: Press and release three times, press and hold, wait for vibration, release
    - And so on.

Menu items

- KICK-OFF: Starts period 2 to 9.
- GOAL HOME: One goal is added to the Home score counter.
- GOAL AWAY: One goal is added to the Away score counter.

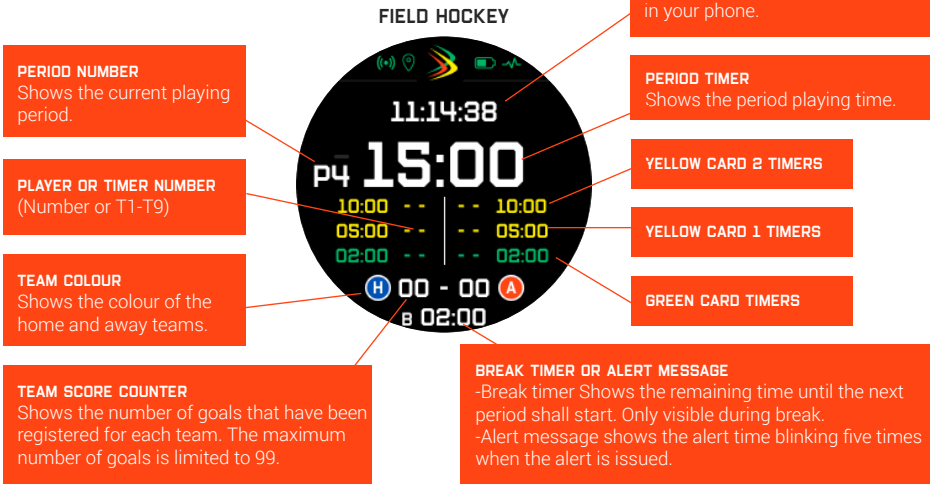
- FOUL HOME: One foul is added to the Home foul counter.
- FOUL AWAY: One goal is added to the Away foul counter.
- PAUSE MATCH: Period clock and active penalty timers are paused. Vibrations are activated every 10 seconds to remind that the match clock is paused.
- CONTINUE MATCH: Period clock and active penalty timers are resumed. Continue match is always the first item in the event list when present.
- PENALTY: Penalty count down timer is activated. Additional penalty timers (Maximum nine) can also be activated but are hidden until the oldest timer has reached zero. The watch will vibrate when the penalty timer reaches zero. A penalty time that has not reached zero before the end of a period will be paused and resumed at start of the next period. Each penalty is assigned a unique number (1-9).
- TIME-OUT: Time-out timer is activated and the other timers are paused.
- UNDO LAST: Cancels the latest action. (Goal, Foul or Penalty)
- END PERIOD: This option is only visible during match pause and it is used to end the current playing period in advance.

7.2.2.6.4. FUTSAL MATCH EXAMPLE

Match is handled in the same fashion as FOOTBALL/SOCCER YOUTH, but Futsal has the additional options of registering fouls and starting a time-out timer.

7.2.2.7. FIELD HOCKEY MATCH

7.2.2.7.1. MATCH VIEW

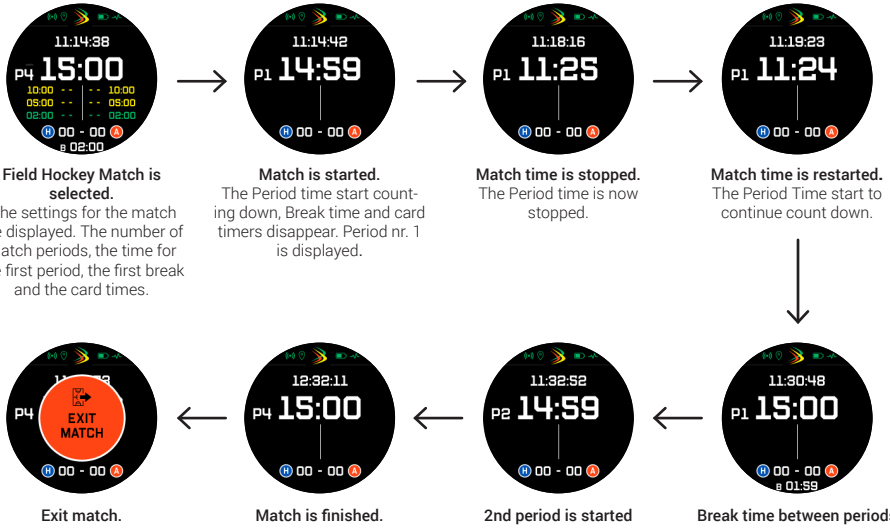


7.2.2.7.2. START/STOP BUTTON MATCH HANDLING

- Match is started by pressing START/STOP button. How the button activates depends on the Short-press, long-press or double-press setting.
- We recommend trying the double-press button activation. It provides both fast and secure control of the period timer.
- If the match clock is started too early by mistake, you can reset the current playing period. This is done by pressing and holding START/STOP button for 6 seconds. After 3 seconds you will receive a blinking message that says “PERIOD MENU”. After entering the menu, press and release the START/STOP button to highlight the “RESET PERIOD” option. Confirm the selection by continuously pressing down the button until the period is reset.
- During playing period, the period time can be paused by pressing on START/STOP button. The watch will vibrate and or beep every 10 seconds to remind the referee that the period time is paused. Press on START/STOP button again to resume the period time.
- If an incident such as lightning storm occurs during a playing period, it is possible to pause all match clocks including the card timers. This is done by pressing and holding the START/STOP button for 6 seconds. After 3 seconds you will receive a blinking message that says “PERIOD MENU”. After entering the menu, the “INCIDENT BREAK” option is highlighted. Confirm the highlighted selection by continuously pressing down the START/STOP button until incident break is activated. If “INCIDENT BREAK” is not highlighted, press and release the START/STOP button until “INCIDENT BREAK” is highlighted. Exit the incident break by pressing START/STOP button, and select either “CONTINUE MATCH” or “EXIT MATCH”
- End of period is indicated by a five second vibration and/or beeps, and the break time starts to count down.
- End of break time is indicated by a five second vibration and/or beeps.
- Start the new period by pressing START/STOP button. The new playing period is always started manually, and it can be started before or after the break time have reached zero.
- To exit the match clock after the match has ended, press and hold START/STOP button for 6 seconds. After 3 seconds you will receive a blinking message that you are about to exit the match.
- To exit the match early, select EXIT MATCH in the period menu.

7.2.2.7.3. START/STOP BUTTON MATCH EXAMPLE 4X15, BREAK TIME 2, 15, 2

All start/stop/restart actions are made by pressing START/STOP button.



Field Hockey Match is selected.
The settings for the match are displayed. The number of match periods, the time for the first period, the first break and the card times.

Match is started.
The Period time start counting down, Break time and card timers disappear. Period nr. 1 is displayed.

Match time is stopped.
The Period time is now stopped.

Match time is restarted.
The Period Time start to continue count down.

Break time between periods automatically start.
The Period time has ended, and the break time has started to count down. The time for the next period is displayed.

2nd period is started
The Period time start counting down. Break time disappear, Period nr. 2 is displayed.

Match is finished.
The Period time has ended and stopped counting, and the break time remain not visible. The full time of previous period is displayed

Exit match.
START/STOP button is pressed >6 sec to manually exit the match. "EXIT MATCH" blink the last 3 seconds to inform that you are about to exit the match.

7.2.2.7.4. MATCH EVENT HANDLING USING EVENT/LAP BUTTON

The EVENT/LAP button enables for registering of goals and cards, and it works in the same fashion as the PERIOD menu.

To register teams and player names, the complete set-up for match must be made in the Spintso watch app.

- Register kick-off team with EVENT/LAP button after the coin toss.
- Start, paus and restart the match normally by pressing START/STOP button.
- Register a goal or card by pressing EVENT/LAP button.
- Display the kick-off team for the next period by pressing EVENT/LAP button once during the break.

7.2.2.7.5. EVENT/LAP BUTTON MENU

The menu options are slightly different depending on which stage the match is at.

Before the match start.

Press 1
Kick-off team is selected before starting the match timers.

During break.

Press 1
Pressing Event/lap button once during break shows the kick-off team for the second playing period.

During break.

Press 2-7
Same order as **"DURING PLAYING PERIOD"**

During playing period.

Press 1
Goal Menu

Press 2
Green Card Menu

Press 3
Yellow Card 1 Menu

Press 4
Yellow Card 2 Menu

Press 5
Red Card Menu

Press 6
Undo Last

- EVENT/LAP button is pressed and released to step between the different options. Each option displays information and event period time of the previous registration.
- Press and hold the EVENT/LAP button on the applicable option to select an event.
- Automatic exit from the menu occurs 5 seconds after the last button press.
- Note that issuing any yellow card twice on the same player results in a red card.

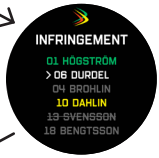
7.2.2.7.6. FIELD HOCKEY MATCH EVENT REGISTRATION

All actions are made by pressing EVENT/LAP button. The example below shows registration of a green card

STEP 1. Press EVENT/LAP button two times to view the green card option. Press and hold the button to select the green card.

STEP 2. Select the applicable team by pressing the button. Press and hold the button to select the highlighted option.

STEP 3. Select applicable cause by pressing the button. Press and hold the button to select the highlighted option. This step is optional and can be disabled in the App.



STEP 4. Select applicable player by pressing the button. Press and hold the button to select the highlighted option. Players already issued with a red card cannot be selected and are marked with strike-through text. This step is optional and can be disabled in the App.

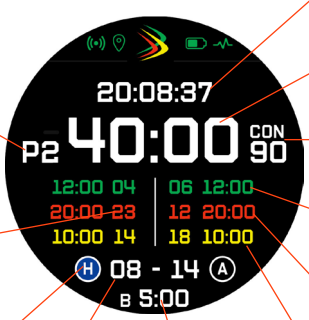
STEP 5. Review all input and confirm by selecting OK with the button.

Watch returns to normal match view. Green timer and player number is presented. With player list disabled, T1 to T9 will be displayed instead.

STEP 6. To see the period time stamp of the green card. Press EVENT/LAP button two times.

7.2.2.8. RUGBY MATCH

7.2.2.8.1. MATCH VIEW



CURRENT TIME
Shows the real time. 12/24h format is decided by the setting in your phone.

PERIOD TIMER
Shows the period playing time.

CONVERSION OR PENALTY TIMER

INJURY ASSESSMENT TIMERS (IA)

RED CARD TIMERS (If enabled)

YELLOW CARD TIMERS

PERIOD NUMBER
Shows the current playing period.

PLAYER OR TIMER NUMBER
(Number or T1-T9)

TEAM COLOUR
Shows the colour of the home and away teams.

TEAM SCORE COUNTER
Shows the number of score that have been registered for each team.
The maximum number of score is limited to 99.

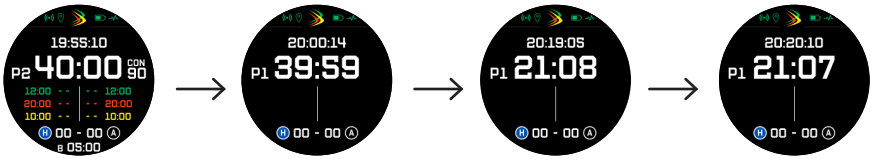
Break timer or Alert message
Break timer Shows the remaining time until the next period shall start. Only visible during break.
-Alert message shows the alert time blinking five times when the alert is issued.

7.2.2.8.2. START/STOP BUTTON MATCH HANDLING

- Match is started by pressing START/STOP button. How the button activates depends on the Short-press, long-press or double-press setting.
- We recommend trying the double-press button activation. It provides both fast and secure control of the period timer.
- If the match clock is started too early by mistake, you can reset the current playing period. This is done by pressing and holding START/STOP button for 6 seconds. After 3 seconds you will receive a blinking message that says “PERIOD MENU”. After entering the menu, press and release START/STOP button to highlight the “RESET PERIOD” option. Confirm the selection by continuously pressing down the button until the period is reset.
- During playing period, the period time can be paused by pressing on START/STOP button. The watch will vibrate and or beep every 10 seconds to remind the referee that the period time is paused. Press on START/STOP button again to resume the period time.
- If an incident such as lightning storm occurs during a playing period, it is possible to pause all match clocks including the card and IA timers. This is done by pressing and holding the START/STOP button for 6 seconds. After 3 seconds you will receive a blinking message that says “PERIOD MENU”. After entering the menu, the “INCIDENT BREAK” option is highlighted. Confirm the highlighted selection by continuously pressing down the START/STOP button until incident break is activated. If “INCIDENT BREAK” is not highlighted, press and release the START/STOP button until “INCIDENT BREAK” is highlighted. Exit the incident break by pressing START/STOP button, and select either “CONTINUE MATCH” or “EXIT MATCH”
- End of period time is indicated by a one second vibration and/or beeps. **Note that the period time change to yellow colour and remain counting until manually ended.**
- End the period manually by pressing and holding the EVENT/LAP button until “CONFIRM END” shows. Then confirm the end by a release and press of the button.
- When period ended, the break time starts to count down.
- End of break time is indicated by a five second vibration and/or beeps.
- Start the new period by pressing START/STOP button. The new playing period is always started manually, and it can be started before or after the break time have reached zero.
- To exit the match clock after the match has ended, press and hold START/STOP button for 6 seconds. After 3 seconds you will receive a blinking message that you are about to exit the match.
- To exit the match early, select EXIT MATCH in the period menu.

7.2.2.8.3. START/STOP BUTTON MATCH EXAMPLE 2X40, BREAK TIME 5

All start/stop/restart actions are made by pressing START/STOP button.

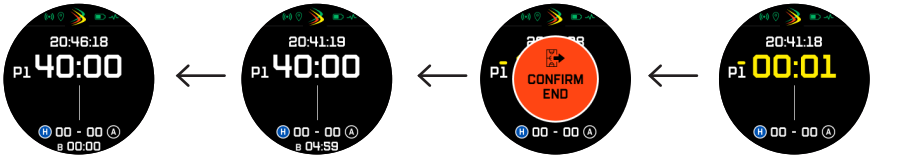


Rugby Match is selected.
The settings for the match are displayed. The number of match periods, the time for the first period, the first break, the card times and the injury assessment time (IA).

Match is started.
The Period time start counting down, Break time and card timers disappear. Period nr. 1 is displayed.

Match time is stopped.
The Period time is now stopped.

Match time is restarted.
The Period Time start to continue counting down.



Break time reach zero.
When reaching zero the watch vibrate and the break timer remain at 00:00.

Break time between periods.
The break time start to count down after the period is ended. The time for the next period is displayed.

End period manually.
The Period time is ended manually at a suitable time of play. Note that the period is ended by using the EVENT/LAP button

End of Period time is reached.
End of period time is indicated by vibration and by changing to yellow colour.

2nd period is started
The Period time start counting down. Break time disappear, Period nr. 2 is displayed.

Match is finished.
The last period time is ended manually at a suitable time of play using EVENT/LAP button.

Match ready for exit.
Period timer stopped counting, and the break time remain not visible. The full time of the previous period is displayed.
The watch can still register for example a yellow or red card in case of a situation happening after normal match time.

Exit match.
START/STOP button is pressed >6 sec to manually exit the match. "EXIT MATCH" blink the last 3 seconds to inform that you are about to exit the match.

7.2.2.8.4. MATCH EVENT HANDLING USING EVENT/LAP BUTTON

The EVENT/LAP button enables for registering of scoring, cards, Substitutions, and it works in the same fashion as the PERIOD menu.
To register teams and player names, the complete set-up for match must be made in the Spintso watch app.

- Register kick-off team with EVENT/LAP button after the coin toss.
- Start, paus and restart the match normally by pressing START/STOP button.
- Register a score or card etc. by pressing EVENT/LAP button.
- Display the kick-off team for the next period by pressing EVENT/LAP button once during the break.

7.2.2.8.5. EVENT/LAP BUTTON MENU

The menu options are slightly different depending on which stage the match is at.

Before the match start

Press1
Kick-off team is selected before starting the match timers.

During break

Press 1
Pressing Event/lap button once during break shows the kick-off team for the second playing period.

During break

Press 2-7
Same order as **"DURING PLAYING PERIOD"**

During playing period.

Press 1
Score Menu

Press 2
Yellow Card Menu

Press 3
Red Card Menu

Press 4
Penalty timer

Press 5
Substitutions Menu

Press 6
Injury assessment timer Menu

Press 7
Undo Last

- EVENT/LAP button is pressed and released to step between the different options. Each option displays information and event period time of the previous registration.
- Press and hold the EVENT/LAP button on the applicable option to select an event.
- Automatic exit from the menu occurs 5 seconds after the last button press.
- Note that issuing a yellow card twice on the same player results in a red card.

7.2.2.8.6. RUGBY MATCH EVENT REGISTRATION

All actions are made by pressing EVENT/LAP button. The example below shows registration of a score.

STEP 1. Press EVENT/LAP button one time to view the scoring option. Press and hold the button to select scoring.

Step 2. Select the applicable team by pressing the button. Press and hold the button to select the highlighted option.

Step 3. Select applicable score type by pressing the button. Press and hold the button to select the highlighted option.

Step 4. Select applicable player by pressing the button. Press and hold the button to select the highlighted option. Players already issued with a red card cannot be selected and are marked with strike-through text. This step is optional and can be disabled in the App.

Step 5. Review all input and confirm by selecting OK with the button.

Watch returns to normal match view.
Scoring is updated with two points.

STEP 6. To see the period time stamp of the score – Press EVENT/LAP button one time.

7.3. INTERVAL TRAINING WATCH

The interval training watch feature assists the referee in preparing for the mandatory fitness test.
Examples can be found below in this manual.

7.3.1. INTERVAL SETTINGS

Select settings on the screen by tapping on the interval settings circle. Settings can also be set from the Spintso watch App.

TRAINING SETS: Set between 1 and 99 sets. Confirm by pressing Start/stop button or cancel by swiping to the right.

PERIODS PER SET: Set between 1 and 9 periods. Confirm by pressing START/STOP button or cancel by swiping to the right.

ACTIVE TRAINING: Set the active training time (Running period) between 00:00 and 99:59. (mm:ss). Confirm by pressing START/STOP button or cancel by swiping to the right.

ACTIVE RESTING: Set the active resting time (Walking time or pause) between 00:00 and 99:59. (mm:ss). Confirm by pressing START/STOP button or cancel by swiping to the right.

RESTING TIME: Set the resting time (Time before starting the next training activity) between 00:00 and 99:59. (mm:ss). Confirm by pressing START/STOP button or cancel by swiping to the right.

INDICATION: Select VIBRATION and SOUND level by touching the screen. Set individual strength and level between 1 and 5, or off. Confirm by pressing START/STOP button or cancel by swiping to the right.

SCREEN: Select always ON or Turn the wrist (Wake-up by turning your wrist)

7.3.1.1. INTERVAL TRAINING SETTINGS EXAMPLES

7.3.1.1.1. SWEDEN DIVISION 4, 5, 6

- Run 75 meters under 17 seconds and walk 25 meters under 20 seconds.
- Repeated 40 times.

Set according to below:
TRAINING SETS = 40
PERIODS PER SET = 1
TRAINING PERIOD 1 = 00:17
RESTING PERIOD 1 = 00:20
(RESTING TIME = 05:00) (Resting timer before next training activity is about to begin.)

7.3.1.1.2. FIFA UEFA

- Run 60 meters under 12 seconds and rest for 6 seconds
- Run 40 + 40 meters around pole under 16 Seconds and rest for 6 seconds
- Run 60 meters under 12 seconds and rest for 24 seconds
- Repeated 5 times

Set according to below:
TRAINING SETS = 5
PERIODS PER SET = 3
TRAINING PERIOD 1 = 00:12
TRAINING PERIOD 2 = 00:16
TRAINING PERIOD 3 = 00:12
RESTING PERIOD 1 = 00:06
RESTING PERIOD 2 = 00:06
RESTING PERIOD 3 = 00:24
(RESTING TIME = 05:00) (Resting timer before next training activity is about to begin.)

7.3.2. INTERVAL TRAINING

Select training on the screen by tapping on the TRAINING circle.

7.3.2.1. TRAINING INDICATIONS

The watch indicates all events (Start of active training, active resting etc.) by vibration or/and sound. Interval training display.

7.3.2.2. INTERVAL TRAINING DISPLAY

CURRENT TIME:
Shows the real time.

SET NUMBER (S):
Shows the current training set.

TOTAL TRAINING TIME (TOT):
Shows the total training time and counts down during training.

LIVE HEALTH DATA: Shows the current heart rate and heart rate colour zone, lowest heart rate, and max heart rate.
Colour heart rate zones: 50-60% = Grey, 60-70% = Blue, 70-80% = Green, 80-90% = Orange, 90-100% = Red

CURRENT TIME
Shows the real time. 12/24h format is decided by the setting in your phone.

TRAINING MODE:
Shows current training mode. Active training, active resting or resting time.

TRAINING TIME:
Shows the remaining training time for each training session.

PERIOD NUMBER (P):
Shows the current training period. Each period consists of one active training and one active resting session.

7.3.2.3. INTERVAL TRAINING HANDLING

If you want to have GPS tracking active during the training, select interval training on your watch at least 2 minutes in advance. Then the GPS will have plenty of time to connect. (If the watch has recently been connected to GPS, the connection time is normally around 15 seconds.)

The following actions are taken after selecting interval training.

a. Touch screen is disabled

b. GPS start try to connect. When GPS is connected the GPS symbol change from red to green.

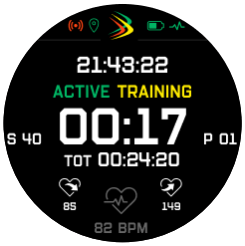
c. Number of training sets and periods, first training session time and total training time is presented.

d. Start, paus and resume training are controlled by START/STOP button.

e. Vibration and/or sound feedback for button presses and training events are enabled.

- Start the training by pressing START/STOP button.
- During training, the interval training clock can be paused and restarted by pressing START/STOP-button.
- To exit the interval training, press and hold START/STOP button for 6 seconds. After 3 seconds you will receive a blinking message that you are about to exit the training.

7.3.2.4. INTERVAL TRAINING EXAMPLE



Interval training selected.
The settings for the training are displayed. The number of training sets/periods, active training time, and the total training time. Watch starts to lock to GPS if applicable. Health functions are activated.

Interval training is started.
The active training time start counting down. Training set and period nr. 01 is displayed. Health data is continuously updated and stored in memory.

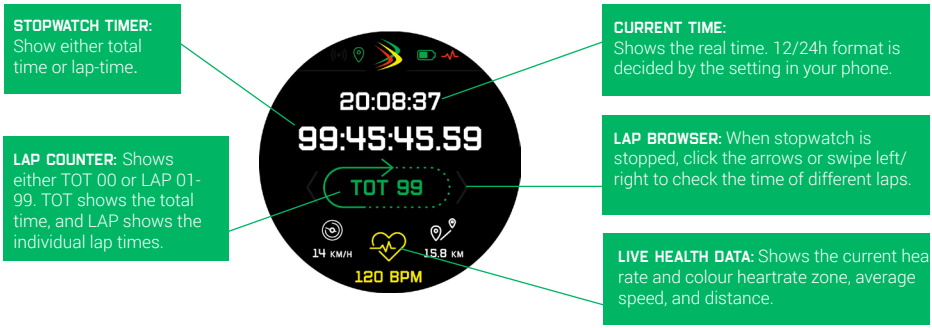
Active resting is started.
The Active resting time automatically start counting down, and the Total training time continue to count down.

Resting is started.
The Resting time automatically start counting down to zero after all training periods have finished.

Exit training.
Button is pressed >6 sec to exit the training. "EXIT TRAINING" blink the last 3 seconds to inform that training mode is about to end.

7.4. STOPWATCH

7.4.1. STOPWATCH DISPLAY



7.4.2. STOPWATCH HANDLING

If you want to have GPS tracking active during the training, select the stopwatch on your watch at least 2 minutes in advance. Then the GPS will have plenty of time to connect. If the watch has recently been connected to GPS, the connection time is normally around 15 seconds.

The following actions are taken after selecting interval training.

a. Touch screen is disabled while counting.

b. GPS start try to connect. When GPS is connected the GPS symbol change from red to green.

c. Start/Stop is controlled by pressing START/STOP button.

d. New lap, Reset and Exit is controlled by pressing EVENT/LAP button.

e. Vibration feedback for button presses and training events are enabled.

- Start the stopwatch by pressing START/STOP button.
- Register laps by pressing EVENT/LAP button.
- Stopping the time is done by pressing START/STOP button.
- Lap times can only be checked after the time have stopped. This is done by swiping left/right on the screen, or by clicking on the arrows.
- Reset the stopwatch by pressing EVENT/LAP button.
- Exit the stopwatch, pressing EVENT/LAP button again.

7.4.3. STOPWATCH EXAMPLE

Stopwatch selected.
Stopwatch timer show 00:00:00.00, and Lap counter show TOT 00
Health data is presented.

Stopwatch start.
Press START/STOP button. Stopwatch time start to count up.

Register new lap.
Press EVENT/LAP button. Stopwatch timer show the lap time during 5 sec. and Lap counter show LAP 01

Stopwatch stop.
Press START/STOP button. When button is pressed down the watch first register a new lap and then shows the total time and total number of laps.

Exit Stopwatch.
Press EVENT/LAP button. again. Exit occurs.

Reset Stopwatch.
Press EVENT/LAP button. Stopwatch is reset, and ready to restart.

Browsing lap times.
Different lap times, and the total time is presented by swiping left/right on the screen.

7.5. ACTIVITY RECORD

All health data and event logs from the Spintso matches and training are stored in the activity record.

- Matches have red colour and training have yellow colour.
- The oldest recording will be removed from the list if the list is full.
- Swipe up or down to browse between the recordings.
- Tap on the screen to select the activity recording you want to look at.
- Cancel and go back by swiping to the right or by pressing EVENT/LAP button.

7.5.1. MATCH

The match record includes health statistics for the complete match including breaks, each single period and for all periods together. It also includes an event log that tracks all match events controlled by the watch.
Tap on the screen to select option.

7.5.1.1. HEALTH

The following health data is recorded.

- Measuring time
- Distance
- Average heart rate
- Maximum heart rate
- Number of steps
- Calorie burn
- Average speed.
- Max speed.
- GPS trace. (Only presented in the APP. Requires GPS to be ON)

Swipe up or down to browse the health data.

7.5.1.2. EVENT LOG

With the event log you can get the exact time and period when an event happened during the match. Up to 99 events can be stored in one match.

Events that are stored in matches are for example:

- KICK-OFF
- TIME STOPPED
- TIME STARTED
- PERIOD END
- PERIOD RESET

Additional events that are stored depending on kind of match are for example.

- Goal/Score, type of goal/score, Scoring Team, Player name.
- Issuing of cards
- Substitutions

Swipe up or down to browse the events.

7.5.2. TRAINING

The training record includes health statistics for the Spintso training programs.

The following health data is recorded.

- Measuring time
- Distance
- Average heart rate
- Maximum heart rate
- Number of steps
- Calorie burn
- Average speed.
- GPS trace. (Only presented in the APP)
- Stopwatch Lap times.

Swipe up or down to browse the health data.

8. OTHER FUNCTIONS

8.1. SPINTSO

Spintso referee functions.

8.2. SPORTS

- The following training programs are included: Running, Walking, Cycling, Climbing, Treadmill, Spinning, Yoga, Basketball, Football and Badminton.
- In sports you can also select “RECORD” to view your health data recordings from earlier sport activities.
- Live health data is presented during training. Swipe the health data area on the screen left and right or turn the rotary button to browse between different health data.
- The white dot visually indicates your heart rate between min and max.
- Swipe up/down to enter/exit Music control.
- Press START/STOP button to paus the training. During paus, you can select to either resume training or exit the training.

8.3. HEART

- Measures your current heart rate and presents the result with a graph on the watch screen.

8.4. CALL

- Initiate calls on your phone by keypad or list of contacts.
- View list of calling history.
- Answer or reject incoming calls.
- In the app incoming calls can be enabled or disabled.

8.5. NOTICE

- Browse, view, and delete notifications that have been sent to your watch.
- In the APP notifications can be enabled and disabled. You can set which kind of notifications that shall be forwarded to the watch.

8.6. ALARM

- Set, view, enable and disable wake-up alarms.
- Alarms can only be edited and deleted from the APP.
- Up to five alarms can be set.
- Single or repeating custom weekday alarms are supported.
- Alarm that has not been cancelled at activation will activate again after 10 minutes. Alarm will not activate during a Spintso mode match.
- Generic vibration strength and/or audio volume is set in the Spintso app

8.7. WEATHER

- Displays the current weather, and also the weather for the coming week.

8.8. TIMER

- Set the time by tapping the plus/minus symbols. Then press the play symbol to start the timer. When the time reach zero, the alarm goes off.
- Exit the timer by swiping to the right or by pressing the rotary button. If the timer is running, tap the stop symbol first.
- Generic vibration strength and/or audio volume is set in the Spintso app

8.9. APP

- Scan the QR with your phone to be directed to the Spintso Watch App.

8.10. MUSIC

- Control the music on your phone.
- Play, pause, skip to next song and adjust the volume.
- The music player needs to be started on the phone first. Music can also be controlled during sports (Walking, Running…") by swiping up when the sports program is active.

8.11. CALCULATOR

- Simple Calculator

8.12. SPO

- Measures the current blood oxygen saturation level and presents this on the watch screen. The result is also synchronized to the APP and stored. SPO measurements can only be activated manually.

8.13. STRESS

- Check the current stress level and the stress level during the day.

8.14. CAMERA

- Take a photo with your phone by clicking on your watch.

8.15. SETTINGS

8.15.1 BRIGHTNESS

- The screen brightness can be set in five steps.
- The set brightness is used in all watch modes.

8.15.2. LANGUAGE

- Supported languages are English, German, French, Spanish, Turkish, Italian, Swedish, Dutch, Korean, and Japanese.

8.15.3. POWER OFF

- Deactivates the watch.

8.15.4. FACTORY MODE

- Erases all data on the watch and sets parameters to default.

8.15.5. PAIR RADIO

- Starts the Bluetooth pairing sequence with a Spintso Refcom II Pro radio.
- When the radio Bluetooth id appears, click on the text to confirm pairing.
  - Control radio transmission from the watch.
  - Control Radio headset volume from the watch.
  - Receive radio messages in the watch

8.15.6. PAIR HRM

- Starts the Bluetooth pairing sequence with an external Heart Rate Monitor.
- When the HRM Bluetooth id appears, click on the text to confirm pairing.
  - Get super accurate heart rate data transmitted to the watch.
  - Compatible with most Heart rate monitors that use Bluetooth.
  - Confirmed compatibility when writing this manual are with the Polar H9, H10 and the TRIACLE CARDIO CORE Chest straps.

8.15.7. ABOUT

- Displays the Device name, MAC-address, firmware version, and qualification information.

9. QUICK SETTINGS FROM WATCH HOME SCREEN

Swipe down to access the quick settings. Change a setting by tapping the icon.

EJECT WATER
Press to remove water from speaker and microphone

FLASHLIGHT
Press to activate/deactivate the watch screen to act as a flashlight .

FLIGHT MODE
Press to activate/deactivate flight mode. This disables Bluetooth.

DO NOT DISTURB
Press to activate/deactivate incoming calls and notification alerts. This setting does not affect the wake-up alarm and the vibration in the referee functions.

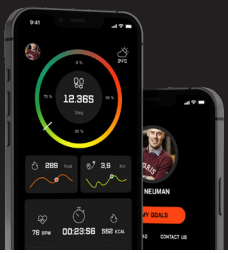
BRIGHTNESS
Short-cut to brightness setting

SETTINGS
Short-cut to settings.

VIBRATION
Press to set vibration on/off for notification alerts.

10. APP FEATURES

In the APP you can access three tabs.
Watch, Home and My Profile.



10.1. WATCH TAB

In watch tab you can access the following features.

ADD SPINTSO WATCH. Tap to start searching for your Spintso smart watch.

NOTIFICATIONS: Select which notifications that shall be forwarded to your watch.

INCOMING CALL: Set if incoming calls shall show up on the watch

DO NOT DISTURB: Set to on or off.

HEART RATE MONITORING: Disable or set how often heart rate monitoring shall activate.

SLEEP MONITORING: Set to on or off.

SEDENTARY REMINDER: Set to off or how often to activate the reminder.

ALARM CLOCK: Set or delete wake-up alarms.

ANTI-LOST REMINDER: Set to on to get an alert when the phone is out-of-range of the watch.

CAMERA: Take picture on your phone by pressing on the watch.

TURN THE WRIST: Disable or set at what time during the day turn the wrist shall activate the screen.

SCREEN ON TIME: Set for how long time the screen shall remain activated.

VIBRATION: Set the general vibration level between low, medium or high. This setting does not control the vibration strength in matches.

SOUND: Set the general sound volume between off, low, medium or high. This setting does not control the sound level in matches.

UNIT SETTINGS: Select Metric/Imperial and Celcisus/Fahrenheit.

DATE FORMAT: Set the preferred date format on your watch.

POSITIONING ASSIST: Load AGPS file to the watch to lock quicker. It is recommended to activate positioning assist in advance of a match or training if GPS has not been used for some days.

SYNC CONTACTS: Select which contacts that shall be available in the watch for the calling function.

CLOCK FACE GALLERY: Download watch face or create your custom one.

FIRMWARE UPDATE: Update to the latest firmware version. If a newer software is available for your watch, it can be updated. Make sure the watch and phone battery is at least 50% before loading new SW. If text is missing after the update, make a Font Repair in the MY PROFILE tab. If the graphics looks corrupted after the update, make a UI repair in the MY PROFILE tab. Never remove the Bluetooth pairing between the watch and app if an update fails. It can be difficult to re-pair the watch if the graphics is corrupt.

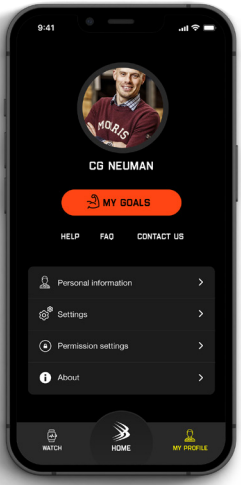
UNPAIR WATCH: Remove the Bluetooth connection between your phone and watch.

10.2. HOME TAB

In the home tab you receive an overview of all your health data.

- Daily number of steps, calories burn and distance.
- **MATCH +:** Set-up your applicable match with the preferred settings in the app and then load the settings to the watch. For FOOTBALL PRO, FIELD HOCKEY and RUGBY match you can also edit the list of players for the in match registration of goals and cards etc.
- **TRAINING +:** Set up your interval training parameters in the app, and then load the settings to the watch.
- **Activity record:** This area includes all match, Interval training, Stop-watch and sports records. Match records shows health statistics in three categories. For the entire match including breaks, only during playing periods, and for each single period. The match records also include an event log where all events controlled by the watch are presented. The stopwatch record also stores the lap-times.
- **Heart rate:** Statistics per day, week and month can be selected.
- **Blood oxygen:** Note that blood oxygen measurements must be initiated manually on the watch. Upload of the measurement to the APP is automatic and statistics can be viewed per day, week, or month.
- **Sleep monitoring:** Statistics of Deep sleep, light sleep, and awake time during the night. Statistics shows per day, week or month.
- **Weight:** Edit and stores your weight.
- **Stress:** Statistics of stress. Statistics shows per day, week or month.
- **Match Statistics:** Keeps track of the number of matches that have been made.
- **Change order:** Change the preferred order of the graphs.

10.3. MY PROFILE TAB



In the my profile tab you can edit health goals and change your personal settings.

- Tap the circle at the top to edit your profile and adding a picture.
- Select Support or FAQ if you need assistance.
- **Settings:** Here you can for example select to synchronise your heart rate readings with Apple Health.
- **Font repair:** Only activate if your font is faulty.
- **UI repair:** Only activate if the graphics looks faulty on your watch.
- **Firmware repair:** Only activate if the watch logic has become faulty.
- **GPS firmware repair:** Only activate if the GPS stop working.
- **Permission settings:** Here you can set the phone permissions to enable all watch and APP features.
- **About:** Displays the current APP version and provides a link to our privacy policy.

11. WATCH PROPERTIES S2 PRO

- Operational time
  - Idle: 15-30 days
  - normal use: 5-10 days.
  - Operational time during match:
    - Always on display in max brightness and GPS = ON: 8h.
    - Always on display in brightness level 3/5 and GPS = ON: 9h.
    - Always on display in max brightness and GPS = OFF: 15h.
    - Always on display in brightness level 3/5 and GPS = OFF: 20h.
    - Turn the wrist display and GPS = OFF: 20h+.
    - (Brightness level higher than 3/5 is only required in extreme sunshine)
- Charging time 0-100%: <4h.

- Weight including armband: 65 grams
- Watch outer diameter: ~50 mm
- Standard 22mm armband fitting.

- Display: 466x466 pixels, 1,43-inch AMOLED touchscreen.
- Bluetooth: 5.3 + 3.0.
- Built-in GPS.
- Climatic environment: 3 ATM

- Complies with the following standards/directives: CE, RoHS, UKCA, FCC and Giteki.

12. SAFETY AND PRECAUTIONS

Water protection
Ingress Protection level is 3 ATM & IP54. This allows for outdoor use in heavy rainfall and hand washing. The watch can handle sweat, but not seawater. Swimming with the watch is not allowed.

Operational temperature
Avoid exposing the watch to high temperatures. Maximum operating ambient temperature is +45ºC. Usage in a warm sauna is not allowed.

Health data measurements
Please note! The watch readings of the health sensors shall not be used for any medical purposes. The thin protective plastic film on the heart-rate sensor shall be removed before making measurements.

Wearing the watch
If any discomfort is felt, or if the watch feels unusually warm, immediately remove it from the wrist.

13. SUPPORT & WARRANTY

For product support, contact us at info@spintso.com or the retailer where you purchased your watch. Spintso follows the warranty laws in the specific country where the watch was first sold. The warranty provided will never be less than 2 years. The warranty covers faults caused by manufacturing errors. The warranty does not cover faults caused by misuse. The warranty period starts at the original purchase date when the watch was bought new.

Terms and conditions
Spintso general terms and conditions can be found at:
https://www.spintso.com/general-terms-and-conditions

14. CONTACT

Spintso AB
Övre Slottsgatan 6
753 10 Uppsala
Sweden

E-mail: info@spintso.se
Phone: +46 (0) 243 190 90
Web: www.spintso.com

15. COMPLIANCES

Regulatory
All qualification markings can be found on the back side of the watch, and also digitally in the settings/about section of the watch.

EU Compliance, CE
Specific Absorption Rate (SAR) certification information
The S2 Pro watch is designed to not exceed the recommended limits for exposure of radio waves.

Frequency band and output power

Technology	Frequency (MHz)	RF Power (Max)	Type
Bluetooth EDR	2402-2480	-0.53dBm	EIRP
Bluetooth BLE	2402-2480	3.28dBm	EIRP

Declaration of Conformity
Spintso AB declares that this device complies with directive 2014/53/EU.
Visit https://www.spintso.com/declaration-of-conformity to access the declaration of conformity.

Notified Body nr.
2280

Adress
Spintso AB, Övre Slottsgatan 6,
753 10 Uppsala, Sweden

European Union, Disposal information
After this product has reached end of life, it shall be taken cared of properly. Please dispose the product to the recycling facility assigned by your authorities.

UKCA (UK)
Spintso AB declares that this device complies with the relevant requirements in: The Radio Equipment Regulations 2017 (SI 2017/1206)
UK approved Body: MiCOM Labs Inc., with number AB2280.
Visit https://www.spintso.com/declaration-of-conformity to access the
UKCA declaration of conformity.

FCC WARNING STATEMENT (USA)
Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee
that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- **Reorient or relocate the receiving antenna.**
- **Increase the separation between the equipment and receiver.**
- **Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.**
- **Consult the dealer or an experienced radio/TV technician for help.**

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.
This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

FCC ID: 2BBUE-S2PRO

Giteki (Japan)
Certification id number: 210-257897
Certificate of compliance can be provided on request
(info@spintso.com).

SPINTSO®