

## **FOOTBALL RULES SUMMARY**

### **RULE 3 PERIODS, TIME FACTORS AND SUBSTITUTION**

- \* TIME OF GAME: THE VARSITY GAME IS DIVIDED INTO FOUR QUARTERS, EACH QUARTER IS 12 MINUTES IN LENGTH. PLAYING TIME FOR A QUARTER CAN BE SHORTENED BY MUTUAL AGREEMENT OF BOTH HEAD COACHES AND THE REFEREE.
- \* INTERMISSION:
  - A) BETWEEN 1 ST. & 2 ND. QUARTER AND 3 RD. & 4 TH. QUARTERS: ONE MINUTE
  - B) HALFTIME INTERMISSION: MINIMUM OF 10 MINUTES AND MAXIMUM OF 20 MINUTES.
  - C) MANDATORY WARM-UP TIME: AT THE CONCLUSION OF HALFTIME (OR AS SOON AS BOTH TEAMS RETURN TO THE FIELD) : 3 MINUTES.
- \* GAMES INTERRUPTED BY EVENTS BEYOND THE CONTROL OF GAME MANAGEMENT ARE TO BE RESUMED AT THE POINT OF INTERRUPTION (UNLESS THE TEAMS AGREE TO TERMINATE THE GAME).
- \* WHEN WEATHER CONDITION ARE CONSIDERED TO BE HAZARDOUS TO LIFE OR LIMB OF THE PARTICIPANTS THE CREW OF OFFICIALS IS AUTHORIZED TO SUSPEND THE GAME.
- \* COIN TOSS PROCEEDING:
  - A) IS TO BE CONDUCTED THREE MINUTES PRIOR TO SCHEDULED STARTING TIME OF GAME.
  - B) NO MORE THAN FOUR CAPTAINS ARE TO BE AT THE COIN TOSS LOCATION.
  - C) THE VISITING CAPTAIN CALLS THE TOSSED COIN.
  - D) THE TEAM WINNING THE COIN TOSS HAS THE FIRST CHOICE OF OPTIONS FOR THE FIRST HALF OR HE CAN DEFER HIS CHOICE TO THE SECOND HALF. THE CHOICE OF OPTIONS ARE:
    - 1) TO KICK OR RECEIVE.
    - 2) TO CHOOSE TO DEFEND A GOAL.
- THE TEAM NOT HAVING THE OPTIONS IN THE FIRST HALF WILL HAVE THESE SAME OPTIONS TO START THE SECOND HALF.
- \* EACH HALF IS STARTED WITH A KICK OFF (THIS IS AN EXAMPLE OF A FREE KICK).
- \* AT THE COMPLETION OF THE FIRST QUARTER AND THE THIRD QUARTER THE TEAMS SHALL CHANGE GOALS. (ONE MINUTE INTERMISSION TO DO THIS). THE DOWN, DISTANCE AND THE RELATIVE POSITION OF THE BALL REMAINS THE SAME. A QUARTER (PERIOD) ENDS WHEN THE REFEREE HOLD THE BALL OVER HIS HEAD WITH ONE HAND.

- \* IF THERE IS NO VISIBLE FIELD CLOCK THE GAME WILL BE STOPPED MOMENTARILY WITH FOUR MINUTES REMAINING IN EACH HALF SO THAT THE REFEREE CAN NOTIFY BOTH CAPTAINS AND THE HEAD COACHES OF TIME REMAINING. (THIS IS DONE AS CLOSE TO FOUR MINUTES AS POSSIBLE AND WHILE THE BALL IS DEAD). IF THERE IS A VISIBLE GAME CLOCK (THAT IS WORKING PROPERLY) THEN THIS IS NOT DONE.
- \* IF TIME EXPIRES DURING A DOWN THE CLOCK SIGNAL IS ALLOWED TO SOUND AND THE PLAY IS TO CONTINUE UNTIL THE DOWN ENDS (BALL BECOMES DEAD).
- \* A PERIOD MUST BE EXTENDED WITH AN UNTIMED DOWN IF ONE OF THE FOLLOWING CONDITIONS OCCURS:
  - 1) THERE IS A LIVE BALL FOUL THAT IS ACCEPTED. (THIS DOES NOT INCLUDE AN UNSPORTSMANLIKE OR NON-PLAYER FOUL OR A FOUL THAT DICTATES A LOSS OF DOWN ).
  - 2) THERE WAS A DOUBLE FOUL.
  - 3) THERE WAS AN INADVERTENT WHISTLE.
  - 4) A TOUCHDOWN IS SCORED. THE EXTRA POINT IS TRIED AS A PART OF THE PERIOD IN WHICH THE TOUCHDOWN WAS SCORED, UNLESS THE TOUCHDOWN IS SCORED ON THE LAST TIMED DOWN OF THE FOURTH QUARTER AND THE POINT(S) WOULD NOT AFFECT THE OUTCOME OF THE GAME.  
NOTE: IF EITHER OF THESE THINGS HAPPEN DURING THE UNTIMED DOWN THEN THE PROCESS IS REPEATED.
  - 5) THE DEFENSE FOULS ON A SUCCESSFUL TRY OR FIELD GOAL AND THE OFFENDED TEAM ELECTS TO ACCEPT THE RESULTS OF THE PLAY AND HAVE THE PENALTY ENFORCED FROM THE SUCCEEDING SPOT ( Period is Not Extended )
  - 6) A LIVE BALL FOUL BY THE OFFENSE THAT IS ACCEPTED AND CARRIES WITH IT A LOSS OF DOWN. ( Period is not extended ).
- \* AT THE COMPLETION OF EACH PERIOD THE REFEREE SHALL HOLD THE BALL IN ONE HAND OVER HIS HEAD TO INDICATE THAT THE QUARTER HAS OFFICIALLY ENDED. PRIOR DO DOING THIS THE REFEREE SHOULD MAKE SURE OF THE FOLLOWING:
  - 1) NO FOUL HAS OCCURRED.
  - 2) NO OBVIOUS TIMING ERROR HAS OCCURRED.
  - 3) NO REQUEST FOR A COACH-REFEREES CONFERENCE HAS OCCURRED.
  - 4) NO OTHER IRREGULARITY HAS OCCURRED.

\* IF A DEAD BALL PENALTY OCCURS AFTER TIME HAS EXPIRED FOR THE PERIOD, THE PENALTY WILL BE MEASURED FROM THE SUCCEEDING SPOT.

**A) STARTING THE CLOCK ON THE READY FOR PLAY SIGNAL:**

- 1) FOR AN OFFICIAL'S TIME OUT (EXCEPT WHEN 'B' IS AWARDED A NEW SERIES OR EITHER TEAM IS AWARDED A NEW SERIES AFTER A LEGAL KICK.
- 2) BECAUSE THE BALL HAS BECOME DEAD FOLLOWING ANY FOUL. (EXCEPTIONS:)
  - A) THERE HAS BEEN NO CHARGED TIME OUT DURING THE DEAD BALL PERIOD
  - B) THE DOWN IS NOT AN EXTENSION OF A PERIOD OR A TRY.
  - C) THE ACTION THAT CAUSED THE DOWN TO END DID NOT ALSO CAUSE THE CLOCK TO BE STOPPED.
  - D) BECAUSE OF AN INADVERTENT WHISTLE.

**B) START THE CLOCK ON THE SNAP WHEN:**

- 1) THE BALL GOES OUT OF BOUNDS
- 2) TEAM 'B' IS AWARDED A NEW SERIES.
- 3) ANY TEAM IS AWARDED A NEW SERIES FOLLOWING A LEGAL KICK.
- 4) THE BALL BECOMES DEAD BEHIND THE GOAL LINE.
- 5) A LEGAL OR ILLEGAL FORWARD PASS IS INCOMPLETE
- 6) A REQUEST FOR A CHARGED OR TV/RADIO TIME OUT IS GRANTED
- 7) A PERIOD ENDS.
- 8) A TEAM ATTEMPTS TO CONSUME TIME ILLEGALLY.
- 9) THE PENALTY FOR A DELAY OF GAME IS ACCEPTED.
- 10) IF A PERIOD IS TO BEGIN WITH A SNAP (SCRIMMAGE DOWN).
- 11) AFTER A FAIR CATCH IS MADE.

\* **THE CLOCK IS STOPPED WHEN:**

- A) THE DOWN END FOLLOWING A FOUL.
- B) AN OFFICIAL'S TIME OUT IS TAKEN
- C) A REQUEST FOR A CHARGED OR TV/RADIO TIME OUT IS GRANTED
- D) THE PERIOD ENDS.
- E) THE BALL IS OUT OF BOUNDS.
- F) A LEGAL OR ILLEGAL FORWARD PASS IS INCOMPLETE.
- G) A SCORE OR TOUCHBACK OCCURS.
- H) A FAIR CATCH IS MADE.
- I) AN INADVERTENT WHISTLE IS SOUNDED.

\* THE CLOCK SHALL NOT BE STARTED ON FIRST TOUCHING BY 'K' OF A FREE KICK,  
\* THE REFEREE HAS THE AUTHORITY TO CORRECT OBVIOUS ERRORS IN TIMING IF THE DISCOVERY IS MADE PRIOR TO THE SECOND LIVE BALL FOLLOWING THE ERROR, UNLESS THE PERIOD HAS OFFICIALLY ENDED.

**\* TIME OUTS:**

A) EACH TEAM IS ENTITLED TO THREE CHARGED TIME OUT PER HALF. UNUSED FIRST HALF TIME OUT CANNOT BE USED IN THE SECOND HALF. UNUSED SECOND HALF TIME OUTS CAN BE USED IN OVER TIME.

B) A SINGLE TIME OUT IS ONE MINUTE IN LENGTH. THE REFEREE SHALL NOTIFY THE TEAMS WITHIN 5 SECONDS OF THE TIME OUT EXPIRING.

C) SUCCESSIVE TIME OUTS MAY BE GRANTED.

\*\*NOTE: IF A PENALTY HAS OCCURRED THE REQUEST FOR A CHARGED TIME OUT IS DENIED UNTIL THE CAPTAIN HAS MADE THE CHOICE REGARDING THE PENALTY.

D) A TIME OUT IS GRANTED IF THE REPAIR OF FAULTY EQUIPMENT DELAYS THE READY FOR PLAY SIGNAL FOR MORE THAN 25 SECONDS OR REQUIRES THE HELP OF A TEAM ATTENDANT.

F) A TIME OUT IS GRANTED FOR THE PURPOSE OF A COACHES -REFEREE CONFERENCE REGARDING THE POSSIBLE MISAPPLICATION OF A RULE.

**\* IF A TEAM HAS USED ALL OF ITS TIME OUTS IN A HALF, ANY OTHER REQUEST IS DENIED UNLESS IT IS TO:**

1) ATTEND TO AN INJURED OR APPARENTLY INJURED PLAYER. THIS PLAYER MUST LEAVE THE GAME FOR ONE PLAY (UNLESS HALF TIME INTERMISSION OR THE INTERMISSION PRIOR TO OVERTIME OCCURS). ONCE THE INJURED PLAYER IS REMOVED FROM THE FIELD THE CLOCK WILL START ON THE READY.

2) TO REPAIR NECESSARY EQUIPMENT. THE PLAYER MUST LEAVE FOR AT LEAST ONE DOWN.

3) THE REVIEW OF A POSSIBLE MISAPPLICATION OF A RULE. IF THE COACHES-REFEREE CONFERENCE RESULTS IN THE REFEREE CHANGING THE CALL THE TIME OUT IS NOT CHARGED TO EITHER TEAM. HOWEVER, IF THE REFEREE DOES NOT CHANGE THE CALL THE TEAM IS CHARGED WITH THE TIME OUT. IF THE TEAM DOES NOT HAVE A TIME OUT THEY ARE PENALIZED FOR DELAY OF THE GAME.

\* AN AUTHORIZED CONFERENCE MAY BE HELD DURING A CHARGED OR OFFICIAL'S TIME OUT. ONLY ONE OF THE TWO AUTHORIZED CONFERENCES MAY BE USED BY A TEAM DURING ANY TIME OUT.

**\*TIME OUTS DUE TO CONCERNS FOR PLAYER SAFETY (OFFICIAL'S TIME OUT):**

- 1) INJURED PLAYER: PLAYER MUST BE REMOVE FROM GAME FOR ONE DOWN UNLESS THE HALFTIME OR OVERTIME INTERMISSION OCCURS.
- 2) AN APPARENTLY UNCONSCIOUS PLAYER: THE PLAYER CANNOT RETURN TO THE GAME WITHOUT WRITTEN AUTHORIZATION FROM A PHYSICIAN.
- 3) BLEEDING PLAYER, OPEN WOUND OR EXCESSIVE AMOUNT OF BLOOD ON UNIFORM: THE PLAYER MUST LEAVE THE GAME UNTIL SUCH TIME THAT THE BLEEDING HAD BEEN STOPPED, THE WOUND COVERED OR THE UNIFORM CLEANED OF THE BLOOD. HE MUST SIT OUT AT LEAST ONE DOWN (JUST LIKE AN INJURED PLAYER) UNLESS THE HALFTIME OR OVERTIME INTERMISSIONS OCCUR.

**\* READY FOR PLAY:**

\* THE BALL IS READY FOR PLAY WHEN IT HAS BEEN PLACED FOR A DOWN AND THE REFEREE GIVES THE READY FOR PLAY SIGNAL. THE BALL IS TO THEN BE SNAPPED OR FREE KICKED WITHIN 25 SECONDS.

**DELAY OF GAME**

- 1) FAILURE TO SNAP OR FREE KICK THE BALL WITHIN 25 SECONDS OF THE BALL BEING MARKED READY FOR PLAY.
- 2) UNNECESSARILY CARRYING THE BALL AFTER IT IS DEAD.
- 3) CONSUMING TIME IN FAILING TO UNPILE AFTER A DOWN.
- 4) FAILURE TO WEAR REQUIRED EQUIPMENT WHEN THE BALL IS ABOUT TO BECOME LIVE.
- 5) SNAPPING OR FREE KICKING THE BALL BEFORE IT HAS BEEN MARKED READY FOR PLAY.

\* WHEN A TEAM ATTEMPTS TO CONSUME OR CONSERVE TIME ILLEGALLY THE REFEREE MAY ORDER THE CLOCK STARTED OR STOPPED.

\* FAILURE OF A TEAM TO PLAY WITHIN TWO MINUTES AFTER BEING ORDERED TO DO SO BY THE REFEREE RESULTS IN A FORFEIT. THE SCORE OF A FORFEITED GAME IS 1-0 UNLESS THE OFFENDED TEAM IS AHEAD AND THEN THE SCORE WOULD STAND.

**\* SUBSTITUTIONS:**

\* NO SUBSTITUTES SHALL ENTER DURING A DOWN- PENALTY FOR ILLEGAL SUBSTITUTE.

\* A REPLACED PLAYER OR SUBSTITUTE IS TO LEAVE THE FIELD ON HIS SIDE OF THE FIELD AND GO DIRECTLY TO HIS TEAM BOX.- PENALTY FOR ILLEGAL SUBSTITUTION.

\* DURING A DOWN A REPLACED PLAYER OR SUBSTITUTE WHO ATTEMPTS TO LEAVE THE FIELD AND DOES NOT AFFECT THE PLAY. PENALTY-ILLEGAL SUBSTITUTION.

\* AN ENTERING SUBSTITUTE IS TO BE ON HIS TEAM'S SIDE OF THE NEUTRAL ZONE WHEN THE BALL IS SNAPPED OR FREE KICKED. PENALTY- ILLEGAL SUBSTITUTION.

\* DURING THE SAME DEAD BALL INTERVAL NO SUBSTITUTE SHALL BECOME A PLAYER AND THEN WITHDRAW AND NO PLAYER SHALL WITHDRAW AND THEN RE-ENTER AS A SUBSTITUTE UNLESS ONE OF THE FOLLOWING HAPPENS:

- 1) A PENALTY IS ACCEPTED
- 2) A DEAD BALL FOUL OCCURS
- 3) THERE IS A CHARGED TIME OUT
- 4) THE PERIOD ENDS.

**\*\*THINGS ABOUT ILLEGAL SUBSTITUTION & ILLEGAL PARTICIPATION THAT ARE ALWAYS TRUE.**

1) ILLEGAL SUBSTITUTION: THIS IS ALWAYS A FIVE YARD PENALTY.

- A) MORE THAN 11 PLAYERS IN A HUDDLE CONSTITUTES ILLEGAL SUBSTITUTION.  
\*\*SUCCEEDING SPOT ENFORCEMENT.
- B) SUBSTITUTE NOT GETTING OFF THE FIELD PRIOR TO THE SNAP.  
\*\*PREVIOUS SPOT ENFORCEMENT.
- C) SUBSTITUTE GOING OFF THE FIELD ON THE WRONG SIDE OR ACROSS THE END LINE.  
\*\*DEAD BALL FOUL AND A SUCCEEDING SPOT ENFORCEMENT.
- D) SUBSTITUTE NOT GETTING ON HIS SIDE OF THE LINE OF SCRIMMAGE PRIOR TO THE BALL BEING SNAPPED.  
\*\*PREVIOUS SPOT ENFORCEMENT.
- E) SUBSTITUTE COMING ONTO THE FIELD AND NOT PARTICIPATING OR HINDERING THE PLAY.  
\*\*SUCCEEDING SPOT ENFORCEMENT.

2) ILLEGAL PARTICIPATION: THIS IS ALWAYS A FIFTEEN YARD PENALTY.

- A) MORE THAN 11 PLAYERS (ON A SINGLE TEAM) PARTICIPATING AT THE SNAP.  
\*\*PREVIOUS SPOT ENFORCEMENT.
- B) IF A SUBSTITUTE COMES ONTO THE FIELD DURING THE DOWN AND PARTICIPATES IN THE PLAY.  
\*\*ENFORCEMENT SPOT IS THE SPOT OF THE ILLEGAL PARTICIPATION AND IS PENALIZED UNDER THE ALL BUT ENFORCEMENT PRINCIPLE.
- C) 'A' OR 'K' GOING OUT OF BOUNDS AND RETURNING PRIOR TO CHANGE OF TEAM POSSESSION.  
\*\*ENFORCEMENT SPOT IS THE SPOT OF THE ILLEGAL PARTICIPATION AND IS PENALIZED UNDER THE ALL BUT ENFORCEMENT PRINCIPLE.
- D) FOR A PLAYER THAT HAS BEEN INJURED TO RETURN AND PARTICIPATE IN THE GAME WITHOUT SITTING OUT ONE PLAY (UNLESS HALFTIME OR OVERTIME INTERMISSION IS INVOLVED).  
\*\*PREVIOUS SPOT ENFORCEMENT.
- E) FOR A DISQUALIFIED PLAYER TO RE-ENTER THE GAME.  
\*\*PREVIOUS SPOT ENFORCEMENT.
- F) USING A PLAYER OR A REPLACED PLAYER FOR DECEPTION.  
\*\*PREVIOUS SPOT ENFORCEMENT.













