



## Rule 3 Periods, Time Factors, and Substitutions



## Time of Game

- **The varsity game is divided into four quarters**
- **Each quarter is 12 minutes in length**
- **Playing time for any quarter(s) can be shortened by mutual agreement of both head coaches and the referee**



### Intermissions

- **Intermission between the 1<sup>st</sup> and 2<sup>nd</sup> quarters and the 3<sup>rd</sup> and 4<sup>th</sup> quarters is one minute**
- **Halftime intermission is a minimum of 10 minutes and maximum of 20 minutes**
- **A 3 minute mandatory warm-up time must occur at the conclusion of halftime.**



### Game Interruptions

- **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 conditions are considered to be hazardous to life or limb of the participants, the crew of game officials is authorized to suspend the game**



### Coin Toss Procedure

- The coin toss should be conducted three minutes prior to the scheduled starting time of the game
- No more than four captains in game uniform can be at the coin toss location
- The visiting captain calls the tossed coin
- The team winning the coin toss has the first choice of options for the first half or can defer their choice to the second half
- The choice of options are
  - To kick or receive
  - To choose to defend a goal
- The team not having the first option in the first half has the first option to start the second half



## Starting a Half

- **Each half begins with a kickoff (free kick)**



### Change of Goals

- **At the completion of the 1<sup>st</sup> quarter and the 3<sup>rd</sup> quarter the teams shall change goals**
  - One minute intermission to do this
- **The down, distance, and relative position of the ball remain the same**



### End of Quarter Warnings

- **If there is no visible field clock, the referee shall stop the game with four minutes remaining in each half and notify the field captains and 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, no notification is required**





## End of Period

- **If time expires during a down, the clock is allowed to sound and the play continues until the down ends (ball becomes dead)**



## Period Extensions

- **A period must be extended with an untimed down if one of the following conditions occurs during the down when time in the period expired:**
  - A live ball foul by either team that is accepted
    - This does not include an unsportsmanlike or non-player fouls or a foul that dictates a loss of down
  - A double foul
  - An inadvertent whistle
  - 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 any of these events happen during the untimed down, then the process is repeated**



## Period Not Extended

- **A period is not extended if**
  - 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
  - There was a live ball foul and the penalty was accepted for:
    - Unsportsmanlike or non-player fouls
    - Fouls that specify loss of down
    - Fouls enforced on the subsequent kickoff
    - Fouls for which enforcement results in a safety



### Completion of Periods

- **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 to doing this the referee should make sure that**
  - No foul has occurred
  - No obvious timing error has occurred
  - No request for a coach-referee conference has occurred
  - No other irregularity has occurred
- **If a dead ball penalty occurs after time has expired for the period, the penalty is enforced from the succeeding spot**



### Start the Clock on the Ready-for-Play Signal

- **After an official's time-out except when B or R is awarded a new series or either team is awarded a new series after a legal kick**
- **If the ball becomes dead following any foul provided**
  - There has been no charged time-out during the dead ball period
  - The down is not an extension of a period or a try
  - The action that caused the down to end did not also cause the clock to be stopped
- **After an inadvertent whistle**



# Start the Clock on the Snap When

- The ball goes out of bounds
- Team **B** is awarded a new series
- Any team is awarded a new series following a legal kick
- The ball becomes dead behind the goal line
- A legal or illegal forward pass is incomplete
- A period ends
- A fair catch is made
- A request for a charged or TV/radio time-out is granted
- A team attempts to consume time illegally
- The penalty for a delay of game is accepted
- A period is to begin with a snap (scrimmage down)



### Stop the Clock When

- The period ends
- The down ends following a foul
- An official's time-out is taken
- A fair catch is made
- A request for a charged or TV/radio time-out is granted
- The ball is out of bounds
- A legal or illegal forward pass is incomplete
- A score or touchback occurs
- An inadvertent whistle is sounded



## Clock Not Started

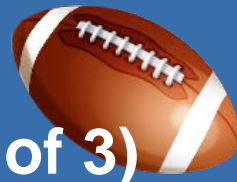
- The clock shall not start on first touching by **K** of a free kick





### Timing Issues

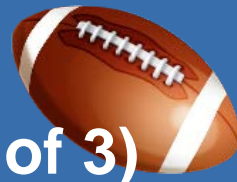
- **When a team attempts to consume or conserve time illegally, the referee may order the clock started or stopped**
- **The referee has the authority to correct obvious errors in timing if the discovery is made prior to the second live ball following the error, unless the period has officially ended**



## Time-outs

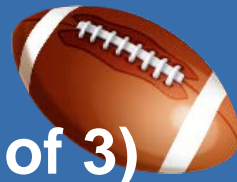
- **Each team is entitled to three charged time-outs per half**
  - Unused first half time-outs cannot be used in the second half
  - Unused second half time-outs cannot be used in overtime
- **A single time-out is one minute in length**
- **The referee shall notify the teams within 5 seconds of the time-out expiring**
- **Successive time-outs may be granted**

**Note: if a foul has occurred, the request for a charged time-out is denied until the captain has made his choice regarding the penalty**



### Time-outs

- **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**
- **A time-out is granted for the purpose of a coach-referee conference regarding the possible misapplication of a rule**
- **If the coach-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 game.**



## Time-outs

- **If a team has used all of its time-outs in a half, any other request is denied unless it is to**
  - 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.
  - To repair necessary equipment. The player must leave for at least one down.



## Conferences

- **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**



# Official's Time-Out for Player Safety

- **Injured player or helmet comes completely off during or right after a play and it is not attributed to a foul by the opponent**
  - Must be replaced for at least one down unless a halftime or overtime intermission occurs
- **Bleeding player, open wound, or any amount of blood on the uniform**
  - Must leave the game until the bleeding has stopped, the wound is covered, and/or the uniform cleaned of the blood
  - Must be replaced for at least one down unless a halftime or overtime intermission occurs (same as injured player)
- **Player exhibiting signs of a concussion**
  - Must be removed from the game
  - The player may return only after clearance from a health care professional



### 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 must then be snapped or free kicked within 25 seconds**



### Delay of Game Examples

- **Failure to snap or free kick the ball within 25 seconds after the ball is marked ready for play**
- **Unnecessarily carrying the ball after it is dead**
- **Consuming time in failing to unpile after a down**
- **Failure to properly wear required equipment when the ball is about to become live**
- **Snapping or free kicking the ball before it is marked ready for play**





### Forfeit

- **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 stands**



# Substitutions

(1 of 2)

- **No substitute shall enter during a down**
- **A replaced player or substitute is required to leave the field on his side and go directly to his team box**
- **During a down a replaced player or substitute who unsuccessfully attempts to leave the field and does not affect the play constitutes illegal substitution**
- **An entering substitute shall be on his team's side of the neutral zone when the ball is snapped or free kicked**



- **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**
  - A penalty is accepted
  - A dead ball foul occurs
  - There is a charged time-out
  - The period ends



## Illegal Substitution Truths

- **Illegal substitution is always a 5 yard penalty**
  - More than 11 players in a huddle for more than 3 seconds
    - Succeeding spot enforcement
  - Substitute not getting off the field prior to the snap
    - Previous spot enforcement
  - Substitute going off the field on the wrong side or across the end line
    - Dead ball foul and a succeeding spot enforcement
  - Substitute not getting on his side of the line of scrimmage prior to the ball being snapped
    - Previous spot enforcement
  - Substitute coming onto the field and not participating or hindering the play
    - Succeeding spot enforcement