

Section 1

RULE 3 PERIODS, TIME FACTORS, SUBSTITUTES

Section 1. The Start Of Each Period

First and Third Periods

ARTICLE 1. Each half shall start with a kickoff. Three minutes before the start of the game, the Referee shall toss a coin in the presence of the opposing Field Captains, after first designating which Captain shall call the fall of the coin.

- a. The Captain winning the toss shall choose one of the following options:
 - 1. To kick off.
 - 2. To receive.
 - 3. To designate which goal his team will defend.
- b. The loser of the toss shall make a choice of the remaining option.
- c. Before the start of the second half the choosing of options will be reversed.

Second and Fourth Periods

ARTICLE 2. Between the first and second periods and between the third and fourth periods the teams shall exchange goals and the ball shall be relocated in a spot corresponding to its location at the end of the previous period. Possession of the ball and the down and distance to be gained shall remain the same.

Section 2. Playing Time and Intermissions

Game Time

ARTICLE 1. Playing time shall be of 60 minutes duration, divided into four quarters of fifteen minutes each with one minute between the first and second and third and fourth quarters and ten minutes between the second and third quarters. In case of a tie there shall be a one minute intermission before the start of each overtime period.

Shortening Periods

ARTICLE 2. Before the start of the game, playing time may be shortened by mutual agreement of the field captains and the Referee, if darkness threatens. Anytime during the game, the playing time of any remaining period or periods may be shortened by mutual agreement of the opposing captains and the Referee.

Section 2

Extension of Periods

ARTICLE 3. No period shall end until the ball is dead, and in the case of a touchdown the try-for-point shall be attempted. If playing time for a period expires before completion of the penalty for a foul by Team B while the ball is ready-for-play, or during a down in which Team B commits a foul while Team A is in possession, the period shall be extended until a down which is free from such foul has been played. If Team A commits a foul, or if both teams commit fouls, the period is not extended.

Tie Game

ARTICLE 4. Games tied at the end of regulation time shall be decided by permitting each team 4 attempts to score from the 20 plus PAT attempt, repeating series until tie is broken. The 4 attempts are downs like regulation.

Game Clock

ARTICLE 5. Playing time shall be kept on a stop watch operated by an official or on a field clock operated by a designated timer.

When Clock Starts

ARTICLE 6. Following a free kick the game clock shall be started when the ball is legally touched. On a scrimmage down the game clock shall be started when the ball is snapped or on prior signal by the referee. The clock shall not run during a try-for-point or during an extension of a period.

- a. The Referee shall signal and the game clock starts when the ball is ready-for-play, if it was stopped:

A running clock shall be used. The clock shall not stop except for the following:

1. The last two minutes of each half shall be played according to time factors listed on page 19, Rule 3, Section 3, Article 2.;
 2. During free time outs;
 3. The clock shall stop after PAT attempt during game, and shall not start until first touched or snapped, after going out of bounds on ensuing kick-off.
- b. The Referee does NOT signal and the game clock starts when the ball is put in play, if it was stopped:
1. By a team time-out, a touchback, an incompleated forward pass, or a live ball going out of bounds; or after a fair catch.
- c. If incidents in (a), above, occur in conjunction with a free time-out or any other incident following which the clock would not start until the ball is put in play it shall be started when the ball is put in play.

Section 3**When Clock Stops**

ARTICLE 7. The game clock shall be stopped and time is out when each period ends and whenever "time out" is declared by the Referee as in: a touch-down, touchback, field goal, safety, penalty, free time out, out of bounds, or referee's discretion.

Two Minute Warning

ARTICLE 8. Approximately two minutes before each half ends the Referee shall inform each Field Captain and Coach of the playing time remaining in that half. He may order the clock stopped for the purpose if necessary. If a field clock is the official timepiece, notification is not required.

Section 3. Time-Outs**How Charged**

ARTICLE 1. The Referee shall declare a time-out when he suspends play for any reason. Each time-out shall be charged either to the Referee or to one of the teams.

Referee's Time-Out

ARTICLE 2. The Referee shall declare an official's time-out whenever a touchdown, field goal, touchback, or safety is made; when an excess time-out is allowed; when the game clock is stopped to complete a penalty; when a forward pass becomes incomplete; and when a live ball goes out-of-bounds. (Last two minutes of each half).

Discretionary Time-Out

ARTICLE 3. The Referee may declare an official's time-out for any contingency not elsewhere covered by the rules. If a time-out is for repair or replacement of player equipment which became illegal through play and is considered dangerous to other players, the Referee shall charge himself; otherwise he shall charge the team whose player is wearing the illegal equipment. The Referee shall charge himself when an injured player is designated and removed for at least one down.

Free Time-Outs

ARTICLE 4. Each team is entitled to three free time-outs during each half without penalty. Successive free time-outs may be granted each team during a dead ball period. If the ball is dead and a team has not exhausted its free time-outs the Referee shall allow a free time-out and charge that team. There will be one time out per team allowed during entire overtime period.

Section 4

Officials' Time-Out

ARTICLE 5. After a team's three time-outs have been exhausted, subsequent requests by its Field Captain may be allowed only for the benefit of a designated injured player who must leave the game for at least one scrimmage down. Such time-out, if allowed, is an official time-out.

Length of Time-Outs

ARTICLE 6. A free time-out requested by the Field Captain shall not exceed 1 minute. Other time-outs shall be no longer than the Referee deems necessary to fulfill the purpose for which they are declared, but any time-out may be extended by the Referee for the benefit of a seriously injured player.

Warning and Notification

ARTICLE 7. The Referee shall warn both teams 30 seconds before a free time-out expires and five seconds later shall declare the ball ready-for-play. When three legal time-outs have been charged to a team in the same half, the Referee shall notify the Field Captain and the Coach of that team.

Sideline Conference

ARTICLE 8. During a time-out charged to a team, one player at a time may confer with the coaching staff at the sideline near the team area.

Section 4. Delays**Delaying the Start of a Half**

ARTICLE 1. Each team shall have its players on the field for the opening play at the scheduled time for the beginning of each half. **All players must have their flags in legal position. Penalty: 10 yards.**

Illegal Delay of the Game

ARTICLE 2. The ball must be put in play promptly and legally and any action or inaction by either team which tends to prevent this is illegal delay of the game. This includes:

- a. Consuming more than 25 seconds in putting the ball in play after it is ready-for-play.
- b. Failing to remove an injured player for whose benefit an officials time-out has been granted.
- c. Deliberately advancing the ball after it has been declared dead. *Penalty: For delay of game — 5 yards.*

Section 5**Unfair Tactics**

ARTICLE 3. The Referee may order the game clock started or stopped whenever, in his opinion, either team is trying to conserve or consume playing time by tactics obviously unfair. *Penalty: 5 yards.*

Section 5. Substitutions**Eligible Substitutes**

ARTICLE 1. No substitute shall enter during a down. Between downs any number of eligible substitutes may replace players provided the substitution is completed by having the replaced players off the field before the ball becomes alive. An incoming substitute must enter the field directly from his team area. A replaced player must leave at the sidelines nearest his team area. *Penalty: 5 yards.*

Legal Substitutions

ARTICLE 2. 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.

ARTICLE 3. **Each substitute shall be in uniform, ready for play, with Flags in position as directed in Rule 1, Section 4.** *Penalty: 5 yards.*