

NFHS Timer Instructions

Game Time

- Varsity - Four quarters (12-minutes long) with two-minute intermissions between the 1st and 2nd and 3rd and 4th quarters
- JV - Either 8 or 10-minute quarters depending on local authority.
- 10-minute half time (wait for officials to start the time or for both teams to leave the field area)
- Overtime is 4-minute periods with two minute intermissions
- Stop time when whistle blows to stop play (official will raise one arm into the air)
- Start time when whistle blows to restart play (official will wind arm backwards)
- On Face-Offs - Clock starts on the whistle

End of Quarter

- With visible scoreboard clock
 - sound a horn at 0:00
- With non-visible clock:
 - Notify officials when there are 20 seconds left in each quarter
- Count down loudly from 10 and sound horn at zero
- 4th quarter only - notify officials at 2:10 and 2:00
- Be prepared to assist officials with goal/no goal calls on last second shots

Clock Malfunctions

- Try to inform the official nearest you while still keeping count in your head
- Notify officials at next dead ball using a double horn

Horn

- Sound the horn twice during the next dead ball if you need assistance from the officials or:
- Player leaves early from the penalty box
- Coach requests a conference with the officials

Penalties

- Official will signal: Color of offending team, number of the player, the penalty, the time
 - Technical fouls are always 30 seconds
 - Personal fouls may be 1, 2, or 3 minutes and may be releasable or non-releasable.
 - If you are unclear on the penalty ask the official or sound a double horn before the restart
 - Loudly inform both teams on the amount of penalty time left:
 - 45 seconds remaining, 30 seconds remaining, etc.
 - Keep players in the table area while they serve their penalty until 10 seconds remains on their penalty
 - At 10 seconds the player may exit into the bench for a substitute who will serve the remaining time
 - Count down loudly from 5 and yell "released!" when penalty time reaches zero
 - If two players from opposite teams are serving penalty time state the color first:
 - "Red you've got - 5, 4, 3, 2, 1, released!"
 - Penalty time carries over into the next quarter and overtime
 - If the penalty is on Team A and Team B scores, Team A's releasable penalties are released
 - If the penalty is on Team A and Team A scores, Team A's penalties **ARE NOT** released
 - Non-releasable penalties serve the entire time
- ## Mercy Rule
- Running clock if one team leads by 12 or more goals in the second half only
 - If the lead shrinks to 11 or fewer the clock continues as a running clock
 - Penalty time under a running clock will remain the same (1 min = 1 min, 30 sec = 30 sec), but time will not start until the whistle to restart play