

VI. TIMING AND OVERTIME

Regular Season Games are played on a 48-minute continuous clock with 2 - 24-minute halves, unless one team gains a 35-point advantage, which will end the game. Teams can agree to continue without changing the score. The clock stops for halftime, injuries and at the Officials' discretion.

TOURNAMENT PLAY: 2 – 12 min running clock halves

Halftime is 2 minutes. **(1 MINUTE HALFTIME IN TOURNAMENT PLAY)**

REGULAR SEASON PLAY: Once the ball is spotted, a team will have 40 seconds to snap the ball.

TOURNAMENT PLAY: A 25-second PLAY CLOCK will be used.

REGULAR SEASON PLAY: Teams will have 1 - 60-second timeout per half. They do not carry over.

TOURNAMENT PLAY: Teams will have 3 – 30 second timeouts for the entire game.

Officials will stop the clock for team timeouts, player injuries and at their discretion.

If the score is tied at the end of regulation play, an overtime period will be used to determine the winner. **Overtime format is as follows:**

Home team calls the coin toss to determine the team that chooses to be on offense or defense first.

If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating the choice to be on offense or defense to start every round of overtime.

The referee will determine which end of the field the entire overtime will be played.

- a. 1st OVERTIME: Each team will get one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Each team has the choice to go for 1 or 2 points in the first OVERTIME PERIOD ONLY.

Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.

If the second team on offense in an overtime round fails to beat or match the team that went first, the game is over.

- b. Starting with the 2nd overtime, both teams must attempt a 2 point conversion from the 10-yard line.
- c. Starting with the 3rd overtime, each team will get 1 play from the 5 yard line going out from the endzone. The team with the most yards will be the winner. The team with the most yards will be awarded 1 point added to their final score.
- d. The Final Score will be recorded to include all points scored in the overtime periods.
- e. All regulation period rules and penalties are in effect.
- f. There are no timeouts in overtime. Each team will be afforded one (1) 'coaches challenge' for the entire overtime session. Challenge MUST be a misapplication of a rule, NOT a judgement call by an official.
- g. Interceptions are returnable for a score in OT and are worth 2 points.

Interceptions returned for a score in the first or second overtime period, the game is over.

Interceptions advanced in the third overtime period, the game is over.