

NFHS Timer Instructions

Game Time

- Four quarters (12-minutes long) with two minute intermissions between the 1st and 2nd and 3rd and 4th quarters
- 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 scoreboard 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

- There will be a 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 returns to normal stop time
- 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