



FIELD HOCKEY

TIMER GUIDELINES

Game time

- ◆ Varsity: two 30-minute halves; sub-varsity: 25-minute halves.
- ◆ Start time when whistle sounds to start play each half and after goals.
- ◆ Stop time when official whistles & signals to stop play.
- ◆ Start time when official whistles & signals after time-outs.

End of half

- ◆ Do not come on field.
- ◆ Notify officials verbally when there are 30 seconds left. Sound horn (if not automatic) at 0:00.

Halftime

- ◆ Ten minutes max.
- ◆ Notify officials when 1 minute remains.
- ◆ Either Timer or Scorer must remain at table (can switch).

Time-outs

- ◆ Notify near official immediately if coach requests a time-out.
- ◆ Begin timing with official's signal.
- ◆ Give audible signal after 75 & 90 seconds.

Timing of penalties

- ◆ Scorer records warnings, suspen-

sions and disqualifications.

- ◆ Inform scorer of the player's team color & number, length of penalty and the game time of the penalty.
- ◆ Time suspension period and inform player when penalty expires.
- ◆ Penalty time carries into the next half, or overtime.
- ◆ Player sits in chair on bench side.
- ◆ Teams serving penalties may substitute normally for the field players.

Clock malfunctions

- ◆ If clock malfunctions during play, count in your head while someone notifies officials.
- ◆ Sound double horn at next dead ball.

Overtime (Varsity only, reg. season)

- ◆ One overtime period of 10 minutes, 7 v. 7, sudden-victory; set of 5 one-on-ones; sudden-victory one-on-one.

Mercy Rule

- ◆ If one team leads by **4** or more goals in the second half, the clock does not stop except for time-outs and injuries.
- ◆ Penalties during this time are running time, but don't start until whistle to start & player seated.