

Timing Rules For Sub-Varsity High School and Junior High Games  
(Section XIV, Football Rules, OSSAA Handbook)

Starting and Stopping the Clock For Sub-Varsity and Junior High Football Game

Article 1 - The clock shall start for a period:

- a. If a period begins with a free kick when the kick is touched, other than first touching by K.
- b. If a period begins with a snap, when the ball is legally snapped.

Article 2 - The clock shall start with the ready-for-play signal for situations other than a free kick if the clock was stopped:

- a. For an official's time-out.
- b. Because the ball has become dead following any foul provided in either (a) or (b).
  - 1) There has been no charged time-out during the dead ball interval.
  - 2) The down is not an extension of a period or try.
  - 3) The action, which caused the down to end, did not also cause the clock to be stopped.

Article 3 - The clock shall start with the snap or when any free kick is touched, other than first touching by K, if the clock was stopped because of the following:

- a. The ball goes out-of-bounds.
- b. A fair catch is made.
- c. A fair catch is awarded.
- d. The ball becomes dead behind the goal line.
- e. A forward pass is incomplete.
- f. A request for a charged or television/radio time-out is granted.
- g. A period ends.
- h. A team attempts to consume time illegally.
- i. The penalty for a delay of game foul is accepted.

*The above timing rules are to be used in all sub-varsity high school games and junior high football games without exception. NFHS Football Rule Book, Rule 3, Section 4 (Starting and Stopping the Clock) will be used during all high school varsity games.*

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Length of Periods and Half Times

High School: Quarters, 12 minutes, Half Time 20 minutes (See Note 2).

Junior Varsity: Quarters, 10 or 12 minutes quarters, Half Time 8 or 10 minutes.

Ninth Grade: Quarters 8 or 10 minutes, Half Time 8 or 10 minutes.

Eight Grade: Quarters 8 minutes, Half Time 8 or 10 minute halves.

Seventh Grade: Quarters 8 minutes, Half Time 8 or 10 minute halves.

Combination of 7th-8th-9th Grades: Quarters 8 minutes, Half Time 8 or 10 minutes.

Quarters 10 minutes, when mutually agreed by both coaches

Note 1: All teams will have 3 minutes mandatory warm-up at the end of the scheduled half time.

Note 2: By mutual agreement coaches may reduce the half time to a minimum of 10 minutes.