

NIRSA Flag & Touch Football Timing Rules

Playing time shall be 48 minutes, divided into 4 periods of 12 minutes each.
The intermission between the 2nd and 3rd periods (halftime) shall be 5 minutes.
The intermission between games (if more than 1) shall be 10 minutes.

It is recommended that the playing time be kept on a stopwatch operated by the Back Judge.

The clock will start on the snap and run continuously for the first 22 minutes of each half unless:
It is stopped for a:

- a. Team time-out it starts on the snap.
- b. Referee's time-out it starts on the ready.
- c. End of the 1st or 3rd period it starts on the snap.

The Two (2) Minute Warning.

Approximately 2 minutes before the end of the 2nd and 4th periods the Referee shall stop the clock and inform both captains of the playing time remaining in the period. The clock starts on the snap.

During the final 2 minutes of the 2nd and 4th periods the clock will stop for a(n):

- a. Incomplete forward pass (legal or illegal) – starts on the snap.
- b. Out-of-bounds – starts on the snap.
- c. Safety – starts on the snap.
- d. Team time-out – starts on the snap.
- e. First down – dependent on the previous play.
- f. Touchdown – starts on the snap (after the try).
- g. Penalty administration - dependent on the previous play. Exception: Delay of game starts on snap.
- h. Referee's time-out – starts on his/her discretion.
- i. Touchback – starts on the snap.
- j. Team A is awarded a new series - dependent on the previous play.
- k. Team B is awarded a new series – starts on the snap.
- l. Either team is awarded a new series following a legal punt – starts on the snap.
- m. Team attempting to conserve time illegally – starts on the ready.
- n. Team attempting to consume time illegally – starts on the snap.
- o. Inadvertent whistle – starts on the ready.

Correct Timing Errors:

The Referee shall have authority to correct obvious timing errors if discovery is prior to the 2nd live ball following the error, unless the period has officially ended.

Tie Breaker (Overtime):

- a. No game clock. Leave it on 0:00.
- b. Only the 25-second clock is used.

Time-Outs: The Referee shall declare a time-out when he/she suspends play for any reason.

A charged time-out requested by any player or head coach, which is generally granted, shall be 1 minute and can be shortened if both teams are ready to play. Clock starts on the snap.

The referee may order the game clock started or stopped whenever, in his/her opinion, either team is trying to conserve or consume time by tactics obviously unfair.