

Heartland Varsity Game Rules

All NFHS Rules will be followed with the below exception which overrides the NFHS rule book.

Duration of Play:

Games will consist of four 12-minute quarters. The clock is to be stopped on the official's whistle and arm signal after each goal during the entire game.

The clock will stop on all fouls in the critical scoring area during the last two-minutes of the of each half and overtime (unless playing with a running clock due to a 10 point or greater differential). Official's time-outs now include alternating possession, inadvertent whistle and offsides.

Between the first and second and third and fourth quarters, there will be a two-minute break where each team will return to their sideline. Players will change ends at each quarter and at the half.

There will be a ten-minute halftime.

If a team is leading by 10 or more goals, the clock will continue to run after goals. If the difference becomes less than 10 goals, the stop clock at goals is reinstated. If time runs out prior to the complete administration of a free position, then it shall not be administered.

League Rules Related to Game Management:

All varsity rules must follow the normal time and game structure. If a team is not able to meet this requirement due to a shortage of players, that team must officially forfeit, resulting in a loss of 0-10 being recorded for that team. Teams may play for fun after that, but the forfeit will stand as the official result. The official outcome of the game in Horizon will be a forfeit and the standing will show the 0-10 loss for the forfeiting team.