

NYSACFO Syracuse Chapter

March 30, 2026

Timing, Overtime,
& Review of Other Fouls

Review / Questions From Week 2

◆ Punts

◆ False Start (R. 7-1-9)

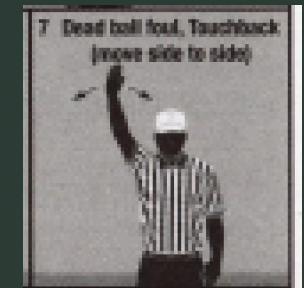
◆ R can freely move behind their LOS (R. 7-1-7);

◆ K may NOT move: “Any A player other than the kicker is moving at the time the ball is kicked” (R. 7-1-9-c)

◆ After the snap, K players may stand, point, or shift their weight, can't take steps

◆ This is a DEAD BALL FOUL (just like the DOG on the Punter) – S. 7 & 19

◆ Exceptions to R. 2-14-4 (vestige from TFR)



◆ Touchbacks = 14 yard line, not the 20 (R. 8-5-4)

◆ 4 Man Mechanics Change (NYS Memo #4)

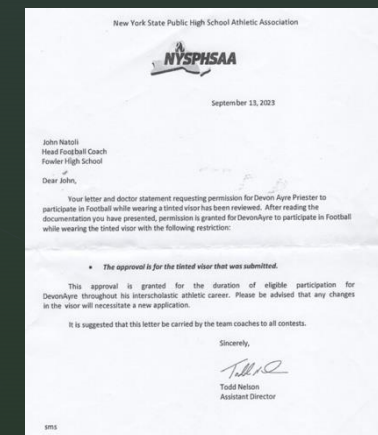
◆ Field Judge: Start at 7–12 yards (no longer 20 yards) downfield

◆ Equipment

◆ Mouthpieces – no adornments, but lip / mouth covering is OK (R. 1-5-1-c)

◆ Todd Nelson Exemption Letter Reminder

◆ Check your bag for your winter gear!



Rule 3 Highlights – Timing Fundamentals

- ◆ 12 min quarters, Running Clocks (until 2:00 Minute Warning)
 - ◆ Pre-Game: Set Game Clock to expire at -5 minutes prior to scheduled start time
 - ◆ Coin toss must occur no later than -3 minutes prior to scheduled start time (R. 3-2-1)
 - ◆ No more than 4 captains (same as TFR) – winner's option are (1) defer or (2) either (a) offense / defense, or (b) endzone (R. 3-2-3)
 - ◆ Halftime: 5–10-minute halftime, not 20 minutes (R. 3-1-6, 1-8 [NYS Exception])
 - ◆ ~~3~~-minute warmup is NOT required!
 - ◆ No more than 1 minute for TO, intervals between quarters to CHANGE ENDZONES (just like TFR), or intervals following scores (R. 3-2-4, 3-5-7-k)
 - ◆ Any *quarter* may be extended by an untimed down for the PAT, an IW, or any *accepted penalty* by either or both team(s) (R. 3 -3-3)
 - ◆ Remember: there are many exceptions, GFF is the same as TFR here (R. 3-3-4):
 - ◆ Do NOT extend any period ending with a (1) UNS, (2) nonplayer, (3) LODs, or (4) scores including safeties by penalty (i.e. do not extend for any R. 8 enforcements – never extend for B's next series)
 - ◆ **GFFvTFR**: 2 timeouts per half per team (not 3)

Rule 3: Game Clock

- ◆ The 2:00 Minute Warning (R. 3-4)
 - ◆ > 2:00: Wind that Clock
 - ◆ **Stop the clock:** Delay of Game (“DOG”) or any penalties, Change of Possession (“COP”), scores, Touchback (“TB”), TOs, ball fumbled Out-Of-Bounds (“OOB”), Period Ends, 2:00 Warning (2nd and 4th Q only), Inadvertent Whistle (“IW”), or Referee rules either team is illegally consuming time
 - ◆ **Game clock will next start on SNAP:** *backward* fumble OOB*, COP, legal kick, score (following the point-after attempt [“PAT”], if any), period ends, DOG, Illegally Consuming Time, or following the 2:00 minute warning
 - ◆ **Game Clock starts on Ready For Play (“RFP”):** *forward* fumble OOB*, following penalties (except DOG!) or IW
 - ◆ Game clock STAYS WINDING (never stopped): incomplete pass, runner OOB, or first down (**GFFvTFR**)
 - ◆ 2:00 warnings (2nd & 4th Qs only) are NOT timeouts!
 - ◆ Brief stoppage, at 2:00 or next dead ball after 2:00 (do not kill a live ball play)
 - ◆ Officials notify both teams, then R *immediately* re-starts the 0:25 play clock, and the game clock starts on the SNAP (except for PATs)

*Per R. 3-4-3-a [“ball” OOB, no 2 min exception], 3-4-3-f [“runner” OOB, includes 2 min exception]

Rule 3: Game Clock

- The 2:00 Minute Warning (R. 3-4-3, 3-4-4, 3-5-7)
 - ≤ 2:00: timing rules are now nearly identical to TFR
 - **Stop the clock:** Delay of Game (“DOG”) or any penalties, Change of Possession (“COP”), scores, Touchback (“TB”), TOs, ball fumbled Out-Of-Bounds (“OOB”), Period Ends, 2:00 Warning (2nd and 4th Q only), Inadvertent Whistle (“IW”), or Referee rules either team is illegally consuming time **AND incompletions (including QB spiking it), runner OOB, or First Down**
 - **Game clock will next start on SNAP:** *backward* fumble OOB*, COP, legal kick, score (following the point-after attempt [“PAT”], if any), period ends, DOG, Illegally Consuming Time, or following the 2:00 minute warning **AND** incompletions (including QB spiking it) or runner OOB
 - **Game Clock starts on Ready For Play (“RFP”):** *forward* fumble OOB*, IW, and *possibly* following penalties other than DOG (for penalties other than DOG, the end of the play, not the penalty, determines whether the clock is on the SNAP or RFP)
 - Penalties: offended team option to stop a running clock but *cannot* wind a stopped clock! (R. 3-4-6)
- Referee may start or stop the clock at his/her sole discretion upon determining either team is illegally consuming or conserving time (R. 3-4-5) and may correct obvious errors in the game or play clock (R. 3-4-7, 3-4-8)

*Per R. 3-4-3-a [“ball” OOB, no 2 min exception], 3-4-3-f [“runner” OOB, includes 2 min exception]

Rule 3: Play Clock & Miscellaneous Timing Rules

- ◆ 0:25 second play clock for ALL PLAYS starting on the referee's signal (chop + whistle) (R. 3-6-1)
 - ◆ 2 clock operators needed (game and play clocks) – the game clock manager can be responsible for the scoreboard but the play clock operator must not be distracted (or we will keep time on the field)
- ◆ DOG: (1) failure to snap; (2) failure to punt 5 seconds after the snap; (3) failing to hand the ball to the official or place it on the ground following the play; (4) Coach-Referee conference resulting in no change to the ruling after that team has exhausted their TOs; (5) snapping too early (before the RFP); (6) any conduct unduly prolonging the game (e.g. failing to unpile, tossing the ball away from officials, etc.) (R. 3-6-2)
- ◆ Players must be replaced for 1 down unless halftime or OT intermissions where (1) apparently injured, (2) apparently concussed, (3) bleeding, (4) illegal or improper equipment (no TO buyouts!) (R. 3-5-10)
- ◆ Coaches can lose a timeout if they contest a call, the R grants them a conference to discuss it, and the ruling does not change (R. 3-5-11) – RARELY ENFORCED
 - ◆ UNS: R may also assess a UNS against a coach contesting any call, especially when using foul language, coming onto the field, or leaving his team box to do so (R. 9-8-1[a]–[d], [i], [k]) – ROUTINELY ENFORCED
- ◆ Failing to come out for either half or within two minutes of the R's instruction to do so may result in DOG, UNS, or forfeiture of the game (R. 3-6-3, 9-8-1)
- ◆ Coaches / ADs can agree to modify some rules (i.e. blowouts, suspend or end game for weather, etc.) (R. 3-1-2, 3-1-4)
 - ◆ Officials must suspend play for 30 minutes for each lightning strike! (Appendix E)

Rule 3: Overtime (NYS Rules)

- ◆ Overtime rules for Playoffs!
 - ◆ No overtime until the playoffs (games CAN result in a TIE – Bethlehem 6 @ CNS 6)
- ◆ Coin Toss for EVERY TO Period (**GFFvTFR**)
 - ◆ Options: (1) offense/defense or (2) direction (do not let them defer!). Loser gets the remaining option.
 - ◆ No more than 3-minute interval following 4th Q before Coin Toss
- ◆ Basic Rules
 - ◆ Game Clock: shut off – all plays are untimed downs
 - ◆ Play Clock: same rules as regulation – every play 0:25 (watch R chop)
 - ◆ No more than 1 minute interval following scores / PATs
 - ◆ Both possessions for each OT period are *played toward the same goal* (NYS says all “periods” too - TBC)
 - ◆ Unless moved by penalty, each team will start 1st and goal from the 20-yard line
 - ◆ 1 TO per team per OT period
 - ◆ Same PAT options (1 pt = 3 yd; 2 pt = 10 yd)

Rule 3: Overtime (NYS Rules)

◆ Penalties During OT

- ◆ Turnovers are **LIVE**: If the defense intercepts the pass or in-flight fumble and returns it for a touchdown, they win the game!!! If they do not return the interception for a touchdown, the ball will belong to the defense, as the offense did not convert their chance (1st and GTG at the 20 – not spotted at the end of the return)
- ◆ Offense may get an (automatic) first down by penalty only
- ◆ DBFs following a successful PAT are assessed from the succeeding spot (i.e. the 20 yd line)
- ◆ Same PAT options (1 pt = 3 yd; 2 pt = 10 yd) unless moved by succeeding spot penalty (same penalty enforcement as TFR so you can have, for example, DPI on TD result in 2 pt try from the 5 yd)

Rule 3: GFF Timing Fundamentals

- 🏈 THIS CONCLUDES THE MEETING FOR OUR CLOCK OPERATORS
 - 🏈 Please meet the officials on the field 15 minutes prior to scheduled start
 - 🏈 Many Thanks for your efforts! 🙏
 - 🏈 Questions? Unmute. 🗣️


Illegal Substitutions & Participation

- ◆ Substitutions (R. 3-7) – Pretty Similar to TFR – 5 yd, Ill Sub
 - ◆ Replaced players have up to 3 seconds to leave (DBF)
 - ◆ Must exit through sideline (not endline) (DBF)
 - ◆ Once replaced, cannot re-enter; once a sub enters, they cannot exit (unless penalty, TO, or period ends) (DBF)
 - ◆ Replaced player failing to exit is illegal (philosophy: if next step puts them OOB, they are LEGAL) (LIVE BF)
 - ◆ Cannot enter during the down (even if you do not “participate”) (LIVE BF)
- ◆ Illegal Participation (R. 9-6) – Pretty Similar to TFR – 10 yd, All LIVE BFs
 - ◆ A/K may not go OOB unless blocked out and even then must return “at the first opportunity”
 - ◆ No player (A/K/B/R) may intentionally go OOB and return to the field of play, touch the ball, influence the play or otherwise participate
 - ◆ No one on the sideline can influence the play
 - ◆ May not enter during the down (even if they are the 7th girl) and participate
 - ◆ 8 girls (or more) during the down (philosophy: catch it pre-snap and flag DBF Ill Sub)
 - ◆ Injured players must take 1 play out unless halftime or OT intermission occurs (no TO buyouts!)
 - ◆ DQ players participating or any player deceiving the opponent (laying on the ground in camouflage)

Miscellaneous

- ◆ Pass Interference (R. 7-5-7 through 7-5-11)
 - ◆ Very similar to TFR: **O**PI can occur before the pass leaves the QB's hand, but **D**PI cannot occur until the pass leaves the QB's hand; Pass must cross the NZ for OPI/DPI to occur; Tipping the pass negates OPI/DPI that follows the tip (R. 7-5-7, 7-5-9-a)
 - ◆ Contact by opposing players making a *bona fide* attempt to catch or bat the pass is NOT OPI/DPI or any other foul
 - ◆ We do NOT have rules for defenseless players so any attempt to make a tackle or contact the body instead of the loose ball should be OPI/DPI
- ◆ Rule 5 – Series of Downs
 - ◆ Very similar to TFR: remember that UNS, nonplayer, and DBFs on fourth down do NOT result in a first down, unless the penalty itself calls for an automatic first down (R. 5-1-2-b).
 - ◆ PSK Enforcement is possible on punts (R. 2-14-2-h, 5-2-2-a)

Miscellaneous

- ◆ Rule 8 – Scoring Plays & Penalties
 - ◆ TDs & Scores (very Similar to TFR): where the offended team scores a TD, and came into the ball with clean hands, they may accept the score *and the penalty* (R. 8-2-2, 8-2-3, 8-2-4)
 - ◆ PATs & Scores: in TFR, we often hastily decline penalties by B on a successful try, but remember that in both TFR and GFF we should give the team the option to either enforce from the succeeding spot  OR – re-try the PAT because they may want to go for 2 pts from the 5 yd following half the distance enforcement (R. 8-3-5, 8-3-8)
 - ◆ Similarly, during an unsuccessful attempt, if B fouled, they may want to go for 2 (from the 5 yd) instead of going for 1 again (from the 1.5 yd) (R. 8-3-6)

Rule 9 Miscellaneous

🏈 Diving

- 🏈 Is now allowed on all plays regardless of circumstance – no rule covering it

- 🏈 Last year: diving ball carrier was dead, but this year under NFHS it remains LIVE until contacting ground (other than hand/foot), flag pulled, fumble touches ground

- 🏈 They may dive for the goal line / LTG, to catch/bat a pass, to pull a flag, anything else

- 🏈 If the diving player makes contact with an opponent, you likely have a different personal foul for UNR, Ill. Block. (charging into an opponent), RTP, etc.

- 🏈 They must dive cleanly – do not allow them to dive into contact

🏈 Simultaneous Diving

- 🏈 If two opposing players on a routine scrimmage play dive into each other (i.e. to catch a pass or loose ball) we, unfortunately, likely have NOTHING

- 🏈 If two opposing players dive in an attempt to catch a punt, we might have KCI, but nothing else (if they dive into each other in a bona fide attempt to recover a grounded punt, we, unfortunately, probably have no foul)

Reminders: 3 Blocking Fouls (10-yard Penalties)

- ◆ Blocking: (1) Illegal Blocking, (2) Illegal Use of the Hands or Holding, & (3) PF for Charging Into (R. 2-3, 9-2, 9-3, 9-4-3-b)
 - ◆ Blocking: using any part of the body to obstruct an opponent "by contacting them" – 10 yard penalty
 - ◆ Screen blocking: only permitted way of obstructing, must be done "without contact[]"
 - ◆ A legal screen blocker also must NOT extend arms or use hands, arms, elbows, or legs to initiate contact (R. 9-3-2 [*Illegal Blocking* – 10 yard penalty])
 - ◆ Illegal Use of the Hands & Holding (R. 9-2)
 - ◆ Offense / A may not form interlocked blocking with teammates or "use hands, arms or legs to hook, lock, clamp, grasp, encircle or hold in an effort to restrain an opponent"
 - ◆ Defense / B may not push their *teammate* forward, or initiate any contact with B; they may not use "hands or arms to hook, lock, clamp, grasp, encircle or hold in an effort to restrain an *opponent* other than the runner," initiate contact with an eligible receiver, remove the flag or belt of an opponent not in possession of the ball (except it is not a penalty to pull the flag early of a player attempting to secure possession of a loose ball) (i.e. early flag pull = Il. Use of Hands)
 - ◆ Charging into or throwing any opponent to the ground (A or B) is a foul and automatic first down if done by B / defense (R. 9-4-3-b)
 - ◆ All 3 are VERY similar, only use PF for Charging Into for severe contact by B (auto 1st Down)

Reminders: Blocking Guidance

- ◆ Non-Contact Sport – Pointers from NYS regarding who gets the penalty for contact
 - ◆ Defender should generally avoid contact (when in doubt, defense caused the contact)
 - ◆ Offense can move in same direction or path as defender, but once the defender “beats” them, they are no longer going in the same direction (moving A player must give up the path to the flag)
 - ◆ Block/Charge Call in Basketball – if A has good position and B charges into them, foul on B (possible automatic first down), however, if A is “beat” to the point / path and moves into contact, foul on A (either illegal blocking, illegal use of hands / arms, or PF charging into opponent)

GFF is Not a Contact Sport like Tackle Football –
Incidental Contact might be OK but Intentional Contact is a FOUL

Good luck this season!

- 🏈 Questions? Again, you can email, call, or text (allbutoneref@gmail.com; 773/983-8535)

