

Middle School Rules Exceptions (2008)

Exceptions:

- 10-minute running clock for each quarter (clock will stop for an official timeout—team timeouts, injury timeouts, officials timeouts, etc.)
- 2 minutes between quarters
- 10-minute halftime
- No 10 or 20 second count
- 4 goal deficit will result in a “free clear” for the team trailing
- Limit overtimes to two (2) 4-minute periods (under the condition that a second game is scheduled at the site). If no second game is scheduled, then the overtimes will be played by NFHS guidelines (no limit).
- No horn on the end line as per NFHS Rules.
- “Start/Stop” clock for last two minutes of the game
- “Keep It In” rule will apply in final two minutes of the game.
- Penalty time will begin with the restart whistle. Penalty time will be “running” except during an official timeout.

******* NOTE – THESE ARE THE GENERALLY ACCEPTED PLAYING RULES FOR MIDDLE SCHOOL GAMES. SOME SCHOOLS HAVE BOTH AN “A” and A “B” TEAM. SOME “A” TEAM COACHES MAY REQUEST SLIGHT MODIFICATIONS TO THE ABOVE – BE FLEXIBLE - AS LONG AS BOTH COACHES AGREE, TRY TO ACCOMMODATE THEIR REQUESTS. *******

Games are normally scheduled for a 4:00 start. Normally there will be a 5:00 game (it may be a girls team or a boys A or B team). It’s normally ALWAYS important that the 4:00 game end by 5:00.

Rockbridge Academy also has a JV team. The Rockbridge JV team, when playing another private school, will (should) go by NCAA Rules. If Rockbridge is playing a public school, then NFHS Rules apply. Like the Middle School teams, be FLEXIBLE!!!! Ensure BOTH coaches know and agree with the particular playing rules for that game.