

2026 HIGH SCHOOL GAMES-TIMING PROCEDURES

TIMING FACTORS FOR ALL GAMES: JV and Varsity

- Clock stops on every whistle in the **last minute of each quarter** ONLY FOR A FOUL IN THE CSA.
- If the goal differential is 10 or more goals, the clock will continue to run in the last minute for each quarter. If time runs out prior to the complete administration of a free position, then it shall not be administered.
- If the score becomes less than 10 goals, the clock stops on every whistle in the last minute of each quarter only for a foul in the CSA.

VARSITY TIMING - ALL PLAY STOPPED CLOCK AFTER GOALS

- Four 12-minute quarters. 2-minute quarter breaks. Halftime NOT TO EXCEED 10 minutes
- Stop clock after goals EXCEPTION: if there is a 10-goal differential, clock will run after goals (review above).

JV TIMING – REVIEW LIST OF SCHOOLS

- Four quarters (see timing below). 2-minute quarter breaks. 5-minute halftime
- 7 v 7 – some JV teams will play reduced numbers. They are allowed to reduce playing time to 15 minute halves running clock, or four, 10-min quarters if they would like. This will allow them a few more breaks.

SCHOOLS THAT PLAY 10-MINUTE RUNNING CLOCK FOR JV **PR. WILLIAM CTY, LOUD. CTY, WCAC**

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|--------------------|----------------|------------------|---------------------|
| • Battlefield | • Forest Park | • Loudoun County | • Potomac Falls |
| • Bishop Ireton | • Garfield | • Loudoun Valley | • Riverside |
| • Bishop McNamara | • Gainesville | • Lightridge | • Rock Ridge |
| • Bishop O'Connell | • Good Counsel | • Meridian | • St. John |
| • Briar Woods | • Heritage | • Oakcrest | • Stone Bridge |
| • Broad Run | • Holy Cross | • Osbourn | • Trinity Christian |
| • Colgan | • Hylton | • Osbourn Park | • Tuscarora |
| • Dominion | • Independence | • Park View | • Wash Latin |
| • Elizabeth Seton | • Jackson Reed | • JP the Great | • Woodbridge |
| • Field School | • John Champe | • Paul VI | • Woodgrove |
| • Freedom-SR | • Kipp | • Potomac Senior | |

SCHOOLS THAT PLAY 10-MINUTE STOPPED CLOCK FOR JV ONLY FAIRFAX:

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|-------------------|-----------------|----------------|---------------|
| • Alexandria City | • Herndon | • McLean | • West |
| • Annandale | • Jefferson | • Mount Vernon | • Springfield |
| • Centerville | • Justice | • Oakton | • Woodson |
| • Chantilly | • Langley | • Robinson | • Wakefield |
| • Edison | • Lake Braddock | • South County | • W&L |
| • Fairfax | • Lewis | • South Lakes | • Yorktown |
| • Falls Church | • Madison | • Westfield | |
| • Hayfield | • Marshall | • West Potomac | |

SCHOOLS THAT PLAY 12-MINUTE RUNNING CLOCK AFTER GOALS FOR JV **ISL :**

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| • Bullis | • G'town Visitation | • Maret | • St. Andrews |
| • Episcopal | • Holton Arms | • Nat. Cathedral | • SSSA |
| • Flint Hill | • Holy Child | • Potomac | • Stone Ridge |
| • G'town Day | • Madeira | • Sidwell | |