

NCAA Field Hockey Game Clock Operator Cheat Sheet

Pre-Game Clock

- Start the match clock at the designated pre-game time (e.g., 60:00 countdown).
- Clock should reach 0:00 at the scheduled start time.
- Senior Day or special events may require adjustments (per Athletics Communications).

Regulation Timing

- Four 15-minute quarters.
- 2-minute breaks between Q1→Q2 and Q3→Q4.
- 15-minute halftime between Q2 and Q3.
- The clock stops only when instructed by the umpire.
- If time expires during a penalty corner or stroke, play continues until completion.

When to Stop the Clock

- Injuries or when medical personnel enter.
- Substitutions when play is stopped.
- Video review/referrals.
- Umpire addressing conduct issues.
- Other extraordinary reasons as signaled by umpire.

When to Start/Restart the Clock

- At the start of each quarter (ball put into play).
- After any stoppage, once play resumes by umpire signal.

Overtime / Tie-Break Procedures

- If required by competition rules:
 - Two 10-minute sudden victory overtime periods.
 - If still tied: penalty strokes or shoot-out per NCAA regulations.
- Regular-season games may end in a tie unless tournament rules require advancement.

Video Referrals / Umpire Review

- Umpires may stop play and consult the Video Umpire (goal/no goal, penalty stroke, penalty corner).
- Teams may request referrals for decisions in the 23-meter areas.
- Umpire must stop the clock before review.

Announcements & Clock Signals

- Announce the last 10 seconds of each quarter.
- Sound the horn when time expires if the scoreboard does not do so automatically.
- The official end of time = when the horn begins, regardless of ball position.

Cheat Sheet Timing Chart

Phase / Period	Duration / Instruction
First Quarter (Q1)	15 minutes
Break (Q1 → Q2)	2 minutes
Second Quarter (Q2)	15 minutes
Halftime	15 minutes
Third Quarter (Q3)	15 minutes
Break (Q3 → Q4)	2 minutes
Fourth Quarter (Q4)	15 minutes
Clock Stops When	Umpire signals (injury, substitution, conduct, video referrals, etc.)
Overtime / Tiebreak	Two 10-min sudden-victory periods + shoot-out if needed