

# Give Them Full Time

## Law 7 – The Duration of the Match

### Allowance for Time Lost

Allowance is made in either period for all time lost through:

- *substitutions*
- *assessment of injury to players*
- *removal of injured players from the field of play*
- *wasting time*
- *any other cause*

The allowance for time lost is at the discretion of the referee

### USSF Advice to Referees (2010-2011)

#### 7.2 ADDING TIME

*The amount of time the referee allows for time lost in either half of a game or in any overtime period for the reasons listed in Law 7 (Allowance for Time Lost) is entirely at the referee's discretion. Referees should remember that, in addition to the reasons listed in Law 7, there are "other causes" that consume time, such as kick-offs, throw-ins, dropped balls, free kicks, and replacement of lost or defective balls. Many of the reasons for stoppages in play and thus "lost time" are, however, entirely normal elements of the game. This should be taken into account in applying discretion regarding the time to be added. The main objective should be to restore playing time to the match which is lost due to excessively prolonged or unusual stoppages. The IFAB has strongly urged referees to take fully into account time lost due to injuries.*

*The addition of time to the first or second half of regular play (or to the first or second overtime period if this is being used in case of a tie) does not preclude further delays being taken into account by the referee if they occur during the additional time. Any announcement of additional time must therefore be understood to be a minimum estimate; the referee must allow play to continue for at least the amount of time announced.*

The Laws of the Game are written with the idea that there will be a maximum of 3 substitutions from each team. Most non-professional, e.g., youth matches, have unlimited substitutions which means that there could be a significant amount of lost time if the match official performs a legal substitution each time. You never want 12 players from one team on the pitch at the same time!

Many leagues and most state cup tournaments use goal differential and goals scored for tie breaking in the standings. Therefore, even in a one-sided match, if the losing team were to nick a late goal in additional time, it could be significant in the final standings.

**Conclusion – give both sides their full time, they deserve it.**