

# The Duration of the Match

## 1. Periods of play

A match lasts for two equal halves of 45 minutes, which may only be reduced if agreed between the referee and the two teams before the start of the match and if in accordance with competition rules.

## 2. Half-time interval

Players are entitled to an interval at half-time, not exceeding 15 minutes; a short drinks break (which should not exceed one minute) is permitted at the interval of half-time in extra time. Competition rules must state the duration of the half-time interval and it may be altered only with the referee's permission.

## 3. Allowance for time lost

Allowance is made by the referee in each half for all playing time lost in that half through:

- substitutions
- assessment and/or removal of injured players
- wasting time
- disciplinary sanctions
- medical stoppages permitted by competition rules, e.g. 'drinks' breaks (which should not exceed one minute) and 'cooling' breaks (ninety seconds to three minutes)
- delays relating to VAR 'checks' and 'reviews'
- any other cause, including any significant delay to a restart (e.g. goal celebrations)