

Video Assistant Referee (VAR) reviews have become a staple of modern football, adding crucial replay-based decisions to the live action. However, these VAR review breaks often interrupt the flow of the game, leaving fans at the stadium or watching on TV with several minutes of downtime. As any passionate football fan knows, this pause can feel long, creating the perfect opportunity for a quick second-screen session on your phone.

In this blog post, we'll explore the **best things to do on your phone during VAR checks**, highlighting tools such as ScoreStream and EFA Scores. We'll also look at how companies like *American Football International*, *ScoreStream*, and *MRQ* are innovating to enrich second-screen matchday experiences. Plus, we'll address a common pitfall of certain football apps — the absence of prices, deposit bonuses, or betting odds — and why this can actually be a positive for smooth, distraction-free engagement.

Why VAR Review Breaks are Ideal for Second-Screen Engagement

VAR reviews can last anywhere from 1 to 5 minutes, sometimes even longer. In sports viewing, these pauses are notoriously tricky moments — fans want to stay connected to the action but have little to do except wait and speculate. This naturally encourages “second-screen” behavior: grabbing your smartphone to check updates, chat with friends, or browse stats.

The Rise of Second-Screen Matchday Behavior

Second-screening is not a new phenomenon, but its integration into football viewing has grown significantly in recent years. During VAR breaks, the need to keep engaged without missing a moment drives viewers to apps and platforms offering:

- Real-time match commentary
- Live stats and performance analytics
- Social chatter and fan-driven content
- Quick refreshers on game context

This behavioral pattern has helped fuel the success of tools designed for mobile convenience and low friction usage.

Top Tools to Check Live Scores and Football Stats During the Match

When the referee is consulting VAR, one of the best uses of your phone is to **check live scores and football stats during the match**. Here are a few platforms tailored to quick, seamless access to crucial information, allowing you to stay in the moment:

ScoreStream

ScoreStream has established itself as a premier live score platform, driven by a passionate community of sports fans contributing multi-sport scores in real time. The app excels at delivering rapid football stats updates and live scores, making it perfect for short-session entertainment during VAR pauses.

ScoreStream's mobile-friendly design keeps friction low — no complex navigation and no intrusive ads — just instant match data. You can also tap into user-generated match commentary to get diverse perspectives as events unfold.

EFA Scores

EFA Scores specializes in European football <https://www.americanfootballinternational.com/why-mobile-betting-and-casino-games-are-becoming-part-of-the-football-fan-experience/> leagues with a clean, intuitive interface that simplifies tracking live stats during a match. It is a favored option for football fans who want to dive deeper into analytics like possession percentages, shots on target, and player heat maps during VAR review breaks.

Short-Session Entertainment: Making the Most of VAR Review Breaks

VAR pauses can feel frustratingly long to an engaged fan. Instead of scrolling endlessly or missing the next whistle, why not use these minutes for **short-session entertainment** that enriches your football knowledge or connects you to the wider fan community?

- **Catch up on match commentary:** Platforms like *American Football International* and *MRQ* provide detailed ball-by-ball or play-by-play commentary that can be read quickly to understand situational context.
- **Check tactical insights:** Several apps and websites offer breakdowns of formations, player performances, and referee tendencies — perfect for those interested in football stats during the match.
- **Engage with fan communities:** Use social media or in-app chat rooms synchronized with ScoreStream's live feeds to share reactions and predictions with fellow fans.
- **Review team lineups and player status:** VAR breaks give you time to verify the impact of recent substitutions, injuries, or disciplinary updates without missing live action.

Mobile Convenience and Low Friction Experience Are Key

To optimize your VAR check sessions, the tools and apps you use should offer:

1. **Fast load times:** When every second counts, waiting for pages or stats to load can break immersion.
2. **Minimal clutter:** Interfaces free from intrusive pop-ups, distracting graphics, or unrelated content help maintain focus on relevant football info.
3. **Simple navigation:** Intuitive layouts mean you can get the information you want with a tap or swipe — no hunting through menus.
4. **Reliable, real-time data:** Outdated or delayed stats diminish the value of your second-screen experience.

Platforms like ScoreStream and EFA Scores are designed with these principles at their core, enabling efficient use during brief VAR interruptions. These apps leverage community-sourced data and advanced analytics to deliver accurate match commentary, live scores, and nuanced football stats during the match.

Addressing a Common Mistake: No Prices, Deposit Bonuses, or Betting Odds Shown

Many apps catering to football fans also integrate sports betting features, including live odds, deposit bonuses, and price listings. However, when it comes to second-screen behavior during VAR reviews, this can be a double-edged sword. The common mistake is trying to overload the short-session experience with betting content, which often:

- Distracts from the core football narrative
- Slows app performance due to data-heavy price feeds
- Confuses casual fans wanting just stats and commentary

- Increases visual clutter and friction

The best second-screen tools intentionally omit betting odds, deposit bonuses, or price information during match interruptions to maintain a smooth, focused experience. This helps keep your attention on *match commentary* and *football stats during the match* rather than marketing noise.



How Companies Are Shaping the VAR Second-Screen Experience

Several organizations have recognized the gap VAR breaks create and are innovating to fill it with purposeful, engaging content:

American Football International

While their primary focus is on American football, the editorial model of providing rapid, insightful commentary and stats during critical moments translates well to association football VAR scenarios. Their approach inspires second-screen providers to offer high-quality match commentary synced to live events.

ScoreStream

ScoreStream's crowd-sourced data model embraces fan-generated match stats and commentary, fostering real-time community engagement during pauses such as VAR checks. Their mobile-first platform emphasizes low friction and fast updates, ideal for short VAR breaks.

MRQ

MRQ specializes in real-time sports data and analytics distribution, supporting broadcasters and digital publishers with live stats solutions optimized for various sports, including football. Their data tools empower second-screen apps to deliver insightful analysis to fans on their phones during moments like VAR reviews.

Summary: Maximize Your Football Viewing by Smartly Using Your Phone During VAR Checks

VAR review breaks no longer need to be frustrating or boring. By leveraging the **mobile convenience** and **low friction** of apps like ScoreStream and EFA Scores, you can enrich your matchday experience with up-to-date live scores, meaningful football stats, and engaging match commentary. Avoid distractions by choosing platforms that omit betting prices, deposit bonuses, and unrelated odds, enabling you to focus on the action succinctly.



Think about it: next time the referee pauses for a var decision, power up your phone and tap into a world of short-session football entertainment — powered by real-time data and driven by passionate fan communities.

Quick Reference Table: Best Phone Activities During VAR Checks

Activity	Recommended Tool/Platform	Benefits
Check live scores	ScoreStream, EFA Scores	Instant update on all ongoing matches, accuracy, and real-time data
Review football stats during match	EFA Scores, MRQ-powered apps	Gain deeper insights into player performances and tactical shifts
Follow live match commentary	American Football International (football sections), ScoreStream	Stay connected to the narrative with expert and fan commentary
Engage with fan communities	ScoreStream social features, dedicated football forums	Share opinions, make predictions, and enjoy social interaction