I'm pretty sure he is trying to make a team balance plug-in, but the code is flawed.
If I was you, I would change the system to work on the player join and player leave event. This way, you can do away with the timer event checks.
Also, if you are auto team changing people because they have not used your team change chat command (which by the way should have a conditional check on a global boolean that is set by the code you'll write on the join/leave events) then really instead of just choosing the first dude on the team, have a bit of logic to who is switched... Base it on game duration time, score, kills or something like that.
If you need help with this, please say so.