

# Rules and Procedures

## Shot Clock Rules & Process

- Beginning of the game: shot clock starts on possession.
- Beginning of all other quarters & extra time: shot clock starts as soon as it is touched by any player on court.
- On a throw-in, shot clock starts on touch by any player.
- If there is a change of possession which is a new control of the ball reset the shot clock to 24 seconds or 14 seconds depending on back or front court of the team who now has possession
- After ball hits the ring attempting to score or after the final free throw – reset to 24 (defensive rebound) or 14 (offensive rebound), hold, wait for possession, then start.
- Double foul is a hold of shot clock and if a team is in control of the ball no reset, if no team is in control of the ball check possession arrow.

	Back Court	Front Court
Foot violation	Reset to 24	If on 14 or above– hold If under 14 – reset to 14
Foul (with no shots)	Reset to 24	If on 14 or above– hold If under 14 – reset to 14
Unsportsmanlike Foul	Reset to 14	Reset to 14
Disqualifying Foul	Reset to 14	Reset to 14
Technical Foul	Hold	Hold
Double Foul	Hold	Hold
Out of bounds (same team retains possession)	Hold	Hold
Out of bounds (change of possession)	Reset to 24	Reset to 14
Rebound by player from the offensive team		Reset to 14
Jump Ball Situation	Hold	Hold
Cancellation of equal penalties against both teams (eg, tech foul for each team)	Hold	Hold
Last 2 minutes of game or overtime-coach option	Reset to 24	Reset to 14

## Timing Rules

Based on a 60 minute schedule.  
Four (4) Ten (10) Minute Quarters.

### Timeouts

Clock stops for every timeout.  
Two (2) timeouts are permitted per team per half.

### Clock stops on every whistle:

Last two (2) minutes of 4th Quarter only.  
Warm up time shall be a minimum of **Three (3) Minutes**.  
Quarter Time intervals shall be **One (1) Minute**.  
Half Time interval shall be **Two (2) Minutes**.

### Overtime

If the scores are level at the end of regulation, **Three (3) additional minutes of Overtime** will be required until there is a winner.

During overtime, each team will be permitted **One (1) Time-out** and the foul count will be carried over from the 4th Quarter.

