

Timing Rules

BASED ON A 60 MINUTE SCHEDULE

4 x 10 minute quarters

- Clock stops on every whistle **ONLY** in the **last 2 minutes of 4th quarter**
- Warm up time: a minimum of **3 minutes**
- Quarter time intervals: **1 minute**
- Half time interval: **2 minutes**

Timeouts

- Clock stops for **every** timeout
- **2 x timeouts** are permitted per team per half

Overtime

- If the scores are level at the end of regulation, **3 additional minutes of overtime** will be required until there is a winner
- During overtime, each team will be permitted 1 timeout and the foul count will be carried over from the 4th quarter

Mercy Rule

- If a team is leading by 30 points, the mercy rule will be implemented across the entire competition and the clock will continue to run in the final 2 minutes of the 4th quarter. No timeouts will be allowed during this period.

Shot Clock Rules and Technique

Shot clock is only in use for Championship Divisions 1 and 2

The team in control of the ball must attempt a shot within 24 seconds of entering its front-court.

All resets are to 24

Start

- When possession is established following the opening tip or rebound
- Touched in play on throw-ins
- In U14, only starts once ball enters front-court

Stop and hold

- Whistle and possession retained by the same team (i.e. out of bounds, double-foul, jump ball)

Stop and reset to 24

- Start of period
- Ball hits the ring
- Change of possession
- Fouls (except double-foul)
- Defensive violations (i.e. foot violation)