



## VJL AND REGIONAL TIMING RULES

Possession Arrows will be used for all games

**TIMING RULES** (Based on a 60min schedule)

**Under 20 VJL1-5 & Under 18 VJL 1 & 2 Use Shot Clock Where Possible**

**Four (4) Ten (10) Minute Quarters**

**TIMEOUTS:** Clock stops for every timeout(two per team per half)

**LAST MINUTE OF 2nd Quarter:** Clock stops on every whistle

**LAST THREE MINUTES OF 4th Quarter:** Clock stops on every whistle

Warm-up time shall be 5 minutes.

Quarter time interval shall be 1 minute.

Half time interval shall be 2 minutes.

Three Quarter interval shall be 1 minute.

□Note: If a time-out is called preceding the taking of penalty shots, then the clock shall not restart until the ball is in play after the penalty shots.

### VJL & REGIONAL Finals

If the scores are level at the end of a finals game, an extra five (5) minutes will be played after a one minute break, to achieve a result.

All fouls stand. One (1) time out for each team is allowed and the clock only stops in the last three minutes of overtime.

Any subsequent extra periods will follow the same rule to achieve a result.