



### VC / VCR and VJL Championship Season Timing Rules

- . The games shall be played in four (4) quarters with the following timing to apply
- . **VC /VCR TIMING RULES FOR CHAMPIONSHIP SEASON**
- . Under 12 - 4 X 7 Minute Quarters **No Shot Clock for U12`s**
- . Under 14, 16, 18 & 21 - 4 X 8 Minute Quarters
- . Each team is entitled to two (2) time outs in the first half and three (3) time outs in the second half.
- . **The clock stops on every whistle throughout the game and for made field baskets in the last two (2) minutes of the final quarter.**
- . Maximum of 2 of these time-outs in the last 2 minutes of the game
- . The shot Clock operates in all games except the Under 12`s.
- . Where specified the shot clock will be in operation as per the FIBA rules, except the shot clock won't reset to 14 seconds.
- . Shot Clock Rules for **Under 14's** shall be as follows: (this coincides with Under 14 Club Championships)  
The 24 second device will not be started until the Ball enters the team's frontcourt.
- . Quarter time and three quarter time shall be one (1) minute. The Half time interval shall be two (2) minutes.
- . **ALL VJL TIMING RULES FOR CHAMPIONSHIP SEASON**
- . The games shall be played in 4 X 10 minute quarters.
- . The clock shall stop for all time-outs throughout the game and for every whistle in the last one minute of the second quarter and the last three minutes of the 4<sup>th</sup> quarter. Half time interval shall not exceed two (2) minutes, quarter and three quarter time shall not exceed 1 minute.
- . Each team is entitled to Two (2) time outs per half.
- . NOTE: Under 16 VJL 1, Under 18 VJL 1, 2, 3 & all Under 21 grades – 24 second shot clock operates in all these grades. U16 VJL 2 operates where shot clock equipment is available.

**At no stage is a "Zone" defence permitted during an Under 12 or Under 14 VJBL Game.**