



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 4th 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.