

Term 4 - 1 2023/2024



Game Timing Rules & Regulations

Age Group	Quarters	Warm Up	Quarter Breaks	Half Time	Clock Stoppages	Time Outs (per team)	Shot Clock	Overtime
Under 12	4 x 10 minutes	5 minutes	1 minute	2 minutes	Timeouts, substitutions & foul shots FIBA timings last 2 minutes	2 in first half, 3 in second half - maximum 2 in last 2 minutes of 4th Q	Yes	3 minutes
Under 14	4 x 8 minutes	5 minutes	1 minute	2 minutes	Fully timed	2 in first half, 3 in second half - maximum 2 in last 2 minutes of 4th Q	Yes	3 minutes
Under 16	4 x 10 minutes	5 minutes	1 minute	2 minutes	Fully timed	2 in first half, 3 in second half - maximum 2 in last 2 minutes of 4th Q	Yes	3 minutes
Under 18/20	4 x 10 minutes	5 minutes	1 minute	2 minutes	Fully timed	2 in first half, 3 in second half - maximum 2 in last 2 minutes of 4th Q	Yes	3 minutes
Under 22 Combine	4 x 10 minutes	5 minutes	1 minute	2 minutes	Timeouts, substitutions & foul shots	2 in first half, 3 in second half - maximum 2 in last 2 minutes of 4th Q	Yes	3 minutes
NHSSA	4 x 10 minutes	3 minutes	1 minute	2 minutes	Timeouts	1 per half per team	1sts Finals Only	Finals only
Social	2 x 20 minutes	3 minutes	1 minute	2 minutes	N/A	1 per half per team, must be agreed to by both teams	No	Finals only

- Under 12**
- TJJL 2023 competition rules apply (scan QR code for further explanation on these specific rules)
 - Double teaming and crowding is not allowed
 - Player to player defence can be extended to full court, no zone press/traps are allowed
 - Defensive player cannot be stationary in the keyway unless their offensive player is in the keyway



- Under 12/14**
- Shot clock does not start until ball has entered front court/crossed halfway

