



Victorian Junior Basketball League  
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## TIMING RULES VJL 1-4 & Regional

**Under 20 VJL1-4 Use Shot Clock where permitted, using the timing rules below**

**Based on a 60 minute schedule**

Four (4) Ten (10) Minute Quarter's Running Clock  
(Except)

### **TIMEOUTS:**

Clock stops for every timeout  
(Two per team, per half)

### **Clock stops on every whistle**

- LAST MINUTE OF 2<sup>nd</sup> QUARTER
- LAST 3 MINUTES OF 4<sup>th</sup> QUARTER

Warm-up time shall be 5 minutes.

Quarter time interval shall be 1 minute.

Half time interval shall be 2 minutes.

Three Quarter time 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.

### **FINALS**

If the scores are level at the end of the game, 5 minutes of overtime will be required until there is a winner. During overtime, each team will be permitted one time-out and the foul count will be carried forward.