



SENIOR COMPETITION TIMING RULES

SENIOR SEMI FINALS

45 MINUTE TIMING RULES USED WITH 50 MINUTE SCHEDULING

2 x 18-minute periods and a 2-minute period for half time

A maximum of **one** time-outs per half per team

All Timeouts are for one minute in duration

No time-outs in the last minute of the first half

Clock stops in the last two minutes of the second period for all whistles

SENIOR GRAND FINALS

50 MINUTE TIMING RULES USED WITH 1 HOUR SCHEDULING

2 x 20-minute periods and a 2-minute period for half time

A maximum of **two** time-outs per half per team

All Timeouts are for one minute in duration

Clock stops in the last minute of the first period for all whistles

Clock stops in the last two minutes of the second period for all whistles

OVERTIME

In the case of a draw at the end of two periods, teams will play an additional 5 minute 'overtime' period.

A maximum of one time-out per team

Clock stops in the last two minutes of the extra period for all whistles

Team foul count continues from second half