

FRANKSTON

BASKETBALL

Domestic Competitions

TIMING REGULATIONS

- 45 minute schedule
- 2 x 18 minute halves
- Clock stops on all whistles during final 1 minute of *BOTH* halves

TIME OUTS

- *Senior Competitions:*
 - Both Halves = 1 time out per team per half
- *Junior Competitions:*
 - First Half = 1 time out per team per half
 - Second Half = 2 time out per team per half

*NOTE -> No time outs permitted in the final minute of the first half
(junior and senior competitions)*