

SENIOR DOMESTIC
MEN

45 Minute Time Slots

- 2 x 19 minute halves
- 1 minute half time
- 1 time out per half per team
- No time out is permitted in the last three (3) minutes of the first and second half
- Time outs are only permitted in the last minute of the game in order to advance the ball. Teams returning to benches will not be permitted.
- Clock stops in the last minute of the second half when the score difference is 10 points or less for:

-Every whistle

SENIOR DOMESTIC
WOMEN

50 Minute Time Slots

- 2 x 20 minute halves
- 1 minute half time
- 1 time out per half per team
- No time out is permitted in the last three (3) minutes of the first and second half
- Time outs are only permitted in the last minute of the game in order to advance the ball. Teams returning to benches will not be permitted.
- Clock stops in the last minute of the second half when the score difference is 10 points or less for:

-Every whistle

JUNIOR DOMESTIC
BOYS

50 Minute Time Slots

- 2 x 20 minute halves
- 1 minute half time
- 2x 50 second time outs per half per team
- No time out is permitted in the last three (3) minutes of the first half
- Time outs are only permitted in the last three (3) minutes of the second half if the score difference is 10 points or less, where the clock will stop.
- Clock stops in the last minute of the second half when the score difference is 10 points or less for:

-Every whistle

JUNIOR DOMESTIC
GIRLS

45 Minute Time Slots

- 2 x 18 minute halves
- 1 minute half time
- 2x 50 second time outs per half per team
- No time out is permitted in the last three (3) minutes of the first half
- Time outs are only permitted in the last three (3) minutes of the second half if the score difference is 10 points or less, where the clock will stop.
- Clock stops in the last minute of the second half when the score difference is 10 points or less for:

-Every whistle

