

* Please note that teams can only request a team time out when they are in possession of the ball

** Individual players can only receive 1 yellow card and each team can only receive 3 yellow cards collectively – if the team has already received 3 yellow cards or the player has already received a yellow card please inform the referee immediately

*** When a player receives a 2 minute suspension make separate note of when they are due to return to the court and let the player or coach know the time that they are able to return to the court.