

Sport	Games time/duration
3x3 Basketball	All games will be 10 minutes in duration or first to 21 points (which ever comes first). Clock stoppages will be in place for progression games (free throws and dead ball situations). When available, a 12 second shot clock will be used.
AFL 9s	All games will be 2 x 20 minute in duration with 5 minutes for half time. There will be no time out for injury unless the safety of the player is at risk. The referee in consultation with the competition manager will determine the extra time to be played in this situation.
Australian Rules Football 12s	All games will be 2 x 20 minutes in duration with 10 minutes for half time.
Australian Rules Football	All games will be 2 x 20 minutes duration with 10 minutes for half time. Medal matches will include time on, should it be required.
Badminton (singles)	One court per match should be allocated with a one hour time slot allocated. 3 minutes of warm up time for each match is permitted once match is called. When the leading score reaches 11 points in any game, players have a 60 second interval. A 2 minute interval between each game is allowed. In the 3rd game, players change ends when a side scores 11 points. Players may not leave the court during the breaks. Players must be back on court, ready to play when break period is over.
Badminton (teams)	One court per tie should be allocated with a 3 hour time slot allocated. 3 minutes of warm up time for each match is permitted once match is called. When the leading score reaches 11 points in any game, players have a 60 second interval. A 2 minute interval between each game is allowed. In the 3rd game, players change ends when a side scores 11 points. Players may not leave the court during the breaks. Players must be back on court, ready to play when break period is over
Baseball	All games will be 7 innings or a 90 minute time limit. Medal matches will be a full 7 innings. A game is deemed a regulation game after 65 of play minutes or 3 completed innings. The 5 minute rule will apply for all timed games.
Basketball	All games will be 4 x 10 minute quarters with 2 minutes between quarters and 5 minutes at half time. Teams are allowed two time outs per half (except in medal matches). Medal matches will be played as fully timed games with an additional time out for each team in the final quarter and in any additional periods of play.
Cheer & Dance	Cheerleading routine: 2 min 30 seconds (this includes the compulsory 30 second cheer). Dance teams POM, Jazz & Hip Hop routine: 2 minutes 30 seconds. POM, Jazz & Hip Hop doubles routine: 1 minute 30 seconds. Group and partner stunt routine: 60 seconds.
Dodgeball	All games will be 2 x 20 minutes duration with 5 minutes for half time. No set will commence if there is less than 5 minutes remaining in either half. In the event that a set is in play when regular time ends the set point will be awarded to the team with the most players. If the teams have the same amount of players the referee will stop play, distribute dodgeballs evenly to each team, play will then restart on the referee's signal as 'Sudden Death' until one team is completely eliminated (no prescribed time limit)
Football	All games will be 2 x 30 minute duration with 5 minute break at half time. There will be a maximum of 2 minutes for injury time.
Futsal	All games will be 2 x 20 minutes in duration with 2 minutes for half time Injury time is 2 minutes each half if required.
Handball	All games will be 2 x 20 minutes in duration with 5 minutes for half time. Medal matches will be 2 x 30 minutes in duration and will be fully times with 7 minutes for half time.
Hockey	All games will be 2 x 25 minutes in duration with 5 minutes for half time.
Lacrosse Fives	All games will be 2 x 10 minute halves in duration with 5 minutes for half time.
Netball	All games will be 4 x 15 minutes in duration with 2 minutes for quarter time and 5 minutes for half time. Injury time is only permitted in medal matches.
Netball Fast 5s	All games will be 4 x 6 minutes in duration with 2 minutes between quarters.
Oztag	All games will be 2 x 20 minutes in duration with 5 minutes for half time.
Rugby 7s	All games will be 2 x 7 minutes in duration with 1 minute for half time.
Softball	All games will be 7 innings or a 1 hour time limit. Medal matches will be a full 7 innings.
Softball Social 7s	All games will play out 4 innings. If field of play restrictions prevent the play out of four innings, games will be adjusted to play out two innings
Tennis (singles)	Each match will be limited to 45 minutes duration with the exception of medal matches. Players will be allowed 5 minutes warm up commencing from the start time. The match will commence at the end of the 5 minute warm up period.
Tennis (teams)	Each tie will be limited to less than or equal to 3 hours duration with the exception of semi final and medal matches. Players will be allowed 5 minutes warm up commencing from the start time. The match will commence at the end of the 5 minute warm up period.
Touch	All games will be 2 x 20 minutes in duration with 5 minutes for half time.
Twenty20 Cricket	Innings shall be 1 hour and 20 minutes in length with a 20 minute interval.
Ultimate	All games will be capped at 15 points or 80 minutes with 5 minutes for half time. Half time is taken when one team reaches 8 points. Each team is allowed 3 x 2 minute time outs per game, but may only utilise 2 time outs per half.
Volleyball	If time limited matches are required the following applies; a. the match will be best of three sets or five sets as outlined in the event information. b. each match will be played with a 50 minute time limit. c. each match will have a 10 minute warm up. d. no set will start if the match is in the last five minutes. e. incomplete sets will count as a set win if a team has more than 13 points in a set to 25 or 8 in a set to 15 and leads by two or more points. f. if a match is tied on sets including the set when time concludes subject to it having reached 13 points with a two point lead - the result of the match will go to a countback of all points played. If these are equal the team which one the first set will be the match winner.
Water Polo	All games will be 4 x 5 minute (actual time) in duration with 1 minute break between quarters and 2 minutes for half time. Semi finals and medal matches will have a 2 minute break between quarters and 5 minutes for half time. Time outs are only allowed in semi finals and medal matches.