

# Shot Clock for Dummies

## Four Golden Rules

1. Reset on a change of possession.
2. Reset on a shot on net.
3. Reset on a delayed penalty, as soon as the ref's arm goes up.
4. When in doubt, default to the ref.

## Hints

Ref will signal a reset by pointing their finger up and moving it in a circular motion.

Ring must be on a player's stick or in the goalie's crease for possession.

Shot must hit the goalie or the post for a shot. Hitting the side of the net does not count. If you are unsure wait for the ref, as they will be in the best position to call the reset.

Track possession in your head by saying team colours. For example, if the black team had the ring and made 2 passes and then white intercepted and took a shot, I would say black, black, black, white (reset), shot (reset).

Be patient, you can reset a second or two late than but you cannot undo a reset.

## Things to watch for (but wait for the ref):

Batting the ring and purposefully changing the direction is considered a change of possession.

There will be parts of the ice which you cannot see clearly so just watch the ref for the reset.

Every whistle is **not** a reset. There must be a change of possession.

If a ref signals a reset, you **must** reset, even if you don't believe there should be one.

## For the Professionals:

Freeze the shot clock at 30 when the game clock is less than the shot clock. For example if you reset with 22 sec left in the period, you would not run the shot clock, it should hold at 30.

Run the shot clock during a time out. A time out is 30 sec long so the shot clock is a perfect timer. Wait until the teams are at the bench.