

## NY State 70-second Shot Clock Quick Guide (2026)

### Initiate / Start the shot clock:

- Player / team crosses the center line with possession.
- Player / team initially gains possession in the offensive half of the field.

### Reset the shot clock to 70-seconds after the offense regains possession:

- In their offensive area following a defensive possession.
- A **valid shot** that hits the goalkeeper or the goal pipes.
- A **loose / live-ball technical foul (“Play-on”)** by the defense.
- The resumption of play after administration of a **defensive penalty**.

### End the shot clock when:

- The **defense gains possession**.
- A **goal** is scored.
- The shot clock **expires without a valid shot**.
- A **valid shot** returns the ball to the defensive half and the offense regains possession.
- The **period ends, except** during an extra-man situation.

### The shot clock continues to run when:

- There is a **flag-down foul on the defense** and possession has not changed.
- The ball returns to the defensive half **as a result of defensive action**.

### Stop the shot clock for: *(Restart with the game clock at point of stoppage)*

- Ball goes out of bounds **without** a change of possession or violation.
- Team timeout.
- Officials’ timeout.
- Injury.
- Equipment issues.
- Inadvertent whistle or flag.
- Extra-player situation at the end of a period with a team in possession of ball.