



Pressing and 3 Second Rules Per Division

ACC (K-1)

- NO 3 seconds
- Can press at half court line last minute of the second quarter and last 2 minutes of the fourth quarter

SEC (2-3) and WNBA (4-6)

- 5 seconds in the paint
- Can press full court last minute of the second quarter and last 2 minutes of the fourth quarter

Big 10 (4-5)

- 3 seconds in the paint
- Can press full court last minute of the second quarter and last 2 minutes of the fourth quarter

Big East (6-8)

- 3 seconds in the paint
- Can press full court last 2 minutes of every quarter