The SEL and CSUT bits cannot be changed as long as the ENABLE bit is set or the XOSC32K Stable (XOSC32KS) bit in CLKCTRL.MCLKSTATUS is high.

To change settings safely: Write a '0' to the ENABLE bit and wait until XOSC32KS is '0' before re-enabling the XOSC32K with new settings.

Bit	7	6	5	4	3	2	1	0
			CSUT[1:0]			SEL	RUNSTDBY	ENABLE
Access			R/W	R/W		R/W	R/W	R/W
Reset			0	0		0	0	0

Bit 0 – ENABLE Enable

When this bit is written to '1', the configuration of the respective input pins is overridden to TOSC1 and TOSC2. Also, the Source Select (SEL) bit and Crystal Start-Up Time (CSUT) become read-only.

This bit is I/O protected to prevent any unintentional enabling of the oscillator.