



## Overtime Rules – Regular Season, U15, U16, U18

THE LEAGUE HAS ADDED OVERTIME EFFECTIVE FOR THE 2023-2024 REGULAR SEASON PLAY AT THE U15, U16 AND U18 LEVELS.

- a) During regular-season games, if at the end of the three (3) regular periods; the score shall be tied, each team shall be awarded one point in the League standings.
- b) The teams will then play an additional overtime period of five (5) minutes stop time, with the team scoring first declared the winner (sudden victory) and being awarded an additional point.
- c) The overtime period shall be played with each team at a numerical strength of three (3) skaters and one (1) goalkeeper. The overtime period will commence immediately following a one (1) minute rest period during which the players will remain on the ice. The teams will not change ends for the overtime period.
- d) Goalkeepers may go to their respective players' benches during this rest period; however, penalized players must remain on the penalty bench. Should a penalized player exit the penalty bench during this rest period, he shall be returned immediately by the officials with no additional penalty being assessed, unless he commits an infraction of any other rule.
- e) A team shall be allowed to pull its goalkeeper in favor of an additional skater in the overtime period. However, should that team lose the game during the time in which the goalkeeper has been removed, it would forfeit the automatic point gained in the tie at the end of regulation play, except if the goalkeeper has been removed at the call of a delayed penalty against the other team. Should the goalkeeper proceed to his bench for an extra attacker due to a delayed penalty call against the opposing team, and should the non-offending team shoot the puck directly into their own goal, the game shall be over and the team that was to be penalized declared the winner. Once the goalkeeper has been removed for an extra attacker in overtime during the regular-season, he must wait for the next stoppage of play before returning to his position. He cannot change "on the fly." If he does, a bench minor penalty shall be assessed for having an ineligible player.
- f) Any overtime period will be considered part of the game and all unexpired penalties will remain in effect. The following chart explains the number of players that would start the overtime should a team have a penalty (penalties) unserved at the end of the 3<sup>rd</sup> period.

<b>Player(s) with unserved penalty at end of game</b>	<b># Players on penalized team for OT</b>	<b># Players for unpenalized team for OT</b>
1 player in box	3	4
2 players in box	3	5
1 per team	3	3
2 per team	3	3

- g) Once player strength reaches 4 on 4 or 5 on 5, at the next stoppage player strength is adjusted to 3 on 3 or 4 on 3 as appropriate.
- h) At no time will a team have less than three players on the ice. This may require a fourth and/or fifth skater to be added in the event penalties are assessed.
- i) If a team is penalized in overtime, teams play 4 on 3. If both teams are penalized with minor penalties at the same stoppage of play (with no other penalties in effect), teams will continue to play 3 on 3.
- j) In overtime, if a team is penalized such that a two-man advantage is called for, then the offending team will remain at three (3) skaters while the non-offending team will be permitted five (5) skaters. At the first stoppage of play after a penalty is no longer in effect, the numerical strength of the team will revert back to either four (4) skaters on three (3) skaters or three (3) skaters on three (3) skaters when both penalties have been served.