

Overtime Procedures

- **5 Minute Rest**

- **Recommendation** – If game is tense and emotions are high, give the teams a few minutes to cool off before calling for coaches/captains.
- Coaches & Captains meet for coin toss for choice of ends **ONLY** (visiting captain calls)
- AP continues from end of regulation.
- If time is left on a card, player will serve the remaining time to start OT.
- **Each team gets 1 time out each** (time outs do not carry over from regulation).

- **Time of Play**

- Two 3-minute halves
- **Clock stops on Fouls in the CSA & Official Time Outs**
 - Offsides, AP, Inadvertent whistle, Cards, Injuries
- If no team scores in the 1st 3 minutes, teams will switch ends.
 - **No delay for coaching**—Administer draw to begin.
- If teams still tied after 6 minutes, teams would have a 3-minute rest and change ends. Draw to begin.
- Continue playing 3-minute halves until a goal is scored.

- **Be mindful of Stick Check Requests!**

- A request must be immediate after an OT goal.
 - Request must include a player's #

- Winner is determined by **Sudden Victory** (1st Goal Wins)