

Overtime Rules for 2024 Season

- Teams will have a 5-minute rest
- Coin Toss for choice of Ends to defend (Visiting Captain calls)
- AP remains the same when regulation time ended
- Draw to begin OT

Timing Procedures

1. 2 three-minute halves
2. Clock Stops on Official Timeouts and Fouls in the CSA (Same as last 2 minutes of Regulation)
3. **Sudden Victory/Golden Goal**
4. One 3-minute period, Teams change ends (No delay for Coaching), second 3-minute period begins.
5. If teams are still tied after 6 minutes, 3-minute rest and change ends