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1.0 Regulation

IN PROVINCIAL PLAYOFF OR CHAMPIONSHIP GAMES WHERE A WINNER MUST BE DECLARED, THE FOLLOWING OVERTIME FORMAT MUST BE FOLLOWED.

2.0 Policy

Teams DO NOT change ends after regulation play has been completed.

1. OVERTIME PERIOD ONE: Should a game end in a tie at the end of regulation play, there will be one, five (5)-minute, stop-time, four-on-four, sudden victory period. There will be a two (2)-minute break at the conclusion of regulation play.
2. OVERTIME PERIOD TWO: Should a game end in a tie at the end of the first overtime period, there will be one, five (5)-minute, stop-time, three-on-three, sudden victory period. There will be a two (2)-minute break at the conclusion of the first overtime.
3. SHOOTOUT: Should a game remain tied after overtime, there will be a three-player shootout, with the home team shooting first. Each team selects their own three shooters. If a player is serving any penalty at the end of the overtime, they are NOT eligible to participate in the shootout and must remain in the penalty box.
 - a. If still tied after the first three rounds, teams will commence a sudden victory shoot-out. Both teams will have the opportunity to shoot. The team that scores first when the other team does not score, will be declared the winner.
 - b. The shootout continues one (1) player at a time per team, moving through the roster.
 - c. After eleven (11) players on each team (including the original three shooters) have shot, teams may then use a shooter again, continuing one (1) player at a time per team.

Each team will have an equal number of chances to shoot before a winner is declared.