

## Overtime Procedures

### Varsity Only

#### Sudden Victory - First goal wins.

5-minute rest period (put it on the clock and count the time down) and coin-toss for choice of ends, visiting team captain calls coin-toss. AP continues from game.

Two 3-minute periods with running clock except as denoted in the Stop Clock Reminder document.

**SELF-STARTS are permitted when clock is running!** Advise both teams and coaches.

Start OT with a draw.

If no team scores in the first 3-minute period teams change ends – substitutes are allowed during the change of ends. No coaching allowed during this change of ends.

Start second OT period with a draw.

If no score after 2<sup>nd</sup> OT period, 3-minute rest and change ends, substitutes are allowed as well as coaching.

Continue as above until first goal is scored.

**Coach request for stick check in OT is legal.** You must get the player's number for the stick check request (do NOT suggest to the coach who the shooter was, and yes you or your partner had better know who the shooter was).