



Overtime & Shootout Procedures

(1) Overtime for District and Nationals (Recommended for States/Affiliates)

(a) Youth, Girls and High School Division Preliminary-Round Games

1. All Games Played to a Winner:

If the game is tied following regulation play, one ten (10) minute sudden-death overtime period shall be played. The teams shall change ends. Overtime shall be played 3-on-3 (three skaters plus a goalkeeper). If the score is tied at the end of the ten (10) minute sudden-death overtime period, there shall be a shootout. The winner of the shootout will be credited with one additional goal in the final score.

(b) Youth, Girls and High School Divisions Quarterfinal, Semifinal and Championship Games

1. All Games Played to a Winner:

If the game is tied following regulation play, one (1) sudden-death overtime period shall be played. The length of the overtime shall be equal to the length of the third period and shall be sudden death. Teams shall switch ends for the overtime period. Overtime shall be played 5-on-5 (five skaters plus a goalkeeper). If the score is tied at the end of the sudden-death overtime period, there shall be a shootout. The winner of the shootout will be credited with one additional goal in the final score.

(c) Shootout Procedures

The shootout will be conducted as follows:

- A shootout is defined as a player attempting to score a goal and the opposing goalkeeper attempting to stop the shooter from scoring the goal.
- The home team shall have the choice whether his/her team will shoot first or second.
- All goalkeepers and all players from both teams listed on the official game sheet shall be eligible to participate in the shootout.
- No goalkeepers may shoot in the shootout.
- The goalkeepers will defend the net they were defending in the 3rd period.
- Any penalized player whose penalty had not been completed when the overtime period ended or who receives a penalty during a shootout procedure is not eligible to participate in any portion of the shootout procedure(s) and must remain in the penalty box.
- The shootout procedure shall begin with three (3) different individual shooters from each team taking alternate shots. The players do not need to be named beforehand.
- The goalkeepers from each team may be changed after each shot.
- The players of both teams will take the shots alternately until a decisive goal is scored. The remaining shots will not be taken.
- If after the shootout, the shootout score is still tied, there will be a sudden death shootout.

(d) Sudden-Death Shootout

The sudden-death shootout will be conducted as follows:

- A sudden-death shootout is defined as each team attempting a shot. Should one team be successful and the other team not, the successful team shall win the shootout.
- The teams will shoot in the same order during the sudden-death shootout as they did during the original previous round shootout.
- Teams will select their shooters to participate in any order in the sudden death shootout, whether or not they shot in the previous round. The last player in the first round of the shootout may be the first player in the sudden death shootout.
- Players in a sudden-death shootout shall not be allowed to take another shot until two different individual teammates have completed their attempts.
- All goalkeepers and all players from both teams listed on the official game sheet shall be eligible to participate in the shootout.
- Any penalized player whose penalty had not been completed when the over-time period ended or who receives a penalty during a shootout procedure is not eligible to participate in any portion of the shootout procedure(s) and must remain in the penalty box.
- The goalkeepers from each team may be changed after each shot.
- The official scorekeeper shall record all shots taken indicating the players, goalkeepers and goals scored.

Date : ____ / ____ / ____

Game # : ____

Division : _____

Home Team Shooting: 1st 2nd

Home Team: _____

Visiting Team : _____

Shooting Order	Player Number	Shot Result Goal / No-Goal
1		
2		
3		
SUDDEN-DEATH SHOOTOUT		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

Shooting Order	Player Number	Shot Result Goal / No-Goal
1		
2		
3		
SUDDEN-DEATH SHOOTOUT		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		