



6 Knowledge Way  
Grande Prairie, AB T8W 2V9

**Rural Regional Leagues Playoff Overtime Rules:**

**a. At the end of Regulation,**

- i) a **five-minute run time**, 5 on 5, sudden victory overtime period shall be played.
- ii) If at the end of the first overtime period the teams are still tied, a **four-minute run time**, 4 on 4, sudden victory overtime period shall be played.
- iii) If at the end of the second overtime period, the teams are still tied, a **three-minute run time**, 3 on 3, sudden victory period shall be played.
- iv) If at the end third overtime period, a shoot-out shall commence to determine the winner.

**b. At no time will a team have less than three (3) players on the ice.**

**c. Overtime Penalties**

- i) Should regulation time end and a team is on a 5-on-3 man advantage, that team shall start overtime 5-on-3. Once player strength reaches 5-on-4 or 5-on-5, at the next stoppage of play, player strength is adjusted to the appropriate overtime period.
- ii) If at the end of regulation time, teams are 3-on-3, overtime start 3-on-3. Once player strength reached 4-on-4, 5-on-4 or 5-on-5, at the next stoppage player strength is adjusted to the appropriate overtime period.
- iii) In overtime, if a team is penalized such that a two-man advantage is called for, then the offending team will remain at three (3) skaters while the non-offending team will be permitted five (5) skaters. At the first stoppage of play after the two-man advantage is no longer in effect, the numerical strength of the teams will revert back to 4-on-3 or 3-on-3, as appropriate, depending on the appropriate overtime period.

### Shoot-Out Rules:

- i) Should the game still be tied at the end of the third overtime, the teams will proceed to a **three (3) player shootout**. Hockey Canada Playing Rule 4.9 – Penalty Shot, shall govern the shootout.
- ii) The home team shall determine which team shoots first- and which-team shoots second. The teams will alternate shots.
- iii) Goalkeepers shall occupy the goal closest to their Team’s players’ bench.
- iv) Eligible players from each team shall participate in the shootout and then shall proceed in such order as the Coach selects.
- v) Each team must provide the order of the first three (3) shooters to the Official prior to the start of the shootout.
- vi) All players are eligible to participate in the shootout unless they are serving a ten-minute misconduct or have been assessed a game misconduct/ejection, match or gross misconduct penalty. If a goalkeeper has been assessed a misconduct, the player designated to serve the misconduct penalty becomes ineligible for the shootout. If a misconduct is assessed to the goalkeepers during the course of the shootout, the player designated to serve the misconduct must be a player who has yet to shoot and thus becomes ineligible to shoot.
- vii) Once the shootout begins, the goalkeepers cannot be replaced unless he is injured. No warmup shall be permitted for a substitute goalkeeper.
- viii) **Each team will be given five (5) shots, unless the outcome is determined earlier in the shootout. After each team has taken five (5) shots, if the score remains tied, the shootout will proceed to a sudden victory format.**
- ix) No player may shoot twice until everyone who is eligible has shot.
- x) Regardless of the number of goals scored during the shootout portion of overtime, the final score recorded for the game will give the winning team one (1) more goal than the opponent, based on the score at the end of overtime. The losing goalkeeper will not be charged with the extra goal against. The player scoring the game-winning goal in the shootout will not be credited with a goal.