

A.J.H.L. 3 on 3 OVERTIME RULES

- 1.) At the end of regulation time, if teams are tied, there will be a 5 minute sudden victory overtime period.
- 2.) If both teams have a man in the penalty box with different expiration times, at the end of regulation time, then both teams would start the overtime period with three (3) skaters each. At the first stoppage of play, after the expiration of both penalties, the teams would revert back to 3 on 3.

This ruling would apply to other scenarios where both teams would each have two (2) men in the penalty box, or one team would have two (2) men in the box and the other team have only one (1) player in the box.

Teams will always go back to the correct manpower at the first stoppage (first whistle) after the expiration of all penalties.

- 3.) During overtime, if Team "A" is assessed a time penalty, on ice strength would be four (4) players for Team "B" and three (3) players for Team "A". Teams would go back to 3 on 3 at the first stoppage of play after the minor to Team "A" has expired.

This same principle is to be used for any penalty situation during the overtime period.

- 4.) At the conclusion of the 5 minute overtime period, there will be a shoot-out, if teams are still tied. Players serving *minor* penalties will be allowed to participate in the shoot-out. Players assessed misconducts or any type of game misconduct will not be allowed to participate on the shoot-out.