

# NJSIAA ICE HOCKEY

## REGULAR SEASON OVERTIME RULES

2-Minute break between the end of regulation and Overtime

The overtime period will be 5:00 minutes

Teams **WILL CHANGE** ends to start the Overtime

The on-ice numbers will be 4 vs 4 (Plus a goalie)

**NO** timeouts will be allowed during the Overtime

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### PENALTIES

1. If a penalty carries over from regulation into Overtime the on-ice numbers will start 4 vs 3
2. If each team has a penalty, non coincidental, then the on-ice numbers will start 3 vs 3
3. If a team is down 2-players to start overtime then the on-ice numbers will start 5 vs 3. In this scenario, play will go back to 4 vs 4 after the first whistle following the expiration of both penalties