

REGULAR SEASON OVERTIME

Only high school Varsity games will play overtime. All other levels of competition can end in a tie and no overtime will be played. The only exception is during non-varsity tournament games, where a winner must be determined in order to advance in the correct bracket, these games may utilize overtime provided the participants and game officials are notified in advance of the start of the tournament. When the score is tied at the end of regular playing time for a regular season contest and overtime is to be played, both teams will have a 5-minute rest and toss a coin (visiting captain calls) for choice of ends. The alternate possession shall continue from regulation. The game will be restarted by a center draw. The winner will be decided by "sudden victory." The team scoring the first goal wins the game. The single overtime period will be six minutes in length of stopclock time (clock stops on every whistle). The clock will be stopped after 3 minutes of play in order for teams to change ends with no delay for coaching. No substitutions may occur at this time. The game will be restarted by a center draw. If the teams are still tied after six minutes have elapsed, the game will end in a tie.