



Fall-Winter 2020-2021

South Suburban Adult Hockey League will have games at both Family Sports Center and South Suburban Ice Arena.

Beginning in December 2020 games will **also be played at the new triple ice sheet SSPR Recreation Complex** at East County Line Road and South Holly Street.

SSAHL is a no checking, adult (minimum 18 yrs of age), co-ed recreational hockey league.

Featuring:

- 20 regular season games plus double elimination playoffs.
- 1 Hour of free ice time and \$200 discount for teams that have 16 players paid in full on or before September 1, 2020. Contact Susan in the Ice Office for a team specific discount code you will need to use during Registration/Payments.
- On line game scheduling. Game stats are generally available immediately after each game.
- All Star Game for D3 and D4 Divisions.
- Perpetual Trophy/Cup with Championship team name/season/year engraved plaque on the base of each Division trophy. Individuals on the Championship winning team each receive SSAHL individual awards.
- Pucks supplied for each game.
- 3- 15 minute stop time periods (1 hour and 30 minute game slots).
- **Payment Plan option** (not available if the team is selecting the \$200 discount and 1 Hour of free ice time)

Important Dates and Deadlines

- A Nonrefundable Deposit of \$407 (one player registration fee) is needed before we can begin scheduling a team. The Ice Office needs to know the team name to enter in SportsEngine before you can place a deposit.
- **August 19, 2020:** Captains Meeting at 8:00 pm, Zoom Meeting. Captains will be emailed an invitation.
- **August 30, 2020.** Any team that has all 16 *skaters* submit the discounted rate of \$394 on or before August 30, 2020 will receive one hour of practice ice, generally prior to the start of the season, pending availability. Contact Susan in the Ice Office for a team specific discount code you will need to use during Registration/Payments process to access the \$394 rate.
- **September 8, 2020:** SSAHL Fall Winter 2020-2021 hockey season begins September 8, 2020 for most divisions and runs thru April for most divisions.
- **November 1, 2020** Roster freeze
- SSAHL tries to maintain consistent nights of play from one year to the next (Fall Winter similar to prior Fall Winter, Summer similar to prior Summer).
- SSAHL plans division nights of play based on historical interest levels and the ice slots available for Adult Hockey. Unfortunately, division nights are not fully determined until all teams are registered. All prior seasons schedules are available on Pointstreak to view how consistently the division schedules have remained over the years.

Individual Player Information:

Individual players unaffiliated with a team (Free Agents) that are looking to join a team should return a Free Agent Form to the **Adult Hockey Coordinator** at peterh@sspr.org **303-754-0563**

The Adult Hockey Coordinator will help facilitate matching players looking for teams with Captains looking for additional players but cannot guarantee a place on a team.

During the last 24 seasons most players unaffiliated with a team (Free Agents) that contacted the Ice Office, *before* the season began, found a team.

There are occasional openings mid-season, please contact the Ice Office.

There are fewer openings for full time opportunities on teams for Goalies.

SSAHL Fees:

- Individual Registration Fee: \$407 per player with 16 skaters and a Goalie on a team. The player needs to know the team name they are registering on before they can register.
- If a team wants the \$200 discount and 1 hr of Incentive Ice then each skater pays \$394 with 16 skaters and no player fee for the Goalies. Contact Susan in the Ice Office for a team specific discount code you will need to use during Registration/Payments.
- If a team wants to roster fewer than the maximum 16 skaters and 1 regular Goalie they can pay the difference accordingly. See the fee schedule for teams that want 15, 14, or 13 skaters and no player fee for the Goalie.
- Plus \$25 for each Non-District player**. See section on *how do I know if I am a District Resident?*
- **There are no other fees or memberships required**

Payment Options:

Option 1: Pay \$407 on or before August 30, 2020 with the 16 skaters rate and a no player fee Goalie. See the fee schedule for teams that want 15, 14, or 13 skaters and a no player fee Goalie.

Option 2: **Two payments** totaling \$435 for the 16 skater rate and a no fee Goalie, a deposit of \$200 on or before August 30 and the balance of \$235 will be charged to the original card on December 1, 2020. See the fee schedule for teams that want 15, 14, or 13 skaters and a no player fee for the Goalie.

Players choosing option # 2 must check the payment policy acceptance box to authorize SportsEngine to store the credit card info for the balance of payment.

Payment Options:

- Full Payment - 16 Skater +1 Goalie team (Apply Discount Code at Checkout if applicable) (\$407.00)
- 2 Split Payments - 16 Skater +1 Goalie team (\$435.00)
- Full Payment - 15 Skater +1 Goalie team (Apply Discount Code at Checkout if applicable) (\$434.00)
- 2 Split Payments - 15 Skater +1 Goalie team (\$464.00)
- Full Payment - 14 Skater +1 Goalie team (Apply Discount Code at Checkout if applicable) (\$465.00)
- 2 Split Payments - 14 Skater +1 Goalie team (\$497.00)
- Full Payment - 13 Skater +1 Goalie team (Apply Discount Code at Checkout if applicable) (\$500.00)
- 2 Split Payments - 13 Skater +1 Goalie team (\$535.00)

Payment Options

FULL PAYMENT: Submit a payment of **\$407 up to \$500 (varies based on total number of players on your team)** upon conclusion of this registration session via Visa, MasterCard, Discover or eCheck. **Any player on a team that has agreed to have all players submit payment before August 30th, 2020 will submit a discounted amount of \$394 up to \$485 (depending on the number of players on your team). Contact your Captain for the discount code that can be entered at checkout.**

2 SPLIT PAYMENTS: Submit \$200 today. **Your credit card/debit card/ECheck will stay on file** and a 2nd payment for the remainder of the balance will automatically be deducted from your credit card/debit card/ECheck on December 1, 2020.

Please make sure you contact your captain if your team has less than 16 players on your team so you select the correct payment option below.

Payment Options:

- Full Payment - 16 Skater +1 Goalie (Apply Discount Code at Checkout if applicable) (\$407.00)
- 2 Split Payments -16 Skater +1 Goalie (\$435.00)
- Full Payment - 15 Skater +1 Goalie (Apply Discount Code at Checkout if applicable) (\$434.00)
- 2 Split Payments - 15 Skater +1 Goalie (\$464.00)
- Full Payment - 14 Skater +1 Goalie (Apply Discount Code at Checkout if applicable) (\$465.00)
- 2 Split Payments - 14 Skater +1 Goalie (\$497.00)
- Full Payment - 13 Skater +1 (Apply Discount Code at Checkout if applicable) (\$500.00)
- 2 Split Payments - 13 Skater +1 Goalie (\$535.00)

Online Registration is with SportsEngine:

- **Discounted Rate:** Your Captain will need to coordinate if the team decided each player needs to pay in full by August 30, 2020 at the discounted rate of \$ 394 for 16 skaters and a no player fee Goalie to receive the 1 hr of Incentive Ice
- **Goalies:** Goalies do not pay the *player fee* but still need to register and that's where you sign the waiver **BEFORE GETTING ON THE ICE.**
Goalies may still be required to pay the \$ 25 NON DISTRICT FEE if you do not live in/pay property taxes in the District** even though not paying any player fees.
- **Multiple Teams:** If you play on **multiple teams** you need to register with **EACH** of your teams and in the **current** season.
- **New Players** If you are new to SSAHL you will need to CREATE an ACCOUNT in SportsEngine.
- **Returning Players:** If you have already created an account with SportsEngine in a prior season, use your prior username and password to register.

Link to the ONLINE REGISTRATION

<https://ssahl.sportngin.com/register/form/013992690>

Captains:

1.

Team Name: Please provide the Ice Office with your **team's name** so SSAHL can add it to the SportsEngine Registration website.

Players are registering as Individuals but need to select their team name to begin registration process.

2.

Payment Tracking: After Captains have **created their personal account** and **associated it with the team name** by selecting from the team drop down list on the SportsEngine registration website, **please contact Susan in the Ice Office to let us know you have completed that step,** then we can add the permissions for that particular Captain(s) to view a **Live** report with info regarding who on your team has paid how much, etc. by logging in and selecting the tab **PAYMENT TRACKING** at the top of home page.

3. Captains Meeting: Captains should receive an email with the Zoom Meeting invitation for **Wednesday August 19, 2020 at 8:00pm Zoom Meeting.**

****District Residency and where to obtain Photo ID**

How do I know if I am a District Resident? Anyone who rents or owns property in the South Suburban District is a District Resident. Just look for South Suburban on your property tax statement. Search on the right to see if your address is located within the South Suburban District. For the most up-to-date information, please review your property tax statement or call our registration office for assistance at 303-347-5999.

How do I get a District Photo ID Card?

To obtain District rates for SSAHL or classes, as well as admission to some facilities, you will need a South Suburban photo ID.

ID cards cost \$4 and are valid for two years. Proof of residency consists of Driver's license with current address on front only OR Photo ID AND one of the following documents: utility statement (current energy or phone bill); legal document showing ownership of property in the District, i.e. a property statement or home deed; or lease or rental agreement. Bring your proof of residency to one of the following locations

Goodson Recreation Center-Registration Office: Current ID holders who own property can renew over the phone by calling the Registration Office at 303-347-5999 (opt. 1).

6315 S. University Blvd. M-Thu, 7:30 am-7 pm; Fri, 7:30 am-5 pm; Sat, 9 am-4 pm

Douglas H. Buck Community Recreation Center

2004 W. Powers Ave. M-F, 5am-10pm; 2nd Fr of month, 5 am-6 pm; Sat/Sun 6:30am-7pm

Lone Tree Club House

9808 Sunningdale Blvd. M-Su, 6 am-dark May-Aug or 7 am-dark Sep-Apr

Sheridan Recreation Center can sell ID's, cards are printed in the Registration Office and mailed to the customer.

3325 W. Oxford Ave. May 23-Sep 30 M-F 7am-9pm; Sat/Sun Closed; Oct 1-May 22 M-F 7am-9 pm, Sat/Sun 9 am-3 pm

Lone Tree Recreation Center

10249 Ridgeway Cir. M-F 5am-10pm; Sat/Sun 6:30am-7pm, 2nd & 4th Sat 6:30 am-6pm

INDEMNIFICATION, RELEASE AND WAIVER OF LIABILITY:

By registering for the above identified program, registrant acknowledges that the program activities carry certain risks for the participants. Further, by registering, registrant releases and indemnifies District its employees, agents, contractors or volunteers from and against any and all claims, demands, loss or injury to person or property, caused during participation in the activity. This release and indemnity is intended to be as broad as permitted by law. Registrant acknowledges and agrees to abide by the South Suburban Adult Hockey League Rules and Regulations.

SSAHL Team Roster Policy:

Each team in the SSAHL is allowed to carry **a maximum of 17 players per roster, so 16 skaters and 1 regular goalie (as of 8/12/20)** Teams can roster as many different "fill-in" goalies as necessary to conduct games, as long as they are 18 yrs of age and have Registered with SSAHL /SportsEngine-signing the waiver beforehand.

ALL players need to have created an Online Account where you sign the waiver before getting on the ice.

Roster freeze: A team can only add or replace players up until **November 1, 2020** when rosters are frozen thru the playoffs. (**exceptions for injury**, shift change, job transfer, etc may be approved by the league director on a case by case basis, please apply in an email request)
Captains should submit any roster **additions or changes** in an email to peterh@sspr.org 3 days BEFORE any player is planning on playing.

D3/D4

Any D3/D4 Captains considering adding any players that were not on their team's roster last season, need approval for the D3/D4 skill level.

This includes existing D3/D4 players wanting to change teams or play on additional teams in the current season, the approval is team and division specific.

This includes players that were in D3/D4 in past seasons (only players that were on the *same team* during the adjoining prior season are exempt)

Players need to answer the following questions and email answers to the Coordinator along with the team name/division.

Please describe your hockey experience (ice or roller).

- 1. Did you begin playing hockey as an adult?*
- 2. How many years have you been playing and /or skating?*
- 3. If you played any Youth hockey: how many years ?
and what was the highest level you played at?*

Divisions:

SSAHL had 9 divisions with different skill levels last Summer season, **an Upper level** labeled D2 West and D2 North, **a Middle level** labeled D2 South/D3 North, **a Lower level** labeled D3 Central, D3 South, D4 division), the North being the upper, Central the middle and the South being the lower skill level within each of the divisions.

Free Agents can rank themselves on the Free Agent Form based on the categories below:

1. Began playing as a youth and played competitive hockey- **D2 West, D2 North, D2 South**
2. Very little or no Youth Hockey or began playing as an adult, our lower levels currently labeled **D3 North, D3 Central, D3 South.**
3. **D4 Division** is targeted toward the beginner players that began playing as an adult and are still playing at the novice level. Whenever possible we recommend viewing some games at the skill levels you are considering before the season. Based on the skill level of the teams entering each season, SSAHL may need to adjust the # of divisions and their labeling.

SSAHL and South Suburban Parks and Recreation reserve the right to modify or make additions to the league rules, code of conduct and the Registration Information document during the season without notice, for the benefit of the overall league or to conform to the latest government guidelines . Updates are published on the website sspr.org, SportsEngine and posted on the bulletin boards at the rinks.

SSAHL follows the USA hockey rule book with some additions or exceptions contained in the Registration Information Form.

- Three 15-minute stop time periods. In the event of a 7-goal differential in the third period, the clock will be switched to run time. If at any time during the 3rd period the differential drops back down below 7 goals, the clock returns to regular stop time.
- **ICING:**
 - Blue Line icing for ALL divisions **EXCEPT** the A Division, D2 West and D2 North Divisions
 - Red Line icing for the A Division, D2 West and D2 North Divisions
- **RINGER RULE** : 3 goal maximum per game, applies to ALL Divisions EXCEPT A Division, D2 West and D2 North Divisions, all other divisions utilize the 3 goal limit per player per game and it still applies for Playoff Season: therefore, a player with 3 goals in regulation time is ineligible to participate in the shootout.
NOTE: If a single player scores a 4th goal it doesn't count and the team is assessed a 2 min bench minor penalty for Delay of Game
- **Shootout:** In the event of a tie, there will be a 5 round shootout. If the game is still tied after the shootout, the game will be recorded as a tie in the regular season, Playoff season has other rules***.
- **Maximum of 17 players on a roster, 16 skaters and 1 regular goalie (as of 8/12/20)** additional "back-up" goalies are allowed over the 17 but they need to register. Only 1 goalie allowed on the bench at a time.
- Only registered/rostered players are allowed to play (**this Includes Goalies**). Teams that do not comply *may* forfeit each game in question and the team's Captains may **be suspended**.
- All teams *should* have matching home and away jerseys with permanent numbers attached. Any player without a matching jersey or permanent number *may* be removed from the ice and unable to play until he/she complies with this rule.
- Minimum Play Rule – in order to be eligible for playoffs, players should have played a minimum of 8 games during the regular season (**exceptions may be approved by the league director on a case by case basis, please apply in an email request PRIOR to the playoff season**).
- Players who play on more than one team should only play one level down from their highest level team, exceptions can be approved on a case by case basis.
- **NO RINGERS – PLAY IN THE RIGHT DIVISION.** *The SSAHL Coordinator and South Suburban Family Sports Center Management reserve the right to move a player or team to another division based on the player's ability or alternately move the team up or down a division.*

All players are required to REGISTER ONLINE, and in the process sign the online waiver, **BEFORE** ever skating.

There are NO "subs" in the league

Maximum of 3 penalties in one game:

A player receiving 3 penalties in a game will be ejected from the game immediately after the 3rd penalty. This is just an ejection from the current game, it is not a Game Misconduct.

Game Misconducts:

1st Game Misconduct 1 game suspension

2nd Game Misconduct in the combination of the regular season and the adjoining playoff season is **SUSPENSION FROM THE LEAGUE for 1 YEAR** for all divisions.

Fines for Game Misconduct Penalties for Fighting:

1st Offense: \$50 fine, one game suspension

2nd Game Misconduct in the combination of the regular season and the adjoining playoff season is **SUSPENSION FROM THE LEAGUE for 1 YEAR** for all divisions.

Fines for Game Misconduct Penalties for Abuse of Officials:

1st Offense: \$50 fine, 1 game suspension

Match Penalty: minimum of 2 game suspension, no maximum number of games which a player may be suspended.

A team Captain may be suspended for using ineligible players.

Excessive Penalties:

Any player receiving a total of **45 minutes** in penalties during the regular season, will receive a **one game suspension** that will carry over into the Playoffs.

Any player receiving a total of **60 minutes** in penalties during the regular season will receive a **2 game suspension** that will carry over into the Playoffs.

Any player receiving **75 or more minutes** during the regular season will **be suspended from the league for the balance of the season including playoffs.**

Players suspended for the balance of the season, including the Playoff season, will NOT receive a refund.

- Players receiving a Game Misconduct must serve their suspended games immediately, in succession, in the same division that the Game Misconduct occurred and pay their fine at the Ice Office or Online prior to the next game for which they are eligible.
- Any skater found playing who has not fully completed his/her suspension or paid their fine may be immediately removed from the ice and have another 2 games added to their suspension.
- A team Captain may be suspended for using illegal players.
- Any suspensions and/or probations will carry over to the next SSAHL season in which the player participates (summer, winter, playoffs).
- **There are no appeals of the Referee's calls.**
- The SSAHL Coordinator and South Suburban Parks and Recreation Management's decisions are final.

South Suburban Adult Hockey League Code of Conduct

South Suburban Adult Hockey League attempts to instill and practice the values of good sportsmanship in all participants. In order to achieve these goals, the South Suburban Adult Hockey League has established the following conduct guidelines:

USA Hockey's past **Zero Tolerance Policy** has stated that players and coaches may be assessed a penalty for unsportsmanlike conduct if they:

1. Openly dispute or argue any decision made by an official.
2. Use obscene or vulgar language at any time to anyone.
3. Visually display or demonstrate any sign of dissatisfaction with an official's decision.
4. Attempt to incite an opposing player (taunting, baiting, using profane or abusive language).

ALL PLAYERS MUST:

- Refrain from addressing remarks to referees, officials, players, coaches or fans of either team, except when made as an expression of genuine friendship or in the spirit of good sportsmanship.
- Cooperate immediately with the request or decision of the referee.
- Follow arena rules.

South Suburban Adult Hockey has adopted its own Zero Tolerance Policy **regarding the damage or destruction of any property**. The use of drugs, alcohol and any form of tobacco is prohibited while participating in any SSAHL games. Players or teams who violate these codes may be suspended from competition and/or fined for a period of time as deemed appropriate by the South Suburban Family Sports Center/SSIA management.

As team Captain or Team Representative I agree to supply any players on our SSAHL teams with a copy of the SSAHL Rules and Code of Conduct PRIOR to them playing any games.

The SSAHL Rules are available on the sspr.org website, SportsEngine and bulletin boards at the rink.

**** If your name appears on the team roster, you have read and agree to follow all South Suburban Adult Hockey League Rules and Regulations available on the sspr.org website.**

INDEMNIFICATION, RELEASE AND WAIVER OF LIABILITY:

By registering for the above identified program, registrant acknowledges that the program activities carry certain risks for the participants. Further, by registering, registrant releases and indemnifies District its employees, agents, contractors or volunteers from and against any and all claims, demands, loss or injury to person or property, caused during participation in the activity. This release and indemnity is intended to be as broad as permitted by law. Registrant acknowledges and agrees to abide by the South Suburban Adult Hockey League Rules and Regulations.

THIS IS A RELEASE OF LIABILITY

READ IT CAREFULLY AND COMPLETELY BEFORE SIGNING

**CORONAVIRUS/COVID-19
ACTIVITY PARTICIPATION ASSUMPTION OF RISK, RELEASE,
WAIVER, AND DISCHARGE**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. It is believed that an asymptomatic individual can be infected with and transmit COVID-19 without their knowledge.

South Suburban Park and Recreation District (“SSPRD”) has put in place preventative measures recommended by the State of Colorado to reduce the spread of COVID-19, however, SSPRD cannot guarantee that you, your child(ren), your spouse, or anyone else will not become exposed to or infected with COVID-19 as a result of participating in a SSPRD program, event, or activity. Participation in a SSPRD program, event or activity could increase the risk of contracting COVID-19.

NOW, THEREFORE, in consideration of being permitted to participate in programs, events and/or activities offered by SSPRD, I understand, acknowledge and agree to the following:

I have independently evaluated and reviewed the risks of being exposed to or infected with COVID-19 and have determined to participate in SSPRD programs, events, and/or activities with full knowledge and acceptance of the risk. Fully understanding these risks, I, for myself, my child(ren), my spouse, my legal representatives, heirs, and assigns, hereby agree to assume full responsibility and liability for the risk of bodily injury, illness, permanent disability, and/or death which may result from exposure to or infection with COVID-19 before, during, or after participating in a SSPRD program, event, or activity.

I, for myself, my child(ren), my spouse, my legal representatives, heirs and assigns, hereby waive, release, and discharge SSPRD, its officials, employees, volunteers, attorneys, and agents from any and all liability to me, my child(ren), my spouse, my legal representatives, heirs, and assigns, for any and all losses or damages resulting from bodily injury, illness, permanent disability, and/or death, whether caused by negligence of SSPRD or its officials, employees, volunteers, attorneys, and agents or otherwise, which claims, losses, and demands arise during or result directly or indirectly from exposure to or infection with COVID-19 before, during, or after participating in a SSPRD program, event, or activity.

Additional Rules for Playoffs***

1. Players need to have photo ID available in the locker room for all playoff games:

- Please have a clear **photo ID** available **in the locker rooms** for all players before and during games.
- If a team's Captain chooses to challenge the identity of an opposing player, **notify the Scorekeeper**, not the Referees.
- Do not wait until the game is over to ask for ID, ask at some point during the game before players have left the ice.
- Teams playing with ineligible players may forfeit the game and their Captains may be suspended.
- Please contact the Ice Office if you have questions regarding goalies.
- One suggestion is that Captains ask their players well ahead of Playoffs for a Xerox of their Photo ID so that Captains can keep a complete file in their bag. Please make any photos large enough to be able to identify the player.

2. Rosters, Eligibility and Exception Requests:

Pointstreak ported over the eligible players with the minimum # of games necessary for eligibility in the Playoffs (4 games in SUMMER, 8 games in Fall Winter)

The filter is not 100% accurate and the statistical data entered is not 100% accurate, so please review your rosters **in the Playoff season** for accuracy and try to let me know if there are any discrepancies before the beginning of your division's playoff series.

If you have players that you know will not meet the minimum # of games and they were injured, had a shift changed, unanticipated out of town assignments or have a special circumstance, I can address them individually, please email those requests with the player name and jersey #.

3. Searching for Playoff schedules and Brackets and Seasons:

Multiple seasons are **ACTIVE** in Pointstreak.

Start dates for playoffs vary for all divisions.

The Playoff schedules are located in a separate Playoffs season on Pointstreak.

You will need to select the **Playoffs Fall Winter 2020/2021** "choose a season" drop down window at the beginning of your search.

TWO WAYS to view the Playoffs

a. To **view the brackets**, select your division, then from the DIVISION MENU select the BRACKET'S tab.

Please note, to view details of each game, you need to click on each gray box in the bracket.

b. The games are also available in the **normal schedule format** like you have used during the regular season, from the Division menu, select Schedule.

4. Locker Room keys:

Remember **Locker Room keys** should be available at the skate rental counter for the locker rooms, we do not suggest bringing a wallet or any valuables into the locker room, a clear Xerox copy of your photo ID should suffice, please make it large enough to be able to identify you.

If the keys are not out on the countertop or there is not a skate rental person available, please contact a Zam Driver or the Adult Coordinator 303-754-0563 and we will get them for you

Please remember to lock both your shower room door and the Locker Rm front door.

5. Overtime and Shootouts:

In the event of a **tie after regulation** time has expired, there will be a 2 minute break followed by a 4 on 4, five minute (stop time) sudden death overtime. The overtime period shall be played with each team at a numerical strength of four (4) skaters and one (1) goalkeeper.

roster (except goalies) must shoot before any player can shoot a second time.

If the game is still tied after the 5 minute overtime has expired there will be a shootout with 5 pairs of shooters**.

** If a player is serving a penalty when the game ends, the player in the penalty box is ineligible to participate in the shootout. The only exception is if the penalty is a bench minor (too many men on the ice).** All divisions EXCEPT D2 WEST and D2 NORTH utilize the 3 goal limit per player per game and it still applies for Playoff Season;

Therefore a player with 3 goals in regulation time is ineligible to participate in the shootout (**EXCEPT in D2 WEST, D2 NORTH and A Division which have no ringer rule**)

Each team selects 5 skaters from their team to take penalty shots one at a time against the opposing goaltender, with teams alternating shots.

After the 10 players have all taken their shots, the team with the most goals is declared the winner.

Shootouts IN THE PLAYOFF SEASON that are still tied after 5 skaters from each team have taken shots, the shootout continues with an additional pair of skaters until one team has won the advantage (assuring that each team has taken an equal number of shots). The shootout may end earlier, if one team has scored more goals than the opposing team could score with its remaining shooters. All skaters eligible for the shootout on a team's roster must shoot before any player can shoot a second time.

The overtime period shall be played with each team at a numerical strength of four (4) skaters and one (1) goalkeeper.

Additional penalties to be assessed consistent with the rules in regulation time.

Note 1: If a team is penalized in overtime, teams play 4-3.

Note 2: 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 a fifth skater.

Note 3: At the first stoppage of play after the two-man advantage is no longer in effect, the numerical strength of the team will revert back to either a 4 on 4 or a 4 on 3 situation, as appropriate.

Note 4: If there is a man power advantage situation which carries over from regulation time to overtime, the above criteria will be applied at the start of overtime. Accordingly, if at the end of regulation time, the teams are 5 on 4, overtime begins at 4 on 3.

Note 5: The overtime period will be commenced immediately following a two (2) minute rest period during which the players will remain on the ice. The Teams will **not** change ends for the overtime period.

Note 7: When the regulation ends with an on-ice manpower strength of 5 on 3, teams will commence the overtime with a strength of 5 on 3. With the expiration of penalties, due to continuous action, player strength may get to 5 on 5 or 5 on 4. At the first stoppage of play following, player strength must be adjusted to 4 on 4 or 4 on 3.

Note 8: If at the end of regulation time teams are 3 on 3, overtime starts 3 on 3. Once player strength reaches a 5 on 4 or 5 on 5, at the next stoppage player strength is adjusted to 4 on 3 or 4 on 4, as appropriate.

Note 9: If at the end of regulation time teams are 4 on 4 with a player or players in the box serving non-coincidental penalties, overtime starts 4 on 4 and players exit penalty box as normal to 5 on 4 or 5 on 5. At first stoppage of play, teams are adjusted to 4 on 3 or 4 on 4, as appropriate.