

Overtime Rules

- Two 10 minute periods with 2 minute break in between periods
- **GOLDEN GOAL** - First goal wins!
 - Once a goal is scored the team that scored the goal is the winner of the game and the game is over
- Substitutions are allowed throughout the 2 overtime periods
- If there is no goal scored during the overtime periods teams will proceed to a penalty shootout.
- The players **on the field at the conclusion of the overtime periods** will be those that take part in a penalty shootout (if necessary)
- Rules for **penalty shootout** (if necessary)
 - A coin flip will determine who shoots first
 - Each team will take 5 shots and whichever team scores the most goals wins the penalty shootout and the game
 - If it is still tied after each team shoots 5 shots then each team will take turns shooting one shot each until a winner is declared.
 - **No player can shoot twice** until all players on the field at the end of the overtime periods have shot once