



## MEMORANDUM – RULES

2015 / 2016 – MR – 02-2

### QMJHL - Rule 84: OVERTIME

#### 84.1 Overtime – Regular-season

During regular-season games, if at the end of the three (3) regular twenty (20) minute periods, the score shall be tied, each team shall be awarded one point in the League standings.

The teams will then play an additional overtime period of not more than five (5) minutes with the team scoring first declared the winner and being awarded an additional point. The overtime period shall be played with each team at a numerical strength of **THREE (3)** skaters and one (1) goal-keeper.

The extension period will begin after a period of rest (1) minutes during which the players will remain on the ice. No ice resurfacing prior the overtime.

The teams **MUST CHANGE ENDS** for the overtime period. Goalkeepers must go to their respective players' benches during this rest period, however, penalized players must remain on the penalty bench. Should a penalized player exit the penalty bench during this rest period, he shall be returned immediately by the officials with no additional penalty being assessed, unless he commits an infraction of any other rule.

#### 84.3 Overtime – Regular season - Penalties

When regulation time ends and the teams are 5 on 3, teams will start overtime 5 on 3. Once player strength reaches 5 on 4 or 5 on 5, at the next stoppage of play, player strength is adjusted to 4 on 3 or **3 on 3**, as appropriate.

When regulation ends and teams are 4 on 4 teams will start overtime 3 on 3.

At no time will a team have less than three players on the ice. This may require a fourth and/or fifth skater to be added in the event penalties are assessed.

Refer to Reference Tables – **Table 19 – Penalties In Effect Prior to the Start of Overtime.**

If a team is penalized in overtime, teams play 4 on 3. If both teams are penalized with minor penalties at the same stoppage of play (with no other penalties in effect), teams will continue to play 3 on 3.

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 five (5) skaters.

At the first stoppage of play after the two-man advantage is no longer in effect, the numerical strength of the team will revert back to 4 on 3 or 3 on 3, as appropriate.



---

Refer to Reference Tables – **Table 20 – Penalties Assessed in Overtime – Regular Season.**

#### **84.4 Shoutout**

During regular-season games, if the game remains tied at the end of the five (5) minute overtime period, the teams will proceed to a shootout. The rules governing the shootout shall be the same as those listed under Rule **24** - Penalty Shot.

Goalkeepers shall occupy the goal closest to their Team's players' bench. The home team shall have the choice of shooting first or second. The teams shall alternate shots.

NOTE: Before the start of the shootout, the ice (section) is being flooded.