

# Frequently Asked Questions:

**Q: How long is overtime?**

A: 3 minutes in the regular season. Full period in the playoffs.

**Q: Who shoots first in the shootout?**

A: The away team starts the shootout process followed by the home team. The two teams will alternate through the rounds until a winner is determined.

**Q: Are there shootouts in the playoffs?**

A: No.

**Q: Are the white poles extended above the plexiglass in or out of bounds?**

A: The white poles are considered out of bounds.

**Q: Is high sticking at the letters or the waste?**

A: High sticking per the SRC rule book states that "A high stick violation, (on the backswing or follow-through while in the act of shooting), shall be determined by the height of the shooter's knee on the backswing & waist on the follow-through. A violation will result in an immediate stoppage of play and a face-off at the nearest face-off spot. A violation by a player in their offensive zone will result in the face-off being conducted at the nearest face-off spot outside that player's offensive zone.

**Q: When do faceoffs go all the way back to the offending defensive zone?**

A: Only on penalties.

**Q: How many coaches/adults are allowed behind the bench?**

A: 2.

**Q: How many timeouts are there?**

A: 1 per game during regulation time & 1 per overtime period.