



OWHL League Championships – 2025-2026

Playing Rules and Regulations - [Playoffs](#)

GAME RULES

- There will be a three (3) minute warm up prior to each game, starting as soon as the ice resurfacer gates are closed, but no earlier than thirty (30) minutes prior to the scheduled start time.
- **One 30 second timeout will be permitted per team/per game in all categories of OWHL League and Consolation Championships.** This one timeout may take place in regulation or overtime.
- Points will be awarded as follows: two (2) points for a win, one (1) point for a tie and no points for a loss.
- The home team will wear their dark-colored sweaters. Goalies must dress in the same sweater color as the team is wearing. Any conflict in sweater color will result in the home team having to change.
- Playoff game length remains the same as regular season games.
- **THERE ARE NO CURFEWS FOR PLAYOFF GAMES**

TIMEOUTS

- There will be one 30 second timeout per team per game as per Hockey Canada Playing Rules.

Game Length and Overtime

- Playoff game length remains the same as regular season games.
- **THERE ARE NO CURFEWS FOR PLAYOFF GAMES.**
- ALL minor penalties, misconduct and suspensions carry into the 4th period AND shootout.
- ONE 30 second timeout is permitted **per game**; If not used in regulation time, the timeout can be used during overtime.
- Game one and Game Two **CAN** end in a tie.
- If a winner is not determined by the end of regulation time in the third game, a 10-minute fourth period will be played in its entirety (stop time), **FOUR ON FOUR**. If the game is still tied, the game will then go to a shootout.

Shootout Rules

1. Each team must designate their first five shooters (S1, S2, S3, S4, S5) **PRIOR** to the start of the third game on the game sheet – These shooters **MUST** be different players, and the order listed **MUST** be followed.
2. A player serving a penalty at the end of overtime is **INELIGABLE** to partake in the shootout, and a replacement player must be appointed in their place.
3. The home team will have the option of shooting first. The teams will then alternate the players shooting on the opposing goalie – They **DO NOT** shoot at the same time.
4. Once the player completes their shot, they are to proceed to the penalty box. It is the responsibility of the timekeeper to keep track of the players' numbers, and it will be the responsibility of the home team to ensure the timekeeper is aware of their responsibilities.
5. If still tied after the shootout, a sudden victory shootout will take place. Each team will send out one player at a time until one team scores, and the other does not.