



To: NJSIAA Program Review Committee

From: Tony Maselli, Chief Operating Officer

Date: September 11, 2023

RE: Boys and Girls Ice Hockey Regular Season – Overtime Period

Background:

The NJSIAA Ice Hockey Committee unanimously approved a modification to the ice hockey rules that will allow teams to play one 5-minute overtime period during the regular season. This modification is by state adoption and is allowable under NFHS rules. The committee believes that adding one 5-minute period will help teams prepare for overtime during the state tournament. In addition, I consulted several ice rinks that host our member schools, and all confirmed that the one 5-minute overtime period will not significantly impact scheduling at their facilities and that they can accommodate the overtime period.

Proposal:

Starting with the 2023-2024 ice hockey season, teams will play one 5-minute overtime period during the regular season. Teams will receive a 2-minute rest period at the conclusion of the third period. During the overtime period, the first goal scored will end the game. If the game is still tied upon completion of the 5-minute overtime period, then the game will end in a tie – no additional overtime periods will be played.