



MANITOBA MIDGET HOCKEY LEAGUE (MMHL)

Additional Rules pertaining to the MMHL:

- **Overtime** - Overtime is 5 minutes sudden death (4 on 4), and if still tied, will move to a shoot-out. Home team has the choice of shooting first or last, with 3 shooters per team, total goals. If tied at the end of the 3 shooters, it goes to 1 on 1 shooters. Players can shoot more than once, but not in a row (there must be at least 1 player shooting in between).
- **Timeouts** - Timeouts are 45 seconds in length.
- **Face-off Location after a penalty** – When players are penalized at a stoppage of play, so as to result in penalties to be placed on the penalty time clock to one team, the ensuing face-off shall be conducted at one of the two face-off spots in the offending teams end zone.

There are only four exceptions:

- a) When a penalty is assessed after the scoring of a goal. (face-off at center ice)
 - b) When a penalty is assessed at the end (or start) of a period. (face-off at center ice)
 - c) When the defending team is about to be penalized and the attacking players enter the attacking zone beyond the outer edge of the end zone face-off circle. "Must keep two (2) men back of face-off circle on a scrum". (face-off in neutral zone)
 - d) When the team not being penalized ices the puck. (face-off in the neutral zone outside the blue line of the team icing the puck)
- **Team Icing puck not allowed to make a line change** – When the offending team ices the puck, they shall not be allowed to change the players "on the ice". Determination of players "on the ice" will be made when the puck leaves the offending players stick.

Exceptions:

- a) If a penalty is called on a play that is a no-change icing that causes one team to be shorthanded, both teams are permitted to make a line change.
 - b) Should a team elect to utilize their team time-out at the stoppage of play of a no-icing situation, both teams are permitted to make any substitution.
- **Team Clearing the Puck over the Glass not allowed to make a line change** – When the defending team clears the puck over the glass while in their own end-zone, they will not be allowed to make a change. Should the puck deflect off a player or the glass on its way out, a change is permitted.

Exception:

Should the goaltender clear the puck over the glass, they would still be assessed a minor penalty for delay of game.