

## **Federal Prospects Hockey League Pre-Game Shoot Out Procedure**

Beginning with the Friday November 30<sup>th</sup>, game the following shall take place for all FPHL regular season games played in Winston-Salem, North Carolina. This procedure shall only take place during the regular season.

Following the pre-game ceremonies and national anthem, the teams will engage in a best of five (5) shoot out to determine the winner of the game should either team fail to win at the end of regulation or at the end of five (5) minutes of the three (3) on three (3) overtime.

### **PROCEDURE**

- A. End of Rink- Teams will defend the same goal as the first/third period.
- B. Home Team shall have the option of shooting first or second.
- C. Either goaltender may be used during the shootout and they may be switched while the shootout is in progress between rounds of shooters.
- D. Should no team win after the first five (5) shooters, the teams shall continue to take alternate shots until a winner is determined.
- E. All eligible players (non-goaltenders or celebrity players) must shoot before a player can shoot a second time during the shoot-out.
- F. Once all players have shot, the coach may change the order of the shooters, however, no players may shoot until all players have again cycled through.
- G. The bench shall be credited with the game winning goal and/or the goaltender win/loss.