



Penn Ice Adult League

Amended Rules from the Official PPHL Rulebook

Effective Date: December 18, 2025

The following rules amend and supersede the corresponding sections of the official PPHL Rulebook for Penn Ice Adult League play.

Game Length

- Games will consist of **three (3) 15-minute stopped-time periods**.
- If required, a **5-minute overtime period** will be played under the conditions outlined below.

Regular Season Overtime

- Overtime will be **5 minutes, running time**, played **3-on-3**, sudden death.
- If a team scores during overtime, the game ends immediately.
- If the game remains tied after the overtime period:
 - **Both teams will receive one (1) point.**
- Overtime scoring:
 - The **winning team** receives a win.
 - The **losing team** receives **one (1) point** for an overtime loss.
- **Clock stoppages:** During the **final one (1) minute of overtime**, the clock will stop for all whistles.

Icing

- **Automatic icing at the blue line** will be enforced.

Timeouts

- Each team is allowed **one (1) 30-second timeout per game.**

All other rules not listed above remain governed by the official PPHL Rulebook.