



Penalty Shoot Out Regulation

- a 5 players from each team take a one-on-one penalty shoot-out alternately against the goalkeeper of the other team making a total of 10 penalty shoot-outs. The players take the penalty shoot-out in the sequence nominated and communicated by the team managers to the Technical Officer on duty before the start of the penalty shoot-out competition. Players are chosen by their respective team manager from those listed on the team entry form for that particular match except as excluded hereunder.
- b After consultation with the Technical Officer on duty, the umpires choose the goal to be used.
- c A coin is tossed. The team which wins the toss has the choice to take or defend the first penalty shoot-out.
- d The team scoring or awarded the most goals is the winner and the competition ceases once an outright winner is determined.
- e During a penalty shoot-out competition, all persons who appear on the team entry form and who are entitled to sit on the team bench for that match are permitted to enter the field of play but only in the area outside the 23m area used for the shoot-out. The goalkeeper of the team taking a penalty shoot-out may be on the goal-line outside the circle if so directed by the umpire. A player who is authorised by an umpire or technical official to take or defend a penalty shoot-out may enter the 23m area for that purpose.
- f A player who has been suspended by the Tournament Director or has been excluded permanently (red card) from the field of play during that same match, cannot take part in a penalty shoot-out competition.
- g The penalty shoot-out is taken under the following conditions:
 - i the defending goalkeeper starts behind their own goal line between the goal posts;
 - ii the ball is placed on the nearest 23m line opposite the centre of the goal;
 - iii an attacker starts behind the 23m line near the ball;
 - iv the umpire blows the whistle to signal the start of the shoot-out; the attacker and the goalkeeper may then move in any direction;
 - v the shoot-out is completed when one of the following occurs:
 - 8 seconds has elapsed;
 - the attacker scores a goal;
 - the attacker commits an offence;
 - the goalkeeper commits an offence in which case the shoot-out is re-taken;
 - the goalkeeper commits an intentional offence, in which case a goal is awarded;
 - the ball goes out of play over the back-line or side-line; this includes the goalkeeper intentionally playing the ball over the back-line.
- h If during a penalty shoot-out competition a player (either an attacker or a goalkeeper) is suspended, that player takes no further part in that penalty shoot-out competition and, unless a defending goalkeeper, cannot be replaced. If the defending goalkeeper is suspended, the replacement can only come from the 5 players nominated to take part in the penalty shoot-out competition. The replacement goalkeeper is allowed reasonable time to put on protective equipment. If an attacker is suspended, any penalty shoot-out the player was entitled to take counts as no goal.



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- i If during a penalty shoot-out competition, a defending goalkeeper is incapacitated, that goalkeeper may be replaced by another player from within the players listed on the team entry form for that particular match, except as excluded above in sub-clause (d) or sub-clause (f). If the replacement goalkeeper is a field player, that player is allowed reasonable time to put on protective equipment.
- j In the event of an equal number of goals scored or awarded after each team has taken 5 shoot-outs, a second series of penalty shoot-outs is taken with the same players, subject to an incapacitated defending goalkeeper(s) being replaced. When one team has scored or been awarded one more goal than the opposing team after an equal number of strokes (no minimum, no maximum) have been taken by each team, that team shall be the winner.
- k The same players take part in a second (unlimited) series of penalty shoot-outs except that an incapacitated goalkeeper can be replaced. The sequence in which the attackers take the penalty shoot-outs does not need to be the same as in the first series; before each penalty shoot-out series, the team manager chooses the order in which the nominated players take the particular penalty shoot-out. In this second series, all five nominated players shall take a penalty shoot-out before any of them are eligible to take a further penalty shoot-out.
- l The team whose player has taken the first penalty shoot-out of the first series must defend the first penalty shot-out of the second (unlimited) series