

Rules for Penalty Shootouts

The penalty-kick shootout to decide a match consists of a minimum of 5 penalty kicks to be taken by each of the two teams from the penalty spot (8 yards from the goal line in the case of half-pitch play, 10 yards in the case of full pitch play).

The referee decides by the flip of a coin which team begins. The two teams alternate until 5 different players from each team have made their kick.

If the score is a draw at the completion of the 5th kick, both teams take a kick until a winner is found.

A different player must be used for each kick and a player involved in the first 5 kicks cannot be reused in the subsequent "sudden death" situation until all other players on his side, including the goalkeeper, have taken their turn.

The Coach of each team selects the 5 players and his goalkeeper to participate. These must be players who were on the pitch at the end of match play. This selected group of players should wait in a group either in the center circle or at the midfield line (the selected group for each team should be located in separate sides of the pitch). Should no winner be decided at the end of 5 rounds, each team will send up a player who was on the pitch at the end of the match to take the subsequent round until the match is decided. Should all players who were on the pitch take their turn and there is still no decision, then players who were not on the pitch are to be used. Only after all present players are used, can the first players take their second kick. Teams are not required to follow the same order of kickers as was used for the first kick

The goalkeeper cannot be changed during the competition unless he becomes injured during the shootout. If a goalkeeper is sent off during the shootout, another player who finished the game must act as goalkeeper.

The goalkeeper must remain between the goal-posts on his goal-line until the ball has been kicked, although he can jump in place, wave his arms, move side to side along the goal line or otherwise try to distract the shooter.

Each kicker can kick the ball only once per attempt. If the ball is blocked by the goalkeeper the kicker cannot score from the rebound (unlike a normal penalty kick). Similarly, if the ball bounces off the goal posts or crossbar, the kicker cannot score from the rebound. But the ball may touch the goalkeeper, posts and/or crossbar any number of times before it goes in and counts as a goal.

No other player on the kicker's team may touch the ball after it is kicked.

The goalkeeper can take one of the penalties.

After the kick, the kicker is to proceed direct to his team members waiting in a group at the center circle/midfield line of the pitch.

All kicks are taken at one goal to ensure that both teams' kick-takers and goalkeepers face the same pitch irregularities.

During the whole penalty competition, ALL spectators, without any exceptions, MUST remain on the sidelines of the pitch. No players or spectators may stand or sit behind the goal or behind the goal line during the competition. The referee must assure this, and not let the penalty competition to proceed until the goal line area is cleared. This is to minimize the pressure on and distractions to our young players.

If one side has scored more successful kicks than the other could possibly reach with all of its remaining kicks, the shootout ends regardless of the number of kicks remaining.

In case no official referee is available, a coach from a neutral team or a league official is to act as referee. The referee MUST be familiar with these rules.