

FHC Tournament Regulations: Outdoor Championships

APPENDIX 2 | SHOOT-OUT COMPETITION

1. Five players from each team take a one-on-one shoot-out alternately against the goalkeeper/defending player of the other team making a total of 10 shoot-outs.
2. Respective Team Managers nominate five players to take and one player to defend the shoot-outs from those listed on the Match Report except as excluded in clause 4. A player nominated to defend the shoot-outs can also be nominated to take a shoot-out. No substitutions / replacements are permitted during the shoot-out competition except as specified below (clauses 16, 17, 18)
3. Team Managers submit the names of the five players and the sequence in which they are to take the shoot-outs to the Technical Officer on duty, and sign the shoot-out competition form to confirm the nominations and sequence.
4. 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 the shoot-out competition. A player who has been temporarily suspended (green or yellow card) may take part in the shoot-out competition even if the period of their suspension has not been completed at the end of the match.
5. The Tournament Director will specify the method of timing shoot-outs, taking into account the facilities available and the need to control time accurately.
6. In consultation with the umpires, the Technical Officer on duty will choose the goal to be used.
7. A coin is tossed. The team which wins the toss has the choice to take or defend the first shoot-out.
8. During a shoot-out competition, all persons who are entitled to sit on the team bench for that match are permitted to enter the field of play in an area designated by the Technical Officer on duty.
9. The goalkeeper/defending player of the team taking a shoot-out may be on the back-line outside the circle.
10. A player taking or defending a shoot-out may enter the 23m area for that purpose.
11. Players taking a shoot-out and also defending the shoot-outs taken by opponents are allowed reasonable time to take off their protective equipment to take their shoot-out, and subsequently to put it back on.
12. Taking a shoot-out:
 - a. the defending goalkeeper/defending player starts behind the goal line between the goal posts;
 - b. the ball is placed on the nearest 23m line opposite the centre of the goal;
 - c. an attacker starts outside the 23m line near the ball;
 - d. the umpire blows the whistle to signal the start of the shoot-out; the attacker and the goalkeeper/defending player may then move in any direction;
 - e. the shoot-out is completed when one of the following occurs:
 - i. 8 seconds has elapsed;
 - ii. a goal is scored;

- iii. the attacker commits an offence;
 - iv. the goalkeeper/defending player commits an unintentional offence inside or outside the circle, in which case the shoot-out is re-taken by the same player against the same goalkeeper/defending player;
 - v. the goalkeeper/defending player commits an intentional offence inside or outside the circle, in which case a penalty stroke is awarded and taken;
 - vi. the ball goes out of play over the back-line or side-line; this includes the goalkeeper/defending player intentionally playing the ball over the back-line.
13. If a penalty stroke is awarded as specified above, it can be taken and defended by any eligible player on the Match Report (subject to the provisions of clauses 16, 17, and 18 below).
14. The team scoring the most goals is the winner and the competition ceases once an outright winner is determined.
15. A player may be suspended by a yellow or red card but not by a green card during a shoot-out competition.
16. If during a shoot-out competition (including during any penalty stroke which is awarded) a player is suspended by a yellow or red card:
- a. that player takes no further part in that shoot-out competition and, unless a goalkeeper / defending player, cannot be replaced.
 - b. the replacement for a goalkeeper / defending player can only come from the 5 players of that team nominated to take part in the shoot-out competition. The replacement goalkeeper is allowed reasonable time to put on protective equipment similar to that worn by the goalkeeper / defending player they are replacing.
 - c. any shoot-out due to be taken by a suspended player is forfeited; any goals scored by the player before being suspended count as a goal.
17. If during a 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 clause 4 or clause 16. If the replacement goalkeeper is a field player, that player is allowed reasonable time to put on protective equipment similar to that worn by the player they are replacing.
18. If during a shoot-out competition, an attacker is incapacitated, that attacker 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 clause 4 or clause 16.
19. If an equal number of goals are scored or awarded after each team has taken 5 shoot-outs:
- a. a second series of shoot-outs is taken with the same players;
 - b. the sequence in which the attackers take the shoot-outs need not be the same as in the first series;
 - c. the team whose player has taken the first shoot-out of the first series must defend the first shoot-out of the next series;
 - d. when one team has scored or been awarded one more goal than the opposing team after an equal number of shoot-outs have been taken by each team, that team is the winner.
20. If an equal number of goals are scored after a second series of 5 shoot-outs, additional series of shoot-outs are taken with the same players:

- a. the sequence in which the attackers take the shoot-outs need not be the same in any subsequent series;
- b. the team which starts each shoot-out series alternates for each series.