

SHOOT-OUT REGULATIONS (7 a-side)

2020 / 2021



Appendix

SHOOT-OUT COMPETITION (7 a-side)

Adapted for mini-hockey from FIH General Tournament Regulations – March 2019

In a shoot-out competition, **three** players from each team take a one-on-one shoot-out alternately against a **goalkeeper** from the other team as set out in this Regulation. The shoot-out competition comprises all series of shoot-outs required to determine a result.

The following sets out both the playing Rules and the procedures to be followed.

- 1 If the shoot-out competition takes place after the end of a match, the first shoot-out should take place within three (3) minutes of the end of regulation playing time.
- 2 The respective Team Managers provide the names / numbers of **three** players to take and one player to defend the shoot-outs. No substitutions / replacements are permitted during the shoot-out competition other than as specified below.
- 3 The Technical Delegate will specify the method of timing shoot-outs taking account of the facilities available and the need to control time accurately.
- 4 The Technical Delegate will specify the goal to be used.
- 5 Prior to the shoot-outs, the Technical Delegate will place a marker, approximately 5 metres from the top of the circle, to indicate the place from which all shoot-outs will start.
- 6 A coin is tossed; the team which wins the toss has the choice to take or defend the first shoot-out.
- 7 Only the players involved in the shoot-out, together with one adult (Coach or Manager) are permitted to enter the field of play – they must be in the “D” at the other end of the pitch.
- 8 The goalkeeper of the team taking a shoot-out shall wait on the back-line outside the circle.
- 9 **Three** players from each team take a shoot-out alternately against the goalkeeper of the other team making a total of **6** shoot-outs.

10 Taking a shoot-out:

- a the goalkeeper starts on or behind the goal-line between the goal posts;
- b the ball is placed on **the marker** (see point 5);
- c an attacker stands behind **the marker**, near the ball;
- d the Umpire blows the whistle to start time;
- e an official starts the clock (see point 3);
- f the attacker and the goalkeeper may then move in any direction;
- g the shoot-out is completed when:
 - i **6** seconds has elapsed since the starting signal;
 - ii a goal is scored;
 - iii the attacker commits an offence;
 - iv the goalkeeper 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;
 - v the goalkeeper 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 intentionally playing the ball over the back-line.

11 If a penalty stroke is awarded as specified above, it can be taken by any member of the team.

12 The team scoring the most goals (or ahead by more goals than the other team has untaken shoot-outs available) is the winner.

13 A player may be suspended by a yellow or red card but not by a green card during the shoot-out competition.

14 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, cannot be replaced;
- b the replacement for a suspended goalkeeper can only come from the **three** players of that team nominated to take part in the shoot-out competition:

- i the replacement goalkeeper is allowed reasonable time to put on protective equipment;
 - ii for taking their own shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it on again.
 - c any shoot-out due to be taken by a suspended player is forfeited; any goals scored by this player before being suspended count as a goal.
- 15 If during a shoot-out competition, a defending goalkeeper is incapacitated:
- a that goalkeeper may be replaced by another player from the team, except as excluded in this Appendix or unless suspended by an Umpire during the shoot-out competition;
 - b the replacement goalkeeper:
 - i is allowed reasonable time to put on protective equipment;
 - ii if this replacement is also nominated to take a shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it on again.
- 16 If during a shoot-out competition, an attacker is incapacitated, that attacker may be replaced by another player from the team, except as excluded above or unless suspended by an Umpire during the shoot-out competition.
- 17 Any replaced player (goalkeeper or attacker) takes no further part in the shoot-out competition
- 18 If an equal number of goals are scored after each team has taken **three** shoot-outs:
- a a second series of **three** shoot-outs is taken with the same players, subject to the conditions specified in this Appendix;
 - 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 took the first shoot-out in a series defends 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 each team has taken the same number of shoot-outs, not necessarily being all **three** shoot-outs, that team is the winner.

- 19 If an equal number of goals are scored after a second series of **three** shoot-outs, additional series of shoot-outs are taken with the same players subject to the conditions specified in this Appendix:
- 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.
- 20 Unless varied by this Appendix, the Rules of Hockey apply during a shoot-out.

If a Penalty Stroke is awarded it should be taken 5 metres from the goal