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# SHOOT-OUT REGULATIONS

## (7 a-side)

# 2023 / 2024



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## Appendix

### SHOOT-OUT COMPETITION (7 a-side)

Adapted for mini-hockey from FIH General Tournament Regulations – October 2023

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 **8** seconds has elapsed since the starting signal.
    - ii a goal is scored.
    - iii the attacker commits an offence.
    - iv the goalkeeper commits an offence inside or outside the circle, in which case a penalty stroke is awarded and taken;
    - v 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**