

USA Field Hockey Shoot-out Competition Rules

1. Players from each team take a one-on-one shoot-out alternately against the goal keeper of the other team making a total of 10 shoot-outs. Five (5) players from each team will take the shoot-out in the sequence nominated and communicated by the team to the umpires 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.
2. The umpires, in conjunction with the tournament committee will choose the goal to be used. If not in tournament play, the umpires will decide solely.
3. A coin is tossed. The team which wins the toss has the choice to take or defend the first penalty shoot-out.
4. The team scoring or awarded the most goals is the winner and the competition ceases once an outright winner is determined.
5. During a 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 shoot-out may be on the goal-line outside the circle if so directed by the umpire. A player who is authorized by an umpire or technical official to take or defend a shoot-out may enter the 23m area for that purpose.
6. A player who has been excluded permanently (red card) from the field of play during that same match, cannot take part in a shoot-out competition.
 - a. A player on a yellow card at the end of the game **may participate in the shootout.**
7. The shoot-out is completed under the following conditions:
 - a. 8 seconds has elapsed;
 - b. the attacker scores a goal;
 - c. the attacker commits an offence;
 - d. the goalkeeper commits an offence in which case the shoot-out is re-taken;
 - e. the goalkeeper commits an intentional offence, in which case a penalty stroke is awarded;
 - f. the ball goes out of play over the back-line or side-line; this includes the goal keeper intentionally playing the ball over the back-line.
 - g. if a penalty stroke is awarded as specified above, any player on the approved roster may take the penalty stroke, unless incapacitated or suspended. The penalty stroke will take place before the next available shoot-out takes place. All normal penalty stroke rules apply.
8. If during a shoot-out competition a player (either an attacker or goalkeeper is suspended, that player takes no further part in the shoot-out competition and, unless a defending goalkeeper, cannot be replaced. If the defending goalkeeper is suspended, a replacement can be nominated to take part in the shoot-out competition from players listed on the team entry form for that particular match (Substitute a new fully kitted GK for the suspended GK). The suspended GK cannot have any further part of the shootout). The replacement goalkeeper is allowed reasonable time to put on protective equipment. If an attacker is suspended during the penalty shoot-out competition, any further shoot-out the player was entitled to take counts as no goal.
9. 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, If the replacement goalkeeper is a field player, that player is allowed reasonable time to put on protective equipment.
10. If an equal number of goals are scored after each team has taken five shoot-outs: a second series of five shoot-outs is taken with the same players. The sequence in which the attackers take the shoot-outs need not be the same as in the first series. The team whose player took the first shoot-out in a series defends the first shoot-out of the next series. 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 five shoot-outs, that team is the winner (Sudden Victory).
11. The same players take part in the second and any subsequent shoot-outs except that an incapacitated goalkeeper can be replaced. The sequence in which the attackers take the shoot-outs does not need to be the same as in the first series; before each shoot-out series, the team manager chooses the order in which the nominated players take the particular shoot-out. In this second and subsequent series, all five nominated players shall take a shoot-out before any of them are eligible to take a further shoot-out.
12. The team whose player has taken the first shoot-out of the first series must defend the first shoot-out of the second series. If further shoot-out series occur teams will alternate taking the shoot-out first.

