

1. Penalty Shoot Out Competition Procedure

1. Respective team managers nominate five players to take and one player to defend the shoot-outs from those on the match card except as excluded below.
 - a. A player who has been permanently suspended (red card) during the match may not take part in the penalty shoot out
 - b. A player who has been temporarily suspended (yellow card) during the match may take part in the penalty shoot-out, even if the period of their suspension has not been completed at the end of the match
2. AK Hockey Local Playing Rules regarding goalkeepers shall not apply during a penalty shoot out
 - a. A shoot-out may be defended by either a goalkeeper, a player with goalkeeping privileges or a field player as defined by the FIH Rules of Hockey
 - b. A player with goalkeeping privileges must wear a helmet when defending a shoot-out
3. A player nominated to defend the shoot-outs can also be nominated to take a shoot-out.
4. No substitutions/replacements are permitted during the shoot out competition, other than as specified below.
5. The umpires shall choose the goal to be used
6. If no scoreboard is available the umpires shall appoint one or preferably two people to keep time during the shoot outs
7. The captains will toss a coin; the team that wins the toss shall have the choice to take or defend the first shoot out
8. All players on the match card, other than any player who has been excluded permanently (red card) during the match, are permitted to enter the field of play outside the 23m area used for the shoot-out but must be at least 10 metres from the spot where the ball is placed at the start of the shoot-out.
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. If a player taking a shoot-out is also defending the shoot-outs taken by opponents, (s)he is allowed reasonable time to take off his/her protective equipment to take his/her shoot-out and subsequently to put his/her protective equipment on again
12. Five players from each team take a shoot-out alternately against the goalkeeper/defending player of the other team making a total of 10 shoot-outs
 - a. The players may take the shoot-outs in any order.
13. Taking a shoot-out:
 - a. the goalkeeper/defending player starts on or 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 stands outside the 23m area 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:
 - 1. 8 seconds has elapsed since the starting signal;
 - 2. a goal is scored;
 - 3. the attacker commits an offence;
 - 4. 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;
 - 5. the goalkeeper/defending player commits an intentional offence inside or outside the circle, in which case a penalty stroke is awarded and taken;
 - 6. 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.
14. If a penalty stroke is awarded as specified above, it can be taken and defended by any eligible player on the match card subject to clauses 16, 17 and 18 below.
15. The team scoring the most goals is the winner and the competition ceases once an outright winner is determined.
16. If during a shoot-out competition (including during any penalty stroke which is awarded) a player (either an attacker or a goalkeeper/defending player) is suspended:
- 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 suspended goalkeeper/defending player can only come from the five players of that team nominated to take part in the shoot-out competition;
 - c. the replacement goalkeeper/defending player is allowed reasonable time to put on protective equipment similar to that which the goalkeeper/defending player (s)he is replacing was wearing;
 - d. for taking his/her own shoot-out, this player is allowed reasonable time to take off his/her protective equipment to take his/her shoot-out and subsequently to put it on again;
 - e. any shoot-out (or penalty stroke) due to be taken by a suspended player counts as no goal; the shoot-outs taken by this player and scored before being suspended count as a goal.
17. If during a shoot-out competition, a defending goalkeeper/defending player is incapacitated;
- a. that goalkeeper/defending player may be replaced by another player from among the players listed on the match card, unless suspended by an umpire during the shoot-out competition or permanently suspended by an umpire during the match;
 - b. the replacement goalkeeper;

1. is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper / defending player was wearing;
 2. if this replacement is also nominated to take a shoot-out, this player is allowed reasonable time to take off his protective equipment to take his shoot-out and subsequently to put it on again.
18. If during a shoot-out competition, an attacker is incapacitated, that attacker may be replaced by another player from among the players listed on the match card, unless suspended by an umpire during the shoot-out competition or permanently suspended by an umpire during the match
19. If an equal number of goals are scored after each team has taken five shoot-outs;
 - a. a second series of five shoot-outs is taken with the same players, subject to the conditions specified in these rules;
 - 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 penalty shoot-out in a series defends the first penalty 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 five shoot-outs, that team is the winner.
20. If an equal number of goals are scored or awarded after a second series of five shoot-outs, additional series of shoot-outs are taken with the same players subject to the conditions specified in these rules:
 - 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.

2. Penalty Stroke Competition Procedure

1. Respective team managers nominate five players to take and one player to defend the penalty strokes from those on the match card except as excluded below.
 - a. A player who has been permanently suspended (red card) during the match may not take part in the penalty stroke competition
 - b. A player who has been temporarily suspended (yellow card) during the match may take part in the penalty shoot-out, even if the period of their suspension has not been completed at the end of the match
2. A player nominated to defend the penalty strokes can also be nominated to take a penalty stroke.
3. No substitutions/replacements are permitted during the penalty stroke competition, other than as specified below.
4. The umpires shall choose the goal to be used
5. The captains will toss a coin; the team that wins the toss shall have the choice to take or defend the first penalty stroke
6. Team managers, goalkeepers and nominated stroke takers only are permitted to enter the field of play but must remain outside the 23m area unless authorised by an umpire to take or defend a penalty stroke
7. The goalkeeper of the team taking a penalty stroke may be on the back-line outside the circle
8. Five players from each team take a penalty stroke alternately against the goalkeeper of the other team making a total of 10 penalty strokes
 - a. The players may take the strokes in any order
9. The team scoring the most goals is the winner and the competition ceases once an outright winner is determined.
10. If during a penalty stroke competition a player (either an attacker or a goalkeeper) is suspended:
 - 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 five players of that team nominated to take part in the shoot-out competition;
 - c. the replacement goalkeeper is allowed reasonable time to put on protective equipment similar to that which the goalkeeper (s)he is replacing was wearing;
 - d. for taking his/her own penalty stroke, this player is allowed reasonable time to take off his/her protective equipment to take his/her penalty stroke and subsequently to put it on again;
 - e. any penalty stroke due to be taken by a suspended player counts as no goal; the penalty strokes taken by this player and scored before being suspended count as a goal.
11. If during a penalty stroke competition, a defending goalkeeper is incapacitated;
 - a. that goalkeeper may be replaced by another player from among the players listed on the match card, unless suspended by an umpire during

the penalty stroke competition or permanently suspended by an umpire during the match;

- b. the replacement goalkeeper;
 1. is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper was wearing;
 2. if this replacement is also nominated to take a penalty stroke, this player is allowed reasonable time to take off his protective equipment to take his penalty stroke and subsequently to put it on again.
12. If during a penalty stroke competition, an attacker is incapacitated, that attacker may be replaced by another player from among the players listed on the match card, unless suspended by an umpire during the shoot-out competition or permanently suspended by an umpire during the match
13. If an equal number of goals are scored after each team has taken five penalty strokes;
 - a. a second series of five penalty strokes is taken with the same players, subject to the conditions specified in these rules;
 - b. the sequence in which the attackers take the penalty strokes need not be the same as in the first series;
 - c. the team whose player took the first penalty stroke in a series defends the first penalty stroke 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 penalty strokes, not necessarily being all five penalty strokes, that team is the winner.
14. If an equal number of goals are scored or awarded after a second series of five penalty strokes, additional series of penalty strokes are taken with the same players subject to the conditions specified in these rules:
 - a. the sequence in which the attackers take the penalty strokes need not be the same in any subsequent series;
 - b. the team which starts each series of penalty strokes alternates for each series.