

Since there will be no overtime period all players on the roster are eligible to take penalties, with the caveat that the number of eligible players must be equal for both teams -
ie the team with the larger roster must reduce their declared eligible players to be the same as the other team

Each team is responsible for selecting from the eligible players the order in which they will take the kicks.

An eligible player may change places with the goalkeeper

The referee tosses a coin, and the team that wins the toss decides whether to take the first or second kick

Both teams take five kicks

The kicks are taken alternately by the teams

The kick is completed when the ball stops moving, goes out of play or the referee stops play for any offence; the kicker may not play the ball a second time

Each kick is taken by a different player, and all eligible players must take a kick before any player can take a second kick

If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken

If, after both teams have taken five kicks, the scores are level, kicks continue until one team has scored a goal more than the other from the same number of kicks

The above principle continues for any subsequent sequence of kicks but a team may change the order of kickers