

7U and 8U Shoot-Out Rules & Procedure

At end of regulation play, assemble teams onto center circle (sit on your half of circle). *Winner of game has first kick.*

Summary:

The shoot-out has no bearing on the final game score.

Rules: (1 v 1)

- All players are given one chance to make a shot on goal.
- No player may shoot for another player. The team that is short players will shoot in the rotation (No choosing of players) to equal the number of the other team.
- Defender may be changed only once.
- Defender will not use hand.
- All shots are on the ground, all balls in the air will be disqualified. There are no keepers at this division.

Procedure:

Accumulated scores from the team at a shot in goal, is the final score of the shoot-out.

Referee chooses the goal at which the kicks are taken. Teams take turns attacking the goal. All goal attempts are taken at one goal to ensure that both team's attackers and defender face the same pitch irregularities (if any).

All players other than the attacker and the defender must remain on the halfway line outside of the center circle on their own respective sides.

Attacker starts on the top of the center circle. Once the whistle blows attacker has 7 seconds to take a shot on goal. Whistle is blown again if goal is made, at the end of 7 seconds or if defender kicks the ball out of play or the defends the ball from scoring.

Defender starts between the goal-posts on his goal-line until the ball moves forward. Defender can only attack inside of the penalty box. Attempt continue only the ball is out of bound or called by the referee.

Each attacker can take as many shots within the time limit. If the ball is blocked or taken away by the defender the shot is over. Kicker can score from the rebound. Similarly, if the ball bounces off the goal posts or crossbar, the kicker can score from the rebound.

The ball may touch the defender, posts and/or crossbar any number of times before going into the net.

The shoot-out concludes once all players from each participating teams have made one attempt of getting a goal.

Defender is switch out for his turn at kicking

Season participation medal presented at end of shoot-out.