## Shootout Instructions

## Common rules:

- Shootouts will happen following a tie score at the end of regulation play to determine a winner for all 8U, 10U, and 12(13)U games.
- The head referee will perform a coin toss to determine which team shoots first. The team winning the coin toss can decide whether their team shoots first or second.
- All shootouts will start with an initial round of players from each team. Players and order are determined by the coach. Shots will be taken alternating between teams. If a tie remains at the end of this initial round, the shootout will continue a single round at a time until the tie is broken.
- Duplicate players may not be used until every player from a team has taken a shot during that shootout.
- Where goalies are used:
- The one chosen to start the shootout must remain for its entirety, unless injured and requiring a replacement.
- They must remain between the goal posts on their goal line until the ball has been kicked, although they can jump in place, wave their arms, move side to side along the goal line, or otherwise try to distract the shooter.
- Shooters may only strike the ball one time for a shot.
- All players \& coaches not actively participating must remain outside of the penalty box and off to the side to not distract the competition.


## Age Group specific rules:

- 8 U
- NO Goalies
- Distance - 10 yds
- Initial round - 3 players from each team
- 10U
- Goalies used
- Distance - 10 yds
- Initial round - 5 players from each team
- 12(3)U
- Goalies used
- Distance - 12 yds
- Initial round - 5 players from each team

