



POLICY ON PENALTY SHOOTOUTS

ANZA Soccer – Rules for Penalty Shootouts

1. General Procedure

- A penalty shootout consists of 5 penalty kicks per team.
- Referee decides by coin toss which team goes first.
- Teams alternate kicks.
- If scores are tied after 5 kicks each, teams continue with “sudden death” until a winner is determined.

2. Player Selection

- Only players on the pitch at the end of the match can take kicks.
- Coaches select 5 initial kickers plus the goalkeeper.
- In sudden death, each remaining on-pitch player must take a turn before any player repeats.
- Teams do not need to repeat the same order as the first round.

3. Goalkeeper Rules

- Goalkeeper cannot be changed unless injured.
- If sent off, another player from the match must act as goalkeeper.
- Goalkeeper must stay on the goal line until the kick is taken but may move side-to-side, jump, wave arms, or try to distract the kicker.

4. Kicking Rules

- Each kicker may kick once per attempt.
- No rebounds are allowed: a blocked ball or a ball hitting posts/crossbar does not count if the kicker touches it again.
- Ball may touch goalkeeper, posts, or crossbar any number of times before entering the goal.
- No other player may touch the ball after the kick.
- The goalkeeper may take a penalty.
- After kicking, the player rejoins teammates at the center circle/midfield line.

5. Pitch & Spectator Rules

- All kicks are taken at one goal to ensure fairness.

- All spectators must remain on the sidelines; no one may be behind the goal line.
- The referee ensures the goal area is clear before proceeding.

6. Ending the Shootout

- Shootout ends immediately if one team has more successful kicks than the other can reach with remaining kicks.

7. Referee

- If no official referee is available, a neutral coach or league official may act as referee.
- Referee must be familiar with these rules.