



HOCKEY SOUTHLAND 2019 SOUTHLAND WIDE COMPETITION RULES.

Table of Contents

Background.....	2
Section 1 – GENERAL:	2
Section 2 - MATCH DURATION AND POINTS SCORE SHEETS	3
Section 3 - REGISTRATION OF TEAM AND REGISTRATION OF PLAYERS	4
Section 4 - PLAYER MOVEMENT, GRADINGS AND COMBINED TEAMS	5
Section 5 - UNIFORMS AND TEAM OFFICIALS.....	7
Section 6 - INJURIES AND TIME OUT	8
Section 7 - TEAM OFFICIALS	8
Section 8 - FORFEITS AND CANCELLATIONS	8
Section 9 - FINALS SERIES: SEMI-FINALS, FINALS AND GRANDFINALS	9
Eligibility	
Semi-Finals	
Finals.....	
Section 10 - JUDICIARY AND MISCONDUCT	10
Section 11 – SPECIAL PROVISIONS.....	10
Schedule One – GUIDE FOR PROVISION OF CARDS	11
Schedule Two – PENALTY SHOOT OUTS	12

Background

This document details the rules for the Southland Wide competition run by Hockey Southland ("SW Competition"). These rules are in addition to the usual Rules of Hockey. In the case of any inconsistency between the Rules of Hockey and these rules, these rules shall prevail.

All players playing in a Hockey Southland competition are subject to Hockey New Zealand Code of Conduct.

Invercargill and Eastern Association have agreed to nominate teams to participate in the competition.

Section 1 – GENERAL

1. The SW Competition shall be managed by a sub-committee, the SWCC, which shall include such representatives as the Board of Hockey Southland shall nominate (e.g. an Umpires Manager/ Coordinator if one is appointed) and where possible shall consist of a minimum of 1 member from each club.
2. Hockey Southland currently conducts competitions for Men, Women & Juniors. Men Div. 1 & 2, Women Div. 1, 2 & 3 ("Senior Competitions") and a Junior Competition known as Div. 4. A minimum age of 13 is encouraged for Senior Competitions and only players eligible for Collier & Hatch shall play in the Div. 4 competition without written approval from the Competition Committee.
3. All players playing in any Hockey Southland managed competitions must receive adequate game time in every game they attend.
4. Any club whose team withdraws from the competition, once commenced shall incur the full costs for all of their matches (as per forfeit) for the remainder of the season, unless otherwise determined by Hockey Southland or their duly authorised delegate.
5. Points for individual Association's Club Championships shall be as determined by each Association's Committee.
6. The Competition Committee shall provide trophies for the competition Grand Finals and such other trophies or awards as they shall determine as being appropriate.
7. To assist with the pathway of division 4 boys into the Men's Senior Competition, boys may be permitted to play in the Women's division 1, 2 and 3 Senior Competition with the written approval of the Competition Committee. Any team who wishes to include boys in a division 2 or 3 women's team must apply in writing to the Competition Committee before 6th April 2019, prior to the applicable player taking the field in any game and providing the name, age and details of the player's hockey experience. The team shall also provide such other information required by the Competition Committee in determining the eligibility of the player to play in the women's competition.
8. All communication to the Competition Committee shall be sent to swcompetition@gmail.com. Each club shall provide to the Competition Committee at the start of the season the contact details for a delegate who will send and receive all correspondence with the Competition Committee for that club.
9. The Competition Committee will only be corresponding with that club delegate. Any other queries or correspondence will only be responded to at the complete and absolute discretion of the Competition Committee. The only exception will be notification of a default. If the Club representative changes at any time during the season then it is the originally nominated club representative's responsibility to notify the Competition Committee.

Section 2 - Match Duration & Points Score Sheets,

1. Matches are to be played as set down in the competition draw for SW Competition. Where required to complete full rounds of the SW Competition, teams may be required to play more than one game in a week.
2. Time allocated to division 1, 2 and 3 teams is as follows:
 - 4 x 17minute halves
 - 2 x 2minute breaks
 - 1 x 5 minute half-time
 - 3 minutes injury time
 - 10 minutes between games to water the turf and warm up where possible.

For division Four:

2x 25minute halves

1x 5minute half-time

1x5/10-minute changeover/warm up where possible

Matches must finish as per the scheduled finish regardless of the starting time.

Where a Penalty Corner or Penalty Stroke has been awarded, it shall be permitted to be completed as per the Rules of Hockey.

3. The General Manager shall maintain a point score of results. The final points score table following the completion of all rounds is to be tallied, and the top three (3) or four (4) teams (1, 2, 3, & 4) shall participate in the Finals series dependent on the number of teams in the competition.
4. Points shall be awarded as follows:
 - Win 3, Draw 1, Loss 0, Forfeit 2 (with 4 – 0 win recorded) to the team who received the forfeit. A team that forfeits an away game will be required to play an away game the next time they play the team that they forfeited the game against.
5. Each team must ensure that the score sheet for each of their games is completed correctly with the first and last names, shirt numbers of each of their players, a "C" beside the Captain and "GK" beside the goal keepers.

Teams must identify any player who is not a registered player on the score sheet with a "G" or "Guest" beside their name, must have approval from the opposition to play the player and the back of the card must be signed by both teams **before** the match begins.

Floating players must be indicated on the card by an "F" beside their name **before** the match starts.

Only players listed on the scorecard **before the game** may take the field and play.

The Captain or Team Manager must sign the card at the end of each game verifying the record of all goals scored and any cards issued. The score sheets are to be signed and verified by both the Umpires and Captains/Team Managers. Umpires are to place completed cards in result box provided.

Teams who do not complete their score sheets correctly will forfeit the points from the game.

6. The SWCC will consider deferral applications through a transparent process. Any team applying for a deferral must have a minimum of 6 of its registered players unavailable due to other hockey commitments or extraordinary circumstances and be unable to source floaters.

A club wishing to defer a match must apply by email to the SWCC gmail as early as possible before the proposed match.

Any game which is deferred at the request of one team and with the agreement of the other team must be played within two (2) weeks of the originally scheduled game time. Both teams shall make all reasonable attempts to negotiate a suitable time to play the postponed game. The team who requests the deferral of the game may at the request of the other team play at the other team's home ground for the re-scheduled game. Both teams are expected to negotiate in good faith and in the spirit of good sportsmanship.

This new arrangement must then be emailed and approved by the SWCC and GM (who will make changes to the draw and book new turf times).

Section 3 - REGISTRATION OF TEAM AND REGISTRATION OF PLAYERS

1. All players must be registered with either Eastern Southland Hockey Association ("ESHA") or Invercargill Hockey Association ("IHA"). No player who is registered with any other association outside of Southland shall be entitled to play in the SW Competition.
2. No player may be registered with more than one club in any one competition. Player transfer is to be in line with Hockey New Zealand rules.
3. Hockey Southland and the Competition Committee their team entry into the 2019 SW Each club must provide Competition NO LATER than 12th March 2019. Any late entries will be subject to a late entry fee which shall be determined by Hockey Southland or its delegate in their absolute discretion.
4. Each club must provide to Hockey Southland and the Competition Committee a full registration list of all of their players including the name, address, phone number, age, grading and any other details required by Hockey Southland. This is required to be in the hands of Hockey Southland and the Competition Committee NO LATER than 1st May 2019. Each team must have a minimum of 13 players registered for each team. Any late entries will be subject to a late entry fee which shall be determined by Hockey Southland or its delegate in their absolute discretion.
5. All players who play three (3) or more games in the SW Competition in a season must be registered with either ESHA or IHA. After completing a third game in the SW Competition, the player must be registered prior to taking the field for any further games. Any team that plays a non-registered player in breach of this rule shall be subject to a forfeiture of points.
6. Matches shall be played at designated venues on a "Home and Away" basis (where possible) at times set down according to the official competition draw.

There will be no SW Competition games on the weekends of Easter, 19-21st April, Queens Birthday (2-4 June) and 12-14th July during the 2019 Season.

Otherwise unless the draw specifically provides that there is no Hockey or there is notification in writing by the Competition Committee or on the website of Hockey Southland then all players are to assume that Hockey is to be played each week during the season. Any team which fails to field a team for a scheduled game or competition may at the discretion of the Competition Committee have points deducted.

7. Each team is permitted up to 5 substitute players per match with unlimited interchange (16). A team is permitted to have 18 players per game if they have 2 fully kitted, named goal keepers for the match. Goal keepers must be named on the registration form when it is submitted.
8. Only players and umpires are permitted on the playing surface during a match unless in the case of injury or another unforeseen event. Coaches (only) may stand in the area directly in front of dugouts during a game.
9. Any Judiciary matters shall be heard by a convened judiciary. See Section 9 -Judiciary.
10. It is **compulsory** that all players wear mouth guards and shin pads. Players who don't adhere to this rule do so at their own risk and may be asked to leave the field by the umpire until they are wearing them. Hockey Southland and its Committee's accept no responsibility or liability for those players who chose not to wear mouth guards and shin pads.
11. The basic rules and interpretations for the SW Competition shall be principally per the current "Rules of the Game of Hockey".
12. **MVP:**

Each Coach and/or Manager shall submit to the Manager of Hockey Southland their nominee for the Most Valuable Player for the Season in their team by the end of the round robin competition.

Section 4 – PLAYER MOVEMENT, GRADINGS AND COMBINED TEAMS

1. Player Movement:

Floating players (referred to as “floaters”) are players who ‘float up’ from their regular club team to fill a gap in a higher graded team in their club when required.

A player may now play for a higher graded team in their club as many times as they wish without being regraded to that team *provided that* the team captain writes the player's name on the card with an “(F)” next to it, to show that the player is floating up.

No player is able to play in a lower graded team in their club or any other club without the permission of the SWCC and after that the agreement of the opposing team.

There is no limit to the number of floaters a club may use in a season, however all clubs are asked to consider player welfare in the number of games players are playing.

Honest mistakes, by not writing an extra player's name on the Match Card or not placing an “(F)” or (G) next to their name *may* be dealt with by the Competitions Committee as a Match Card Infringement. However, if the Competitions Committee believes that by their conduct, the Club has attempted to deliberately mislead HS, the Competitions Committee will in the first instance send a written warning to the club and then shall deem that the match is defaulted by the offending team 4-0 for any subsequent offence.

A player may not play for a lower graded team without a regrade or in accordance with the Goalkeeper Rule below.

GOAL KEEPER RULE

A player who usually plays as a specialist goalkeeper may play in a lower graded team in their Club as a field player as if they were a separate person. A player who usually plays as a field player may play in a lower graded team as a goalkeeper, as if they were a separate person.

The Club must make it clear to the Competitions Committee that this is happening. The player is counted as a member of both teams for the purposes of team numbers and shall still be subject to any player movement, ranking and grading rules.

This rule does not prevent a field player from playing in the goal for his or her own team occasionally when necessary.

Use of this rule is a privilege, not a right, and if the Competitions Committee suspects this rule is being abused, they may disallow the player from continuing to play in the lower graded team.

- a) Any player who plays in one or more grades in the same round will be deemed to have played only in the higher grade with respect to eligibility for the Finals Series.
- b) Clubs with 2 teams in any one grade must have their teams finalised for week 4 play. There is no provision for Players to move between teams in the same grade after week 3.

If this must occur to field a team, the affected team must notify and get agreement from the opposition team BEFORE the game starts for that player to play. Player must be named on the back of the card and it must be signed by both teams. If no agreement from the opposition, the game must be defaulted by the team seeking agreement. If the defaulting team wins the game as played, the opposition will receive a 4-0 winning score for point's purposes. If the opposition wins the game as played the score at the end of the game will stand for point's purposes.

- c) No player registered with another club or in another association will play in a team unless they are declared to the opposition and agreement is made BEFORE the game starts for that player to play.

Player must be named on the back of the card and it must be signed by both teams. If no agreement from the opposition, the game must be defaulted by the team seeking agreement. If the defaulting team wins the game as played, the opposition will receive a 4-0 winning score for point's purposes. If the opposition wins the game as played the score at the end of the game will stand for point's purposes.

- d) No player shall play in two separate divisions during the Finals series unless having received written authority from the Competition Committee.

2. Affiliated Clubs

If any club or team has or is affiliated with another club or team that plays in a different division and they need to utilize the player movement rules to cover injury or registered player absence etc., they must notify the Competition Committee prior to any player playing in a game for a team and in division that they are not registered for. Such notification must be made on both team's registration form submitted at the start of the season. Each club's delegates will then be notified of players who have affiliated to clubs different to the one they are playing for.

For example, if club x has a team in division 3 and club y has teams in divisions 1 and 2 and club y wishes to use a player from club x's division 3 team in a game, they must have notified the Competition Committee of their club's affiliation with club x prior to the player playing for club y.

No player regardless of any affiliation between clubs or teams or whether they are registered in a combined team or they play in a club with more than one team in the same division can play for more than one team in a division. Except as provided elsewhere in these rules, no player can play for more than one club in a season.

3. Combined Teams

Where two or more separate clubs have entered a combined team in the SW Competition, then the players in that combined team may subject to complying with the player movement and grading rules play in a higher/lower grade for the club that that player is registered with ("originating club"). Provided however if the originating club and the player consents, the player may play in the different grade for one of the other clubs that makes up the combined team but must before doing so notify the Competition Committee in writing and provide the Competition Committee with a copy of the originating club's consent. Once a player has played in the other club team in the different grade they cannot play for any other club team that makes up the combined team or the originating club.

For example, Clubs A & B have a combined team playing in division 2, but Clubs A & B each have a team playing in division 1. Player x is registered with Club A and is registered as playing in the combined division 2 team. Player x may (subject to compliance with all of the other competition rules) play for division 1 for Club B provided Club A provides written consent and Club B provides this consent and written notification to the Competition Committee before player x plays in division 1 for Club B, however once player x has played for Club B in division 1 they cannot then play for Club A in division 1 for the rest of the season.

Section 5 – UMPIRES AND UMPIRE CARDS

1. Umpires will be appointed for Division One games where umpires are available. Payment for umpires allocated to Division One games will be at such rates as determined by Hockey Southland and the Hockey Southland General Manager.

In all other grades, it is the responsibility of the Home team to organize suitable umpires. Where it is a match between 2 Home teams, each Home team is responsible for organising one umpire each, where it is a match between one Home team and one Away Team, the Home team is responsible for organising both umpires for the game. Hockey Southland may in its absolute discretion from time to time allocate umpires for other grades and in such cases where an allocation of umpires is made this will be noted on the draw, in such cases the Home team will not be required to organize an umpire for that game.

2. Umpires must complete the cards with points scored during the game and by which player(s), any cards given and details of the player(s) and incident leading to the card and both umpire's names and signatures are to be recorded on the card. Where umpires do not legibly complete their name and sign the card, any payment due to them may not be made.

3. **Umpire Cards**

For any offence, the offending player may be:

- (a) cautioned (indicated by spoken words);
- (b) warned and temporarily suspended for 2 minutes of playing time (indicated by a green card);
- (c) temporarily suspended for a minimum of 5 minutes of playing time (indicated by a yellow card);

For the duration of each temporary green and yellow card suspension of a player on or off the field, the offending team plays with one fewer players.

- (d) permanently suspended from the current match (indicated by a red card).

For each permanent suspension, the offending team plays for the remainder of the match with one fewer players. A personal penalty may be awarded in addition to the appropriate penalty.

4. Temporarily suspended players must remain in a designated place until permitted by the umpire who suspended them to resume play.
5. Temporarily suspended players are permitted to re-join their team at half-time after which they must return to a designated place to complete their suspension.
6. The intended duration of a temporary suspension may be extended for misconduct by a player while suspended.
7. Permanently suspended players must leave the field and its surrounding area.
8. Annexed to these rules as Schedule 1 is a guide to the type of infringements, penalties and points associated with Green, Yellow and Red Cards.

Section 6 - UNIFORMS AND TEAM OFFICIALS

1. All teams must play in their Club playing uniform that is recognised by Hockey Southland.
2. In the event of a clash in uniform colours, the "Away" team listed on the draw must make appropriate arrangements to change their uniform prior to the match. The "Away" team will be the team who is not playing in their home association or is listed second in the draw.
3. Captain Identification: The Captain of the team to be clearly identified by either wearing an arm/leg band with the word 'captain' or a brightly coloured ribbon fixed to the back of the players shirt.
4. Team Officials, players and spectators are under the jurisdiction of the Competition Committee or their nominee(s) while at the competition venues. The Judiciary as outlined in Section 9 shall deal with any misconduct or behaviour detrimental to the game of hockey and the SW Competition.

Section 7 - INJURIES AND TIME OUT

1. There shall be no time out for injuries, substitutions, etc.
2. Any player, who sustains an injury and bleeds, is required to immediately leave the playing area. The player is not permitted to resume playing until the bleeding has stopped or a suitable occlusive dressing has been applied.
3. In the event of blood spillage onto the playing surface or dug out, the spillage should be cleaned up by the team Manager/Captain.
4. No player should be treated for an injury on the playing surface unless it is deemed unsafe to move the injured player.
5. Reasonable time may be permitted for exchange of Goal Keepers at the discretion of the umpires.

Section 8 - FORFEITS AND CANCELLATIONS

1. Teams (that is a minimum of **seven** (7) fit players) failing to take the field within 10 minutes of the advertised match time of play shall forfeit the match, unless extenuating circumstances are accepted by the opposing team and umpires, or an appeal is made and allowed by a subsequent SW Committee meeting.
2. If a team forfeits a game without advance notice i.e. at the time of the scheduled game the forfeiting team shall be charged the TOTAL cost for the timeslot.
3. If a team forfeits a game with advance notice the forfeiting team MUST:
 - Notify the opposing Team's Club Secretary/Team convenor/Team contact
 - Notify the SW Competition Committee. The SWCC will then advise the GM and the Umpires Coordinator (if one is appointed)

Such notice must be 48 hours prior to the scheduled game by phone AND confirm the forfeit within 48 hours of the above phone call in writing (email).

4. A team claiming a forfeit must do so on a match card, which is to be forwarded to the General Manager as per standard procedure.

5. The Competition Committee/General Manager shall notify the notified team representative (if known) of any cancellation of games due to bad weather. If a game is cancelled due to weather conditions, then the effected teams shall be responsible for re-scheduling any games so cancelled. All teams shall co-operate with each other when re-scheduling games.
6. In the event that a game that is not able to be played when scheduled to be played and the affected teams are unable to re-schedule the game, then the next time that the teams play each other, double points will be awarded to the winning teams. If the teams do not meet each other again during the competition then double points will be awarded for the last game that the teams did play against each other.

Any team forfeiting two matches in succession, or three during a season, will be deemed to have withdrawn from the competition.

Section 9 - FINALS SERIES: SEMI-FINALS & FINALS.

1. Eligibility

To be eligible for the final series a player MUST have played a MINIMUM 5 games for the team during the season. A player playing in two divisions on a singular weekend will only be deemed to have played in the higher division for qualification purposes, except where otherwise stated. In extenuating circumstances, the above conditions may be varied on application to the Competition Committee being made.

2. Applications for consideration of extenuating circumstances should be made in writing to the Hockey Southland General Manager 48 hours prior to the scheduled semi-final and final. Any such application shall be advised to the opposing team. Hockey Southland and the Competition Committee shall convene a special committee meeting to consider the application. Any Appeals shall be to Hockey Southland and the Competition Committee.
3. Play-offs, Semi-Finals and Finals shall be held on dates determined by Hockey Southland and the Competition Committee.

In a Round Robin Competition the teams to go through into the semi-finals will be decided as follows:

- a) Teams will be ranked according to the number of points each has accumulated in the Round Robin Competition.
- b) If at the end of the Round Robin Competition two or more teams have the same number of points for any place, then these teams will be ranked according to their respective number of matches won.
- c) Should there remain equality between two or more teams, then these teams will be ranked according to their respective goal difference (which means 'goals for' less 'goals against').
- d) Should there remain equality between two or more teams, then these teams will be ranked according to their respective number of 'goals for'.
- e) Should there remain equality between two or more teams, then the result(s) of the match(es) played between (only) these teams will be used to determine their ranking according to Rules 15.2 b), c) and d).
- f) Should there remain equality between two or more teams, then the ranking of these teams will be determined by a shootout competition between (only) these teams (*refer to Appendix 2 Shootout Competition*).

5. Semi-Finals (Play-off)

In the case of Divisions One, Two and Three:

If teams are tied on completion of normal playing time, teams will progress to a Penalty Shoot-out which will determine the team to proceed to the Final.

See Schedule 2 (As per HNZ tournament rules)

In the case of division Four:

If the teams are tied on completion of normal playing time, teams will progress to a Penalty Shoot-out which will determine the team to proceed to the final. See Schedule 2 (As per HNZ tournament rules)

5. Final (and Grand Final)

In the case of Divisions One, Two and Three:

If teams are tied on completion of normal playing time teams will progress to a Penalty Shoot-out which will determine the team to proceed to the winning team.

See Schedule 2 (As per HNZ tournament rules)

In the case of Division Four:

If the teams are tied on completion of normal playing time, teams will progress to a Penalty Shoot-out which will determine the winning team. See Schedule 2 (As per HNZ tournament rules)

Section 10 - JUDICIARY AND MISCONDUCT

1. Judiciary procedures and misconduct provisions are to be applied in accordance with the By-laws of Hockey New Zealand and/or Hockey Southland.
2. The committee will be made up of 3 members and include the Hockey Southland Umpire Manager (if one has been appointed), a Hockey Southland delegate and such other person nominated by the Chair of Hockey Southland. In the case of a conflict of any of the members on the committee for a disciplinary matter, such conflict shall be disclosed and where deemed necessary, a replacement shall be appointed by the Chair of Hockey Southland.

Section 11 – SPECIAL PROVISIONS

1. The Competition Committee may in its absolute discretion deduct points from any team who is found to breach any of the SW Competition Committee rules.

Schedule One – Guide for the Provision of Cards

The table below is an approximate guide of how many points to give for each card given. There are many types of offences to consider, looking past the result of an 'incident' and try focusing on the intentions of the player.

A Green Card is standard 1 point. Unless otherwise stated, maximum of two points only.

A Yellow Card is minimum 3 points and a maximum of 6 points.

A Red Card is an instant dismissal from the field and an instant 12 points.

Type of infringement	Description Examples	Card, Points and Time off field
<i>Technical</i>	<i>Hitting ball away Not retreating 5m Backchat Sliding (not dangerous) Clumsy tackle (not dangerous)</i>	 Standard 1-2pts And 2 min suspension  3 points (5 mins)  3-4 points (10 mins for repeated offence)
<i>Physical Breakdown</i>	<i>Bad tackle Reckless tackle that grounds a player Dangerous use of stick or body Deliberate breakdown of play Deliberate foul that stops the scoring of a goal</i>	 5-6 points (10 mins) <i>Maybe longer if need be or if player received green card for similar offence.</i>  Serious repeated offence (use in good faith)
<i>Nasty, Malicious breakdown with intent to injure.</i>	<i>Abuse direct towards players or spectators Tackle with intent to injure Serious misconduct</i>	 Instant dismissal.

In the event of a red card, both umpires must fill out the **red card incident form** provided in the pavilion.

Schedule 2 – PENALTY SHOOTOUT PROCEDURE

a) Respective team managers nominate five players to take and one player to defend the shoot-outs from those on the team registration form except as excluded below. A player nominated to defend the shoot-outs can also be nominated to take a shoot-out. No substitutions/replacements are permitted during the shoot-out competition, other than as specified below.

b) A player who is still suspended by the Tournament Director at the time the shoot-out competition takes place or has been excluded permanently (red card) during the match which leads to the shoot-out competition, cannot take part in that shoot-out competition. A player who has been warned (green card) or temporarily suspended (yellow card) may take part in the shoot-out competition even if the period of their suspension has not been completed at the end of the match.

c) The Tournament Director will specify in advance the goal to be used.

d) The Tournament Director will specify in advance of any possible shoot-out competition the method of timing shoot-outs taking account of the facilities available and the need to control time accurately.

e) A coin is tossed; the team which wins the toss has the choice to take or defend the first shoot-out.

f) All players on the team entry form other than any player who has been excluded permanently (red card) during the match which leads to the shoot-out competition 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.

g) The goalkeeper/defending player of the team taking a shoot-out may be on the backline outside the circle.

h) A player taking or defending a shoot-out may enter the 23m area for that purpose.

i) 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.

j) 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.

k) Taking a shoot-out:

(i) the goalkeeper/defending player starts on or behind the goal-line between the goal posts;

(ii) the ball is placed on the nearest 23m line opposite the centre of the goal;

(iii) an attacker stands outside the 23m area near the ball;

(iv) 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;

(v) the shoot-out is completed when:

- 8 seconds has elapsed since the starting signal;

- a goal is scored;

- the attacker commits an offence;

- 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;

- the goalkeeper/defending player commits an intentional offence inside or outside the circle, in which case a penalty stroke is awarded and taken;
- 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.

l) If a penalty stroke is awarded as specified above, it can be taken and defended by any eligible player on the Match Sheet subject to the provisions of Articles O, P & Q of this Appendix.

m) The team scoring the most goals is the winner and the competition ceases once an outright winner is determined.

n) A player may be suspended by a yellow or red card but not by a green card during the shoot-out competition.

o) 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:

(i) that player takes no further part in that shoot-out competition and, unless a goalkeeper/defending player, cannot be replaced;

(ii) 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:

- 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;
- 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;

(iii) 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.

p) If during a shoot-out competition, a defending goalkeeper/defending player is incapacitated;

(i) that goalkeeper/defending player may be replaced by another player from among the players listed on the team entry form for that particular match except as excluded in clause b) of this appendix or unless suspended by an umpire during the shoot-out competition;

(ii) the replacement goalkeeper;

- is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper / defending player was wearing;
- 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.

q) 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 team entry form for that particular match, except as excluded above in clause b) or unless suspended by an umpire during the shoot-out competition. If an equal number of goals are scored after each team has taken five shoot-outs;

(i) a second series of five shoot-outs is taken with the same players, subject to the conditions specified in this Appendix;

(ii) the sequence in which the attackers take the shoot-outs need not be the same as in the first series;

(iii) the team whose player took the first penalty shoot-out in a series defends the first penalty shoot-out of the next series;

(iv) 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.

r) If an equal number of goals are scored or awarded after a second series of five shootouts, additional series of shoot-outs are taken with the same players subject to the conditions specified in this Appendix:

(i) the sequence in which the attackers take the shoot-outs need not be the same in any subsequent series;

(ii) the team which starts each shoot-out series alternates for each series.