

Shootout Objective

The objective is to score as many shots as possible from the penalty kick mark in the allotted time with a limited number of soccer balls.

Setup

Teams may participate with a minimum of 5 and a maximum of 18 players, including the goalie.

A coin toss will be used to determine where the teams will stand and which team will shoot first. The winner of the coin toss will choose which side of the penalty mark they will stand and their opponent will shoot first.

Each team will stand on the 18 yard box line parallel to the goal line and to their respective side of the PK arc.

The teams will be in shooting order with the first shooter at the intersection of the PK arc and the 18 yard box line. The non-shooting team's goalie will begin in the goal on the goal line.

Five soccer balls (supplied by the teams) are allowed to be used by the shooting team and each of the first five shooters will have a soccer ball at their feet or in their hands.

The first shooter will have their ball set on the penalty mark. At the referee's whistle the first shooter will take their shot. After the kick is taken the shooter will retrieve their ball and return it to their team's line.

Each team is allowed 2 minutes to take as many PK shots as possible. When time has expired, or all 5 balls have been taken out of play, goal keepers will change positions and the other team will begin their turn on the referee's whistle.

Rules:

The ball must be standing still prior to the kick. If a moving ball is shot on goal that shot will be forfeited.

The try is complete once the shot has been taken and the ball has completely crossed the goal line into the goal, the goal keeper has made a save, or the ball is shot high or wide of the goal (not on frame).

Once the kick has been taken the ball must be retrieved and returned to the team's line by the player who took the shot.

Once a player's turn is complete they will return to the end of their team line. A player can take multiple turns so long as time allows and every other player on their team has also completed at least one shot. The shooting order must remain the same.

Any ball shot high or wide of the goal (not on frame) **cannot** be retrieved and is no longer available for use by the shooting team. A ball knocked high or wide of the goal by the goal keeper **can** be retrieved and returned to the team line. - A ball that is saved by the goal keeper by catching it out of the air without the ball touching the ground **cannot** be retrieved and is no longer available for use by the shooting team. The goal keeper will simply roll the ball out of play to the side of the net.

A goal keeper catching the ball off of the ground must leave the ball where the save was made in order for the shooter to retrieve it. The ball must not be rolled, thrown, or kicked out of the area by the goal keeper. Any ball rolled into the net by the goal keeper will be counted as a goal.

The next shooter in line must remain behind the 18 yard box line and not move to the PK mark until the previous shooter has taken their shot. Also, the next shot cannot be taken until the previous player has retrieved their ball and moved outside of the goal area (6 yard box).

If the previous shot is not on frame or the goal keeper blocks the ball out of the goal area the next shooter can immediately set and take their shot as the ball has already cleared the 6 yard box.

The referee can and will stop the contest at any time for safety reasons. If this occurs the time will be stopped and the contest restarted at the referee's discretion. - Any exhibition of unsporting behavior by a player or team will result in that team forfeiting the contest.

If the two teams are tied after the end of regulation time the players will alternate PK shots beginning with the team that shot first in the contest. If at any time one team scores a goal and the other team does not the tie is broken and the contest is over.