



2026 Regional Club Championships Shootout Regulations

SHOOT-OUT COMPETITION

In the shoot-out competition, **three** players from each team take a one-on-one shoot-out alternately against a defender from the other team as set out in this Regulation.

Matches that require a shootout tiebreaker are crossover matches, and any final placement games up to 5th place.

The following sets out both the playing Rules and the procedures to be followed:

- 1) If the shoot-out competition takes place after the end of a match, it shall take place immediately.
- 2) The respective Teams provide 3 players to take and 1 player to defend the shootouts from those on the approved roster 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.
- 3) If a player nominated to defend the shoot-out is a field player, that player may wear a face mask while defending the shoot-out but may only use their stick as in normal play to defend the shoot-out. A player who is still serving a disciplinary suspension 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.
- 4) A coin is tossed; the team which wins the toss has the choice to take or defend the first shoot-out.
- 5) All persons listed on the official Team Roster 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 meters from the spot where the ball is placed at the start of the shoot-out.
- 6) The goalkeeper / defending player of the team taking a shoot-out shall wait on the back-line outside the circle.
- 7) A player taking or defending a shoot-out may enter the 23m area for that purpose.
- 8) Players taking a shoot-out and also defending the shoot-outs taken by opponents are allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put back on their protective equipment.
- 9) 3 players from each team take a shoot-out alternately against the goalkeeper / defending player of the other team making a total of 6 shoot-outs.
- 10) 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 center of the goal;

- iii. An attacker stands outside the 23m area near the ball;
 - iv. The Umpire blows the whistle to start time;
 - v. An official at the technical table starts the clock;
 - vi. The attacker and the goalkeeper/defending player may then move in any direction;
- 2) The shoot-out is completed when:
- i. The 8 seconds has elapsed since the starting signal
 - ii. A goal is scored;
 - iii. The attacker commits an offence;
 - iv. The goalkeeper / defending player commits an unintentional offense inside or outside the circle in which case the shoot-out is re-taken by the same player against the same goalkeeper / defending player;
 - v. The goalkeeper/defending player commits an intentional offense inside or outside the circle in which case a penalty stroke is awarded and taken;
 - 1. If a penalty stroke is awarded as specified above, it can be taken and defended by an eligible player
 - vi. 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.
- 11) The team scoring the most goals (or ahead by more goals than the other team has untaken shoot-outs available) is the winner.
- 12) A player may be suspended by a yellow or red card but not by a green card during the shoot-out competition.
- 13) If during a shoot-out competition (including during any penalty stroke which is awarded) a player is suspended by a yellow or red card:
- 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 5 players of that team nominated to take part in the shoot-out competition:
 - 1. The replacement goalkeeper / defending player is allowed reasonable time to put on protective equipment similar to that which the goalkeeper / defending player they are replacing was wearing;
 - 2. For taking their own shoot-out, this player is allowed reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it on again.
 - iii. Any shoot-out due to be taken by a suspended player is forfeited; any goals scored by this player before being suspended count as a goal.
- 14) 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 official Team Roster for that particular match, except as excluded in this Appendix or unless suspended by an Umpire during the shoot-out competition;
 - ii. The replacement goalkeeper:
 - 1. Is allowed reasonable time to put on protective equipment similar to that which the incapacitated goalkeeper / defending player was wearing;
 - 2. If this replacement is also nominated to take a shoot-out, this player is allowed a reasonable time to take off their protective equipment to take their shoot-out and subsequently to put it on again.
- 15) 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 official Team Roster for that particular match, except as excluded above or unless suspended by an Umpire during the shoot-out competition

- 16) If an equal number of goals are scored after each team has taken 3 shoot-outs:
- i. A second series of 3 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 shoot-out in a series defends the first 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 3 shoot-outs, that team is the winner.
- 17) If shoot-outs are taken with the same player's subject to the conditions specified in this procedure and an equal number of goals are scored after a second series of 3 shoot-outs, additional series of shootouts will be taken
- 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.
- 18) The Rules of Hockey apply during a shoot-out.