

# HERO SHOT

## PENALTY SHOOT OUT TOURNAMENT RULES

### **Age groups**

Age is based on age as of 31 December 2024. For example, a child born in September 2016 would compete in the U8 competition although they would be 7 years old at the date of competition.

### **Teams**

All teams will have at least 4 members, up to a maximum of 8 members.

Competitors may be of any gender to compete in a “mixed” team. Only females are permitted to compete in the “girls” competition.

All competitions will be “All Heroes”.

### **All Heroes Competition**

At least three team member must take on the role of goalie i.e. the goalie changes after each penalty. Both teams in this competition will compete under the same rules i.e. no dedicated goalie for either team.

### **Goal size, ball size, penalty spot**

| Age     | Goal size | Penalty spot | Ball size |
|---------|-----------|--------------|-----------|
| U6      | 2m x 1m   | 8m           | 3         |
| U7/U8   | 3m x 2m   | 6m           | 3         |
| U9/U10  | 5m x 2m   | 6m           | 3         |
| U11/U12 | 5m x 2m   | 8m           | 4         |

### **The draw**

The draw will be released on 19 April, one day before the competition commences. Results will be available online during the tournament.

### **Team uniforms**

Team uniforms/colours are strongly encouraged.

Each team will be provided with designated coloured bibs with designated player numbers.

### **Group knock-out round**

Each team competes against four other teams in the group round.

Each penalty shoot out in the group round lasts for a maximum of 10 minutes.

In the group round teams will be awarded 3 points for a win, 1 point for a draw and 0 points for a loss.

At the end of the group round the top four teams, as measured by points, will advance to the Cup stage semi final. The next four teams will advance to the Shield stage semi final

In the event that teams are on equal points at the end of the group round (after all four group games) the following rules will prevail:

- Result order will be based on the date on which the team entered the Hero Shot competition. The earlier entry will be given a preferential place.

### **Group round penalty process**

The overall penalty rules are consistent with FIFA rules (as described below). However, **the number of shots in the group round will be time limited.**

The draw will identify which team will commence the penalty shoot out.

Each team will take a minimum of five shots each. However, if one side has scored more goals than the other could possibly reach with all of its remaining kicks, the shoot out immediately ends

Further shots may be taken up until the 10 minute mark. Each team must take an equal number of shots. If at the end of 10 minutes no winner is declared the shoot out will be recorded as a draw.

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### **Semi final**

The first four teams in the group round will advance to the Cup semi final. The next four teams will advance to the Shield semi final. In the event there are less than eight teams there will be no Shield semi final and instead those teams will advance to a place play off (from 4th onwards).

The semi final draw will be based on places after the group round:

- First place v Fourth place
- Second place v Third place

### **Sem final penalty process**

The penalty rules are consistent with FIFA rules (as described below). However, **the number of shots in the semi final round will be time limited.**

The higher placed team from the group round will take the first penalty shot.

Teams can take penalties up to a maximum of 12 minutes in total. If no winner is declared then the winner will be decided by coin toss.

The semi final is a knock out round and the winner will proceed to the Cup or Shield final. The losers will proceed to the place play off.

### **Final**

The winner of each respective semi final will play each other in the final.

### **Final penalty process**

The higher placed team from the group round will take the first penalty shot.

The penalty shoot out will continue until the winner is declared, as per the penalty rules.

### **Individual prizes**

In each age group there will be a prize for best save and best penalty shot. The awarding of such prizes will be at the sole discretion of the tournament organisers.

### **General penalty rules**

Each kick is taken from the penalty mark with the goal defended only by the opposing goalkeeper. The penalty mark and goal size varies by age as set out above.

The goalkeeper 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.

Each kicker can kick the ball only once. Once kicked, the kicker may not play the ball again.

No other player on either team, other than the designated kicker and goalkeeper, may touch the ball.

A kick results in a goal scored for the kicking team if, having been touched once by the kicker, the ball crosses the goal line between the goal posts and under the crossbar, without touching any player, official, or outside agent other than the defending goalkeeper. The ball may touch the goalkeeper, goal posts, or crossbar any number of times before going into the goal as long as the referee believes the ball's motion is the result of the initial kick.

Teams take turns to kick from the penalty mark, until each has taken five kicks. However, if one side has scored more goals than the other could possibly reach with all of its remaining kicks, the shoot out immediately ends, regardless of the number of kicks remaining; this basis is called "best-of-five kicks"

If, after five rounds of kicks, the teams have scored an equal number of goals (or neither team has scored any goals), additional rounds of one kick each are used.

The team that scores the most goals at the end of the final shoot out is the winner of the match. Note that the group round and semi final may end in a draw.

**Note: the U6 competition will not include any goal keepers.**

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General

