

Shootout @ the Shootout Rules



Objective

NUMBER 1 OBJECTIVE: TO HAVE FUN!!!!

Number 2 objective: Score as many shots as possible from the penalty kick mark in 2 minutes with 5 soccer balls.

Setup

A coin toss will be used to determine which team will shoot first.

Each team will stand on the 18-yard box line parallel (or the designated line for the younger teams with smaller goals) to the goal line and 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 goalkeeper will begin in the goal on the goal line.

Play

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. At the referee's whistle, the first shooter in line will dribble the ball to the PK mark. **The ball must be stopped on the mark** before taking the kick. After the kick is taken, the shooter will retrieve the 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, goalkeepers will change positions and the other team will begin their turn.
- **The ball must be standing still** before 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 goalkeeper has made a save, or the ball is shot high or wide of the goal (not on frame).
- If a goal is made, the player who shot the ball must retrieve that ball. The next player in line **cannot cross the 18-yard line to set up their next shot until the ball is out of the 6-yard box.**
- 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 player on their team who is participating has also completed their turn. Players must stay in the same order for shooting.
- 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 goalkeeper can be retrieved and returned to the team line.
- A ball that is saved by the **goalkeeper 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.
- A goalkeeper catching the ball off of the ground must leave the ball where the save was made for the shooter to retrieve it. The ball must not be rolled, thrown, or kicked out of the area by the goalkeeper. Any ball rolled into the net by the goalkeeper will be counted as a goal.
- The next shooter can immediately move to the PK mark if the shot is not on frame or the goalkeeper blocks the ball out of the goal area.
- The referee can and will stop the contest at any time for safety reasons.
- 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.