

HOW TO CONDUCT A PENALTY STROKE COMPETITION

1. Five players from each of the two teams, chosen by their respective team manager from the players listed on the entry form, or, in the case of a single (non-tournament) match, from the players nominated for that match, except as excluded hereunder, shall take a penalty stroke alternately against one and the same defending goalkeeper of the other team unless the latter has been incapacitated and replaced, making a total of ten penalty strokes, five for each team.
2. The players must take the penalty strokes in the same sequence as the list of five players nominated and communicated by the team managers to the Technical Officer on duty or the umpire (if no technical officer) prior to the start of the penalty stroke competition.
3. No player who has been suspended by the Tournament Director, or in the case of a single (non-tournament) match, has been permanently suspended (red card) by the umpires during that same match, shall be permitted to take part in a penalty stroke competition.
4. If during a penalty stroke competition a player (either a stroke taker or a defending goalkeeper) is suspended, then that player shall take no further part in that penalty stroke competition and, unless a defending goalkeeper, cannot be replaced.
5. If a stroke taker, any stroke the player should have been entitled to take will be counted as no goal. If a defending goalkeeper, the replacement may only be from one of the nominated stroke takers. The player replacing the defending goalkeeper may continue to take penalty strokes but, when required to defend penalty strokes, must wear protective headgear. This player may also wear other approved protective equipment.
6. The umpires, after consultation with the Technical Officer on duty (if applicable), shall choose the goal to be used and shall toss a coin with the captains, the winner having the choice to take or defend the first penalty stroke. The team having scored or been awarded the highest number of goals shall be the winner and the competition will cease once an outright winner has been established.
7. In the event of an equal number of goals having been scored or awarded, a second series of penalty strokes shall be started with the same players, subject to incapacitated defending goalkeeper(s) being replaced, and shall cease after a team shall have scored or been awarded one more goal than the opposing team after an equal number of strokes (no minimum, no maximum) have been taken by each team. That team shall be the winner of the second series.
8. The sequence of stroke takers does not need to be the same as in the previous series and the team manager has freedom of choice at the time of each stroke as to which of the nominated players shall take the stroke. In this second (unlimited) series, all five nominated players shall take a stroke before any of them are eligible to take a further stroke.
9. The team whose player has taken the first penalty stroke of the first series must defend the first penalty stroke of the second (unlimited) series.
10. Only the team managers, defending goalkeepers and nominated stroke takers may enter the field of play during a penalty stroke competition. These persons will remain outside the 23 meters area unless a player is authorised by an umpire or technical official on duty to take or defend a penalty stroke.