



Wellington Hockey Association



2023 Open Grade Handbook

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1. INTRODUCTION

1.1. Introduction

This document has been compiled by Wellington Hockey Association (WHA) to assist in giving players and club representatives rules that are consistent, clear & concise. Every endeavor has been made to address the important areas of the competition, however, should the rules prove to be deficient in any regard; the WHA Chief Executive reserves the right to deal with all matters not provided for.

1.2. Objectives

Fair Play: Competitions are organised and played in such a way that exemplifies the spirit of the sport, playing one's best within the rules, acknowledging winners and losers, challenge, enjoyment and fellowship among teams and clubs.

Like-plays-like: A realistic matching of skills and capability of teams to provide challenging and enjoyable competition.

Integrity of competition: The competition, its rules, regulations and conditions are obvious, accepted and observed, with qualified umpires officiating at every match.

2. SEASON INFORMATION

2.1. Key Dates

2.1.1. These will be produced each year on a key information document and sent to clubs.

2.2. Competition Fees

2.2.1. All turf invoices for practice sessions and games will be invoiced at the beginning of each season. Payment for these fees can be split over the season but equal payments must be made monthly. There will be no refunds for cancelled games or training sessions that are outside the control of WHA, with the exception of defaulted games where we will charge the full cost to the club of the team that defaulted. A club will not be permitted to field a team if it is more than 30 days in arrears unless an agreement is reached with WHA.

2.2.2. Any fees that are not paid by the due date can incur a 10% penalty.

2.2.3. A team will be excluded from the Finals of their competition if the affiliation fee is not paid by the date outlined in the key information document, unless prior arrangements are made with WHA for an extension of date.

2.3. Game Days

Premier 1 Women and Men:	Saturday
Premier 3 Women and Men:	Saturday
Reserve 2 Women:	Saturday
Premier 2 Women and Men:	Sunday
Reserve 1 Women and Men:	Saturday

Reserve 2 Men:	Sunday
Reserve 3 Men:	Sunday
Reserve 3 Women:	Sunday

2.4. Game Times

- 2.4.1. All turfs games are intended to be scheduled to start between 11.00am and 6.30pm according to turf and competition requirements. This may need to be extended due to turf availability
- 2.4.2. WHA reserves the right to change the draw if required with 48 hours' notice, e.g. if turf time becomes available through defaults, deferments or commencing games earlier. In the event that this occurs WHA will contact (by phone) the required club representatives.
- 2.4.3. Home and Away games: WHA will provide home game to highest grading teams for Finals week 1, where practical. Past this point, WHA will appoint game locations at their discretion, considering turf availability and other logistics. Grand final games will be played at NHS.

3. TEAM REGISTRATION

3.1. Where To Register Teams

- 3.1.1. Clubs must register their teams through Play HQ no later than 2 working weeks prior to the start of the season

3.2. Number Of Teams

- 3.2.1. Clubs may register the following maximum number of teams per grade:

P1	1 Team
P2 & P3	2 Teams
R1, R2 & R3	Unlimited

- 3.2.2. On registration, all teams within a club must be ranked from highest to lowest, 1 being the highest.
- 3.2.3. If R2 and R3 grades have insufficient teams to make a meaningful competition, WHA may combine the grades. This will be done in consultation with the impacted clubs.

3.3. Standings And Seedings

- 3.3.1. At the start of each season each team is graded based on its final position at the completion of the previous season. Except as set out in (a) and (b) below, teams finishing first may elect to be promoted to the grade above, where the first team does not elect to go up the second

placed team will be given that option, those finishing last will be relegated to the grade below:

- a) A team finishing in the top 4 following the completion of the P2 competition may not be promoted if there is already the maximum number of teams from that club in the grade above. In such a case, the team finishing last in the higher grade will not be relegated.
- b) Promotion to and relegation from P1 will be determined by a P1 Promotion/Relegation game. The eligible team finishing in the top 4 in P2 may challenge the team finishing in last place in P1, with the winner being promoted to P1 at the start of the following season. Eligible P2 teams must indicate to the WHA in writing their interest in challenging for P1 status at least three weeks before the end of the P2 competition rounds. If the highest finishing eligible P2 team elects not to challenge for promotion, the next eligible team may challenge.
- c) In the event of a draw at the end of normal time the P1 team will remain in P1.

3.4. New Team

- 3.4.1. Subject to 3.4.2, a new team, will by default, be entered into the lowest grade. If a club wants to field a competitive team, they can enter in P3 while all other teams will enter in R3. WHA will consider the team's request with reference to team performance and team numbers. Final decisions will be at the sole discretion of WHA.
- 3.4.2. A new team may apply to be placed in a more appropriate grade. This will be considered on a case-by-case basis and at the discretion of WHA in discussion with the Open Grade Advisory Group. This should be requested in writing via email to competitions@wellingtonhockey.org.nz and must be completed before the new team is registered.

3.5. Number Of Players Per Team

- 3.5.1. The minimum number of players which can be registered in a team is:
 - a) Club's first team – 12 players
 - b) All other teams – 14 players

4. PLAYER REGISTRATION & ELIGIBILITY

4.1. Where To Register

- 4.1.1. Clubs must register all players through PlayHQ one business week prior to the first playing weekend of the season.
- 4.1.2. Subject to 4.1.7 any team failing to register its players by the specified timeframe in 4.1.1 or failing to supply all mandatory information, in the format requested, shall be deemed to be playing unregistered players & shall forfeit game points and be fined accordingly until this is complete.

- 4.1.3. Registering players through Play HQ will be mandatory. Each individual player must register themselves with their Club using Play HQ. Clubs must take reasonable steps to ensure that the registration of that player is genuine and is the sole registration for that player. Any Club deemed to be allowing a player to use multiple registrations to allow a Player to play across teams in contravention of the playing rules, will face penalties.
- 4.1.4. All P1 players must be registered in a team before the 3rd playing weekend of the season. All other grades players must be registered in a team before the 5th playing weekend of the season
- 4.1.5. Additional registrations must be added to the PlayHQ system by 12 noon on the Friday prior to the game. They must be completed prior to the player taking the field of play.
- 4.1.6. In order to be eligible to play for a club's team in Playoff rounds and Finals in any season, a player must be registered with that club at least;
- 4 weeks prior to the end of Competition round 2 for the grade they wish to participate in. This applies to all grades.
 - A player must have played at least 2 games for the team in which they have registered and intend to play finals for.¹
 - Players that are unable to meet the required number of games played can apply to WHA for dispensation. The player must still have been registered before the due date. Dispensation will be considered on medical or compassionate grounds
- 4.1.7. Noting the rules above, to foster opportunity for clubs to encourage new players to play social hockey, an unregistered player may play two games for a club in the Reserve grades without that club forfeiting game points.

4.2. Minimum Age Restrictions

- 4.2.1. (a) P1 - All players must be at least 15 years of age as of 1 January of the current season.
(b) All other grades – All players must be at least bona fide secondary school students in the current season

4.3. Player Transfers

- 4.3.1. A transferring player's new club must complete the transfer of that player through HNZ/WHA suggested process. Players who owe money to WHA or are in possession of WHA or club uniform will not be allowed to transfer without the approval of WHA.
- 4.3.2. A P1 player transferring to a new club may not play in a lower grade, unless agreed by WHA. Requests to be made in writing to the WHA on competitions@wellingtonhockey.org.nz.

¹ For the avoidance of doubt "To play" means a player must appear on the game card AND have taken the field to play.

4.4. Unfinancial Players

- 4.4.1. Any player who owes money to WHA or to their club or is in possession of WHA or club uniform will not be eligible for either club or representative selection. Any club requiring assistance with an unfinancial player should contact WHA.

4.5. Visiting Players

- 4.5.1. Subject to 4.1.6, a student returning to Wellington for term breaks can request permission from WHA to play for their club that they played for immediately prior to leaving Wellington (must be their last registered Wellington club) or they have written permission from that club to play for someone else. Students who are from Wellington but have not played open grade through their secondary years can request to play for a new club. Requests must be made by the club in writing to WHA on competitions@wellingtonhockey.org.nz. No system transfer required. Note that rule 4.1.6 applies to any such player. Note – “student” refers to any player that is actively registered as a student at a relevant tertiary education provider.
- 4.5.2. Subject to 4.1.6, A club which has a national squad member returning to Wellington that player can play as long as they were a member of that club immediately prior to leaving Wellington (must be their last registered Wellington club). They need to be registered for the club in Play HQ, where this is not possible, they must be entered in the system as a guest player. No system transfer is required. Note that rule 4.1.6 applies to any such player. Note: “national squad member” refers to a current Black Sticks contracted player in the period in which they wish to play in Wellington.

4.6. Representative Players

- 4.6.1. A senior representative player may not play in a lower grade than they did in the previous season without prior written approval from WHA. Requests to be made in writing to WHA on competitions@wellingtonhockey.org.nz. Note: “senior representative player” refers to a member of the Wellington National Hockey Championship team or National squad age group or senior Blacksticks.

4.7. Grading Of Players

- 4.7.1. Premier Grades
A player may play out of their registered grade when playing ‘up’ a maximum of 8 games. If they play a 9th game, then they are considered to be re-registered into that team.

Example: A P3 player may play 8 games up into the Club’s P2 team. On the 9th time they play they are considered re-registered into that P2 team. Any games for additional teams, i.e a P1 team, do not count towards the total.

Club’s must ensure that the registration record reflects any re-grading of players within two weeks of the 9th game played.

The above rule does not apply to any Reserve grade registered player, playing into the Premier grades.

4.7.2. Reserve Grades

A player may play out of their registered grade when playing 'up' as long as, at the end of the season, they have played more games in their registered grade than in the higher grade.

Example: a R3 player may play 9 games up for R1, so long as by the end of the season they have played 10 games for their R2 team.

Example: a R1 player may play 8 games up for their clubs P3 team, so long as by the end of the season they have played 9 games for their R1 team.

No player may play in any grade lower than that in which he or she is registered (except as per below).

A Club may apply to WHA to have a player re-graded down. This will be at WHA's discretion. Clubs will receive 1 regrade per team entered in the competition. These can be used across the club not just 1 per team. Re-grading of players will not occur within 4 weeks prior to the commencement of the play-offs for any grade.

4.7.3. Except as set out in (a) and (b) below, a player may not play in a lower grade than that in which they are registered.

a) Reserve Grade teams may nominate 4 players to play 'down' in their lowest ranked team, but only from the team immediately above the lowest team. Teams must both be in Reserve Grades and the players' names must be emailed to WHA by the fifth playing weekend of the season

b) Goalkeepers in P3-R2 may play down if the incumbent goalkeeper is unavailable and they have the prior approval of WHA. Requests for approval are to be made to the WHA on competitions [@wellingtonhockey.org.nz](mailto:competitions@wellingtonhockey.org.nz)

4.7.4. Subject to 4.7.7, no player can be registered in a grade two grades or more below the grade in which they were registered in either of the previous two seasons.

4.7.5. Players wishing to regrade 2 or more grades lower may apply to WHA for dispensation on the following grounds; medical conditions, lapse in play of one season, or other at WHA discretion. Adequate information must be provided to WHA when seeking dispensation. Requests for approval are to be made to the on competitions@wellingtonhockey.org.nz

4.7.6. Goalkeepers can play "down" as a field player, field players can also play "down" as goalkeepers.

4.7.7. Players registered in Premier One in their previous Association or Clubs teams cannot compete in any lower grade competitions within the same season unless dispensation has been agreed by WHA.

- 4.7.8. Players and Clubs are expected to comply with the rules. Any player or club playing an ineligible player or otherwise acting in contravention of the rules, may have game points or other penalties applied as WHA sees fit in the interest of maintaining a fair competition.

5. GAME DAY

5.1. Umpires

- 5.1.1. Umpires are the sole judges of rules and duration in conjunction with WHA
- 5.1.2. Umpires will enforce the current FIH Rules of Hockey that apply at the start of the current season.
- 5.1.3. Teams playing in R1-R3 must provide an umpire for every game in which it plays. WHA will provide umpires when available. Teams will be notified by WHA if umpires are appointed.
- 5.1.4. Where possible WHA will appoint umpires to P1-P3 grades, where availability allows.

5.2. Number Of Players

- 5.2.1. A team in P2 to R3 may not play more than 16 players in a game.
- 5.2.2. A P1 team may play a maximum of 18 players, of whom two must be bona fide² goalkeepers wearing full protective equipment. If a P1 team chooses not to include a second goalkeeper, they are limited to using a maximum of 16 players in a game.
- 5.2.3. A game may not be started unless both teams have a minimum of 7 players. This includes a fully kitted goalkeeper.

A team that does not have at least 7 players at the designated start time for the game will be deemed to have defaulted the game.

5.3. Scoring

- 5.3.1. Games will be scored online through Play HQ. Umpires will input scores and record all incidents after the game.
- 5.3.2. Only players listed on the Game Card in Play HQ may play in that game.
- 5.3.3. Game Cards/lineups must be filled in prior to the start of the games. No two players may be allocated the same shirt number.
- 5.3.4. Teams must review the game incidents (score, cards and injuries) after the completion of the game and the coaches or captains must approve this before the umpires submit the result.

² 'bona fide' means a genuine goalkeeper with experience playing in the goalkeeper position.

- 5.3.5. Umpires must print their names on the Game Card and check that penalty cards and injuries are recorded correctly.
- 5.3.6. In the event of a complaint, entries on incorrectly and illegibly completed cards shall be deemed not to exist.
- 5.3.7. WHA exercises its right to penalise and/or fine players, teams & clubs found to be in breach of the rules set down in the local competition handbook.

5.4. Duration Of Games

- 5.4.1. Each game will be played for the following durations:

P1, P2 and P3 GRADES	
1st quarter	17.5 minutes
Break	2 minutes
2nd quarter	17.5 minutes
Half Time	5 minutes
3rd quarter	17.5 minutes
Break	2 minutes
4th quarter	17.5 minutes

R1 to R3 GRADES	
1st quarter	16 minutes
Break	2 minutes
2nd quarter	16 minutes
Half Time	5 minutes
3rd quarter	16 minutes
Break	2 minutes
4th quarter	16 minutes

5.5. Results Of Games

- 5.5.1. Umpires or Results Officials will update the game result and any incidents by entering the information into PlayHQ.

5.5.2. Any incorrect information is to be reported to WHA by contacting competitions@wellingtonhockey.org.nz

5.5.3. Other than the registered players for the game there is to be no more than three other support staff in the dugouts. This includes coaches, managers, and anyone else.

5.6. Hockey Balls

5.6.1. Each team will supply a match ball, with one to be used. A coloured ball may be used as an alternative if playing under lights or if turf colour makes a white ball difficult to see.

5.7. Playing Gear/Uniform

5.7.1. It is strongly recommended that shin pads and mouth guards be worn by every player.

5.7.2. It is strongly recommended that face masks and gloves be worn for players when defending a penalty corner subject to 5.7.5 below.

5.7.3. Players must not wear peaked caps, although collapsible sun visors are permitted.

5.7.4. Teams must start each game with a goalkeeper who wears a different coloured shirt from their teammates, protective equipment comprising at least headgear, leg-guards and kickers, and who is also permitted to wear goalkeeping hand protectors and other protective equipment.

5.7.5. During a game a team may choose to play with field players only. Under this option, no player has goalkeeping privileges or wears a different coloured shirt; no player may wear protective headgear except a face mask when defending a penalty corner or a penalty stroke: and all players must wear shirts of the same colour as their teammates. Any change between these options shall be treated as a substitution.

5.7.6. In the event of a uniform strip colour clash the team appearing second (away) in the draw is required to provide the alternative strip. For those teams who do not have an alternate strip, they may wear a shirt or bib as long as they are appropriately coloured and numbered.

5.7.7. Each club team must wear its club approved uniform colours at each game. All players must wear proper hockey uniform, i.e. correct socks, shorts/skirts and tops as per their club's approved uniform colours, goalkeepers please refer to 5.7.4.

5.7.8. New clubs or existing clubs who would like to make substantial changes to their existing uniform design or colour must submit their design and colour to WHA for approval before they are able to take part in the competition in the new uniform.

5.8. Blood Bin/Concussion

5.8.1. A player who is bleeding or who has an open wound must leave the turf and may not return until the injury has been treated.

- 5.8.2. Blood-stained clothes must be replaced.
- 5.8.3. Blood stains on the turf must be cleaned immediately, with water until all the blood is gone.
- 5.8.4. In any likelihood of a concussion follow the WHA concussion policy ([click here](#)).
- 5.8.5. First aid kits and ice packs are the responsibilities of each team to provide

6. DEFERMENTS, DEFAULTS AND CANCELLATIONS

6.1. Deferrals

- 6.1.1. A team may seek to defer a game for official representative fixtures if 3 or more players are participating in a national level camp or competition (senior or age group teams) or the Wellington National Hockey Championship representative team.
- 6.1.2. Any team seeking to defer a game on the above ground must notify WHA 3 weeks prior to the game in question. Requests for deferment must be emailed to competitions@wellingtonhockey.org.nz.
- 6.1.3. A team may not seek a deferment on consecutive weekends.
- 6.1.4. Deferred games will be rescheduled by WHA to a Monday where possible.
- 6.1.5. No deferments will be approved due to players attending U18 age group tournaments, secondary school tournaments or secondary school fixtures.

6.2. Defaults

- 6.2.1. A team wishing to default a scheduled game must notify WHA no later than 1pm on the Friday before the game.
- 6.2.2. Failure to do so will result in the loss of 2 points and a possible fine.
- 6.2.3. A team winning by default will gain 4 points with 5 goals awarded.
- 6.2.4. Where a team defaults a game the defaulting teams club will incur the full costs of the turf.
- 6.2.5. If the teams are from the same club, the club will pay the fee and no points will be awarded.
- 6.2.6. Any team that defaults 2 games in succession, or 3 games during the season may at the discretion of WHA be withdrawn from the competition. No games played by such a team before its withdrawal will count.

6.3. Cancellations

- 6.3.1. If a game has been cancelled before the scheduled start time, WHA will communicate this to the teams through the WHA social media channels and where possible through club contacts.
- 6.3.2. Games may be cancelled due to adverse weather conditions. The Umpires will make the final decision, after consultation with the affected teams and nominated WHA duty officer, if the decision to cancel was not made earlier in the day by WHA.
- 6.3.3. Games may be cancelled due to failure of lights, watering equipment, lighting, playing surface & goal defects that may cause health & safety risk for players. The Umpires will make the final decision, after consultation with the affected teams and nominated WHA duty officer, if the decision to cancel was not made earlier in the day by WHA.
- 6.3.4. Games may be cancelled due to uncontrollable natural forces (force majeure). In these circumstances Wellington Hockey will reschedule the games to a Monday where practical. Where this is not practical or if the results are not material to overall grade rankings, then the cancelled games will be deemed a draw.
- 6.3.5. Cancelled games will be rescheduled where possible. If it is not possible, the game will be deemed a draw.
- 6.3.6. If a team chooses not to play when conditions have been deemed suitable for play, the other team will be declared the winner by default.
- 6.3.7. If a game in progress is stopped & cancelled prior to 3 quarter time, the rescheduled game will re-commence at the point when the game stopped. The players named on the scorecard and players who are registered with the team will be the team that continues the game. Players must have been registered for this team prior to when the original game was played.
- 6.3.8. If a game is stopped or cancelled in the 3rd quarter the result will stand as is from when the game is stopped.
- 6.3.9. All Open Grade Finals if cancelled – games for place 1st v 2nd and 7th v 8th will be rescheduled within the following week.

7. COMPETITION STRUCTURE

7.1. Competition

- 7.1.1. Competition Structure will be available under key documents on the WHA website and will be updated yearly
- 7.1.2. Intercity competition structure will be available under key documents on the WHA website and will be updated yearly

8. DETERMINING A WINNER

8.1. Playoff Rounds/Grand Finals

- 8.1.1. All games that require a result in the playoff and grand finals must have a declared winner. In the case of a draw at the end of normal time, the teams will proceed immediately to shoot-outs (See Appendix Shoot-outs). No extra time will be played. If the game does not require a result the result at the end of time will stand.
- 8.1.2. Players who have not finished serving their suspension time (green or yellow cards) at full time may take part in the shoot-outs.

9. COMPETITION FINER DETAILS

9.1. Team Seedings

Competition Rounds

- 9.1.1. Team seedings at the end of Competition Round 2 will be based on competition points.
- 9.1.2. If at the end of Competition Round 2, two or more teams have the same number of competition points, they will then be ranked by the number of games won.
- 9.1.3. If there still remains equality between two or more teams, then the following order will be used:
1. Goal Difference
 2. Goals For
 3. Games Played between teams in question
 4. Goal Difference between teams in question
 5. Goals For between teams in question
- 9.1.4. If there still remains equality, a shoot-out competition will determine the seedings (see Appendix Shoot-outs)
- 9.1.5. If there remains equality between more than two teams, the shoot outs will involve all such teams, with at least five shootouts to be taken. A ranking will then be established based upon the results.
- 3 points will be awarded to the team with the highest number of goals.
 - 1 point for an equal amount of goals
 - 0 points to the team with the lowest number of goals.
- 9.1.6. If a tie remains, the teams having the equal number of points in the shoot-outs will be ranked according to rule 9.1.3.

9.1.7. If an equal position of 3 teams or more still remains, the same procedure will be repeated until the teams can be ranked.

9.1.8. FINAL ROUNDS: No points will be carried over from the Competition Rounds to the Playoffs and Final rounds.

9.2. Competition points

- Win: 3 points
- Draw: 1 point
- Loss: 0 points
- 1 Bonus Point for winning by 5 goals or more
- A team winning by default: 4 points with 5 goals awarded
- A team failing to appear for a scheduled game will have 2 points deducted. The opposing team will win by default.

9.3. Card system

9.3.1. Umpires may issue the following cards (as per FIH):

Card Colour	Suspension Time	Penalty Points
Green	2 minutes suspension	1 point
Yellow	5-10 minutes suspension	3-6 points (3 if a club umpire)
Red	Sent off for the remainder of the game	12 points

9.3.2. Players who are issued with a card must identify themselves to the umpires or WHA. Failure to do so will result in a red card. If a club doesn't identify the player within 48 hours WHA may suspend the team.

9.3.3. Players who swear on the turf may be temporarily suspended. No penalty points will be incurred. Umpires may impose a minimum of 2 minutes suspension time. Repeat offenders may be required to appear before the Judicial Committee.

9.3.4. If a coach/manager or team official breaches the Code of Conduct, umpires should stop the game and officially warn the captain(s) and provide the opportunity for captains to brief all those concerned. If the breach of Code of Conduct continues the umpires can send off the captain of the offending team. If the captain refuses, they will be temporarily suspended and will incur penalty points. WHA will inform the club of the breach.

9.3.5. Penalty points incurred by a player will apply for the current playing season. After that the penalty points are automatically removed unless there is a judicial outcome awaiting.

9.3.6. Players who reach 12 penalty points receive the following automatic suspension if the Judicial Committee elects not to have a hearing.

Green & Yellow	Minimum 1 game suspension	<p>Those who reach 12 points will be notified by written notice through the club as to when their suspension will begin:</p> <p>WHA will confirm the suspension in writing to the club and state any requirements for the player to appear before the Judicial Committee.</p> <p>The Judicial Committee may require the player to appear before it and may impose an additional suspension.</p> <p>The player may challenge any card issued on payment of a \$40 fee, which will be forfeited if not upheld.</p> <p>6 points will remain on the player's record for the duration of the season.</p>
Red	Minimum 1 game automatic suspension	<p>The suspension will be automatic:</p> <p>WHA will confirm the suspension in writing to the club and state any requirements for the player to appear before the Judicial Committee.</p> <p>The Judicial Committee may require the player to appear before it and may impose an additional suspension if necessary. WHA will confirm the penalty in writing to the club secretary.</p> <p>6 points will remain on the player's record for the duration of the season.</p>

9.4. Judicial committee

- 9.4.1. The purpose of the Judicial Committee is to deal with any matters arising from breaches of the Code of Conduct. Please refer to the Judicial Handbook.
- 9.4.2. The matters may include individuals or umpires. The incidents may be automatic through accumulation of penalty points or complaints raised by an individual or club.
- 9.4.3. Complaints relating to matters that have been dealt with by an umpire will not usually be considered unless the umpire or a club that was involved raises the complaint.
- 9.4.4. The WHA Board will deal with whole team or club related behaviour on and off the turf.

APPENDIX – SHOOT-OUTS

The procedure for taking shoot-outs for determining a winner is:

1. 5 players named on the Game Card will be nominated by each team and their names given to the umpires (no red carded players).
2. The umpires choose the goal and will toss a coin with the captains. The winner of the toss decides whether to take or defend the first shoot out.
3. All team members may be on the field of play but must remain behind the half-way line.
4. The manager and other shoot out players must be behind the 23m line and 10m away from where the shootout starts. The non-engaged goalkeeper may be on the backline, outside the circle.

TAKING A SHOOT OUT

5. The goalkeeper starts on the goal line. The attacking player starts behind the 23m line. The ball is placed on the centre of the 23m line.
6. When the whistle is blown, both shoot out players may then move in any direction.
7. The shoot-out is complete when:
 - 8 seconds have elapsed;
 - the attacker commits an offence;
 - the goalkeeper commits an unintentional offence, which will result in a retake by the same shoot-out player;
 - the goalkeeper commits an intentional offence, which will result in a stroke being awarded. Attacking player may be switched for another player on the Game Card who has not been suspended; or
 - the ball goes out (including if the goalkeeper intentionally plays the ball out).
8. If the attacking player or goalkeeper is injured at any point, they can be replaced by one of the players on the Game Card.
9. If the attacking goalkeeper is suspended at any point, they can be replaced by one of the players on the Game Card.
10. If the attacking player is suspended at any point, their goal and any future shoot outs will count as a no goal. Any previously converted shoot outs will count as a goal.
11. If the scores are tied after each of the 5 shoot-outs, a further round is played involving the same players who can take the shoot-outs in any order. The team which went first in the 1st round will go second in the 2nd round.
12. In the second and subsequent rounds, sudden-death will apply



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