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ANCASTER AND INTERLOCK SOCCER CUP COMPETITION RULES

1. Game Durations will be as per regular season games.
2. No call ups are allowed for Cup games.
3. Equal playing time for all players is a must during Cup Games. Teams cannot play their best players for the whole game while other players are sitting on the Touch Line.
4. All Cup games must have a winner to decide who moves to the next round or who wins the Championship game. In the event of a tie at the end of regulation time the results will be determined by first overtime and then penalty shoot outs as follows:

Overtime:

- Where overtime applies, the teams will be given a 5-minute rest period before starting overtime play. There will be two 5-minute periods. Teams will switch goals at the overtime half. This is **golden goal rule – the first team to score in overtime wins the game.**

In the event the game is still tied at the end of overtime the game will be decided by penalty kicks, as per FIFA rules.

Penalty Kicks:

- For Mini Soccer the penalty spot is 8 yards from the goal line and for a full size field the penalty spot is 12 yards from the goal line.

Kicks from the penalty mark

Procedure

- The referee chooses the goal at which the kicks will be taken
- The referee tosses a coin and the team whose captain wins the toss decides whether to take the first or the second kick
- The referee keeps a record of the kicks being taken
- Subject to the conditions explained below, both teams take five kicks
- The kicks are taken alternately by the teams



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- If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken.
- If, after both teams have taken five kicks, both have scored the same number of goals, or have not scored any goals, kicks continue to be taken in the same order until one team has scored a goal more than the other from the same number of kicks.
- A goalkeeper who is injured while kicks are being taken from the penalty mark and is unable to continue as goalkeeper may be replaced by a named substitute provided his team has not used the maximum number of substitutes permitted under the competition rules.
- With the exception of the foregoing case, only players who are on the field of play at the end of the match, which includes extra time where appropriate, are eligible to take kicks from the penalty mark.
- Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick.
- An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken.
- Only the eligible players and match officials are permitted to remain on the field of play when kicks from the penalty mark are being taken.
- All players, except the player taking the kick and the two goalkeepers, must remain within the centre circle
- The goalkeeper who is the team-mate of the kicker must remain on the field of play, outside the penalty area in which the kicks are being taken, on the goal line where it meets the penalty area boundary line
- Unless otherwise stated, the relevant Laws of the Game and International F.A. Board Decisions apply when kicks from the penalty mark are being taken
- If at the end of the match and before the kicks start to be taken from the penalty mark, one team has a greater number of players than its opponents, it must reduce its numbers to equate with that of its opponents and the team captain must inform the referee of the name and number of each player excluded. Any player thus excluded may not participate in kicks from the penalty mark..
- Before the start of kicks from the penalty mark, the referee must ensure that an equal number of players from each team remains within the centre circle and they shall take the kicks