

## Rules for Knock-Out Competitions - Updated: September 2013

### 1.0 General

**1.0.0** Each Knockout Cup game must produce exactly one winner and one loser.

**1.0.1** Full length games according to house league rules will be played in all age groups with the exception of U21 where 80 minute games will be played instead of 90 minute games and U16 where 60 minute games will be played instead of 70 minute games.

**1.0.2** When, after regulation time has been played in a Knockout Cup game, the score is tied, penalty kicks will be immediately taken, no overtime will be played, except in the final.

**1.0.3** Teams must field the required minimum number of players for a valid game within 5 minutes of the scheduled start time of the game or shootout.

**1.0.4** A team failing to report for a game or shootout at the designated time will receive a default loss. If both teams fail to report, both will be given default losses. Since there cannot be two losers of a knockout cup game, both teams will be eliminated from the tournament and the teams that would have played the winner and loser of this game, will receive default wins.

### 1.1 Overtime Periods

**1.1.0** Overtime periods will only be played in the finals. All other games proceed directly to penalty kicks

**1.1.1** There shall be a five-minute break after regulation time.

**1.1.2** Seven (7) aside: There will be two full 5 minute periods for a total of 10 minutes of overtime.

**1.1.3** Eleven (11) aside: There will be two full 10 minute periods for a total of 20 minutes of overtime.

**1.1.4** The interval between overtime periods shall be one minute only. The teams shall change ends at the interval.

**1.1.5** There shall be a coin toss for choice of ends.

**1.1.6** The overtime period is NOT sudden death. Each overtime period will be played in FULL.

### 1.2 Shootouts

**1.2.1** When, after the overtime period is played in the final, or after regulation time in any other game, the score is tied, the game shall be decided by penalty kicks.

**1.2.2** Only players on the field at the end of the overtime may participate. Substitution players on the touchline or on the bench at the end of regulation time may not participate.

**1.2.3** Coaches must keep players who were on the field at the end of the game at the centre circle at all times. Water may be brought out to the circle, if needed, by the coach or assistant only.

**1.2.4** If the goalie is injured or a team wishes to change goalies for or during the shoot out, the team may do so from any player who is on the field, players on the sideline may not be chosen.

**1.2.5** There shall be a coin toss for choice of who kicks first, the visiting team shall have the call of heads/tails.

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**1.2.6** Each team shall take five (5) kicks, taken alternately. Five different players on each team shall be used. The referee shall take down the number of the players as the kick is taken to insure that no one kicks a second time.

**1.2.7** Note that the goalie can take a penalty kick.

**1.2.8** If one team has an unbeatable lead (e.g.: 3-0 after each team has kicked three times), the balance of the kicks shall not be taken.

**1.2.9** If after five (5) kicks per team the score is still tied, each team shall have one (1) more kick, using a player on the field that has not already kicked. If the score is still tied, this procedure shall continue until one team scores and the other team does not.

**1.2.10** No player shall kick a second time until all players on the field, goaltenders included, have kicked once. If a twelfth kick is needed, and so on, the players on the field shall take a second kick until a winner is found. Players on the sideline will not kick under any circumstances.

**1.2.11** Note that the second kick need not be taken in the same sequence as the first round of kicks.

**1.2.12** The shootout will take place at the game field. The shootout may be moved to another field or the designated shootout field, at the discretion of the referee or on the instructions of a Club official, if time may not allow completion of the shootout before the next scheduled event on the field.

**1.2.13** DELETED.

### **1.3 Interrupted Games**

**1.3.1** If the game must be stopped before the required amount of time for a valid game is played due to weather or field conditions (i.e.: lightning, flooded field, etc.) ~~both teams (except U21) will be required to report to the shootout field to decide the game. U21 shootouts will be scheduled by the league.~~ Both teams shall leave the field and await instructions from the VP recreation or other designated Club official.

**1.3.2** A game shall be considered valid when the referee declares that following time has elapsed:

Level	Knock out game full length	Minimum time required
U10	50 minutes	35 minutes
U11-U16	60 minutes	45 minutes
U21	80 minutes	60 minutes

**1.3.3 to 1.3.16** DELETED.

#### **1.4 Callup players**

Should you feel the need to call up a player for your knock out cup game; you must remember a few things –

- 1) Leaving a regular team member off the game sheet who is able to play is absolutely unacceptable
- 2) Call ups must be clearly marked on the game sheet and that having more than 7 (U10) or 11 (U11+) players on the roster that includes a call up is an instant forfeit. If the team has a spare then the call-ups may not play
- 3) The team must specifically ask permission from the club manager 48 hours prior to the game. She will email back the coach to make it clear under what conditions the permission is granted, with a copy to both the referee assigner and the referee in chief. The permission may cover at most one weekend (if the team plays on Saturday and Sunday).

**INSTRUCTION FOR COACH:** You must bring a hard copy of this email to your game and present it to the referee. If you do not do this the game will be lost by default.