

Towson United Playoffs – Overtime Rules, U8/U10/U12 GIRLS

If a playoff game is tied at the end of regulation play, teams will play up to two 5-minute overtime periods.

- Overtime will be sudden death (golden goal); the first goal scored wins the game
- There will be a 3-5 minute break before the start of the first overtime period
- The winner of a coin toss decides which side of the field to defend or may choose to kick off in the first overtime period.
- There will be a 2-minute break between overtime periods, and the teams will switch sides
- Coaches may substitute players only between the overtime periods or for injury; there are no free substitutions during overtime

If teams remain tied at the end of the overtime periods, the game will be decided by penalty kicks in accordance with FIFA rules. If the penalty kick score is tied at the end of five kicks, the teams will continue to take alternating penalty kicks until there is a winner. All players on the field (including the keeper) must kick before any player may kick a second time.

Note: *Players on field at the end of the second overtime period MUST REMAIN ON THE FIELD, while all other players remain OFF the field.*

Summary of PK rules from FIFA for playoff overtime:

- a) Only players legally on the playing field at the completion of the second overtime period will be allowed to participate in the shootout.
- b) The referee shall choose the goal at which all the penalty kicks shall be taken. A coin toss shall be conducted. The team winning the toss shall have the choice of kicking first or second.
- c) The order of teams and the goal shot on will remain the same for the entire shootout. Goalies are eligible to be one of the five initial shooters.
- d) Each team will take a minimum of five shots on a goal from the designated penalty kick spot.
- e) Teams will alternate shots. Team A will shoot, then Team B, then Team A, then Team B, etc.
- f) The teams will alternate shots until each team takes five shots or until one team clinches the win, whichever comes first.
- g) All shootout kicks are direct.
- h) The defense may switch goalies from the players on the field before any shot.
- i) If after five shots the game is still tied, teams will alternate one shot each until a winner is determined.
- j) Each player must shoot once before any player shoots a second time. Goalies must shoot at some point in that order.
- k) The order may be switched once a team has used every eligible player to shoot. This can be done every time a team goes completely through its order
- l) A goalkeeper can move but may not come off the goal line until the shot is taken. If the goalkeeper comes off the goal line, then the shot will be retaken if a goal is not scored.
- m) Penalty kicks may only be taken following the whistle of a referee. If a penalty kick is taken prior to the whistle, the kick is retaken regardless of outcome.