

# Kicks from the Penalty Mark (adapted for WYSA) SPRING 2021

Taking kicks from the penalty mark is a method of determining the winning team where competition rules require there to be a winning team after a match has been drawn

## Procedure for U10, U12 and U14 Matches

- The referee chooses the goal at which the kicks will be taken
- U10 kicks will be taken from 8 yards; U12 kicks will be taken from 10 yards; U14 kicks will be taken from 12 yards
- The referee tosses a coin and the team whose captain wins the toss chooses whether to kick first or second
- The referee keeps a record of the kicks being taken
- The coach or coaches of each team identify the team's five kickers
- Subject to the conditions explained below, both teams take up to five kicks
- The kicks are taken alternately by the teams
- 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 with the same five kickers until one team has scored a goal more than the other from the same number of kicks
- The goalkeeper may be one of the five but does not have to be one of the five; if not, then he/she does not take a kick
- All players and coaches, 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.

## Procedure for High School Matches

- The referee chooses the goal at which the kicks will be taken
- U18 kicks will be taken from 12 yards,
- The referee tosses a coin and the team whose captain wins the toss chooses whether to kick first or second
- 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
- 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
- All eligible players are allowed to take kicks from the penalty mark including the goalkeeper
- Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick
- Eligible players are those on the field of play at the conclusion of the match
- An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken
- All players and coaches, 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.

