

## AYSO REGION 17

### 2023-24 PLAYOFF EXTRA TIME (ET) & PENALTY SHOOT-OUT (PSO) RULES

All Playoff Games **must** have a winner. Therefore, if the score is tied after Regulation Time (RT) in **any** Playoff Game, the game will continue with Extra Time (ET) and if still tied after ET, Penalty Shoot-Out (PSO) will be required. PSO will be handled in accordance with the FIFA Laws of the Game. The following are rules & guidelines to summarize the ET & PSO process:

- 1) A coin toss with the team captains will be conducted by the Center Referee (CR) after the conclusion of RT with the score still tied. The winning team of the coin toss decides which goal it will attack in the 1st ET half or to take the kick-off; depending on the above, their opponents take the kick-off or decide which goal to attack in the 1st ET half. Each ET half will be treated independently. Restart the 2<sup>nd</sup> ET half with teams switching sides and opposite team kicking off.
- 2) The duration of ET shall be as follows:
  - a. 14U = 20 min (two 10-min halves)
  - b. 12U = 16 min (two 8-min halves)
  - c. 10U = 12 min (two 6-min halves)
- 3) The duration of ET shall be played in **full**; therefore, no “golden goal”.
- 4) **ALL** players **MUST** play at least one (1) ET half.
- 5) No free substitution and no quarter break substitution in ET. Only a short 1-2 minute break is allowed between ET periods in order for the coaches to make quick substitutions.
- 6) During ET, the coach may choose to have the same Goalkeeper (GK) play both halves, if desired. This applies to **ALL** divisions, *including* 10U.
- 7) If still tied after the full duration of ET, the game will be decided by PSO.
- 8) A coin toss with the team captains will be conducted by the CR after the conclusion of ET with the score still tied. The winning team of the coin toss decides whether its team or the opposing team will take the first penalty kick (PK).
- 9) Only players **on the field** at the end of the 2<sup>nd</sup> ET half may take PKs and shall remain in the center circle with one Assistant Referee (AR). These players are designated as “eligible players” while those who were substitutes (and therefore **not** on the field) at the end of the 2<sup>nd</sup> ET half are designated as “non-eligible players” in regard to PSO.
- 10) Any eligible player may be the GK but must have been on the field during the 2<sup>nd</sup> ET half. The GK can be changed with any eligible player at any time during PSO.
- 11) Best of five (5) alternating kicks will be taken. If still tied, move to Sudden Death.
- 12) No kicker can take a second PK until ALL eligible players on the team have kicked once (including the GK). The same order of kickers does not have to be followed once everyone has taken one (1) PK.
- 13) One AR manages the kickers from the center circle and keeps track of score.
- 14) The other AR and the CR manage the PKs.
- 15) Spectators **MUST** remain on the touchline with the limit of the 18-yard line. Non-eligible players **MUST** remain on the touchline with the limit of the Technical Area. Coaches **MUST** *either* remain on the touchline with the limit of the Technical Area **or** in the center circle with the eligible players.