

LMS Shootout Rules 2025

- 1) Immediately after regulation time has ended and the score is tied, there will be a 5-player shootout.
- 2) All players will sit at the center line, one team on one side of the center circle and the other team on the other side of the center circle.
- 3) Each coach will select 5 players (minimum of 1 girl included) and seat them in the order from 1st shooter to 5th shooter.
- 4) No player can shoot a second penalty shot until the entire team (including the goalie) has shot at least one.
- 5) Any one player can be the goalie for the shootout. A second goalie can be used if the first goalie is injured.
- 6) If it is still tied after each team has shot 5 penalties, each coach will pick one player to shoot. Repeat until not tied.
- 7) The goalie must have one foot on the goal line when the kick is made.
- 8) The ball must be placed on the penalty spot and taken when the referee whistles to shoot.
- 9) The referee will decide which goal to use for the shootout.
- 10) The team who scored the last goal in regulation will shoot first in the shootout.