

U16/19 Tournament Play Summary

- Games are 40 minute halves (even for U19)
- No tie allowed; go to Extratime and then Kicks from The Mark to determine a winner

Extratime Procedure:

- Two five minute extratime halves (no golden goal, play full ten minutes)
- Substitutions at start of each half
- Free substitutions are still allowed BUT, as per the Area rules,
 - "Free substitution cannot be abused as a time wasting tactic as the referee is expected to add time lost due to substitution. In particular, substitutions should be minimal to non-existent in short extra time periods of tournaments and play-offs."
 - "A substitution is made only after obtaining permission from the referee. The referee will grant permission to substitute as possible."
- Coin flip to determine kick-off at start of first half.
- At end of first half, substitute, and start again with kick-off in 30-sec to 1 minute (no halftime break)
- At end of second extratime half, if still tied, immediately go to kicks from the mark

Kicks from the Mark Procedure:

- ALL PLAYERS MUST STAY ON THE FIELD AT THE END OF THE SECOND EXTRATIME HALF AND IMMEDIATELY REPORT TO THE CENTER CIRCLE. No substitutions, no break, no leaving the field, no celebration.
(Coaches note: in general, only those starting the second half of extratime are eligible to participate in Kicks from the Mark)
- The team captain or a designate helps the AR assemble the players and determine kicking order
- Teams must reduce to equate before the start but not once started; players left after reduce to equate are the eligible players and the only ones in the center circle
- Coin toss to determine who kicks first; winner chooses order to start alternate kicks
- Both goalkeepers (to start) report to the designated goal picked by the referee as does the other AR
- Only an injured goalkeeper can be substituted with a player off the field
- The goalkeeper participates in the kick (takes a kick as part of the lineup of all players)
- The goalkeeper can be changed with an eligible player at anytime between any kick
- 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 ... until one team has scored a goal more than other from the same number of kicks.
- All players kick once before any player kicks again
- Players do not have to kick in the same order when kicking again
- Players sent off or injured or goalkeepers sent off are not replaced; but the other team does not reduce to equate either
- A team can have fewer than seven players participating

Complete details in:

- Area 2A Playing Rules (<http://ayso2a.org/>) for overall governing rules
- AYSO National Rules and Regulations (<http://ayso.org/>) for playing time specifics
- FIFA/IFAB Laws of the Game (especially Procedures to Determine the Winner of the Match on pages 50-51 and 129 in 2009-2010 edition)