

Golden goal and penalties

If a game has ended in a draw, a decision will be obtained by use of a '**golden goal**' as described below.

1. If in order to reach a decision 'golden goal' period has to be played, the game will be re-started after a three-minute interval. Except where any substitutions are made at this time in due accordance with the rules of the game, the players must be those who were playing at the final whistle.
2. The Golden goal period shall operate as follows:
 - The teams shall line up in the same zones and shall attack the same ends as at the end of normal time.
 - A toss will be made to determine which team shall start the golden goal period. For the purposes of this section of the rules, the winners of the toss will be referred to as the *starting team* and the losers of the toss will be referred to as the *opposing team*.
 - Provided both teams have had an opportunity to attack (i.e. had possession in the attack zone) then the first team to score shall be the winners.
 - If the *starting team* scores in their first attack (i.e. with the *opposing team* not having had possession in their attack zone) then the *opposing team* shall have an opportunity to attack and score. The *opposing team's* attack is considered to be over when possession is obtained by an attack player of the *starting team* who is standing in his/her own attack zone. In this case, the requirement that both teams have had an opportunity to attack has been met with the *starting team* being declared the winners.
 - If the *starting team* scores in their first attack and this is matched by the *opposing team* in their first attack, then the game continues with the teams changing zones and the *starting team* restarting the match. The above provisions about having an opportunity to attack still apply and the game will continue in a similar manner until a winner is achieved.
 - If there is no winning score after five-minute real playing time of golden-goal-play, then penalties will be taken as set out below.
3. If in order to reach a decision penalties have to be taken, these will be taken by sudden death. Substitutions may still be made provided they are made in due accordance with the rules of the game. The referee will toss a coin to determine which team will start. The winner of the toss will start. One player of each team concerned will alternately take one penalty each. If both players scored or both players missed then further penalties will be taken by one other player each team. This series ends when one team has scored more penalties.