



Cup Regulations.

- ❖ **One Overtime** is played, following a 5-minute break, if a game is tied at the end of the regular playing time and a winner has to be determined. The overtime period consists of 2 halves of 5 minutes, with a 1-minute half-time break. This is valid for **all age categories**.
- ❖ If the game is still tied, the winner will be determined in accordance with the rules for the particular competition. In the case that the decision is to use 7-metre throwing as tie-breaker to decide a winner, the procedures indicated below shall be followed.
- ❖ *If 7-metre throwing is used as a tie-breaker, players who are not suspended or disqualified at the end of the playing time are entitled to participate (see also Rule 4:1, 4th paragraph). Each team nominates 5 players. These players make one throw each, alternating with the players of the other team. The teams are not required to predetermine the sequence of their throwers. Goalkeepers may be freely chosen and substituted among the players eligible to participate. Players may participate in the 7-metre throwing as both throwers and goalkeepers.*
- ❖ *The referees decide which goal is used. The referees make a coin toss, and the winning team chooses whether they wish to throw first or last. The opposite sequence is used for all subsequent throws, if the throwing has to continue because the score is still tied after the first five throws each*
- ❖ *For such a continuation, each team shall again nominate five players. All or some of them may be the same as in the first round. This method of nominating five players at a time continues as long as it is necessary. However, the winner is now decided as soon as there is a goal difference after both teams have had the same number of throws.*
- ❖ *Players may be disqualified from further participation in the 7-metre throwing in cases of significant or repeated unsportsmanlike conduct (16:6e). If this concerns a player who has just been nominated in a group of five throwers, the team must nominate another thrower.*