



# Periods and Intervals Cheat Sheet



## Varsity

- 40 – first half
- 10 -half time
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- 40- second half (can end at any time with 10 goal diff)

## JV

- 35 – first half
- 10- half time
- 35 - second half

## MS/JH

- 35 - first half
- 10 – half time
- 35 - second half

## OT – Section Matches, Play-offs, Final Four

- 5 – end of regulation interval
- 5 – OT period one (sudden victory)
- 2 – interval – teams switch ends
- 5 – OT period two (sudden victory)

## Kicks From The Penalty Mark (KFTPM) AKA Penalty Kicks (pk's)

- 5 after OT periods interval
- Kicks - 5 kickers (best of 5)
- Kicks - second 5 if needed, different kickers from first 5, 1 for 1 (sudden victory, one team scores the pk and the other misses)
- Kicks - third 5, list resets so any 5, may not rekick until after fourth 5, 1 for 1 (sudden victory)
- Kicks – fourth 5, any 5 that have not kicked in third 5, 1 for 1 (sudden victory)
- If still tied, process for third and fourth 5 repeats until there is a winner