Washington Catholic Athletic Conference (WCAC)

Plays NFHS Rules
Playoff and OT Rules 2026

- Team Bench areas shall be on the same side if a Fourth Official is assigned.

Varsity 40 minute Halves. If score tied at end of regulation:

- Thru Semi-finals: 2 x 5 Minute Golden Goal; Penalties after if no winner
- Finals: 2 x 10 Minute Golden Goal; Penalties after if no winner

Penalties Procedure

1. The team winning a coin toss shall have the choice of kicking first or second.
2. Each coach will select any five players, including the goalkeeper, on or off the field, to take the kicks. (Ejected players are not eligible to participate.)
3. Teams will alternate kickers. There is no follow-up on the kick.
4. If there is a goal differential that the opposing team cannot overcome with the remaining kicks, then the match is over, and the team with the greater score is declared the winner.
5. If the score remains tied after a round of 5 kicks, repeat this entire procedure from the beginning.

Notes

- Referee determines goal side to be used through the duration of penalties.
- Both Groups of 5 (except GKs) remain in the center circle; all other players and coaches **must** remain confined to their respective bench areas.
- The defending team may change the goalkeeper prior to each penalty kick.
- In Assignr: Report the score with the winner +1, and indicate "Game won on penalties" in the Additional Comments field.

Misconduct During Penalties

- Yellow cards from regular time and OT do not carry over into penalties.
- If a player or GK are ejected during penalties, they may not participate for the remainder of the contest, but can be subbed.
- If a kicker is YC'd before taking a kick, they may not take the kick, and must be subbed by a player not selected in the group of 5. The sub takes the kick.
- If a kicker is YC'd after taking a kick, the result stands, and the kicker is suspended for the remainder of that round of 5, AND the NEXT round of 5.
- If the GK is YC'd, then the GK must be subbed for the next kick, but can return afterwards.