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To score penalty shots correctly, a player must identify the type of penalty shot they have incurred, choose their relief option if applicable, add one or two strokes to their score for that hole, and drop or place another ball in accordance with the rules.

[How to Score Golf Penalty Shots - LinkedIn](#)

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Before the kicks start

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tosses a coin to decide which goal to use (unless one goal cannot be used, e.g. lots of water on the pitch, security)

tosses the coin again and the winning captain chooses whether to kick first or second. No substitutions are allowed except for a goalkeeper who is ill/injured.

[Penalty shoot-out | IFAB](#)

[footballrules](#) : game-events : penalty-shoot-out

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