

Points (Scored from all Premiership and FA Cup matches)

All players

Starting XI appearance	2 pts
Substitute appearance	1 pt
Scoring a goal*	5 pts
Key contribution to a goal	3 pts
Red card	-3 pts
Yellow card	-1 pt
Missing a penalty*	-2 pts
Own goal	-3 pts

Penalty shoot-outs

*includes penalty shoot-outs

**excludes penalty shoot-outs

Goalkeepers/defenders only

Full match

Clean sheet	4 pts
Concede 1 goal**	0 pts
Each additional goal conceded**	-1 pt

Part match

Clean sheet	2 pts
Concede 1 goal**	0 pts
Each additional goal conceded**	-1 pt

Goalkeepers only

Penalty save*	5 pts
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