

## **Player's Guide to Red Cards, Yellow Cards and Accumulated Disciplinary Points**

When a player gets a red card or 2 yellow cards during a game, he is ejected from the game and two penalties are given.

1. The player must sit out the next league game, and
2. The player is assigned 10 cumulative disciplinary points

When a player gets a yellow card during a game one penalty is given

1. The player is assigned 5 cumulative disciplinary points

When the player's points add up to 20 he must sit out the next league game. A red card sit out does not count for the accumulated disciplinary point sit out. If a player gets a red card in a game he must sit out the next league game and he has 10 accumulated disciplinary points. If he gets another red card in a later game in the season, he must sit out the next TWO league games, one for the red card and one for the 20 accumulated disciplinary points.

If a player gets four yellow cards in four different games in a season, he must sit out the next league game because he has 20 accumulated disciplinary points. Any combination of red and yellow cards that totals 20 points results in an accumulated disciplinary point sit out for the player. It is important to remember that a red card sit out does not count for an accumulated disciplinary point sit out.

Once a player reaches 20 accumulated disciplinary points and serves his sit out, he must serve an additional sit out each time he accumulates 10 points (at 30, 40, and 50 points) during the season.

At the end of the season, points do not carry over to the next season, but sit outs earned due to red cards or accumulated disciplinary points carry over and must be served the first game(s) of the next season.

If a player changes teams, the sit outs follow him and must be served with the new team.

If a player does not play during the following season, the sit outs are owed when he returns to the league and must be served in the first game(s) of the season.

Red and yellow cards earned during tournaments, state cup games, scrimmages and indoor games do not count in a player's accumulated disciplinary point total.

It is important for coaches, players and team managers to keep good records of red cards and accumulated disciplinary points because the league does not notify players or teams when sit outs are due. Sit outs served only count if they are properly verified by the player's team. If sit outs are not served when they are due, the player, coach and team will face additional sit outs, and/or fines and forfeit of games played with players in violation.