

Miller Activity Complex

Soccer League Rules & Policies

ADULT LEAGUES



General Information

1. No food, drink, gum, sunflower seeds (any seed casings) or spitting allowed on the turf.
2. Tennis shoes, flats, turf shoes or molded cleats allowed. No metal cleats allowed.
3. The Field Supervisor and/or Town of Castle Rock Athletic Staff shall act upon any and all situations not covered explicitly in these rules. All decisions will be final.
4. Town of Castle Rock reserves the right to re-classify a team at any point in the season in order to maintain a fair balance of competition. This will only be done with the cooperation of the teams involved.
5. Town of Castle Rock reserves the right to expel any team from the league for reasons of conduct, failure to observe rules, regulations and procedures and/or failure to field a team for 1 or more games. Written notifications of such actions will be provided to the individual and/or team manager.
6. All games will be played according to United States Indoor Soccer Association (USIndoor), with the amendments included within this document will be the rules of competition for the Miller Activity Complex (MAC). Teams are responsible for knowing the rules.
7. All spectators must be in the spectator area and are not permitted to play on any of the facility amenities without purchase of a pass.
8. Any team caught intentionally kicking a ball at the light fixtures above the field will result in a \$100 fine.
9. Any player spitting on the turf, walls, cement, or any place other than the designated trash cans will be subject to a \$25 fine.

Inclement Weather Conditions

Miller Activity Complex: 720-733-2222

1. Please check the website for updates at www.teamsideline.com/castlerock
2. Teamsideline newsfeeds will not be placed until 2 hours prior to the 1st scheduled game. Call no earlier than 2 hours prior to game time. Updates are made as necessary.
3. We do not call any teams. Please call if there is any doubt about playing.
4. Officials can only delay a game. Only the Field Supervisor can officially cancel a game(s).

MAC Laws of the Game

LAW 1 (USIndoor Rule 1) - THE FIELD OF PLAY

- A. **Field Dimensions:** The Fieldhouse field is 185' x 85'.
- B. **Player Benches:** Players and team captains *only* are allowed on the player benches.

LAW 2 (USIndoor Rule 2) – THE BALL

- A. Each team may provide a standard size 5 ball and referee will choose the game ball. The MAC Athletics will provide a ball if neither team has a ball.

LAW 3 (USIndoor Rule 3) – THE NUMBER OF PLAYERS

- A. **Team Rosters:** Prior to each game, the team captain is responsible for the completed waivers.
 1. All players must be 18 years old at the start of the season. A valid picture ID will be requested for verification purposes. You may get a MAC ID at the front desk if you do not have a picture ID.
 2. Over 30 League: All players on over 30 league rosters must be 30 at the start of the season. One player per team may be between the ages of 25 and 29.
 3. Each player is required to have picture identification at all games and must present this if requested by staff.
 4. Any active party in the game (supervisor, referee, team manager) may request a roster/identification check.
 - i. If a player *who is participating in the game* cannot produce a valid picture ID the team will forfeit the game, no matter what time the check was performed.
 - ii. If a roster is checked *before the game* and a player is found to be ineligible or unable to produce a picture identification, they will not be allowed to play; all eligible players can play as normal.
 - iii. All roster challenges must be made before the start of half time of the game from the opposing team. The supervisor will perform a roster check on every carded player during the entire length of the game.
 - iv. All players must be on the team roster before participating in tournament play. If a player is not listed on the roster and has not played during the regular season, the player cannot play the tournament games.
 - v. Players are able to play in all leagues if they meet the specific criteria but are only able to play with one team per league. Sharing players will result in a forfeit for the team the player is NOT on the roster.
 - vi. Players may drop off of one team roster and join another team within the same league during the first 4 games of the season;
 - vii. Rosters are locked and no additions may be made after the last regular season game unless due to season-ending injury (coordinator's discretion).
 - viii. Players may only make team changes once within the same season.
- B. **Number of Players to Start a Game:** Each team must have 3 players and a goalkeeper (GK) to begin the game. In co-ed, one of those 3 players must be a female. A team should have at least 2 females when playing 6 vs 6. Players cannot be borrowed from another team within the same division.
 1. In order to start the game a team may use any of the following combinations:
 - i. 4-6 females, not to exceed 6 on the field;
 - ii. 1 male and 3-5 females, not to exceed 6 on the field;

- iii. 2 males and 2-4 females, not to exceed 6 on the field;
 - iv. 3 males and 1-3 females, not to exceed 6 on the field;
 - v. 4 males and 1-2 females, not to exceed 6 on the field.
 2. If a female receives a red card or is placed in the penalty box, the team must have one female on the field.
 3. If no female players are present, the game is a forfeit.
 4. A designated goalkeeper must be on the field at all times. Infractions will result in an illegal substitution penalty assessed at the spot the player entered the field.
- C. **Claiming A Forfeit:** If only one team is present and ready to play at game time, they may claim a win by forfeit.
 1. Forfeit will result in a score of 10 to 0;
 2. The first game will be given a 5 minute grace period. All other games will start on time with the following leniency: clock will start at game time; clock start = 1 goal, 2 minutes = 2 goals and 4 minutes = 3 goals. The team with enough players to start can allow this to go on until half time. If at halftime the other team still does not have enough players it will go down as a forfeit.
 - a. Every two minutes the scorekeeper will check with the team with enough players to see if they want to continue waiting. That team may take a forfeit at any time in the two min increments. If teams have the required number of players to start the game, the grace period cannot be used;
 3. Teams who forfeit a game without a 24-hour notification will be fined \$50. This fine will be paid to the captain of the opposing team. The check must be brought to the MAC Athletics Division 48 hours prior to the team's next scheduled game or the team may be removed from the league.
 4. Teams may forfeit by calling the league coordinator a minimum of 24 hours prior to their scheduled game without penalty.
 5. Upon the 3rd forfeit within one season the team will forfeit the remainder of the season with possible future implications toward any future adult activities for the Town of Castle Rock.
- D. **Substitutions:** Each team may substitute players freely.
 1. Players must substitute off the field of play or within the Touch Line in the area of their Team Bench.
 2. For substitutions within the Touch Line, neither the player entering the field nor the player being substituted may play the ball while the other is on the field. If a team has committed this infraction 2 or more times, the team will receive a blue card penalty and play down 1 player.
 3. Substitutions *are* allowed during an Overtime Period
 4. Climbing/Jumping over the bench wall will result in an automatic 2 minute penalty.
 5. Goalkeeper subs may be made the same way as above or they can notify the referee they want to sub during the next dead play (goal, out of play, injury).
 6. Neither team can sub during a PK.
- E. **Injuries:** Injured players may be required to leave the field of play at the discretion of the referee or supervisor. If needed the clock will be stopped at the discretion of the staff. After leaving the field, the supervisor will determine when the injured player can return to the field. If the injury was in an attempt to waste time, the player may remain off the field for a maximum of 3 minutes.

LAW 4 (USIndoor Rule 4) – THE PLAYERS’ EQUIPMENT

- A. Each team must wear similar colored jerseys (or pinnies). The Goalkeeper shall wear jersey colors distinguished from all other field players and referees. Other permitted Goalkeeper equipment includes gloves and pants and approved headgear.
- B. All players must wear shin guards.
- C. Tennis shoes, flats, turf shoes or molded cleats allowed. No metal cleats allowed.
- D. Knee, ankle, and wrist braces/wraps can be worn and will need to have referee approval.
- E. Jewelry or similar accessories may not be worn and taping is not allowed. For safety measures, medical alert bracelets may be worn but must be taped to the body.
- F. If two teams are wearing the same (or very similar) colored jerseys the Home team or the team listed first on the game schedule, shall change jersey colors.

LAW 5 (USIndoor Rule 5) - THE REFEREE

One Referee is required to officiate each game. The Referee may be assisted by another Referee, an Assistant Referee, and/or a Supervisor.

LAW 6 (USIndoor Rule 5) – THE ASSISTANT REFEREES

Assistant Referees are generally not used in Indoor soccer.

LAW 7 (USIndoor Rule 6) – THE DURATION OF THE MATCH

- A. **Regulation Playing Time:** Full field matches will play 22-minute halves.
- B. **Running Clock:** The Game Clock counts down continuously through each Half or Overtime Period Except as determined by the Referee or:
 1. Last 2 minutes of regulation play: If the score is within 2 points, the clock will stop for all fouls, injuries, cautions, send-offs, and balls in/out of play during the last 2 minutes of the second half only;
 2. If a shootout has to be taken, the duration of either half is extended until the shootout is completed.
- C. **Half-time:** There may be up to a 2-minute halftime and a 1-minute intermission before any overtime period.
- D. **Overtime:** There are no overtime periods during the regular season matches and they may end in a tie. During playoffs, if teams are tied after regulation time, there will be a “sudden death” or “golden goal” overtime period lasting 5 minutes.
 1. There is no halftime during the overtime period and the clock *does* stop during the last two minutes of the overtime period.
 2. If the score remains tied after the first 5 minute overtime, a Tiebreaker proceeds with Shootouts.
 3. All players, other than the player taking the shot and the defending Goalkeeper, remain within their Team Bench areas;
 4. Both teams may have 3 shots, alternating players from each team kicking;
 5. If, after the initial 3 shots, neither has an advantage, the Tiebreaker continues, alternating one player at a time, until both teams have taken an equal number of shots and one team has scored when the other has not;
 6. Only players who are on the field of play at the end of the match, including extra time, are eligible to participate in the tiebreaker.

LAW 8 (USIndoor Rule 7) – THE START AND RESTART OF PLAY

A. Restart Regulations

1. Once a referee signals for a restart, the attacking team has 5 seconds to resume play. If a 5 second violation occurs, the opponent is given a direct free kick at the same location.
2. The ball must be stationary; if it is not, the kick is retaken.
3. Opposing players may not encroach (e.g., wall may not move towards the kicker).
4. A whistle is not required to restart the game after a foul has occurred. The following restarts require the referee to signal with the whistle:
5. Kickoff;
6. Timeouts;
7. Referee stops play for an injury;
8. Shootout or Tiebreaker;
9. Referee cautions or sends-off a player;
10. Kicking team requests the distance to the opposing player to be measured;
11. Whenever indicated by the referee.

B. Restart Position

1. If the ball strikes the netting along the sidelines, the direct free kick will take place on the turf, near the wall, at the point of contact; if it strikes the netting along the end line (in between the 2 boundary lines), the attacking restart will be a corner kick; the defending restart will begin with the goalkeeper's touch, hands or feet.
2. If the ball strikes the netting above the playing field the restart is directly below the point of contact.
3. If the ball strikes the netting above the field in the goal box, the restart is at the top of the arch for the attacking team.
4. For misconduct that occurs on the field; the opposing team will be awarded a direct free kick from the spot of the misconduct.
5. For misconduct that occurs off the field or on the bench; the ball will be a drop ball from where the ball was located when the play stopped.

LAW 9 (USIndoor Rule 8) – THE BALL IN AND OUT OF PLAY

- A. **Ball In Play:** The ball is "in play" once each Kickoff or Restart begins and the ball makes any discernable movement in any direction.
- B. **Restarts Within Defensive Penalty Arch:** For Restarts by a team within its penalty arch, the ball is not "in play" until the game is properly restarted and the ball is propelled beyond the penalty arch by the player taking the restart.
- C. **Ball Out Of Play:** The ball is "out of play" once any stoppage occurs which the referee acknowledges or orders, whether for goals, fouls, time penalties (i.e., cautions, ejections, etc), injuries, out of bounds, Three-Line Violations, or Superstructure Violations.
- D. **Three-Line Violation:** A "Three-Line Violation" occurs when a player propels the ball in the air across the two white lines and the halfway line toward the opponent's goal without touching the wall, another player of either team or a referee on the field of play. The referee shall award a direct free kick to the opposing team at the Restart Mark of the first white line that the ball crossed.
- E. **Superstructure Violation:** A "Superstructure Violation" occurs when the ball contacts any part of the building above (i.e., ceiling, netting, etc) the field of play.

LAW 10 (USIndoor Rule 9) – THE METHOD OF SCORING

- A. **Goal Scoring:** When the whole of the ball has passed over the goal line, between the goal posts and under the crossbar provided that no infringement or violation was committed previously by the team scoring the goal. In the event of a shot taken while time is expiring, the whole of the ball must pass over the goal line before the horn sounds.

Mercy Rule: If a team is winning by 6 goals, the losing team can add 1 extra player (regardless of sex for coed divisions). If a player is carded on the losing team while the mercy rule is in effect the team will play down accordingly. Once the gap is less than 6 goals, the losing team will play at full strength (unless penalties dictate otherwise).

1. If a team is up by 15 goals, the game will be ended.

LAW 11 (USIndoor Rule is Nonexistent) – OFFSIDE

There are no offside infractions or violations in Indoor soccer

LAW 12 (USIndoor Rules 10 & 11) – FOULS AND MISCONDUCT (TIME PENALTIES)

- A. **Fouls and Misconduct:** A direct free kick is awarded if a player commits any of the following offences in a manner considered by the referee to be careless, reckless or using excessive force (a Shootout is awarded when infringement takes place in penalty arch):

1. Infractions that count toward the foul count:
 - i. kicking or attempting to kick an opponent
 - ii. tripping an opponent
 - iii. jumping at an opponent
 - iv. charging an opponent in a violent or dangerous manner or from behind
 - v. holding an opponent
 - vi. pushing an opponent
 - vii. sliding
 - viii. goalkeeper throws ball directly at an opponent with intent to injure
 - ix. dangerous play (placing another player/oneself in danger of injury, i.e. high kick or bicycle kick, attempt to kick a ball held by a goalkeeper)
 - x. checking into the boards
 - xi. obstruction
 - xii. goalkeeper charge - charging the goalkeeper in the penalty arch (ball placed at the top of arch)
 - xiii. checking an opponent
 - xiv. handling the ball with the intent to play the ball (except goalkeeper)
2. Infractions that DO NOT count toward the foul count
 - i. goalkeeper throws/kicks ball over the third line (without it touching his own side of the turf or any player)
 - ii. a field player plays the ball in the air over the third line (without touch)
 - iii. playing the ball from the ground
 - iv. illegal pass back to the goalkeeper (ball placed at the top of arch)
 - v. goalkeeper dribbles the ball into their penalty arch and picks it up (ball placed at the top of arch)
 - vi. goalkeeper holds the ball for more than 5 sec. (ball placed at the top of arch)

- B. **Accumulated Fouls:** Once a team has accumulated 6 fouls (those accumulated in the first half will continue to accumulate in the second half) one shootout will be awarded to the opponent. After accumulation has occurred, a shootout will be issued. The foul count will restart at 0 after the shootout is awarded. During overtime, fouls will restart at 0 and a shootout will be awarded after 3 fouls.
1. If a blue card offense is the 6th foul, the referee will assess the penalty (2 minutes to the player). The opposing team takes their PK. Regardless of the outcome of the PK, the player remains in the penalty area and that team remains down a player on the field until either another goal is scored or the 2 minutes expire.
- C. **Blue, Yellow & Red Cards:** In cases of Bench Misconduct, the person who received the card must sit in the penalty area. The team may choose which player must come off of the field as the team must play short a player per the following guidelines:
1. A blue cards penalty includes:
 - i. A full 2 minutes in the box for the player who was issued the card;
 - ii. The team plays down a player until the 2 minutes expire or the opponent scores. If the opponent scores another player *besides the carded player*, may return to the field of play unless that is the only player available.
 2. A yellow card penalty includes:
 - i. A full 2 minutes in the penalty area for the player who was issued the card
 - ii. The team plays down a player until the 2 minutes expire no matter if the opponent scores.
 3. A red card penalty includes:
 - i. Dismissal from the game
 - ii. Dismissal from the facility within 5 minutes – (if the player has not left the building the game will be forfeited).
 - iii. The team served a red card will receive a 5 minute penalty and play short for the entire duration, regardless of goals scores. The team may only return to full strength after the 5 minutes expire.
 - iv. In cases where the player receives a red card for Serious Foul Play or Violent Conduct, a team will be required to play the remainder of the game down one player. This judgment is at the discretion of the supervisors and referees.
 - v. Any player issued a red card will *at minimum* sit out the next scheduled game in the league. Red card for violent conduct, serious foul play, or foul or abusive language may warrant extended suspensions; length is up to the discretion of the league coordinator and sports manager.
 - a. If the player plays in multiple leagues they are not allowed to play in those until the suspension has been served. This includes missing games in another league.
 - vi. Player behavior after receiving the card and prior league history will affect the length of the suspension.
 4. Blue cards, cautions and send-offs will be monitored.
 - i. 2 blue cards= 1 yellow card/3 blue cards = 1 red card
 - ii. 2 yellow cards=1 red card

5. Any player accumulating multiple blue cards or yellow cards will be subject to additional suspensions or dismissal from the league.
 6. Any player accumulating 2 or more red cards in any 12-month period will be subject to an extended suspension from the league per behavioral policies.
 - i. Cards are counted on an accumulated basis (i.e. 2 yellows = 1 red)
 - ii. Cards from each division will be included in the overall card count. (i.e., cards on Mondays do add to cards on Wednesdays).
 - iii. Decisions regarding suspension duration and the sports/divisions the suspension applies to are made at the discretion of league administration.
- D. **Fighting:** Any form of fighting and physical altercations will result in immediate ejection from the game and league suspension.
1. Fighting is a flagrant act that can occur when the ball is in play or dead. Examples include, but are not limited to:
 - i. An attempt to strike an opponent with the fist, hands, arms, legs or feet regardless of whether or not contact is made.
 - ii. Attempting to instigate a fight by committing an unsportsmanlike act, comment or gesture toward an opponent that causes the opponent to retaliate by fighting.
- E. **Language:** Foul language is considered dissent and will be carded at the referee's discretion.
- F. **No sliding at any time:** Sliding is defined as "a direct and deliberate sliding motion with any body part other than both feet (i.e. knee, shin, etc.)".
1. The penalty is a direct free kick at the spot of the infraction.
 2. The goalkeeper may slide within the penalty arch only with the attempt to play the ball inside of the penalty arch. Sliding in the penalty arch by any other player will result in a Shootout.
 3. Player penalties, in addition to the shootout awarded to the opponent, may include a blue, yellow, or red card at the referee's discretion.
- G. **No spitting on the field:** Spitting can be unsanitary, unsightly, and potentially dangerous; please refrain or spit into trash cans on the side of the field. Teams will be given one warning; a blue card will be issued for continued occurrences.

LAW 13 (USIndoor Rule 7) – FREE KICKS

- A. **Direct Free Kicks:** A team receives a Direct Free Kick after stoppages other than when a Dropped Ball or Goalkeeper Throw-In is required.
1. Wall: must be at least 5 yards away until the ball is in play.
 2. Time limit: kick must be taken within 5 second.
 3. A goal is awarded if a direct free kick goes directly into the opponents' goal without touching another player. If a direct free kick goes directly into the team's own goal, a corner kick is awarded to the opponent. The own goal is not counted.
 4. Restriction: Kicker cannot touch the ball again until it has been touched by another player except for a shootout or tiebreaker at which time normal dribbling is allowed.
 5. Within Own Penalty Arch: A Direct Free Kick within a player's defensive Penalty Arch may be taken from any spot therein. All opposing players remain outside the Arch and at least five yards away until the ball is in play beyond the Arch. If, after the Direct Free

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Kick, any player touches the ball before it has left the Penalty Arch, the Direct Free Kick is retaken.

6. Within Opponent's Penalty Arch: When a team is awarded a Direct Free Kick within its opponent's Penalty Arch, the Direct Free Kick takes place at the opponent's Free Kick Mark ("Top of the Arch").
- 7.

LAW 14 (USIndoor Rule 12) – THE PENALTY KICK

- A. All Penalty Kicks will be conducted as Shootouts:
 1. All defending players, goalkeeper excluded, will stay in the center circle, behind the half. Except for the player taking the Penalty Kick or Shootout, the attacking team will stay behind the half, outside the center circle;
 2. The shooter begins at the Restart Mark (3rd line nearest the goal) and the Goalkeeper starts with at least one foot on the goal line;
 3. After the whistle is blown, play is live:
 - i. The goalkeeper is free to move along or forward off the line.
 - ii. All other players are able to enter the half after the whistle is blown;
 4. If a Penalty Kick or Shootout occurs at the end of a half or game the play is extended and will expire when any of the following occurs:
 - i. The Goalkeeper makes a save;
 - ii. The player taking the penalty kick scores a goal;
 - iii. The player taking the penalty kick misses the shot

LAW 15 (USIndoor Rule 7) – THE THROW-IN

There are no Throw-ins in Indoor Soccer; however, there are "Kick-ins".

LAW 16 (USIndoor Rule 7) – THE GOAL KICK

Assuming the provisions of the Three Line Rule have been met, a goal may be scored directly from a Goalkeeper distribution, but only against the opposing team.

LAW 17 (USIndoor Rule 7) – THE CORNER KICK

- A. The ball is placed on the corner mark.
- B. The kicker cannot play the ball a second time until it has been played by another player of either team; infringement of this rule will result in a direct free kick to the opposing team from the point of infringement.
- C. Players on opposing team should be at least 5 yards away from point of the corner kick.
- D. A goal can be scored directly from a corner kick

CODE	PENALTY EXPLANATION	Disciplinary Sanctions
BLUE CARDS: 2 MINUTE PENALTIES		
B1	Too many players on field of play and interferes with play	None refer to blue accumulation rule
B2	Multiple fouls by a player	None refer to blue accumulation rule
B3	Endangering the Goalkeeper	None refer to blue accumulation rule
B4	Any foul committed by Goalkeeper on Shootout or Penalty Kick	None refer to blue accumulation rule
B5	Intentional handball by Goalkeeper outside of his penalty area	None refer to blue accumulation rule
B6	Goalkeeper striking by throwing the ball at or violently pushing opponent while in control of the ball	None refer to blue accumulation rule
B7	Kick (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B8	Trip (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B9	Reckless Tackle (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B10	Jump (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B11	Charging from behind (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B12	Charging violently (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B13	Striking, elbow, or spits	None refer to blue accumulation rule
B14	Hold (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B15	Push (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B16	Handball (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B17	Boarding	None refer to blue accumulation rule
B18	Dangerous play (Severe, blatantly tactical, or blatant in nature) Includes Sliding	None refer to blue accumulation rule
B19	Charging away from play (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B20	Obstruction (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B21	Charging GK (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B22	Shootout: Foul from behind	None refer to blue accumulation rule
B23	Shootout: Foul last player	None refer to blue accumulation rule
B24	Unsportsmanlike Manner / Dissent	None refer to blue accumulation rule
B25	Ball thrown/kicked off field following goal	None refer to blue accumulation rule
B26	Penalty box exit prior to time expiration	None refer to blue accumulation rule
B27	Delay of game violation, delay of restart	None refer to blue accumulation rule
B28	Jumping over boards to exit field or player failed to sign waiver	None refer to blue accumulation rule
CAUTIONS: 2 MINUTE PENALTIES		
Y1	Referee crease violation during Referee Time Out	None refer to yellow accumulation rule
Y2	Diving, Embellishing, or Faking a foul	None refer to yellow accumulation rule
Y3	Interference with shootout procedures	None refer to yellow accumulation rule
Y4	Goalkeeper joining in an altercation (leaving his own penalty area)	None refer to yellow accumulation rule
Y5	Severe Unsportsmanlike Manner	None refer to yellow accumulation rule
Y6	Failing to immediately report to the penalty box	None refer to yellow accumulation rule
Y7	Player accumulating 2 Blue Cards in one game	None refer to yellow accumulation rule
SEND OFFS: 5 MINUTE PENALTIES		
R1	Violent Conduct or Serious Foul Play	Minimum Two Game Sit
R2	Foul abusive language or action	Minimum Two Game Sit
R3	Accumulation of 3rd penalty	Minimum Two Game Sit
R4	Headbutt	Minimum Two Game Sit
R5	Third man into an altercation	Minimum Two Game Sit
R6	Any bench player joining an altercation	Minimum Two Game Sit
R7	Leaving the penalty box to engage in altercation or dissent	Minimum Two Game Sit
R8	Spitting at opponent or official	Minimum Two Game Sit
R9	Player accumulating 3 Blue Cards in one game	Minimum One Game Sit
R10	Player accumulating 2 Yellow Cards in one game	Minimum One Game Sit

Program Coordinator reserves the right to modify any disciplinary sanction as deemed necessary.