



SAY North Red and Yellow Card Disciplinary Actions

** Subject to Referee Protection Policy review

FOR PLAYERS, COACHES, REFEREES, PARENTS AND SPECTATORS

INFRACTION	MINIMUM PENALTY / DISCIPLINARY ACTIONS
Abusive language to any referee, player, coach, or spectator.	First offense: Yellow Card - Caution Second offense: Red Card - Ejection from the game, One game suspension – next game ** Subject to Referee Protection Policy review
Using foul language on the field, sideline or anywhere at the field facility. Before, during or after play.	Red Card - Ejection from the game. Additional one game suspension - next game ** Subject to Referee Protection Policy review
Aggressive physical contact with the referee or player i.e. grabbing the arm, turning the individual around, poking, bumping, etc.	Red Card - Ejection from the game. Additional two games suspension next two games ** Subject to Referee Protection Policy review
Threatening actions or words towards a referee, player, spectator, or coach: On the field, sideline or anywhere at the field facility. Before, during or after play.	Red Card - Ejection from the game. Additional two games suspension next two games. Subject to review including season and or lifetime expulsion. ** Subject to Referee Protection Policy review
Aggressive physical contact with the referee or a player with intent to injure (i.e. banging head to ground, stomping, striking defenseless player, etc.)	Red Card – Ejection from the game. Additional four game suspension next four games. Subject to additional penalty, possible expulsion pending SAY North Board review. ** Subject to Referee Protection Policy review
Spits at an opponent, referee or any other person.	Red Card - Ejection from the game. Additional two games suspension - next two games ** Subject to Referee Protection Policy review
Striking a referee.	Red Card - Ejection from the game and expulsion for the season. ** Subject to Referee Protection Policy review
Deliberately striking or kicking a player with intent to injure.	Red Card - Ejection from the game and 2 game suspension. Second offense for same reason is expulsion for the season.
Refusal to leave the playing field after an ejection.	One additional game suspension in addition to penalty for original offense.
Any player observed using or under the influence of drugs or alcohol before or during a match, or while on premises.	Red Card - Ejection from the game and four game suspension. Subject to additional penalty, possible expulsion pending SAY North Board review.
Entering or deliberately leaving the field of play without permission of the referees	First offense: Yellow Card - Caution. Second Offense: Red Card - Ejection from the game and one game suspension, next game. ** Subject to Referee Protection Policy review
Delays the restart of play.	First offense: Yellow Card - Caution. Second Offense: Red Card - Ejection from the game and one game suspension, next game.



INFRACTION	MINIMUM PENALTY / DISCIPLINARY ACTIONS
Fails to respect the required distance when play is restarted with a corner kick or free kick.	First offense: Yellow Card - Caution. Second Offense: Red Card - Ejection from the game and one game suspension, next game.
Engages in dangerous or unsporting behavior off the field with intent to harm.	Red Card - Ejection with four (4) game suspension and possible Expulsion review. ** Subject to Referee Protection Policy review
Two cautions (Yellows) in a single game.	Red Card - Ejection from the game. Additional one game suspension next game ** Subject to Referee Protection Policy review
Engages in dangerous or unsporting behavior	First Offense: Caution - Yellow Card Second Offense: Red Card - Ejection from the game, Additional one (1) game suspension - next game. Subject to additional penalty, possible expulsion pending SAY North Board review
Receiving a Red Card during post-season play for which the suspension was not served during the post season	Player(s) will serve the appropriate suspension at the next game played even in the following season
Denies an obvious goal scoring opportunity, within their own Penalty Area, WHILE ATTEMPTING to play the ball.	First offense: Yellow Card - Caution Second offense: Red Card - Ejection from the match, One game suspension (next game)
Denies an obvious goal scoring opportunity, within their own Penalty Area, DEEMED NOT ATTEMPTING to play the ball.	Red Card - Ejection from the game. Additional 1 game suspension (next game)
Denies an obvious goal scoring opportunity, outside their own Penalty Area, DEEMED NOT ATTEMPTING to play the ball.	Red Card - Ejection from the game. Additional 1 game suspension (next game)
The Say North Board reserves the right to form a special committee to determine the disciplinary action needed to deal with players and/or coaches whose actions do not fall within the current CODE of Ethics or rise to a level deemed too excessive for the current disciplinary dispensation.	One game suspension to expulsion for the season and/or banishment for multiple seasons or lifetime ban on any level of participation. ** Subject to Referee Protection Policy review
Effective March 1, 2025 – Referee Protection Policy	SAY North Board reserves the right to use US Soccer's Penalty Guidelines to protect our Referees.

The "Board" is the SAY North Board members consisting of:
President, Vice-President, Secretary, and Treasurer

BOARD DECISIONS ARE FINAL, AND NOT OPEN FOR APPEAL

Original: January 2010, revised February 1, 2018, March 17, 2021, January 30, 2026