



# RED CARDS



In accordance with OSA rules any person (Player or Coach) receiving a “SEND OFF” (Red Card), must sit out the next sanctioned match. This also applies to: 2nd yellow card (SEND OFF) in one game, accumulation of 3 yellow cards in one season (fall/spring), additional suspension given or DPS.

**A Sit Out Form must be filled out!**

**Sit Out Form - Click The Link:**

<http://www.bascok.com/docs/Coaches/CoachingInformation/Sit-Out%20Verification%20Form%202014.pdf>

**SIT OUT FORM INSTRUCTIONS:** This form must be completed and sent to OSA if the person named is to receive credit for the “sit-out”. It must be received within 72 hours of the sit-out game.

Failure to comply may result in additional suspension plus additional sanction.

