



NEVADA YOUTH SOCCER ASSOCIATION
NEVADA STATE LEAGUE– 2023-2024
RULES AND REGULATIONS

nevadayouthsoccer.org



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Administrator or Coach – A properly registered, licensed, and risk managed NYSA Coach or Administrator listed on the official Team Roster and has an NYSA Coach pass.

Club– Two (2) or more teams that form an organization under a singular name and registered under the same NYSA Affiliate Member.

Ineligible Player – A player not properly registered to a team, on the game roster, or serving disciplinary action.

Suspension (Coach or Administrator) - A cessation of participation in all game related activities for the duration of the suspension. This includes being within sight and sound of the field, before, during and after, on which the game the suspension is being served for, is playing on.

Suspension (Player) - A player receiving a red card may remain on the team bench for the duration of the game. The player may dress in street clothes and sit on the team bench while serving the suspension.



1. **Rules and Regulations**

- 1.1 The Nevada Youth Soccer Association (NYSA) Nevada State League (NSL) shall be governed by these rules.

2. **Mission**

Nevada State League is committed to providing organized, structured, fair and competitive games to develop skills, teach fair play, and encourage healthy competition.

The Nevada State League (NSL) will be the required participation league for State Cup. State Cup qualifies the champion to attend US Youth Soccer National Championship Series (NCS), or Presidents Cup. Only teams that participate in the NSL shall be eligible to play in the NCS or Presidents Cup. (State Cup is governed by a different set of rules and policies.)

3. **Administration**

- 3.1 The Nevada State League Competitions Committee shall be under the direction of the NYSA Program Manager who shall appoint a designee as the Nevada State League Competitions Committee Chairperson.
- 3.2 The Competitions Committee shall be appointed by the Competitions Committee Chairperson and confirmed by the NYSA Board of Directors
- 3.3 The Competition Chairperson shall appoint a maximum of five (5), but no less than three (3) representatives to the Nevada State League Competitions Committee. Committee members shall represent the diversity of the participants of the league. Members are appointed each seasonal year.
- 3.4 The NYSA Nevada State League Competitions Committee shall have the authority to rule on any matter pertaining to this competition and rules.

4. **Team Eligibility**

- 4.1 A team entering the NYSA Nevada State League shall meet the following eligibility requirements:
 - a. The team must be properly registered and rostered players, coaches and administrators (as defined by the rules of USYS and NYSA 5:03:02). No team may register a player not residing within NYSA territory to its roster without prior written permission from the NYSA President and the home State or National Association of the player.
 - b. Effective for the 2024/2025 season there must be at least one USSF D Licensed, or higher, coach actively engaged and present at all games with the team listed on the NSL roster. One individual cannot satisfy this requirement for more than three



(3) NSL registered teams (State Cup USSF D License requirements are effective for 2023/2024).

- c. The team and its affiliate members must be in financial and disciplinary good standing with NYSA and must be in compliance with rules of USYS and NYSA.
- d. A team's application may be denied by the Competitions Committee if a similar team or club name is utilized by another accepted team or club.
- e. A team may not roster any player rostered during the NYSA Roster Freeze Period to another team, unless a written request stating the reason for this action has been made to and approved by the NSL Competitions Committee on the required NYSA form (Waiver Form found in GotSport).
- f. "Rostering" means assignment of a registered player to a team.
- g. Every team shall have a maximum Team roster and Game roster (Per NYSA Rules) as follows:

Year/Age Group	Team Roster Max	Game Roster Max	Game Roster Min
*9U-10U	14	14	5
11U-12U	16	16	6
13U-14U	18	18	7
15U-19U	22	18	7

*Spring 23/24

- h. The team must submit its printed game roster to the referee crew for check-in no less than fifteen (15) minutes prior to each scheduled NSL game. Every player listed on the game roster must also present a current and matching NYSA player card to be eligible to participate in the game. NO EXCEPTIONS.
- i. Teams must register in the NSL in the age group in which the team was originally registered for the current seasonal year.
- j. Teams must enter the NSL no later than advertised deadlines. All entries must be recorded and paid in full by the advertised deadline. Acceptance to the NSL after this deadline is at the discretion of the NSL Competitions Committee.
- k. Teams agree to play, without complaint, wherever they are assigned to play after the final approved schedule has been published.
- l. Submission of the NSL Team Registration Application is the team and representative's acceptance and compliance with the included requirements. An electronic submission will be considered to have been signed, the same as a paper entry, once the electronic entry has been posted to the NSL.
- m. All changes to team roster, adds, transfers, etc., including electronically posted changes to NSL entries made via GotSport must be made prior to the official Competitive League Roster Freeze date.



- n. **The NSL reserves the right to refuse entry to any team/club/ coach or team administrator suspended, not risk management approved, or with a history of disciplinary sanctions.**

5. **Player Eligibility**

- 5.1 Players must be properly registered to their team in order to participate in the NSL. No guest or loan players are permitted; these players will be considered ineligible players.
- 5.2 A player may play for only one team entered in the NSL during a seasonal year, except for players utilizing a Club Pass.
- 5.3 A player may play up a maximum of two (2) age groups. Any other larger age gap requires the approval of the Competitions Committee. Players may not play down from the age group they are currently eligible for.
- 5.4 A player who has been suspended from any affiliated or sanctioned league, tournament or match may play only after the player's term of suspension has been served.
- 5.5 Forfeited/canceled games will not count as served games. Only official games will be counted as served games.
- 5.6 Handwritten player names on a game roster are NOT permitted or considered eligible to play. A player card will not be accepted in lieu of the official roster.
- 5.7 Any game played with handwritten players names will not count as an official game, will be deemed a forfeit, and may be subject to disciplinary review.**
- 5.8 Rostered team officials are responsible for the player passes and maintaining the game roster. Lost or missing passes will not be considered as an excuse on game day. Lost or missing passes can be replaced at the NYSA office during business hours for \$10 per pass.**

6. **Form of Competition**

- 6.1 NSL competition shall offer the following age groups for boys and girls: U9, U10, U11, U12, U13, U14, U15, U16, U17, U18, and U19.
- 6.2 U15-U19 will start their season after the high school season ends.
- 6.3 *NSL shall cover the following tiers (play levels):*
 - 6.3.1 *Tier 1* - Advanced play level; are usually divisioned as gold level teams and above, at outside competitions/tournaments.
 - 6.3.2 *Tier 2* - Moderate play level; are usually divisioned as silver level teams and above, at outside competitions/tournaments



6.4 The Competitions Committee may choose to consolidate or eliminate age groups and/or tiers if there is a lack of teams registered for a respective age group. The Competitions Committee may alter the bracket size and/or league competition format for any age. Based on demand the Competitions Committee has the flexibility of creating additional tiers. The Competitions Committee reserves the right to move registered teams up or down tiers depending on historical team results in an effort to maintain fair and balanced competition.

6.5 8U teams or younger will not be accepted into the NSL.

6.6 NSL competition shall be a league format of complete round robin. The playoff teams will be seeded according to final bracket standings. The top three or four formats will be determined at the discretion of the NSL Competitions Committee.

6.7 Regular season round robin games may end in a tie.

6.8 *Playoff Games*

1. All semifinal games ending in a tie at the end of regulation time will go straight to penalty kicks.

6.9 *Championship Games*

1. U9 to U10 Championship games ending in a tie at the end of regulation time will go straight to kicks from the mark.

2. 11U to 14U Championship games ending in a tie at the end of regulation time will play overtime for two 10-minute halves. If the game is still tied after overtime periods, teams will go straight to kicks from the mark.

3. 15U to 19U Championship games ending in a tie at the end of regulation time will play two overtime 15-minute halves. If the game is still tied after overtime periods, teams will go straight to kicks from the mark.

4. If a championship game could not be played or completed due to unforeseeable circumstances (i.e. unsafe weather conditions, acts of God, etc.), the game will be rescheduled for a later date.

6.10 *Teams will be awarded points for games in regular league competition:*

Win = 3 Points

Tie = 1 Point

Loss = 0 Points

6.11 *If more than two (2) teams are tied at the end of the round, including the regular season competition or playoffs, the circuit shall use the following tiebreaker rules in order:*

1. Head-to-Head Competition



2. Goal Differential. Maximum is four (4) goals per game.
3. Most wins
4. Goals Against
5. Goals For
6. Most Shutouts
7. FIFA Penalty Kicks
- 6.12 Teams shall be notified of the final league schedule at least one week prior to their first game.

7. Precedence of Games

- 7.1 NSL scheduled games shall take precedence over all other NYSA sanctioned tournaments or competitions.

8. Playing Rules

- 8.1 NYSA/USYS/USSF Rules apply except as modified below:

8.2 *Game Length:*

<u>Age Group</u>	<u>Game Length</u>	<u>Format</u>	<u>Heading</u>
9U	Two (2) 25 min. halves	7v7	NO
10U	Two (2) 25 min. halves	7v7	NO
11U	Two (2) 30 min. halves	9v9	YES
12U	Two (2) 30 min. halves	9v9	YES
13U	Two (2) 35 min. halves	11v11	YES
14U	Two (2) 35 min. halves	11v11	YES
U15	Two (2) 40 min. halves	11v11	YES
16U	Two (2) 40 min. halves	11v11	YES
17U	Two (2) 45 min. Halves	11v11	YES
18U	Two (2) 45 min. Halves	11v11	YES
19U	Two (2) 45 min. Halves	11v11	YES

1. During the regular season teams playing in a combined age bracket will play the game length of the older age group.
2. Teams playing in a combined age group may register/club pass players that are age appropriate to the team, not the bracket.

- 8.3 *Referee Fees:* Three man referee system will be utilized for U11 through U19. U9 to U10 games will utilize a one referee crew.



1. Referee fees will be included and paid from the team registration and will be based on the total games scheduled.
3. The referee per game rates will be published two (2) weeks prior to the start of the season.
4. If a 3-man referee crew does not show up for the game, the entire game may be played with a 2-man crew.
5. If a team is playing up in age group or an older combined bracket, the referee rate of the older age group shall apply.
6. Anything not disclosed in the rules will be subject to review by the NSL Committee.

8.4 *Substitutions*

1. Unlimited player substitutions at the discretion of the referee.

8.5 *Ball Size*

1. U9 to U12 age groups shall use a size 4 soccer ball.
2. U13 and older age groups shall use a size 5 soccer ball.
3. Each **team** must provide at least two (2) game balls for each match.

8.6 *Uniform*

1. All team and administrator uniforms may feature sponsor logos. Uniforms that feature any logos or trademarks that promote tobacco, hard liquor, and adult content or offensive in nature are prohibited. Teams with questions may submit their uniforms to the Competitions Committee Chairman prior to the season for review and approval. Failure to comply with this rule may result in a fine and or forfeiture of games.
2. Authentic and replica professional (domestic or international) soccer team uniforms featuring team sponsor's logos are permitted.

8.7 *Equipment*

1. No unsafe knee braces. No "hard casts" or metal cleats are allowed. Shin guards must be worn and covered by socks. The referee is responsible for rule enforcement and the final authority for on-field decisions.

8.8 *Team Responsibilities*

1. Home/Visiting teams are responsible for picking up trash on their half of the field after a game. Failure to dispose of trash will result in a minimum fine of \$150 for each offense. Repeat offenders will be sent to the NSL Committee for additional disciplinary sanctions.



2. Teams that arrive at a sideline that has not been cleaned are responsible for documenting and reporting this to the Committee. Failure to report this may result in a fine being placed on this team.
3. Game roster home team shall change to an alternate color jersey if colors conflict with the visiting team jersey per the referees discretion.
4. South, West are the visiting sideline. Home is North, East.
5. NSL sidelines will sit to the left of their team bench.

8.9 *Coaching from the sidelines.*

1. All divisions shall coach from their technical area only. Spectators shall refrain from providing coaching instruction from the sideline during the game. Coaching should be left to the rostered officials.
2. Team administrators, players and spectators shall position themselves no less than five (5) feet from the field sidelines in order to avoid interference with the assistant referee.

8.10 *NYSA Player/Coach/Administrator Cards*

1. All Player and Administrator Cards must be official NYSA Member Cards with a photo. Cards must be signed by the NYSA State Registrar.
2. Players must have a current medical release form with a parent/guardian's signature at each game. Forms shall be provided to the referee or competition representative upon request. Medical releases are required for all age groups and divisions.
3. The licensed coach must have a current NYSA ID Card. In the event a coach is dismissed, a carded, rostered and present team official, may take over the match.

8.11 *Game Roster/Match Reports and Results*

1. Each team will supply at least one copy of the official match report to the referee prior to the game. The match reports shall be downloaded and printed by each team prior to their scheduled match to ensure the most current game rosters.
2. Teams that do not present a referee with at least one printed game roster will be fined \$50.00 per game occurrence.
3. Teams that do not provide player jersey numbers online will be fined \$50.00 for first violation. Subsequent violations may result in a game forfeit.
4. Jersey numbers **may not** be handwritten to the game roster.
5. Players without jersey numbers on the roster and corresponding uniform are not allowed to play, unless otherwise approved by an official NSL representative.
6. The head coach or team manager is responsible for final verification of team goal scorers, cards and signing the official match report prior to leaving the field. Teams



may post their final game results via the NSL GotSport online competition manager within 24 hours of the completion of their match. Any final game results discrepancies will be resolved based on the official referee match report. Goal(s) scored or cards awarded on the match report will not be changed after the coach or manager has signed the official match report.

7. If match reports are not collected in person by NYSA front office staff, the referee and/or competition official shall email and ground mail the official match reports and supplemental report to League Coordinator within 24 hours after the game. The match report shall contain the official record of all goal scorers, cautions, ejections, injuries, team administrator signature and other pertinent match information. The referee may attach an additional USSF referee supplemental report to the match report. The match reports are the final official record of the NSL and NYSA.
8. The match report sent by the referee, referee association and/or competition official will be deemed the official NSL game report.

8.12 *Club Pass*. Teams are allowed to roster a maximum of three (3) players per week using the Club Pass option during the season and playoffs. Players must be properly registered and rostered onto the team roster using the competition's online system.

1. Competitive players will only be able to roster up one (1) age group (i.e. U11 player will only be able to play as high as U12) with a NYSA Play Up Policy (3:08:02J)
2. Both teams and players must be properly registered in the NSL in order to qualify for a Club Pass.
3. Players are permitted to play with another club team from within their same organization in the same age group.

8.13 *Season*. League play shall commence in September for U9-U14 age groups. U15-U19 will commence after the high school soccer regular season is completed, and may conclude by mid-February. The primary day for play is Saturday. Weekday or Sunday games will be scheduled as approved by the Competitions Committee.

8.14 The *Team Roster Freeze* date will take place seven (7) days before competition commences at (11:59pm). The Competitions Committee will publish these dates. Players added to the team roster after this date are ineligible for the remainder of the NSL regular season and postseason games.



8.15 *ID Cards*. Referees must return all ID cards to the respective coaches following the match except when there is a Referee Assault or for Violent Conduct violation on the field. The team manager and/or head coach have equal responsibility in making the effort to collect their cards. NYSA is not responsible for any lost/stolen ID cards.

8.16 *CONDUCT/SUSPENSIONS/DISCIPLINARY ACTION*

1. COACHES AND TEAM ADMINISTRATORS ARE RESPONSIBLE FOR ALL PLAYER/PARENT/SPECTATOR CONDUCT ON THEIR SIDELINE.
2. All NYSA, USYS and USSF policies apply to this sanctioned league. Participants should review and familiarize themselves with the rules and codes of conduct.
3. The safety of all participants and maintaining an atmosphere of good sportsmanship is the responsibility of all NYSA members (players, team officials and administrators), referees and spectators. All bench players, team officials and spectators are prohibited from stepping onto the field during a game or, as permitted by the referee.
4. Any member player, administrator or team official promoting violence, enticing team dissent or in general violation will be brought before NSL Competitions Committee for disciplinary action subject to NYSA and USYS Disciplinary Guidelines and Procedures.
5. Any disciplinary sanctions specified in the NSL rules cannot be appealed. If sanctions also violate NYSA and USYS policies, the conduct will be sent to the NYSA Disciplinary Committee for further review and sanctions.
6. Any member who instigates violence that leads to harming an opponent, spectator, official, referee or teammate, in addition to any action defined above, may be subject to criminal prosecution. This type of conduct will not be tolerated and will be pursued by NYSA and the NSL Competitions Committee.

7. *Yellow Cards*.

- a. Any player, coach or administrator of the team/club receiving a yellow card (caution) during a game shall be noted by the referee in the official match report.
- b. Any player, coach or administrator of the team receiving a second yellow card in the same game, shall be suspended for the remainder of that game and the team's next scheduled game.
- c. Any player, coach or administrator of the team accumulating four (4) yellow cards will be suspended for one game, their next NSL scheduled game, as determined by the Competitions Committee. Once the one game suspension is served, the count of yellow cards is reset to zero (0). A second offense of the "four yellow card" rule, during the same season, will result in a minimum two (2) game/week suspension.



- d. Any outstanding game suspensions received during the regular season shall be served in the postseason or subsequent season.
 - e. All yellow cards accumulated during the regular season will be cleared for postseason play and the following season.
8. *Red Cards.*
- a. Any player, coach, administrator or spectator receiving a red card or sent off by the referee, must leave the field of play and shall be suspended for the remainder of that game, any next game or one week as determined by the Competitions Committee. Red cards and suspensions will be posted for public viewing on the NSL competition website.
 - b. Any player, coach, administrator or spectator of a team receiving a red card or sent off for Violent Conduct (**See Appendix: Definitions**) violation shall serve a minimum of a two-game suspension or greater as determined by the NSL Competitions Committee. Additional disciplinary action may be taken by the NYSA DPA Committee.
 - c. **Any player receiving a red card may not play as a Club Player until their suspension has been served; this includes games scheduled the same match day and/or weekend. Furthermore, a player may not use the Club Pass to serve any game suspension(s).**
 - d. Any player, coach, administrator or spectator receiving a second red card or sent off during the season will be required to attend a NSL Competitions Committee hearing.
 - e. Any outstanding game suspensions received during the regular season shall be served in the postseason or subsequent season.
 - f. Any unserved or uncleared player or administrator game suspensions shall be served in the following active NSL season.
 - g. **Players, team administrators or spectators ejected or receiving a red card shall be suspended for a minimum of one (1) game/week. The NSL Competitions committee will review each case individually and make the final suspension determination**
 - h. The team head coach and team manager shall be responsible for enforcing player, administrator and spectator disciplinary actions or game suspensions. **A team head coach will be suspended a minimum of two games for playing a suspended/ineligible player.**
 - i. **Immediate, if two or more violations may result in league expulsion, the coach, and or the team.**



8.17 *Forfeits.*

1. A team that does not field a minimum number of rostered players per the bracket age group (on the official game roster) **and a properly NYSA licensed credentialed coach** after the fifteen (15) minute grace period from the scheduled start time will officially forfeit their game. The game will appear as a loss (0-1, 0 points).
2. Once a forfeit game is official, the referee may not referee a friendly game. If both teams fail to field a team, the final result will be a forfeit for both teams.
3. Any team that does not appear for their scheduled game will be scored as 0-1 forfeit loss.
4. Any team with two (2) forfeits will result in immediate disqualification and withdrawal from the competition. In addition, the team shall forfeit all team registration fees and will be placed in bad standing with the league. Additional disciplinary action against the team administrator(s) and the club shall be pursued by the Competitions Committee and presented to the NYSA Discipline Committee.
5. Any player/team found responsible for promoting violence, instigation, or enticing a team disturbance, causing the referee to suspend play prior to the completion of regulation time, will forfeit the (0-1) game, even if the team is winning the game at the time of the incident. If both teams are found to be equally at fault in the suspension of a game, then both teams will receive a forfeit (0-1) loss. All such incidents will be reviewed by the NSL Competitions Committee for additional disciplinary action.
6. Any suspended or disqualified team will forfeit all scheduled games with a score of (0-1) until the suspension is fully served.
7. Any team forfeiting a game will be fined \$250, additional fines or penalties may be awarded.

8.18 *Teams Dropped or Withdrawn from Competition*

1. If a team withdraws once the season has begun, the team will be suspended from future NSL competitions. All official games played up to this point will be either scored as 1-0 forfeits or removed (no game), depending on the revised game schedule. The final decision will be made by the Competitions Committee.

8.19 *Play Formats*

1. The 9U and 10U divisions will play the 7v7 format of play.
2. The 11U and 12U divisions will play the 9v9 format of play.
3. The 13U and higher division will play 11v11 format of play.
4. The 9U- 11U age brackets may be refereed by one-man referee crew during the regular season, and with a three-man referee system during playoffs.



9. Protests

- 9.1 If a coach deems it necessary to protest a game because of misapplication of FIFA LAW, not a judgment call, the coach must notify the center referee of the intent to protest within 15 minutes of the commencement of the game, write a brief statement on the match report card and a separate written protest to the Competitions Committee.
- 9.2 Protests must be submitted in writing within twenty-four (24) hours from the conclusion of the match to the NSL Competitions Committee.
- 9.3 A \$100.00 protest fee is required in the form of a certified bank check at the time the protest is submitted.
- 9.4 A one page explanation of the protest, including citation of the FIFA, NYSA or NSL rule, the protesting team feels was misapplied.
- 9.5 The Competitions Committee representatives will review the written protest and make a final determination or hold a hearing.
- 9.6 No judgment call protests will be accepted.

10. Appeals

- 10.1 Application of discipline as written in the Nevada State League Rules may not be appealed.
 - 10.2 NSL Violations of NYSA Policy will be sent to the NYSA Discipline, Protest and Appeals Committee (DPA) for further review. Additional disciplinary actions per NYSA will follow the disciplinary process in Section 7 of the NYSA policies.
 - 10.3 The NSL will refer all assaults, player, coach, referee and spectator, other player violations, and falsification of document cases directly to the NYSA DPA Committee.
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11. **Match Fixing:** Teams failing to compete in the spirit of the competition and/or involved in Match Fixing a NSL game is subject to immediate game forfeiture and disqualification from the competition. These reported incidents will be forwarded to the NYSA Discipline, Protest and Appeals Committee (DPA) Committee for further review where the head coach and team administrators may be subject to additional disciplinary action.



12. Plea of Ignorance

- 12.1 Any claim of ignorance to these rules and regulations shall not be grounds for protest or appeal.

13. Cancellation Policy

- 13.1 Teams that withdraw their team application on or before **three weeks before the advertised start date** in writing, will receive a refund, minus a \$300.00 application processing fee.
- 13.2 Teams that withdraw their team application after **three weeks before the advertised start date**, in writing, will forfeit their team registration fees.
- 13.3 Teams that withdraw or are dropped by the Competitions Committee after the published schedule shall forfeit their full team registration fees.

14. Pre-Season Mandatory Meeting

- 14.1 **All participating teams are required to have a coach or team administrator attend a mandatory pre-season team manager meeting. Failure to attend this meeting will result in a \$75.00 team fine.**

15. Rule Changes

- 15.1 The NSL Competitions Committee may revise the rules and regulations at anytime during the regular and or postseason and shall notify teams in writing via electronic email and or by publishing rule changes on its website.



16. Appendix: Definitions

Except as otherwise noted, the following definitions apply to the NSL.

Administrator or Coach – A properly registered, licensed, and risk managed NYSA Coach or Administrator listed on the official Team Roster and has an NYSA Coach pass.

Club– Two (2) or more teams that form an organization under a singular name and registered under the same NYSA Affiliate Member.

Club Pass – The opportunity for teams competing in the NSL to temporarily roster an age-appropriate player from a team within the same club, actively participating in NSL to participate in a regular season. Players may be club-passed from a lower tier to a higher tier, but cannot be passed down.

Disqualification – A team ruled ineligible and officially withdrawn from the competition.

Ineligible Player – A player not properly registered to a team, on the game roster, or serving disciplinary action.

Match Report – The list of registered and active players and administrators who appear on the match game roster and are eligible to participate in a scheduled game.

No Show – A team that does not appear for their scheduled game, and fails to notify the Competition Committee and their opponent in advance.

Roster Freeze Date - The date in which teams may no longer roster new players to the Game Roster for participation in the NSL.

Team Roster – The list of registered players and administrators on a team, either active or inactive players.

Violent Conduct - A player, coach, parent or spectator is guilty of physical aggression (including, but not limited to, spitting, or other unseemly acts, on or at another person; striking or attempting to strike another player, team official or spectator; unlawfully entering the field of play to engage in an on-field altercation) towards an opponent, when they are not contesting for the ball or towards any other person (a teammate, team administrator, referee, assistant referee or a spectator), the ball can be in or out of play. The aggression can occur either on or off the field of play, before, during and after the game.



Suspension (Coach or Administrator) - A cessation of participation in all game related activities for the duration of the suspension. This includes being within sight and sound of the field, before, during and after, on which the game the suspension is being served for, is playing on.

Suspension (Player) - A player receiving a red card may remain on the team bench for the duration of the game. The player may dress in street clothes and sit on the team bench while serving the suspension.

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