



**NORTHERN
SUBURBS
FOOTBALL**
EST. 1957

WHAT SHOULD I DO WHEN I AM SENT OFF?

If you are sent from the field during or immediately after the conclusion of the match your team manager should approach the referee after the match and ask the referee what you are being charged with.

The referee should give you a code number from R1 to R7 (see list at end of document).

Do not ask the referee what you are required to do next. The referee is not QUALIFIED to advise you on what your next course of action is.

Following is a summary of your next step:

- If you are sent from the field for R4, R5 or R7, you are automatically suspended for one (1) match. There is no appeal against a suspension for these offences unless you can prove mistaken identity.
- If you are sent from the field for R1 or R2, you will be automatically suspended for 2 to 4 matches depending on the severity of the offence. However, you can elect to challenge the automatic suspension by attending the next P. & D. hearing. **You will not receive a citing notice at this point.**
- If you do not attend the next P & D hearing the committee will either:
 - a) Apply the mandatory suspension as per the regulations. There is no appeal in this case, or
 - b) Cite you to appear at the following P & D hearing if they determine that the offence is of a more serious nature. At this point, you will receive a citing notice.
- If you are sent off for R3 or R6 you **must** attend the next P. & D. meeting. **You will not receive a citing notice before the meeting.** If you fail to attend you will be cited to appear at the next P. & D meeting and you must stand down from all matches played before you appear.

Please note:

- Every player sent from the field must miss any match played before the next P. & D. hearing.
- If a player is sent off for R4, R5 or R7 in a tournament match (e.g. NSFA Cup; President's Shield) the suspension must be served in the next match in that tournament, provided your team is still in the tournament. If your team was knocked out of the tournament, the suspension must be served in your next competition match.
- The full procedure can be found in Section 4.6 of NSFA Regulation 4 – Discipline and Grievance, which can be found on the [NSFA website](#).
- **It is your responsibility to comply with the regulations when sent from the field. This includes asking your club secretary for advice, He or she can then contact the NSFA office if they cannot answer your question.**

SEND OFF OFFENCES

- R1 - The player is guilty of serious foul play;
- R2 - The player is guilty of violent conduct;
- R3 - The player spits at an opponent or any other person;
- R4 - The player denies the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goal keeper within his/her penalty area);
- R5 - The player denies an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick (unless as outlined in note below)
- R6 - The player uses offensive, insulting or abusive language and/or gestures;
- R7 - The player receives a second caution in the same match.

CD	OFFENCE	ACTION	MINIMUM	MAXIMUM
R1	Serious Foul Play			
A	Serious foul play tackle or challenge	Mandatory	MMS	24 months ²
		Subsequent Offence	MMS + 1 Fixture	
B	Attempting to gain possession of the ball using excessive force	Mandatory	MMS + 1 Fixture	24 months ²
		Subsequent Offence	MMS + 2 Fixtures	
C	Conduct that endangers the safety of an opponent in a contest for the ball or has the potential to cause injury.	Mandatory	MMS + 2 Fixtures	24 months ²
		Subsequent Offence	MMS + 3 Fixtures	
D	Conduct causing minor injury	Mandatory	MMS + 4 Fixtures	24 months ²
		Subsequent Offence	MMS + 5 Fixtures	
E	Conduct causing serious injury	Mandatory	MMS + 6 Fixtures	24 months ²
		Subsequent Offence	MMS + 10 Fixtures	
R2	Violent Conduct			
A	Excessive Force	Mandatory	MMS	24 months ²
		Subsequent Offence	MMS + 1 Fixture	
B	Violent Conduct	Mandatory	MMS + 3 Fixtures	24 months ²
		Subsequent Offence	MMS + 5 Fixtures	
C	Serious and/or premeditated violent conduct	Cited	MMS + 6 Fixtures	24 months ²
		Subsequent Offence	MMS + 8 Fixtures	
D	Serious violent conduct that has caused bodily harm or responsibility for a Melee	Cited	MMS + 12 Fixtures	24 months ²
		Subsequent Offence	MMS + 20 Fixtures	
R3	Biting or spitting at someone			
A	Spitting at or towards an opponent or any other person	Cited	MMS + 4 Fixtures	24 months ²
		Subsequent Offence	MMS + 8 Fixtures	
B	Spitting on, or biting, an opponent or any other person	Cited	MMS + 8 Fixtures	24 months ²
		Subsequent Offence	MMS + 16 Fixtures	
R4	Denying the opposing team, a goal, or an obvious goal scoring	Mandatory	MMS	MMS
		Subsequent Offence	MMS	

	opportunity by deliberately handling the ball (except a goalkeeper within his/her penalty area)			
R5	Denying an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick	Mandatory	MMS	MMS
		Subsequent Offence	MMS	
R6	Using offensive, insulting, abusive or intimidating language and/or gestures			
A	Using offensive, insulting, or abusive language and/or gestures in frustration	Cited	MMS	24 months ²
		Subsequent Offence	MMS + 1 Fixture	
B	Using offensive, insulting, or abusive language and/or gestures in frustration at or towards another person	Cited	MMS + 1 Fixture	24 months ²
		Subsequent Offence	MMS + 3 Fixtures	
C	Incitement to violence, or repeated use of offensive language directed at or towards another person	Cited	MMS + 4 Fixtures	24 months ²
		Subsequent Offence	MMS + 8 Fixtures	
D	Threatening or intimidating language and/or conduct directed at or towards another person	Cited	MMS + 4 Fixtures	24 months ²
		Subsequent Offence	MMS + 8 Fixtures	
E	Use of discriminatory, homophobic, racist, religious, or sexist language and/or gestures.	Cited	MMS + 6 Fixtures	24 months ²
		Subsequent Offence	MMS + 14 Fixtures	
F	Threat of physical violence directed at or towards another person or their family or property	Cited	MMS + 8 Fixtures	24 months ²
		Subsequent Offence	MMS + 16 Fixtures	
R7	Receiving a second caution in the same Match	Mandatory	MMS	MMS
		Subsequent Offence	MMS	