



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 ([CLICK HERE TO SEE THE TABLE OF OFFENCES](#)).

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 1 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. Damian Miles 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.

[CLICK HERE TO VIEW THE TABLE OF OFFENCES \(MINIMUM AND MAXIMUM SANCTIONS\)](#)