

EXHIBIT A – CAUTIONABLE (YELLOW CARD) AND SEND-OFF (RED CARD) OFFENSES

A player who commits a cautionable or sending-off offense, either on or off the field of play, whether directed towards an opponent, a team-mate, the referee, an assistant referee or any other person will be disciplined according to the nature of the offence committed.

CAUTIONABLE (YELLOW CARD) OFFENSES:

Unsporting Behavior:

- commits a “reckless” foul for the purpose of interfering or breaking up a “play”
- holds an opponent to prevent the opponent from getting the ball
- handles the ball to prevent the opponent from gaining possession or developing a “play”
- handles the ball in an attempt to score a goal
- attempt to deceive the referee by faking injury or pretending to have been fouled
- verbally distracts an opponent during play or at the restart
- acts in a manner which shows lack of respect for the game.

Dissent by word or action:

- verbally or non-verbally abusing the referee, the referee’s assistants, any other players or any other person; i.e. any offensive (cursing) language or body language will not be tolerated. **If a player receives two (2) yellow cards in the same match for this offense they will receive a FOUR (4) WEEK SUSPENSION and will not be allowed to play in any league game for four weeks.**

Persistent infringement of the laws of the game;

Delaying the restart of play;

Failure to respect the required distance when play is restarted with a corner kick, free kick or throw-in;

Entering or re-entering the field of play without the referee’s permission;

Deliberately leaving the field of play without the referee’s permission.

A PLAYER RECEIVING TWO (2) YELLOW CARDS IN THE SAME MATCH WILL BE RED CARDED AND MUST SIT OUT THE NEXT GAME; EXCEPT AS NOTED ABOVE. A PLAYER ACCUMULATING FIVE (5) YELLOW CARDS DURING THE SEASON MUST SIT OUT THE NEXT GAME. A PLAYER ACCUMULATING SEVEN (7) YELLOW CARDS WILL BE PUT ON PROBATION (a).

SENDING-OFF (RED CARD) OFFENSES:

Serious foul play: **TWO (2) GAME SUSPENSION**

- a player is guilty of serious foul play if they use excessive force or brutality against an opponent when challenging for the ball when it is in play
- a tackle that endangers the safety of an opponent must be sanctioned as serious foul play
- any player that lunges at an opponent in challenging for the ball from the front, side or from behind using one or both legs, with excessive force and endangers the safety of an opponent is guilty of serious foul play

Violent conduct: **MINIMUM FOUR (4) WEEK SUSPENSION (not allowed to play in any league games for a minimum of four weeks); PLUS PAY A \$50 FINE. They will also be put on probation (a).**

- a player is guilty of violent conduct if they use excessive force or brutality against an opponent when not challenging for the ball
- they are also guilty of violent conduct if they use excessive force or brutality against a team-mate, spectator, match official or any other person
- violent conduct may occur either on the field of play or outside its boundaries, whether the ball is in play or not

PLAYERS RECEIVING TWO (2) VIOLENT CONDUCT RED CARDS IN ANY SEASON WILL BE SUSPENDED FOR THE REMAINDER OF THAT SEASON, INCLUDING "X" NUMBER OF WEEKS IN THE FOLLOWING SEASON; PLUS THEY MUST PAY A \$50 FINE BEFORE PLAYING AGAIN.

Spitting at an opponent or any other person – **SIX (6) WEEK SUSPENSION (not allowed to play in any league game for six weeks).**

Denying the opposing team a goal or an obvious goalscoring opportunity by deliberately handling the ball – **TWO (2) GAME SUSPENSION.**

Denying an obvious goalscoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or penalty kick – **TWO (2) GAME SUSPENSION.**

Using offensive, insulting (**RACIAL**) or abusive language and or gestures that implies or threatens physical harm (**1**) towards the referee, referee's assistants or any other players or persons, that in the referee's opinion (or if witnessed by a GCASL official) is serious enough to warrant a straight red card – **SIX (6) WEEK SUSPENSION (not allowed to play in any league games for six weeks).**

Receiving a second caution in the same match – **ONE (1) GAME SUSPENSION UNLESS OTHERWISE NOTED.**

A PLAYER RECEIVING A **SECOND** NON-VIOLENT RED CARD SUSPENSION (INCLUDING THE FIVE YELLOW RULE) IN ONE SEASON WILL RESULT IN A \$50 FINE AND DOUBLE THE AMOUNT OF THE SUSPENSION TIME FOR THE SECOND OFFENSE. A **THIRD** SUSPENSION IN ONE SEASON WILL RESULT IN THE PLAYER BEING FINED ANOTHER \$50 AND SUSPENDED FOR TRIPLE THE AMOUNT OF THE SUSPENSION TIME OR FOR THE REMAINDER OF THE SEASON, PLUS THE SUSPENSION WILL CARRY OVER TO THE FOLLOWING SEASON.

THE BOTTOM LINE HERE IS IF YOU HAVE ANGER ISSUE'S OR CANNOT CONTROL YOURSELF WE DON'T WANT YOU PLAYING IN THIS LEAGUE.

- (1) Anyone threatening to kill somebody before, during or after a game will be suspended for a minimum of one year. The league takes these threats very seriously and whether you are just joking or not you will be suspended.
- (a) A player put on probation means that if they receive another red card or double yellow combination, their suspension will be for double the time they normally would get. Players on probation may also be suspended for the season or longer if their behavior does not improve.

The following changes were approved by the General Council at the GCASL AGM on August 30, 2012.

If a player is red carded for “**attacking**” a match official, another player or anyone for that matter they will receive a twelve (12) month suspension; or longer if the Appeals Committee determines the conduct warrants a longer suspension. The definition of attacking is when a player deliberately goes after another player or players with the intent to cause harm.

The act of defending oneself against an attacking player, players will not be punished unless that player then becomes the **aggressor** and **attacks** the attacking player or another player or players. The definition of defending is doing whatever you can to protect yourself, within reason and without malice.

Team brawls will not be tolerated. If players leave their bench to **attack** an opposing player or players, that team or both teams will be suspended for twelve (12) months.

Players that leave their bench are subject to receiving red cards, even if they say they were trying to protect their players (breaking up an altercation).

Teams that receive five (5) or more cards in one game will be fined \$50, which must be paid before the team can play in another league game.

A player who accumulates seven (7) yellow cards or two red cards during the course of a season will be fined \$50, which must be paid before they can play in another league game. This is in addition to sitting out one game for accumulating five (5) yellow cards.

Referees will be held accountable for their games. Teams will have the opportunity to grade their referee after each game. League Directors will review the game reports and note any trends that maybe occurring with a particular referee. Results will be discussed with the Referee Assignor.