

FOLLOW THE PROCEDURE SET FORTH IN THE R&P MANUAL.

This is to certify the following sit-out

Person Serving Sit-out \_\_\_\_\_  
Only one person per card

Age/Division \_\_\_\_\_

Club Name \_\_\_\_\_

Team Name \_\_\_\_\_

Team Number \_\_\_\_\_

Date sit-out served \_\_\_\_\_

Game Number \_\_\_\_\_

Opponent Club Name \_\_\_\_\_

Opponent Team Number \_\_\_\_\_

This sit-out is in response to (circle one only):

1. Red Card Ejection of \_\_\_\_\_  
Date \_\_\_\_\_ Game # \_\_\_\_\_

2. Accumulated Points \_\_\_\_\_

3. R&D Disciplinary \_\_\_\_\_

\_\_\_\_\_  
Sit-out team coach/manager      Signature

\_\_\_\_\_  
Printed Sit-out team officials name

\_\_\_\_\_  
Opponent team coach/manager      Signature

\_\_\_\_\_  
Printed opponent team officials name

**NOTE:** Do not give this card to the referee

\*If mailing to league, make sure to retain a copy for your records.

SCAN/EMAIL TO RDCHAIRMAN@NCSL-SOCCER.COM WITHIN 24 HOURS • SCAN/EMAIL TO RDCHAIRMAN@NCSL-SOCCER.COM WITHIN 24 HOURS

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