MSI SIT-OUT FORM

For each sit-out required of a player or coach the team coach must print this card, fill in the information requested, present it to the opposing coach for his/her signature **at the following game,** and mail, e-mail, or deliver it to the MSI office within 48 hours of the sit-out.

Failure to submit a sit-out card on time will result in referral to the Rules and Discipline Committee for further action.

THIS IS TO CERTIFY THE FOLLOWING SIT-OUT:

Red-Carded Player/Coach Name _____

Jersey Number _____

Age Group _____

Date sit-out served _____

THIS SIT-OUT IS IN RESPONSE TO: *(MARK ONLY ONE)*

- ◯ Red Card Ejection on _____ *Date* _____ *Field*
- ◯ Accumulated Points
- ◯ Rules & Discipline Committee Action

SIGNATURES:

Sit-out team
Coach/manager ▶ *Signature* _____ | *Printed name* _____

Opposing team
Coach/manager ▶ *Signature* _____ | *Printed name* _____

Note: Do not give this card to the referee
Please retain a copy and mail within 48 hours of the sit-out