



PLAYER/COACH/TEAM OFFICIAL SIT OUT VERIFICATION FORM DO NOT LEAVE THIS FORM WITH THE REFEREE OR OPPOSING COACHES



In accordance with Oklahoma Soccer recreational and competitive leagues' policies and procedures, any player sent off and any team official dismissed shall be suspended for their next sanctioned match. This form is a record of the coach/team official/player suspension for the league and must be filled out completely. Both the referee and coach/manager need to verify compliance of offending coach/player.

Check the league/division for which this sit out form applies:

Recreational

Competitive

INSTRUCTIONS: This form must be completed and sent to OSA office if the person named is to receive credit for the suspension. It must be received within 72 hours of completing the suspension. Failure to comply may result in additional suspension plus additional sanction.

PLAYER SIT OUT: A player serving a sit out may stay in his/her team's technical area. They may not participate in the match in anyway and they must not cause any disruptions.

TEAM OFFICIAL SIT OUT: A team official serving a sit out may NOT be within sight or sound of the match. The team official may not participate in any pre-match or post-match activities.

PLAYER/COACH/TEAM OFFICIAL INFORMATION - PLEASE PRINT INFORMATION except Signature line

Name: \_\_\_\_\_  
First Middle Last  
Roster Number Gender Age Group  
Club

Date of Send Off: \_\_\_\_\_

Date of Sit Out: \_\_\_\_\_

Scan and Email Completed form:

Recreational: [rashondaoksoccer.com](http://rashondaoksoccer.com)

Competitive: [pauletta@oksoccer.com](mailto:pauletta@oksoccer.com)

Coach/Manager: \_\_\_\_\_  
Printed

Coach/Manager: \_\_\_\_\_  
Signature

Club/Team: \_\_\_\_\_

REFEREE SIGNATURE REQUIRED

Opponent Team: \_\_\_\_\_ This form requires the signature of the duly assigned referee of the sit out match. No other person is authorized to complete a valid sit out form.

Referee: \_\_\_\_\_  
Printed

Referee: \_\_\_\_\_  
Signature