

## **FOS Yellow & Red Card Rules for Upper Divisions**

May 28, 2025

Affected Divisions: Freedom Park in Fall – Grades 5/6, 7/8, HS; Springfield in Spring – 6/7/8

In an effort to curb aggressive and repeated behaviors on the field of play, FOS has adopted new policies regarding yellow and red cards.

- A player who receives a yellow card must be substituted out for a minimum of 2 minutes, then may return to the game.
- Players or coaches who receive yellow cards in successive games will result in a one-game suspension. Yellow cards will be tracked by the referees, and coaches will be reminded of players on yellow cards at the start of the next game.
  - Suspensions from successive yellow cards will carry over from the regular season into playoffs.
- Players or coaches who receive a red card must immediately leave the field area completely. The player or coach may not remain on the bench or spectator sideline. The team will play down for the remainder of that game.
  - The player or coach receiving the red card is also suspended from the following game, with the potential for a longer suspension depending on the severity of the infraction. The FOS Executive Board will review the situation and determine the appropriate consequence.
  - Suspensions due to red cards will carry over from the regular season into playoffs and All-Star games.