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, fax, 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:

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Red-Carded Player/Coach Name			
Jersey Number	Age Group		
Date sit-out served			
This sit-out is in response to: (circle one only)			
1. Red Card Ejection on		date	
2. Accumulated Points		field	
3. Rules & Discipline Committee Action			
Sit-out team coach/manager Signature		Printed N	ame
Opposing team coach/manager Signature		Printed N	 ame

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