



SAM Soccer Sit Out Form

For each sit out required of a player or coach, the team coach or manager must print this form, fill in the information requested, present it to the opposing coach or manager for his/her signature at the following game, and mail, email, fax or deliver it to the SAM office within 48 hours of the completion of the game. Failure to submit a sit-out form on time may result in referral to the SAM League for possible further action.

This is to certify the following sit-out:

Red-Carded Player/Coach/Spectator Name _____

Team _____

Rec or Select (circle)

Age Group _____

Jersey Number (player) _____

Date sit-out served _____

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

1. Red Card Ejection on _____ (date) at _____ (field)

2. League Rules & Discipline Action

Signature of Sit Out Team Coach/Manager

Printed Name

Signature of Opposing Team Coach/Manager

Printed Name

Note: Do not give this form to the referee. Please retain a copy and return to SAM within 48 hours of the sit-out. Form can be emailed to msfforms@mdsoccerplex.org or faxed to 301.540.4276.