

INFRACTIONS AND PUNISHMENT IN THE ASAP

Should there be any difference between the French and English versions of this document, the French version prevails.

Ignorance of the rules does not in any way justify not abiding by the rules.

The Discipline Committee is made up of members of the Executive of the ASAP. The Committee ensures that all tasks related to discipline are performed according to the by-laws related to discipline. The Committee is in charge of its internal organization. It can consult the referee of the game, the captains of the teams, and all other persons who it judges can provide pertinent information.

If required, the Discipline Committee has the authority to decide on any situation that may not have been anticipated or any other article of these rules that are open to interpretation.

A player affected by a decision may appeal. A written notice must be sent by mail to the ASAP within ten (10) working days of the date that the Discipline Committee transmitted its decision. A short email message indicating that the player intends to appeal the decision must also be sent to the ASAP.

In order for the Discipline Committee to meet again to assess the appeal, the notice of the appeal must identify those who were involved, as well as a clear, precise and comprehensible summary of the reason of the appeal outlining the principal points that the appellant believes are erroneous, as well as the arguments that support the appellant's claims.

The personal responsibility of a member of the Discipline Committee or of the Appeal Committee, as well as any actions performed by or taken by the members of these committees as part of their functions, cannot be called into question.

BLUE CARDS

Article 1- Anyone who criticizes a decision of the referee or does not conform to his decision in a sporting manner shall automatically receive a blue card. He must leave the field for a period of five minutes. A second blue card will result in the player's expulsion for a period of ten minutes. A third infraction will result in a yellow card. During the player's absence, the team will not be short a player nor otherwise penalized.

YELLOW CARDS

Article 2- Anyone who receives two (2) yellow cards during the same game is automatically suspended for the subsequent game.

Article 3- A player is automatically penalized with a game suspension by accumulating three (3) yellow cards, without taking into consideration Article 2. An accumulation of five (5) yellow cards results in an automatic suspension of three (3) games. A sixth yellow card results in an indefinite suspension until an appearance before the Discipline Committee. The player at fault is liable to receive a suspension for the rest of the season.

RED CARDS

When a player receives a red card, his team plays with one less player for only 15 minutes. Obviously, the player at fault is expelled from the field and will be subject to the consequences outlined in the rule.

Article 4- Anyone who receives a red card during a game is automatically suspended for the subsequent game.

Article 5- Anyone who receives two red cards in the same season is automatically suspended for a minimum of five games.

Article 6- Anyone who uses obscene language, gestures or actions is liable to a maximum punishment of a five-game suspension.

Article 7- Anyone involved in a situation outlined in this Article 7 is suspended until he is brought before the Discipline Committee. It is possible that a suspension of a maximum of ten years be imposed.

7-1 Anyone who is physically abusive or is guilty of violence towards any person is suspended until he is brought before the Discipline Committee. As a minimum, this person is automatically suspended for at least five games.

7-2 Anyone who hits an opposing player, more specifically with his foot, his fists, his arms, or other, is suspended until he is brought before the Discipline Committee. He is automatically suspended for a minimum of one season.

7-3 Anyone who spits or attempts to spit on an opposing player is suspended until he is brought before the Discipline Committee. He is automatically suspended for a minimum of ten games.

7-4 Anyone who refuses to leave the game after being expelled by the referee is suspended until he is brought before the Discipline Committee. He is automatically suspended for a minimum of five games.

7-5 Anyone who swears or uses obscene language or makes obscene gestures to the referee is suspended until he is brought before the Discipline Committee. He is automatically suspended for a minimum of ten games

7-6 Anyone who is expelled by the referee and who is off the field but continues to insult, or make offensive allegations or verbal threats of a personal nature towards the referee is suspended until he is brought before the Discipline Committee. He is automatically suspended for a minimum of ten games.

7-7 Anyone who injures, spits on, pushes, shoves, attempts to or causes injuries or attempts to or uses physical or verbal violence towards a referee is suspended until he is brought before the Discipline Committee. He is automatically suspended for a minimum of five years.

Article 8- Suspended games are considered as games played.

This document has been inspired by the rules and regulations of the ARLSL, the ARSC and the FQS.

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