

Summary of Time Penalties and Sanctions

Rule 3 Cards and Sanctions				
Offence	Card + Sanction	Time Penalty	Any relief?	
Too many players (team penalty)	Blue	2:00	Yes	
Changing places with goalkeeper without permission (both players)	Yellow + Caution	2:00	Yes	
Rule 4 Cards and Sanctions				
Offence	Card + Sanction	Time Penalty	Any relief?	
Returning to field after equipment issue without referee's permission	Yellow + Caution	2:00	Yes	
Rule 8 Cards and Sanctions				
Offence	Card + Sanction	Time Penalty	Any relief?	
Taking more than 5 seconds to put the ball in play when required	Blue	2:00	Yes	

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Rule 12 Cards and Sanctions				
Offence	Card + Sanction	Time Penalty	Any relief?	
Delaying the restart of play by a time count violation	Blue	2:00	Yes	Yes
Failure to respect the required distance when play is restarted with any kick	Blue	2:00	Yes	Yes
Spitting on the field of play	Yellow + Caution	2:00	Yes	Yes
Any Rule 12 'Free Kick' offence, (1-7, penal) committed in a manner considered by the referee to be reckless. (Unsporting behavior)	Yellow + Caution	2:00	Yes	Yes
'Holds an opponent', to prevent the opponent from gaining possession of the ball or taking up an advantageous position	Yellow + Caution	2:00	Yes	Yes
'Handles the ball deliberately' - to prevent an opponent gaining possession	Yellow + Caution	2:00	Yes	Yes
'Handles the ball deliberately' - in an attempt to score a goal	Yellow + Caution	2:00	Yes	Yes
All existing 'cautionable' offences, with the exception of - 'assessed a 3rd minor misconduct penalty', which will be removed.	Yellow + Caution	2:00	Yes	Yes
All existing 'sending-off offences, with the exception of 'receives a second caution in the same match'	Red + Send Off	5:00	No	No
'Receives a second caution in the same match'	Red + Send Off	2:00	No	No