Penalty Time for all cards = 2 minutes

Yellow card – player will be released/penalty time ends if opponent scores

Red card – non-releasable, must serve full 2 minutes.

All carded players must serve their penalty time in the Penalty Area directly in front of the scorer’s table at the rear of the substitution area. They must sit or kneel.

Coaches must remain outside the Penalty Area. If a carded player needs medical attention, medical staff may enter the Penalty Area to check on or treat the player. After notifying scorer’s table personnel, medical staff may also move the player to the team bench area to continue treatment.

**Two yellow cards, one to each team:** If a player from each team receives a yellow card at the same time/during the same stoppage of play, any release will depend on which team scores a goal. Only the player from the team not scoring will be released should a goal be scored during penalty time.

**Two players from same team, each with a yellow card:** If two players from the same team each receive a yellow card at the same time/during the same stoppage of play they will serve concurrent penalties. They will be released together should the other team score a goal before the end of the two minute penalty.

**One player, two yellow cards on same play:** If one player receives two yellow cards during the same play/stoppage of play she will serve consecutive 2 minute penalties in the penalty area. Penalty number one will be over after two minutes or if the opposing team scores during the penalty time. The second penalty will begin once the original time is over, either because the full two minutes has expired or because the opposing team has scored a goal. If the opposing team scores a goal during the second penalty the player will be released.

**Red card, then yellow card to players on same team:** A player receiving a red card will not be released if a goal scores nor will any other player from her team be released if multiple players are in the Penalty Area. If another goal is scored then a yellow carded teammate may be released but the red carded player would remain to finish her two minute penalty.

**Red card or second yellow to one player:** A player receiving a red card or a second yellow card must enter the penalty area to serve the two minute penalty. The red carded player will serve the full two minutes. The player who receives a second yellow card will be released if the opposing team scores. When the penalty is over the player must return to her team bench area and may not reenter the game. The team may substitute another player for the player who has been ejected/suspended.
**Goalkeeper carded, second goalie available:** If the goalkeeper is carded and the team has a second dressed goalkeeper who will enter the game, by rule the coach must remove a field player to serve the two minute penalty. In this instance both the carded goalkeeper and the field player who has been removed will enter the Penalty Area. They will both remain there until the penalty time is over or they are released (no release on red card).

**Goalkeeper carded, no second goalie:** If the goalkeeper is yellow carded but the team has no second dressed goalkeeper, the goalie will be allowed to remain in the game. The coach must remove a field player to serve the two minute penalty.

**Goalkeeper red card, second yellow card:** If the goalkeeper receives a second yellow card or a red card she will be removed from the game and enter the Penalty Area. The team may substitute another goalkeeper, and the coach must designate another player who must leave the field and enter the Penalty Area. Both players will remain there until the penalty time is over or they are released (no release on red card).

**Early Re-Entry:** The head coach will NOT be assessed a card. The player who originally received the card will return to the penalty area to serve the remainder of her penalty time. Should the opposing team score a goal during this time the original penalty will be considered complete. This player will also serve an additional two minute penalty though no additional card will be administered. The added two minutes will begin once the original time is over, either because the full two minutes has expired or because the opposing team has scored a goal. If the opposing team scores a goal during the added two minutes the player will be released.