

**PENALTY NOTICE FOLLOWING RCRF or DO**

1. This form is to be completed following the issue of a Red Card the reporting of a Match day Misconduct Offence (MMO) or in conclusion to a Disrepute Offence.
2. This form is notification of the penalty imposed on the Offender by the relevant Disciplinary Body.
3. The Offender must serve the first 16 days suspension, beginning on the day of the offence that is automatically imposed following the issue of a Red Card or the commission of a MMO.
4. Where the penalty imposed is more than 16 days suspension, the Offender may Appeal. An Appeal Notice must be received by the relevant Appeal Body not later than 8 days after this form was sent, and should be sent with the appropriate deposit.

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| 1. Full name of Offender |  | 2. Name of Offender’s club or affiliated body |
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| 3. Date of Offence: |  | 4. Category of offence. Also indicate if this is a Red Card Match day Misconduct Offence or Disrepute Offence. |
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| 5. Previous Red Cards or MMOs in last 12 months (if any) with dates and penalty imposed |  | 6. Date Minimum Mandatory Penalty imposed (including first 16 days) |
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| 7. Total Penalty, ie Number of Days |  | 8. Dates of total penalty imposed  (including any breaks in suspension) |
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| 9. Succinct reasons for decision |  |  |
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| 10. Appeal Body with name and address of person to which any Appeal Notice must be sent by the Offender |  | 11. Appropriate Deposit  (including to whom cheques are payable) |
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| 12. Date by which any Appeal Notice must be received by the Appeal Body |  |  |
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| 13. Name |  | 14. Signed |
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| 15. Issuing Body |  | 16. Date |
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Copies of this form and the relevant Red Card Report Form should also be sent to the relevant County & Regional Disciplinary Administrators, England Hockey ([stephen.barlow@englandhockey.co.uk](mailto:stephen.barlow@englandhockey.co.uk)) and the National Disciplinary Officer ([discipline@englandhockey.co.uk](mailto:discipline@englandhockey.co.uk))