**7-3b Time Suspension,**

**where a player or official is suspended with a time penalty the following outlines that suspension.**

**(a) A Time Suspension affects a Participant's participation in both eleven-a-side football and futsal, regardless of whether the infringement was committed in an eleven-a-side football or futsal Match.**

**(b) Upon issuing a Time Suspension, the Executive or a Body must provide a start date for the Suspension.**

**(c) It in the case of a Time Suspension, some or all of the suspension coincides with any non-playing period(s), then such non-playing period(s) must not be counted towards the satisfaction of that suspension, unless the Executive or a Body determines otherwise.**

**(d) Unless the Executive or a Body determines otherwise, but subject always to section 15.5(a) of FNSW regulations, a Participant issued with a Time Suspension is ineligible to participate in all Football Related Activities for the duration of the Suspension.**

**(e) Football Related Activities include, but are not limited to:**

**i. taking to the Field of Play (or court) as a Player or Official in any match or competition sanctioned or administered by Football NSW, Clubs, Centres, Association Members, Branches, Regional Associations or their clubs;**

**ii. taking a position as a coach or acting as a coach, Team Official or Club Official in any match or competition sanctioned or administered by Football NSW, Clubs, Centres, Association Members, Branches, Regional Associations or their clubs, ( in the case of a coach, this includes providing or attempting to provide coaching instructions or engaging or attempting to engage a third party to relay coaching instructions;**

**iii. entering the Field of Play (or court), its surrounds, the Technical Area, players race, dressing rooms or any other place within a venue on a match day where players, coaches or Officials are likely to assemble to prepare for a match;**

**iv. taking part as a player, coach, Team Official or Club Official in any training session conducted by or for a team or club participating in any matches or competitions sanctioned or administered by Football NSW, Clubs, Centres, Association Members, Branches, Regional Associations or their clubs;**

**V. acting in any way as a Team Official, Club Official or Association Member Official, including, but not limited to, participating in or carrying on any function as a member of a committee, sub-committee or board of directors (whether paid, voluntary or honorary) at any level (to the extent such a restraint is permissible by law);**

**vi. having any contact with the Host Broadcaster or any other media where the purpose of such contact is for it to be electronically broadcast to the public, including (but not limited to) participating in any post-match press conference and participating in television or radio interviews;**

**vii. attending any function or event coordinated, conducted or sanctioned by Football NSW; and/or**

**viii. entering a stadium, venue, ground or Centre during any match, competition or training**

**session sanctioned or administered by Football NSW, Clubs, Centres, Association Members, Branches, Regional Associations or their clubs.**