Violent conduct is defined as the commission of a violent act against an opponent, official, spectator, teammate or other individual(s) when in or out of play. A player or coach is guilty of violent conduct if he/she uses excessive force or brutality against an opponent when not in the play. He/she is also guilty of violent conduct if he/she uses excessive force or brutality against a teammate, spectator, official or any other person. Violent conduct may occur either on the field of play or outside its boundaries, whether the person is in play or not.

Abusive language is defined as harsh or insulting language or profanity directed towards another individual.

An ejection due to violent conduct by a player or a coach or abusive language by a coach shall result in a suspension equal to twenty percent (20%) of the number of allowable contests for that sport as indicated below.

<table>
<thead>
<tr>
<th>Number of Contests allowed/season:</th>
<th>Number of outings/contests suspended:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 – 7</td>
<td>1</td>
</tr>
<tr>
<td>8 – 11</td>
<td>2</td>
</tr>
<tr>
<td>12 – 15</td>
<td>3</td>
</tr>
<tr>
<td>16 – 20</td>
<td>4</td>
</tr>
</tbody>
</table>

**Baseball**
- Striking, Kicking, Kneeing
- Fighting

**Volleyball**
- Striking an Opponent (on report as Violent Conduct)
- Fighting (on report as Violent Conduct)

**Basketball**
- Striking, Kicking, Kneeing (4-19-4)
- Fighting (10-4-8)

**Wrestling**
- Flagrant Misconduct before/after competition (5-12)
- Biting (5-12-2c)

**Football**
- Illegal Personal Contact (9-4-1; 9-4-2; 9-4-3j)

**All other Sports (GO, SW, TE, TR, XC):**
- Biting, Fighting, Kicking, Kneeing, Striking, Violent Conduct

**Soccer**
- Violent Conduct

**Softball**
- Fighting (3-6-19)