

Sin Bins

Temporary Dismissals - otherwise known as 'sin bins' - will become mandatory for matters of dissent across all of grassroots football from the 2019/20 season.



HOW DO YOU FIND YOURSELF IN THE SIN BIN?



Players will only go in to the sin bin for dissent cautions



For use of words or gestures questioning or undermining the ref's decisions



EXAMPLES OF DISSENT

- Shouting at the ref
- Questioning ref's ability
- Slamming the ball in to the ground
- Sarcastically clapping a decision

DURATION OF A SIN BIN



For matches of 90 minutes, players spend 10 minutes in the sin bin



For matches of all other lengths, players spend 8 minutes in the sin bin



If the sin bin period has not expired at the end of:

1st half: Continues into 2nd half
2nd half: Continues into extra time
Extra time: Player can participate in penalties

THE MATCH DAY PROCESS



Dissent



Dissent caution: Ref issues a yellow card and directs the player to the touchline



Player can't be substituted until period expires and not if all subs have been made



Whilst in the sin bin, if the player commits a yellow or red card offence they can't take any further part in the game and can't be substituted



If the player commits a 2nd dissent caution and has already been booked, they will take no further part in the game and can't be substituted



If the player commits a 2nd dissent caution and no other offences, they will receive a 2nd sin bin. After which they can't take any further part in the game but can be substituted



If the player commits a yellow card offence on the field of play in addition to a period in the sin bin, they will continue to play



Ref decides when player returns to play

FOUL AND ABUSIVE LANGUAGE IS STILL A RED CARD OFFENCE!