

SIN BINS

Temporary Dismissals - otherwise known as 'sin bins' - are mandatory for acts of dissent across all of grassroots football.

HOW DO YOU FIND YOURSELF IN THE SIN BIN?



Players will only go into the sin bin for dissent cautions



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



EXAMPLES OF DISSENT:

Shouting at the referee, questioning the referee's ability, slamming the ball into the ground and 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 the 2nd half
2nd half: Continues into extra time
Extra time: Players can participate in the penalty shoot out

THE MATCH DAY PROCESS



Dissent



Dissent caution: Referee issues a Yellow Card and directs the player to the touchline



Whilst in the sin bin, if the player commits a Yellow or Red Card offence they are sent off and can not be substituted



A player can only return to the field of play with the referee's permission at a stoppage in play



If a player receives a second Yellow Card for any type of offence, they will be shown a Red Card and dismissed from the field of play

Sin bins only apply to a player's first Yellow Card. If they receive a second Yellow Card they are dismissed from the field of play.

Offensive, insulting or abusive language and/or actions is still a Red Card offence!