

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



FOUL AND ABUSIVE LANGUAGE IS STILL A RED CARD OFFENCE!