Sin Bins





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



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

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

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!