**Mark Gearing, 45
Manager - St Neots Town Reserves [Kershaw Premier League], Cambridgeshire**“Having experienced temporary dismissals in play first-hand during a two-season long trial, I think the benefits are extremely important. Sin bins allow players to control other players within the team and also permits the managers to control situations when emotions are running high.”

“In one match an opposing player was sin binned for dissenting the referee. Until that point it was an evenly balanced match, however, during the dismissal we managed to press on and dominate resulting in us going on and winning the game. For the team, it highlighted the importance of having eleven players on the pitch. When sin bins were first introduced, we had four experiences of our players being sin binned. We reiterated the importance of the initiative and we haven’t had a single player sin binned since.”

“Respect is key within football so sin bins is a positive step for referees to take control of the game – nobody should attend a football match and witness dissent let alone experience it like many referees do. We’re a club who pride ourselves on our family supporters and sin bins helps us to create a more positive experience for all.”

**Benjamin Costello, 36
Manager - Easingwold Town AFC U19s [York & District County League], Yorkshire**“I was absolutely delighted to hear temporary dismissals were being introduced into the game as anything that can help to improve the atmosphere around grassroots football is a positive for me. From a coach’s perspective, referees have a near on impossible task keeping everyone happy so an initiative that helps to cuts down on the abuse they suffer is a good thing.”

“I’d definitely say that I felt a positive impact and found that the atmosphere of the vast majority of games was improved. My own team had a few players that liked to back chat to the referee, but it allowed me to instruct them that if they were sin binned then after the 10 minutes were up, I would substitute them for the remainder of the game. As a result, we did not have a single yellow card for dissent during the season – and that’s what I think the best thing about it is, it allows the player to make their own decisions.”

**Jon White, 28
Player - Beckenham Manor [Orpington & Bromley Division Two], Kent**

“There were a couple of occasions last season when our team was reduced to 10 men due to temporary dismissals. It disrupts your game plan and I remember one game we conceded two goals during that time. Off the back of that, some of the teammates had words with the dissenting player and he didn’t open his mouth for the rest of the season. It created a self-policing atmosphere in the dressing room where certain players have taken it on their shoulders to let other players know what the deal is and prevent a needless sin bin.

“I think there was a resistance from some teams initially, but they soon realised the positive impact of the rule change in reducing dissent. From my perspective, a temporary dismissal is far more costly than the previous rule of a yellow carded player incurring a £10 fine. With the introduction of sin bins, this is a bigger deterrent in disrespectful behaviour towards the referee.  I think it’s definitely the way forward for cutting out dissent within the game.”

**Mike Sullivan, 57
Referee – Kent County League Premier and Oprington and Bromley leagues.**

“Following the introduction of temporary dismissals, dissent dropped sharply and behaviour towards referees notably improved. In the games I have officiated, it is clear players are taking the sin bin rule seriously as I have never had to sin bin more than one player. Once the players understand that the onus is on them to stay out of the sin bin and that their actions have consequences on the pitch, the impact is extremely clear. The reaction from the players and managers in my league has been fantastic.

“The temporary dismissal rules gives us as referees another tool to impact discipline in the game at grassroots football and help cut out dissent. I referee as I enjoy the game and want to be involved, the introduction of sin bins improved the matchday experience for everyone involved - including referees.”