**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.

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**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

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**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

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**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

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

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**FOUL AND ABUSIVE LANGUAGE IS STILL A RED CARD OFFENCE!**