



Guidelines for Temporary Dismissals (Sin Bins) 2024/25

As part of the FA's commitment to tackling poor behaviour in the game and create a positive football environment, we have reviewed the Temporary Dismissal (Sin Bins) protocol and implemented significant change which we believe will make the protocol easier for our match officials to administer on a match day.

The change in protocol will now align with the standard cautioning and send off procedures for match officials. The issue of a yellow card for dissent by word or action will result in a sin bin, if the player receives a second caution whilst in the sin bin or when they return to the field of play, they will be sent off. This distinct change we believe will provide referees with a simplified tool to deal with dissent by issuing a temporary dismissal to players, thus playing a pivotal role in respect and fair play. In addition to the domestic change in the protocol IFAB have also amended their 2024/25 Laws of the Game which must also be followed, can be found here: <https://www.theifab.com/law-changes/latest/>

We trust that you will join us in promoting this positive step forward in tackling poor behaviour in the game and circulate this information to your match officials, leagues, and clubs. To assist in this, we have produced an updated Sin Bin Workshop, basic slide deck to support with league/club meetings and included sin bins in the FA Referee Course materials.

The FA Referees Department



Frequently Asked Questions.

So, what is a Temporary Dismissal?

Reference to temporary dismissals can be found within the Laws of the Game here: <https://www.theifab.com/laws/latest/guidelines-for-temporary-dismissals/>. The referee has the power to show yellow or red cards and, where competition rules permit, temporarily dismiss a player, from entering the field at the start of the match until after the match has ended, including during the half-time interval, extra time and penalties (penalty shoot-out). A temporary dismissal is when a player commits a cautionable (YC) offence and is punished by an immediate 'suspension' from participating in the next part of that match.

When are Temporary Dismissals used?

Temporary Dismissals will apply for C2 Offences – Dissent. All other cautionable offences are punished with a caution as normal (YC).

Is a Temporary Dismissal a yellow card?

Yes, the change in the FA protocol means that dissent by word or action will be sanctioned by a yellow card inline with Law 12, Fouls & Misconduct.

Who can receive a Temporary Dismissal?

Players only. Temporary dismissals apply to all players (including goalkeepers).

How does the referee indicate that a player has been Temporarily Dismissed (Sin Bin)?

The referee will indicate a temporary dismissal by showing a yellow card (YC) and then clearly pointing with both arms to the temporary dismissal area (usually the player's technical area).

Temporary Dismissal area

A temporarily dismissed player should remain within the technical area (where one exists) or with the team's coach/technical staff, unless 'warming up' (under the same conditions as a substitute).

The Temporary Dismissal period:

The length of the temporary dismissal is the same for all offences. The length of the Temporary Dismissal will be 10 minutes for a 90-minute game and 8 minutes for all others.

When does the Temporary Dismissal period start?

The temporary dismissal period begins when play restarts after the player has left the field of play. The referee should include in the temporary dismissal period any time 'lost' for a stoppage for which, 'Additional time' will be allowed at the end of the half (e.g., substitution, injury, time-wasting etc...)



When can a player return to the field of play?

Once the temporary dismissal period has been completed, the player can return from the touchline with the referee's permission, when the ball is next out of play. Providing the player has not committed any other offence punishable by a caution or send off.

What happens when a player who has received a yellow card for either an earlier offence or a subsequent offence after a temporary dismissal?

That player will receive a second yellow card and dismissed from the field of play. The offending team cannot replace a sent off player.