

Sin Bins (Temporary Dismissals)

2024/25

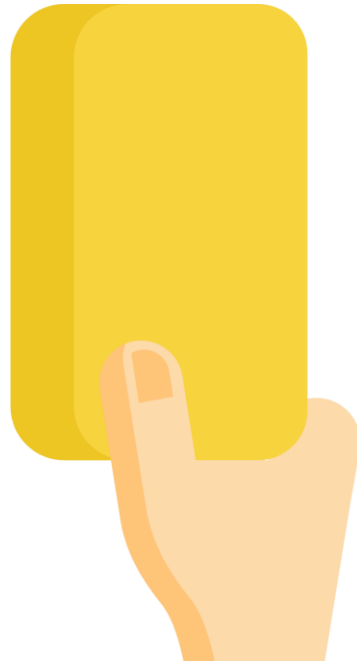


Progress Updates – Sin Bin Protocol

Caution 1	Caution 2	Caution 3	Can Be Substituted?
D	-	-	Y*
D	-	-	Y*
D	-	-	Y*
C	D	-	Y*
D	C	-	N
D	C	-	N
C	D	-	N
C	C	-	N

D = Default Other Cautionable Offences **Not Shown**
 * substitution only allowed after Sin Bin period has expired and provided the team has not used all permitted substitutions

Progress Updates – Sin Bin Protocol



8

or

10



Receives 2nd
caution = Red

Progress Updates – Sin Bin Protocol

Guidelines for temporary dismissals (sin bins) The guidelines have been revised and the main changes are as follows:

- To help manage temporary dismissals, a temporarily dismissed player can return to the field of play only during a stoppage after the end of the temporary dismissal period, i.e. not while the ball is in play
- If a temporary dismissal period is not completed at the end of the first half of extra time, it continues at the start of the second half of extra time (a temporary dismissal period cannot continue after the end of the second half of extra time, since temporary dismissals are not used in penalties (penalty shoot-out))