



Liverpool County FA – Sin Bin Guide For Dissent cautions only

Who?	Applies to Players only (Not substitutes or coaching staff)
How?	Referee signals by showing the yellow card & pointing to the touchline
Time?	Sin bin to last for 10 minutes in matches of 90 minute duration Sin bin to last for 8 minutes for all other matches The Sin Bin period commences when the referee restarts play after the Dissent offence Referee includes any lost time (i.e. injury or delay)
Offending Player?	Can warm up whilst in the Sin Bin Cannot be substituted until after the Sin Bin period has ended Can take part in a penalty shootout – even if the Sin Bin period has not expired (i.e. Extra Time) Must be in Sin Bin for 8 or 10 minutes (i.e. Sin Bin continues into the 2 nd half if required)
Other?	Referee has sole discretion as to when the offending player can return (play does not need to be stopped) If a player commits another yellow or red card offence whilst in the Sin Bin they cannot take any further part in the game & cannot be substituted