



TEMPORARY DISMISSALS MATCH DAY GUIDANCE *FOR CLUBS*

WHO?

Applies only to active players on field of play – not substitutes and coaching staff.



HOW?

Referee will take the name of the offending player. A yellow card will be issued and shown.



WHERE?

Referee will point to the touchline where the player must go – there will be no specific Sin Bin area.



IN THE SIN BIN

- The Sin Bin lasts for 10 minutes in matches of a 90 minute duration (8 minutes all other matches).
- The Sin Bin period only commences when the referee restarts play.
- Players in the Sin Bin **CANNOT** be substituted until their Sin Bin period has expired.
- Players in the Sin Bin **CAN** take part in a penalty shootout – even if the Sin Bin period has not expired.
- Players in the Sin Bin **CAN** still be cautioned for further offences.
- Players in the Sin Bin **CAN** warm-up.

END OF PERIOD

The referee is the sole arbitrator of time and as to when the player can return (ball can be in or out of play).



AFTER THE GAME

No admin fee will be charged for a dissent caution.



WHEN WILL SIN BINS BE USED?

- All Men's adults leagues at Step 5 and below.
- All Women's leagues at Step 5 and below.
- All Youth football.
- Cup Competitions at grassroots level.

FOR MORE INFORMATION, VISIT MIDDLESEXFA.COM