

Temporary Dismissals (Sin Bins)

2024/25



| Agenda

1. The Background
2. Where will it be used?
3. The Law
4. Match Day Process
5. FAQ's



Background

IFAB approved in March 2017 discretionary for National Associations to use a system for either:

- All cautions
- Selected cautions

The FA chose to use cautions for:

- **Dissent only**

Purpose:

- To support the RESPECT programme
- Decrease dissent and improve match experience
- Change behaviours

| Where will it be used?

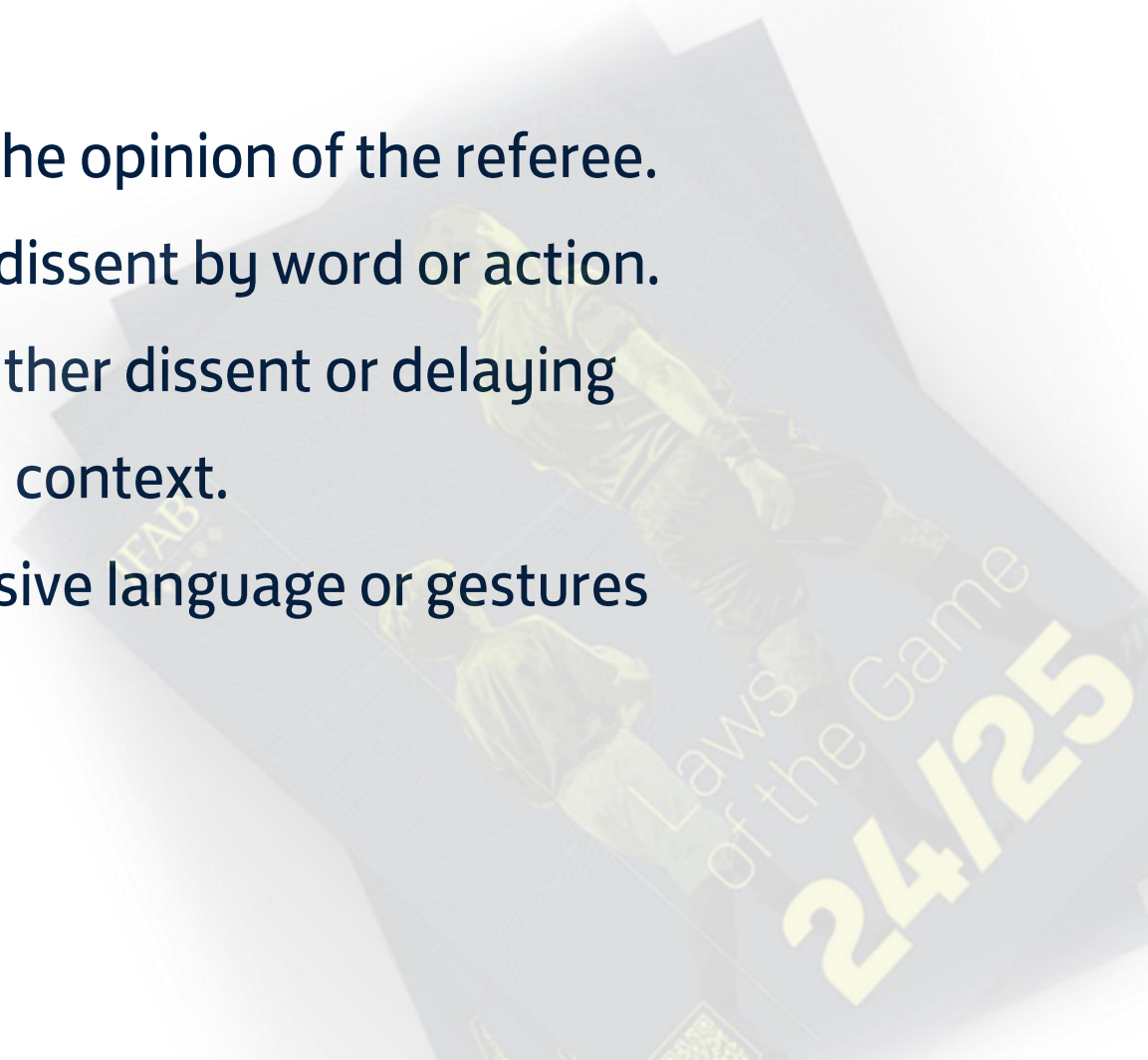
- Men's Step 5 and below
- Women's Tier 3 and below
- Includes all cup competitions in leagues in the grassroots game



What does Law state?

‘DISSENT BY WORD OR ACTION’

- Covered under Law 12 and is in the opinion of the referee.
- A player is cautioned if guilty of dissent by word or action.
- Kicking the ball away could be either dissent or delaying the restart of play depending on context.
- Using offensive, insulting or abusive language or gestures is not dissent!



| The Match Day Process

- All cautions for dissent **MUST** be dealt with by the Sin Bin protocol
- Applies to PLAYERS only and not substitutes or coaching staff
- Referee signals by issuing a yellow card in the normal way and pointing to the touchline, where the player must go

Match Day Process

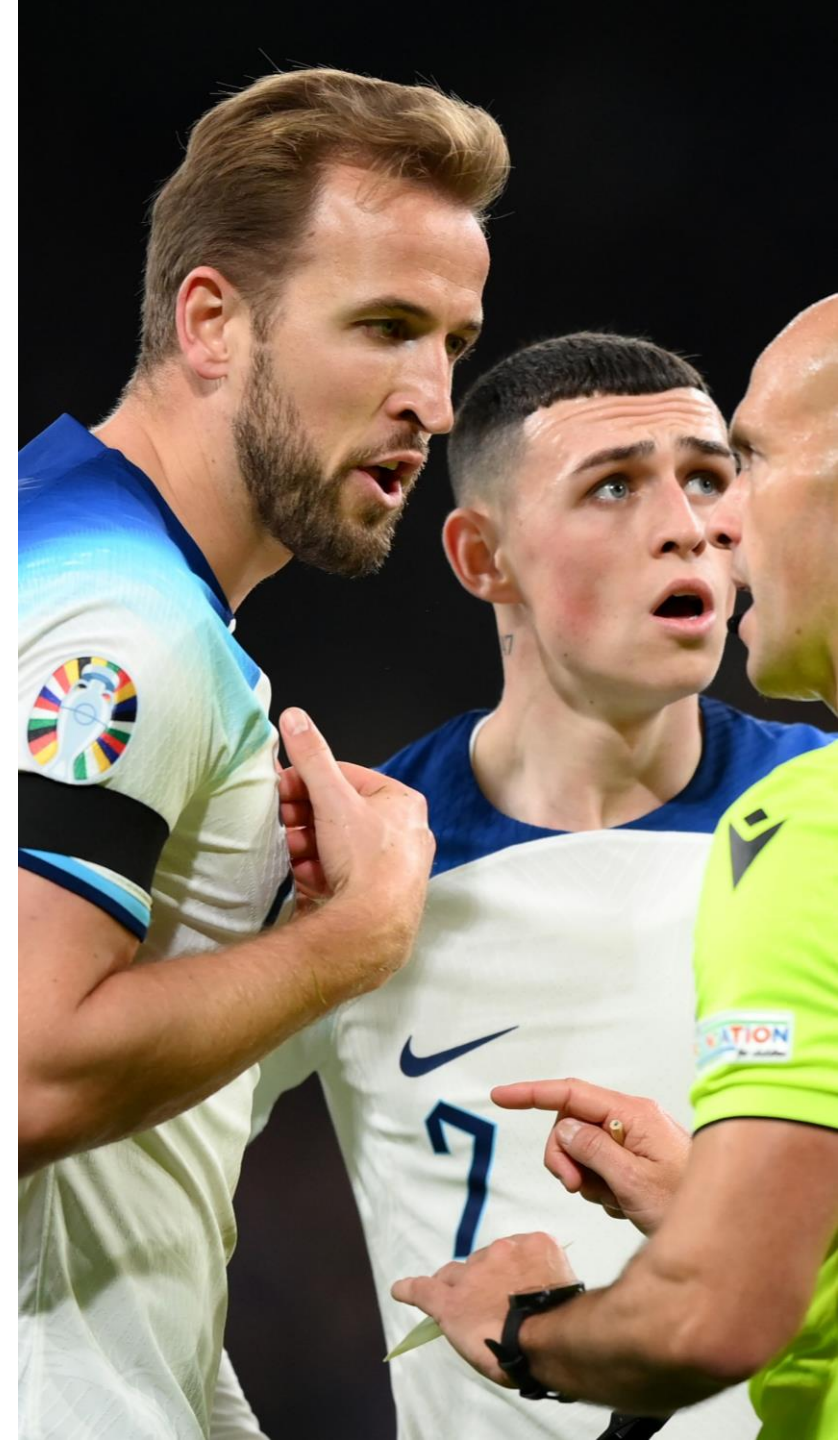


10 minutes for all matches of 90 minutes,
8 minutes for all other matches



No designated area

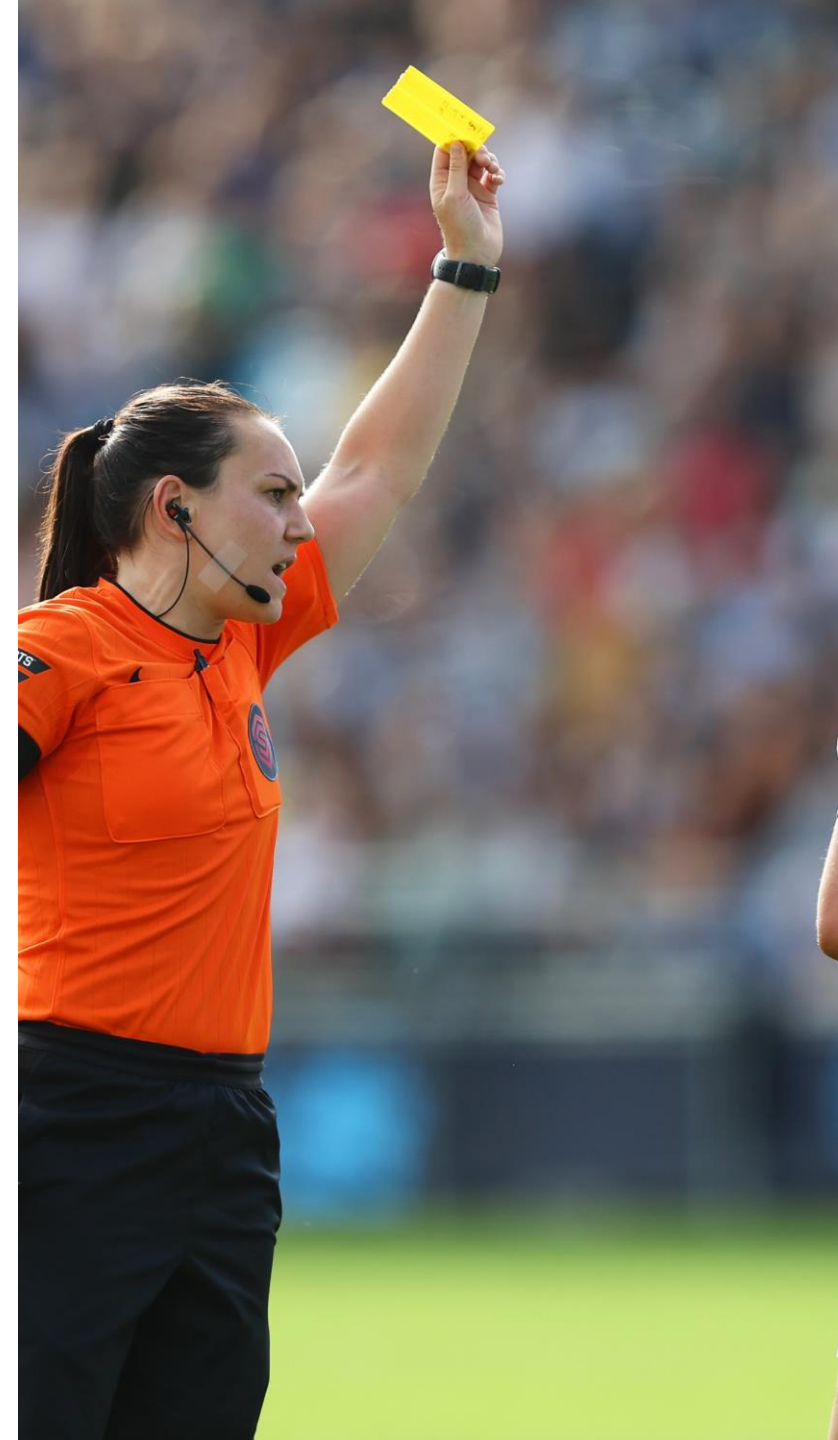
Preferred area: back to the technical area
with own team members



| Match Day Process

Sin Bin period is:

- The moment a player has been they will be sent to the Sin Bin following show of dissent.
- Period starts when the play restarts
- Referee includes any lost time



Match Day Process

- The referee has the final decision on when the player can return
- The player can only return at a stoppage of play.
- A player in the Sin Bin cannot be substituted until the period has expired and not at all if all substitutes have been used
- If the period has not expired at the end of the 1st half, it continues into the 2nd half or extra time (if being played)
- If it has not expired at the end of Extra Time and there are Penalty Kicks the player can participate



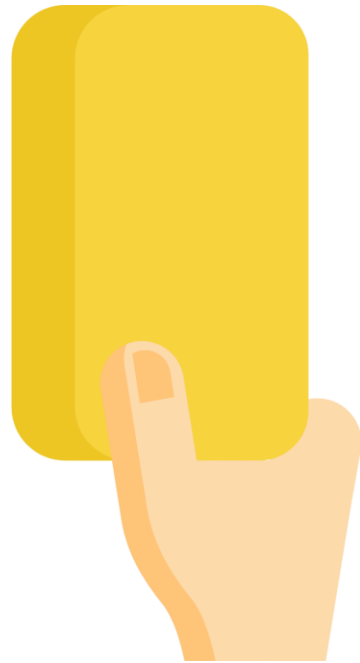
| Match Day Process

If the same player.....

1. Commits another yellow card or red card offence during the Sin Bin they cannot take any further part in the game and cannot be substituted.
2. Commits another yellow or red card offence once they return to the field of play, they are sent off and cannot be replaced.



Sin Bin protocol simplified



8 or 10



Receives 2nd
caution = Red

Sin Bin protocol simplified

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))

FAQ's

What happens if the team go down to less than 7 players because of the temporary dismissal?

The match will be abandoned in accordance with Law 3

Can a goalkeeper be sent to the Sin Bin?

Yes, the goalkeeper is no different to any other player, however the process to followed is slightly different as the teams must have a goalkeeper.

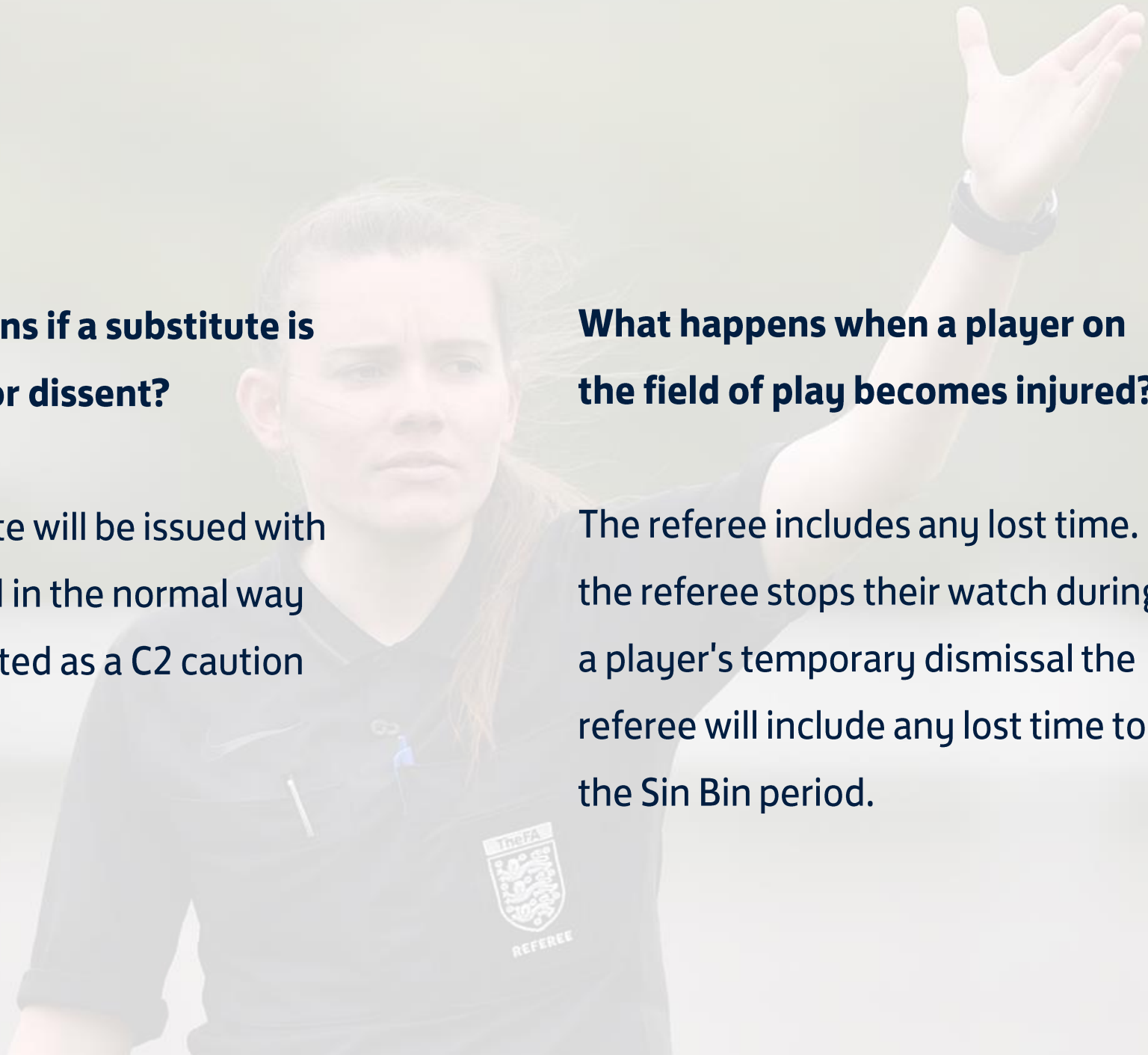
FAQ's

What happens if a substitute is cautioned for dissent?

The substitute will be issued with a yellow card in the normal way and be reported as a C2 caution for dissent.

What happens when a player on the field of play becomes injured?

The referee includes any lost time. If the referee stops their watch during a player's temporary dismissal the referee will include any lost time to the Sin Bin period.



FAQ's

What happens if the dissent caution is the second yellow card?

The player is shown the second yellow card and dismissed from the field of play. The offending team cannot replace the sent off player and continue the game with a player less.

Can a temporary dismissed player warm up?

Yes, we want to avoid player injuries and the purpose of the Sin Bin is to remove the player from play only. The competition rules must be applied for players warming up.