



League Information Guides

SEASON 2020-21

These guides provide quick summaries of the rules and processes covering how the League works and should be used in conjunction with the League Rules and Process Guides as detailed in the main League handbook

INFORMATION SOURCES

[League Website](#)

[FA Full-Time](#)

VERSION

v1.0 July 2020



Sin Bins (temporary dismissals)

Basic information

New for 2019-20. Will be in operation at all age groups.

What is a sin bin?

A temporary dismissal, for **dissent** only.

What is dissent?

Use of words or gestures questioning or undermining of the referee's decisions.

Examples of dissent.

Shouting at the referee, questioning the referee's ability, slamming the ball into the ground, sarcastically clapping a decision.

How long is a sin bin?

10 minutes, for matches of 90 minutes. 8 minutes, for matches of less than 90 minutes

If the sin bin period has not expired at the end of:

1st half: Continues into 2nd half

2nd half: Continues into extra time

Extra time: Player can participate in penalties

Match day process

Player commits dissent

Referee shows yellow card for dissent caution and directs player to touchline

[Note: there is no special sin bin area]

Player cannot be substituted until the period expires

The referee decides when the player returns to play

If the player commits a second dissent caution and no other offences, they will have a second sin bin, after which they take no further part in the match but can be substituted.

If the player commits a second dissent caution and has been cautioned already (non-dissent), they take no further part in the match and cannot be substituted.

Are sin bins tracked?

If a player receives a sin bin during a match, it must be recorded in the Match Statistics in Full-Time. Referees will also report sin bins as part of their post-match reporting.

Is there an disciplinary result of a sin bin?

For one sin bin in a match for a player, there is no post-match discipline but it is reported by the referee and counts towards a player/team/club tally of cautions, dismissals, etc.

For two sin bins in a match for a player, there is a fine and a one match suspension.