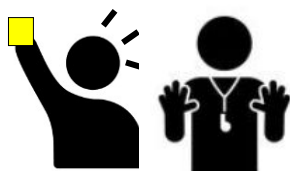


SIN BINS

Temporary Dismissals, also known as "sin-bins" are mandatory for acts of dissent across all community football.

PLAYERS ARE SIN BINNED IF:



A player receives a **yellow card** for dissent by word or action (1st offence only). *Sin bins are only applicable to players and not people in the technical area*



Dissent by words or actions is for use of words, gestures, and behaviour that shows a lack of respect for the game



EXAMPLES OF DISSENT:

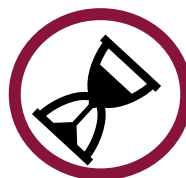
Shouting at a referee, questioning a referees ability, sarcastically clapping a decision, throwing the ball in anger, and mocking a TV review signal.



DURATION OF A SIN BIN:



For all competitive matches players spend 10 minutes in the Sin Bin



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

1st Half: Continues into the 2nd half

2nd Half: Continues into extra time.

Extra Time: Players can participate in a penalty shootout.



Use your Assistant Referees to help you monitor timekeeping. Make it clear to technical areas what time the player is allowed to return

THE MATCH DAY PROCESS:



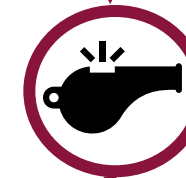
Dissent by word or action



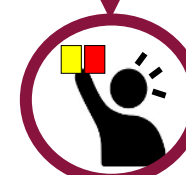
Dissent Caution: Referee issues a **yellow card** and directs the player to the sin bin area



Whilst in the sin bin, if the player commits another offence they are sent off and cannot be replaced



A player can only return to the field of play with the referees permission at a stoppage in play.



If a player receives a second **yellow card** for any offence (including dissent), they are then shown a **red card** and sent off

DISSENT| CONSIDERATIONS

The considerations for Dissent in the Laws of the Game are as follows. This guide should help you judge what requires a caution for dissent.



Does the player show dissent by protesting verbally (with words)?



Does the referee support their colleague following a reaction by a player to a decision made by an AR?



Does the player influence the referee to get an opposing player cautioned by waving an "imaginary card"?



Does the player show dissent by protesting non-verbally (by actions)?



Is the correct disciplinary sanction (**yellow card** or **red card**) applied?



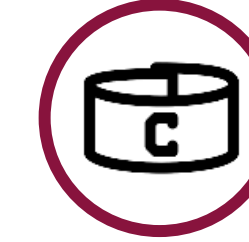
Does the player act in a manner that shows lack of respect for the game?



Does the referee correctly differentiate between frustration and dissent?



Could dissent have been avoided if the referee or AR had intervened quicker?



Does the captain of the team show dissent by protesting?

Sin Bins only apply to a players first **yellow card. If they receive a second **yellow card** they are dismissed from the field of play.**

Offensive, insulting or abusive language and/or actions is still a **red card offence!**