

FOOTBALL ASSOCIATION PROVIDE 'SIN BINS' GUIDANCE

Temporary Dismissals Introduced in Essex from 2019/20

Temporary dismissals, also known as 'Sin Bins', will be introduced across all levels of grassroots football in Essex from the start of the 2019/20 season following a successful pilot phase which saw a 38% reduction in dissent.

The mandatory rule change will be implemented up to Step 5 of the National League System and Tier 3 and below in women's football. Sin bins of ten minutes will be issued by referees as a sanction for dissent in adult football, and will apply to all levels of grassroots football. Shorter sin bins will apply across youth football.

The FA successfully piloted sin bins during 2017/18, extending this in 2018/19 as part of a commitment to improve the matchday experience for all. After gathering positive feedback from players, referees and coaches, sin bins will now be rolled out across all leagues at grassroots level in a bid to increase participation and improve experiences.

Mark Bullingham, The FA's Chief Executive Officer, said: "The introduction of sin bins is a positive step for grassroots football. They allow referees to address incidents of dissent quickly and effectively. Dissent is a key part of the game that needs to be tackled, and our pilot phase has proved that sin bins work well. The trial showed a huge impact on behaviour."

Brendan Walshe, Essex County FA Chief Executive, said: "Feedback from the sin bin pilots, some of which took place in Essex leagues, has been very positive and we're always keen to explore opportunities to increase participation and improve the matchday experience for all. It is our aim to reduce dissent in grassroots football, and sin bins play a huge part in this."

Results during the trial period showed a 38% total reduction in dissent across all participating leagues. Meanwhile, 72% of players, 77% of managers and coaches, and 84% of referees said they wanted to continue with sin bins after the trial period.

Sin bins will be indicated by the referee showing a yellow card and clearly pointing to the touchline. This will result in a temporary dismissal from the pitch, during which time the player is not allowed to be substituted or involved in the game in any way.

Unlike cautions, which will continue to be issued for unsporting behaviour and other offences, players will not be required to pay the £10 administration fee for a single temporary dismissal. A second temporary dismissal in a match will result in an exclusion from the game.

We've been training clubs and referees during the summer, while The FA have also launched an online portal for players, club officials and match officials designed to educate participants on the sin bins process ahead of the new season. For more information, head to www.thefa.com/SinBins.

Sin Bins

Temporary Dismissals - otherwise known as 'sin bins' - will become mandatory for matters of dissent across all of grassroots football from the 2019/20 season.



HOW DO YOU FIND YOURSELF IN THE SIN BIN?



Players will only go in to the sin bin for dissent cautions



For use of words or gestures questioning or undermining the ref's decisions



EXAMPLES OF DISSENT

- Shouting at the ref
- Questioning ref's ability
- Slamming the ball in to the ground
- Sarcastically clapping a decision

DURATION OF A SIN BIN



For matches of 90 minutes, players spend 10 minutes in the sin bin



For matches of all other lengths, players spend 8 minutes in the sin bin



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

THE MATCH DAY PROCESS



Dissent



Dissent caution: Ref issues a yellow card and directs the player to the touchline



Player can't be substituted until period expires and not if all subs have been made



Whilst in the sin bin, if the player commits a yellow or red card offence they can't take any further part in the game and can't be substituted



If the player commits a 2nd dissent caution and has already been booked, they will take no further part in the game and can't be substituted



If the player commits a 2nd dissent caution and no other offences, they will receive a 2nd sin bin. After which they can't take any further part in the game but can be substituted



If the player commits a yellow card offence on the field of play in addition to a period in the sin bin, they will continue to play



Ref decides when player returns to play

FOUL AND ABUSIVE LANGUAGE IS STILL A RED CARD OFFENCE!

Caution 1	Caution 2	Caution 3	Can Re-Enter?	Can Be Substituted?
D	-	-	Y	Y*
D	C	-	Y	Y*
D	D	-	N	Y*
C	D	-	Y	Y*
D	C	D	N	N
D	C	C / R	N	N
C	D	D	N	N
C	D	C / R	N	N

D= Dissent C= Other Cautionable Offences R= Red Card Shown

* substitution only allowed after Sin Bin period has been served and provided the team has not used all permitted substitutions