



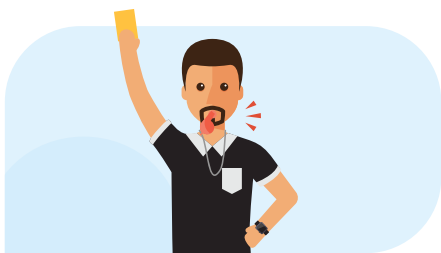
# BOOTLE REFEREES' SOCIETY SIN BIN GUIDE

Sin bins are mandatory for matters of dissent across all of grassroots football. For the 23/24 season, County FAs are emphasising the active implementation of sin bins by referees, ensuring their appropriate and consistent use across matches.

Sin bins are to be used for matches:

- ⊕ Up to Step 5 of the National League System.
- ⊕ Tier 3 and below in women's football.
- ⊕ All grassroots levels including youth, veterans, and disability.

## WHEN TO USE SIN BINS



Only for dissent cautions



Words/gestures questioning referee's decisions

### EXAMPLES OF DISSENT:

- Shouting at the referee
- Questioning referee's ability
- Slamming the ball into the ground
- Sarcastically clapping a decision

## SIN BIN DURATION



**90-minute matches:**  
10 minutes in sin bin



**All other match lengths:**  
8 minutes in 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:** The player can participate in penalties

## SIN BIN PROCESS



Dissent occurs



Referee issues yellow card, directs player to touchline.



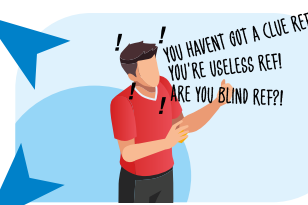
Player cannot be substituted until period expires and not if all subs have been made



In the sin bin, any further yellow or red card offence means a player can't return and can't be substituted.



IF THEY HAVE NOT received any yellow cards they receive a 2nd sin bin. After which they cannot take further part but can be substituted



If the player commits a 2nd dissent caution offence



After a sin bin, if a player commits a yellow card offence on the field of play, they can continue to play

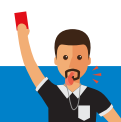


Referee decides when player returns to play



IF THEY HAVE received any yellow cards they can not take any further part in the game and cannot be substituted

**Reminder:** Using foul and abusive language still results in a direct red card!



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