



**Your  
Game.  
Our  
Goal.™**

# Lancashire FA – Sin Bin Guide

*For Dissent cautions only*

*Email – [SinBins@lancashirefa.com](mailto:SinBins@lancashirefa.com)*

## Who?

- Applies to players only (not substitutes or coaching staff)

## How?

- Referee signals by showing the yellow card and pointing to the touchline

## Time?

- Sin bin to last for 10 minutes in matches of a 90 minute duration
- Sin bin to last for 8 minutes for all other matches
- The Sin Bin period commences when the referee restarts play after the Dissent offence
- Referee includes any lost time (i.e. injury delay)

## Offending Player?

- Can warm up whilst in the Sin Bin
- Cannot be substituted until after the Sin Bin period has ended
- Can take part in a penalty shootout - even if the Sin Bin period has not expired (i.e Extra Time)
- Must be in Sin Bin for 8 or 10 minutes of active playing time (i.e. Sin Bin continues into the 2<sup>nd</sup> half if required)

## Other?

- Referee has sole discretion as to when the offending player can return (play does not need to be stopped)
- If a player committed another yellow or red card offence whilst in the Sin Bin, they cannot take any further part in the game and cannot be substituted

Caution Offence 1	Caution Offence 2	Caution Offence 3	On field Sanction
Dissent	-	-	Sin Bin
Dissent	Non Dissent	-	Sin Bin, Caution Recorded ( <b>No Send Off</b> )
Dissent	Non Dissent Caution	Non Dissent Caution	Sin Bin, Send Off for S7 (second caution)
Dissent	Dissent	-	Sin Bin x2, unable to re-join, but <b>CAN</b> be substituted after 2 <sup>nd</sup> Sin Bin if not all substitutes used
Dissent	Non Dissent Caution	Dissent	Sin Bin, Caution Recorded, Sin Bin, unable to re-join and <b>CANNOT</b> be substituted
Non Dissent Caution	Dissent	-	Caution Recorded, Sin Bin
Non Dissent Caution	Dissent	Non Dissent Caution	Caution Recorded, Sin Bin, Send Off for S7 (second caution)
Non Dissent Caution	Dissent	Dissent	Caution Recorded, Sin Bin, Sin Bin - unable to re-join and <b>CANNOT</b> be substituted after 2 <sup>nd</sup> Sin Bin