



## New Rules

### Sin Bins

The 2019/20 seasons sees the arrival of Sin Bins across all of grassroots football. These temporary dismissals will be issued at the discretion of referees as a punishment for dissent.

#### Summary

- For a 90-minute game, a player will be temporarily dismissed from the pitch for 10 minutes. For games under 90 minutes, it will only last for 8 minutes.
- Players re-join the game only after the referee gives permission. Play does not need to be stopped.
- If a goalkeeper returns from a temporary dismissal, they become an outfield player until the next stoppage of play.
- A player in the Sin Bin cannot be substituted until their period of temporary dismissal is over.
- Any player who received two temporary dismissals for dissent in the same game will get a one-match ban.
- There will not be an admin fee for a dissent offence.

### Multiple Offences and Temporary Dismissals

SIN BIN GUIDE FOR DISSENT			
Caution 1	Caution 2	Caution 3	Sanction
Dissent	-	-	Sin Bin
Dissent	Non-Dissent	-	Sin Bin, Caution
Dissent	Non-Dissent	Non-Dissent	Sin Bin, Send Off
Dissent	Dissent	-	Sin Bin x 2, Sub ✓
Dissent	Non-Dissent	Dissent	Sin Bin, Caution, Sin Bin, Sub ✗
Non-Dissent	Dissent	-	Caution, Sin Bin
Non-Dissent	Dissent	Non-Dissent	Caution, Sin Bin, Caution, Send Off
Non-Dissent	Dissent	Dissent	Caution, Sin Bin x 2, Sub ✗

## Rule Changes

### Drop Ball

- A drop ball is awarded if the ball touches the referee (or another match official) and goes into the goal, team possession changes, or a promising attack starts.

### Free Kicks

- When there is a wall of three or more players, attackers are not allowed within 1m (1 yd) of it. Any attacker closer than that will be penalised with an indirect free kick.
- When the defending team takes a free kick in their penalty area, the ball is in play once the kick is taken. It does not have to leave the penalty area first.

### Goal Kick

- The ball is in play once the kick is taken; it can be played before it has left the penalty area.

### Handball

- A deliberate handball remains an offence.
- A free kick will be awarded under the following handball circumstances (even if accidental):
  - The ball goes into the goal after touching an attacking player's hand/arm
  - A player gains control/possession of the ball after it touches their hand/arm and either scores or creates a goal-scoring opportunity.
  - The ball touches a player's arm/hand after they had made their body unnaturally bigger.
  - The ball touches a player's hand/arm when it is above their shoulder (unless the player had played the ball which touches their hand/arm)
- No free kick would normally be awarded if one of the following situations occurs:
  - The ball touches a player's hand/arm from their own head/body/food or the head/body/foot of another near player.
  - The ball touches a player's hand/arm which is close to their body and has not made their body unnaturally bigger.
  - If a player is falling and the ball touches their hand/arm when it's between their body and the ground.
  - If the goalkeeper attempts to clear a throw-in or pass from a team-mate but the clearance fails, the goalkeeper can handle the ball.

### Penalty Kick

- An injured penalty taker can have a quick treatment/assessment and then take the kick.
- The goalkeeper must have at least part of one foot on/in line with the goal line when the kick is taken; cannot stand behind the line.

### Quick Free Kick

- A yellow card can now be issued if a free kick is taken too early.

### Substitutes

- A substituted player must leave by the nearest touchline or they will be issued with a yellow card.

### Team Officials

- A team official guilty of misconduct will be shown a Yellow Card or Red Card.