



Sin Bins 2026-27

Sin Bins

Sin bins: encouraging respect and fair play

Temporary dismissals, also known as 'sin bins', have been introduced across all levels of grassroots football to improve levels of respect and fair play in the game. Any player committing dissent will find themselves given a 10-minute temporary dismissal from the pitch.

Sin bins will apply to all levels of grassroots football

This positive rule change is currently implemented up to Step 5 of the National League System and Tier 3 and below in women's football. 10-minute sin bin dismissals are issued at the discretion of referees as punishment for dissent, and apply to all levels of grassroots football, including youth, veterans and disability.

To find out more please click here <https://www.EnglandFootball.com/participate/explore/inclusive-football/Respect/sin-bins>