

SUMMARY OF RULE CHANGES FOR 2019/2020 SEASON

SIN BINS

- Sin Bin only used for dissent cautions
- Dissent is described as the use of words or gestures or undermining the referee's decisions
- The referee shows a yellow card and directs the player to the touchline
- Foul and abusive language is still a red card offence
- Sin Bin Period is 10 minutes and the referee will determine when the player may return to the field of play
- If not expired at the end of the first half the time continues in to the second half, or extra time if end of full time. If penalties the player may take part
- The player cannot be substituted until the end of the sin bin period and not if all substitutes have taken place
- If the player commits a yellow or red card offence whilst in the sin bin the player cannot take any further part in the game or be substituted
- If the player commits a yellow card offence in addition to the earlier sin bin period, they can continue to play
- If the player commits a second sin bin caution, they will take no further part in the game but can be substituted at the end of the second sin bin period
- If the player commits a second dissent caution and has already been booked, they will take no further part in the game and cannot be substituted

DROPPED BALLS

- If referee stops play for injury, outside interference etc, play will restart with a dropped ball for the team who last touched the ball
- Dropped balls are no longer contested and opposition players must be at least 4 metres away
- If a team loses possession because a ball hits the referee then a dropped ball is given to them
- If the ball was last touched inside the penalty area then the dropped ball is given to that goalkeeper
- No goal can be scored directly from a dropped ball

GOAL KICKS

- A ball is in play once the kick has been taken
- The ball does not need to leave the penalty area once taken
- The opposition must remain outside the penalty area until the kick has been taken

FREE KICKS

- When a defending team has three or more players in a wall, the attacking team can no longer place a player in or next to it.
- If an attacker is standing within one yard (1m) of the wall when the kick is taken, they will be penalised with an indirect free-kick.

QUICK FREE KICKS

- Quick free-kicks can now be taken before a referee shows a yellow or red card, and the referee would then show the card at the next stoppage in play. Previously, if a free-kick resulted in a yellow or red card, the attacking team would have to wait until the referee shows the card before play can resume.
- However, if the referee has already begun to take disciplinary action (e.g. the referee has taken their book or card out of their pocket) no quick free kick can be taken
- As a caveat to this, if the referee was going to show a red card for denying an obvious goalscoring opportunity, the attacking team still may take a quick free-kick, but the punishment automatically downgrades from a red card into a yellow as the attacking team is considered to have restarted its attack.

PENALTY TAKING

- The goalkeeper must have at least one foot on the line or above it when the penalty is taken and must not stand behind or in front of the line
- The goal post or cross bar must be still before the kick can be taken
- An injured player does not need to leave the field of play if he is the penalty taker and has received quick treatment

SUBSTITUTES

- A substituted player must leave the field of play by the nearest point to his position (unless otherwise directed by the referee)

YELLOW OR RED CARDS FOR COACHES

- Team officials (i.e. managers, coaches etc) can now be shown yellow or red cards for various offences
- The senior coach for a team may receive a yellow or red card on behalf of the team if the offender cannot be identified
- The referee is to identify the senior coach before the start of the game and the senior coach is to make himself known to the referee

GOAL CELEBRATION – REMOVING SHIRT

- A player may receive a yellow card for removing his shirt whilst celebrating a goal, even if the goal is disallowed

PRE-MATCH COIN TOSS

- The captain who wins the coin toss can choose ends or can choose to have kick-off
- Losing captain then either gets kick-off, or can choose ends, depending on winner's choice

MATCH DAY OBSERVERS

- The post of Referee Assessor had been discontinued
- Match Day Observers may attend a fixture and may or may not make themselves known to the teams
- They must be allowed access to the field of play and the referee's changing rooms
- They are not allowed into the teams dressing rooms

UNDER 18 YEAR OLD OFFICIALS

- A referee or assistant will be identified by the wearing of a yellow "Under 18" armband
- Under safeguarding rules abuse of these officials will be taken as Child Abuse and can be punished as such