

# **Lytchett Matravers Football Club**



**FOOTBALL FOR ALL**  
**FUN FOR ALL**

**IFAB/FA Law Changes 2019–20**

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## **IFAB/FA Law Changes 2019–20**

During the summer a number of changes were made to the laws of the game, some of which will impact us at grassroots level. This document provides a summary of the changes to assist our coaches in preparation for the new season.

### **Penalty Kicks**

Goalkeepers must not be moving or touching the goalposts or crossbar when the kick is taken.

Goalkeepers must have at least one part of their foot on or over the goal line when the kick is taken.

### **Goal Kicks**

In order to assist teams playing out from the back, the ball no longer needs to leave the penalty area at a goal kick. As soon as the ball is touched it is now considered in play. Players from the team taking the kick may enter the penalty area, but the opposition players may not until the ball is played.

### **Substitutions**

Substitutes must now leave the pitch at the nearest point and make their way straight to their team's "technical area".

### **Drop Kicks**

There are no longer any competitive drop-balls. If play is stopped outside the penalty area it will be dropped for a player from the team that last touched the ball. If play is stopped in the penalty area it will be dropped for the goalkeeper. All opposition players must be 4 metres away from the ball when it is dropped.

### **Kick Offs**

The team that wins the toss can choose to kick off or select which end to attack first. Previously they could only choose ends.

### **Handball**

If the ball strikes a player's hand in the build up to, or act of scoring a goal – the goal will not be allowed to stand. This is regardless of intent, even if it is accidental the goal is disallowed.

### **Free Kicks**

No attacking players are allowed to stand in the defensive wall at a free kick. If a wall of three or more players is formed, all attacking players must be at least 1 metre away.

### **Sin Bins**

The biggest change for our level of football is the introduction of sin bins for dissent. Law 12 defines cautionable dissent as including but not limited to: Throwing/kicking drinks bottles or other objects, gestures which show a clear lack of respect for the match official(s) e.g. sarcastic clapping, excessively/persistently gesturing for a red or yellow card,



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excessively showing the TV signal for a VAR ‘review’, gesturing or acting in a provocative or inflammatory manner, persistent unacceptable behaviour (including repeated warning offences), showing a lack of respect for the game.

It does **NOT** include the use of offensive, insulting or abusive language or gestures which are already considered a sending off offence and will continue to be punished with a red card.

All other cautions for dissent will now be dealt with by a temporary dismissal or sin-bin process. This applies to players only and not substitutes, managers or coaches – but that does not mean it acceptable from them!

The referee will signal a temporary dismissal by showing the yellow card and pointing to the touchline – there will not be a defined sin bin area. The player will return to the team’s manager/subs.

Players will be excluded from the game for 10 minutes if the match is 90 minutes in length. For all other games – i.e. the majority of grassroots – it will be 8 minutes. The player will return to play when the referee signals. There does not need to be a stoppage, but the player is not allowed to join where there is currently action taking place.

Players in the sin bin cannot be substituted until the period has expired. If the period has not expired at the end of a half it will continue into the next. Players in the sin bin are eligible to take penalty kicks.

Where the new law becomes complex is where there are multiple offences in the game.

If a player that has received a sin bin caution receives a non-dissent caution, this will **not** mean that the player is dismissed for a second yellow card.

Similarly, if a player receives a non-dissent caution followed by a dissent caution, they will **not** receive a second yellow card and be dismissed from the game.

If a player receives two dissent cautions, they will be unable to rejoin the game but **can** be substituted after their second sin bin has expired.

If a player receives two dissent cautions and a non-dissent caution, they **will** be unable to rejoin the game and **cannot** be substituted.

If a player in the sin bin commits another yellow/red card offence during the sin bin period, they will be unable to take any further part in the game and cannot be substituted.

### Notes:

Sin-binned players are not excluded or isolated from their team-mates/coaches in any way. Part of the rationale is for coaches to help calm players down.

If a team goes down to less than 7 players due to a sin-bin then the game will be abandoned.



Sin-Bin/Caution Table

Caution 1	Caution 2	Caution 3	Sanction
Dissent	-	-	Sin Bin
Dissent	Non-Dissent	-	Sin Bin, Yellow Card
Dissent	Non-Dissent	Non-Dissent	Sin Bin, Red Card
Dissent	Dissent	-	Sin Bin x2, unable to rejoin play but may be substituted at the end of the second sin bin
Dissent	Non-Dissent	Dissent	Sin Bin, Yellow Card, unable to rejoin play, cannot be substituted
Non-Dissent	Dissent	-	Yellow Card, Sin Bin
Non-Dissent	Dissent	Non-Dissent	Yellow Card, Sin Bin, Red Card
Non-Dissent	Dissent	Dissent	Yellow Card, Sin Bin x2, unable to rejoin play, cannot be substituted