



Walking Football Rules

2021 Summer Competition

Players are strongly encouraged to play Walking Football in the 'Spirit of the Game' to ensure the safety & enjoyment of all participants - this includes not using aggressive tactics or body contact and to use positive and encouraging comments to all players.

1. Match Format and Duration

- a) The Laws of the Game apply with the exceptions noted below.
- b) Match formats may vary as shown below depending on the number of available players.
- c) Games will be played in 2 equal halves of 20 minutes each
- d) There is a 5 minute half time break.
- e) No time will be added for injury or stoppages.
- f) Each team must nominate 1 goalkeeper
- g) A size 5 ball is used
- h) Unlimited interchange

2. Players Equipment

- a) Players must wear suitable clothing and footwear appropriate to local conditions and surface type
- b) Non-dangerous protective equipment made of soft, lightweight padded material is permitted as are goalkeepers' caps and sports spectacles.

3. Walking Rule

- a) Walking is defined as 'always having at least one foot in contact with the ground, never having both feet off the ground at once'.
- b) Running or jogging off the ball is not permitted by any player, including goalkeepers.
- c) An indirect free kick is awarded against any player who is seen to be not walking.

4. Height of the Ball

- a) A height restriction is set at a height of 2 metres (approx. the height of the goal crossbar), above which an indirect free kick shall be awarded to the opposing team.
- b) The exception to this rule shall be when the ball rises above the designated height restriction resulting from a save or block performed by a goalkeeper, or rebounding from another player. Play should continue in this circumstance.



5. Fouls and Misconduct

- a) The ethos and 'spirit' of Walking Football is one that expects minimal contact.
- b) Fouls and misconduct are penalised with an indirect free kick
- c) In addition to the Laws of the Game, an indirect free kick is awarded to the opposing team if a player commits any of the following offences:
 - Running or jogging;
 - Attempting or executing a tackle from behind in an attempt to win the ball;
 - Attempting or executing a 'Slide Tackle' in an attempt to win the ball;
 - Deliberately heading the ball;
 - Playing the ball from the ground;
 - Deliberately kicking the ball 'in danger' – this includes kicking a ball forcefully at another player or group of players where it could reasonably be considered to be dangerous to the other player(s);
 - Kicking the ball above the height of the goal cross bar except for a ball rebounding off the goalkeeper while attempting a save, or another player.
- d) Temporary dismissals apply for dissent and not observing the 'spirit' of the game.

6. Scoring of Goals

- a) Goals can only be scored with kicks inside a team's attacking half
- b) Balls that enter the goals from outside the team's attacking half will result in a goal kick

7. Free kicks

- a) All free kicks are indirect.
- b) Opposing players must remain 3 metres from the ball until it is kicked.

8. Penalty Kicks

- a) A penalty kick is taken on the edge of the goal box, in front of the goal.
- b) Apart from the goalkeeper and the kicker, all defending and attacking players must remain behind the ball and 3 metres from it until the ball is kicked and it moves.

9. Restarts

- a) If the ball goes out over the sideline it must be passed in from where it went out by the opposing team.
- b) Corners are taken from the corner spot.
- c) Goal kicks can be taken anywhere within the goal box.
- d) All players, except the player taking the kick-off must be in their own half of the field of play for all kick-offs.

10. Offside

The offside law (Law 11) does not apply to Walking Football.