



THE FA

**WALKING FOOTBALL LAWS
OF THE GAME MADE SIMPLE**

CLUB HOUSE



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INTRODUCTION

As a general principle, the normal Laws of Football apply to walking football. There are, though, some key differences and we've developed this guide to help players and referees understand them.

The guide does not contain information on every Law – you can refer to the full Laws for that.

Instead, it highlights what we think referees and players need to know in order to make the game safe and enjoyable.

Enjoy your walking football!

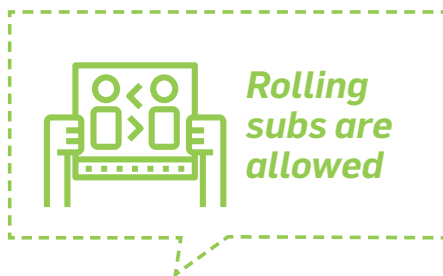


THE FIELD OF PLAY

- Walking football should be played on either grass, artificial turf or, if indoors, wood. Barriers may be used
- The penalty area is a semi-circle of six meters radius from the centre of the goal line. The penalty spot must be six meters out
- The distance between the goal posts can be between three meters and five meters. The height of the crossbar can be between one 1.20 metres and 2 meters

PLAYERS AND SUBSTITUTES

- Matches can be 5, 6 or 7-a-side
- Teams can have a maximum of 3 substitutes
- Substitutions can take place either when play has stopped or during play (it depends on the rules of the competition)
- Players can change places with the goalkeeper when play has stopped



THE PLAYERS' EQUIPMENT

- Players cannot wear anything that is dangerous to themselves or another player (e.g. jewellery)
- Players must wear shin guards
- Goalkeepers must wear colours which easily distinguish them from the other players and the referee
- Players should wear suitable footwear. If playing on artificial turf: boots or astros; if playing indoors: trainers

THE REFEREE

- Referees keep players safe by stopping the game if a seriously injured (or bleeding) player needs to be removed from the playing area
- Enforce the Laws of the Game and their decision is final!
- Take disciplinary action against players guilty of sin-bin or sending-off offences
- Try to keep the game going by playing advantage

THE DURATION OF THE MATCH

- Matches can be divided into between two and four equal periods of between 5 and 30 minutes each
- Time can be added on in either period for time lost through stoppages (e.g. injury)
- Each period can be extended to allow a penalty kick to be taken
- Half-time break should be no more than 5 minutes

SIGNALS

Signalling is an effective way in which referees can communicate their decisions to players.

Below are the commonly used signals in walking football:



PENALTY KICK



CORNER KICK



MAIN ADVANTAGE



MAIN ADVANTAGE 2



INDIRECT FREE KICK



GOAL KICK

START AND RE-START OF PLAY

- The team that wins the toss decides which goal it will attack in the first period of the game.
- The other team takes the kick-off to start the game
- A goal may not be scored directly from the kick-off
- All players must be in their own half, except the player taking kick-off
- The ball is in play when it is kicked and moves
- The kicker may not touch the ball a second time until it has touched another player



If players don't do what they're supposed to, the kick-off is re-taken, except if the kicker touches the ball for a second time – then it would be an indirect free kick.

**OPPONENTS OF THE TEAM TAKING THE KICK-OFF
MUST BE AT LEAST THREE METERS FROM THE BALL
UNTIL IT IS IN PLAY.**

THE BALL IN AND OUT OF PLAY

The ball is out of play when:

- All of it has crossed the goal line or touch line, whether on the ground or in the air
- Play has been stopped by the referee



HEIGHT OF THE BALL

THE BALL IS **NOT ALLOWED TO GO ABOVE A CERTAIN HEIGHT** (THIS IS OFTEN HEAD HEIGHT BUT CAN'T BE LESS THAN THE HEIGHT OF THE CROSSBAR AND MUST BE **NO MORE THAN TWO METRES**)



If the ball does go too high, then it's an indirect free kick against the offending team from the point at which the ball was last touched.



PLAYERS **CANNOT** HEAD THE BALL





If the goalkeeper kicks or throws the ball too high within the penalty area, then an indirect free kick is given to the opposition three meters from the penalty area line nearest to where the ball was thrown or kicked from.

**WHEN THE BALL GOES TOO HIGH AFTER A SAVE
OR BLOCK PERFORMED BY A GOALKEEPER,
PLAY RESTARTS WITH A GOAL CLEARANCE**

DETERMINING THE OUTCOME OF A MATCH

- A goal is scored when the **whole** of the ball passes over the goal line, between the goalposts and under the crossbar, unless it has been deliberately thrown, carried or propelled by the hand or arm of a player of the attacking side
- The goalkeeper from the attacking side is **not** allowed to score from open play

PHYSICAL CONTACT

- Anything other than minimal contact must be penalised



PLAYERS *CANNOT* SLIDE TACKLE, TACKLE FROM BEHIND, HEEL OR ANKLE RAP FROM THE BACK OR SIDE, BACK INTO PLAYERS WHEN IN POSSESSION





FREE KICKS



***ALL FREE KICKS ARE INDIRECT.
FROM AN INDIRECT FREE-KICK, A GOAL
CAN ONLY BE SCORED IF IT IS PLAYED
BY ANOTHER PLAYER FIRST.***



***All opponents must be at
least three meters from
the ball until it is in play. If
they're not, then the free
kick gets re-taken.***

A free kick is given if a player commits any of the following seven offences in a manner considered by the referee to be **careless, reckless or using excessive force**:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent, even with the shoulder
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent

A free kick can also be awarded when a player commits any of the following offences:

- Runs
- Deliberately heads the ball
- Holds an opponent
- Bites or spits at someone
- Slide tackles
- Handles the ball deliberately

CARELESS IS WHEN A PLAYER SHOWS A
LACK OF ATTENTION OR CONSIDERATION
WHEN MAKING A CHALLENGE.

NO DISCIPLINARY ACTION IS NEEDED.

RECKLESS IS WHEN A PLAYER **ACTS WITH DISREGARD**
TO THE DANGER TO, OR CONSEQUENCES FOR, AN
OPPONENT. THE OFFENDING PLAYER MUST
BE CAUTIONED AND SIN-BINNED.

EXCESSIVE IS WHEN A PLAYER EXCEEDS
THE NECESSARY USE OF FORCE AND/OR ENDANGERS
THE SAFETY OF AN OPPONENT.

THE OFFENDING PLAYER MUST BE SENT OFF.

A free kick is awarded against a goalkeeper when they:

- Touch or control the ball with their hands or feet, in the penalty area, for more than six seconds
- Receive the ball back directly from a team mate to whom they have just passed the ball without the ball having made contact with any other player
- Allow the ball to stop in a stationary position in the penalty area without touching it for more than six seconds

CARDS

A **blue card** is awarded when a player, traditionally, would be cautioned.



**A PLAYER WHO IS BLUE-CARDED
SHOULD BE SUSPENDED FROM PLAY
FOR BETWEEN TWO AND FIVE MINUTES.**

A **blue card** can be given for any of the following offences (in addition to when a reckless offence is committed):

- Unsporting behaviour
- Showing dissent by word or action
- Persistently infringing the Laws of the Game, with exception to that covered under Law 17
- Delaying the restart of play
- Failing to get back the required distance when play is restarted with a corner kick, kick-in, free kick or goal clearance

A **red card** is used when a player commits any of the following offences (in addition to when an excessive offence is committed):

- Serious foul play or violent conduct
- Spits at an opponent or any other person
- Uses offensive, insulting or abusive language
- Receives a second blue card in the same match



THE PENALTY KICK

A penalty kick is given when:

- A defending player enters their own penalty area deliberately and gains an advantage by doing so
- A goalkeeper deliberately exits their own penalty area

At a penalty kick, players have to stand:

- Inside the pitch
- Outside the penalty area
- Behind or to the side of the penalty mark
- At least three meters from the ball



THE PLAYER TAKING THE KICK CAN *ONLY TAKE ONE STEP* BEFORE TAKING THE PENALTY KICK.

THE KICK-IN/ROLL-IN

This is a method of restarting play when the whole of the ball passes over a touch line, either on the ground or in the air.

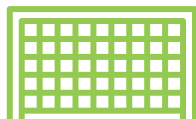
A ROLL-IN MUST BE UNDERARM AND A *GOAL CANNOT BE SCORED* DIRECTLY FROM A KICK-IN/ROLL-IN.



DEFENDING PLAYERS MUST BE AT LEAST *THREE METERS FROM THE PLACE* WHERE THE KICK-IN/ROLL-IN IS TAKEN.

THE GOAL CLEARANCE

A goal clearance takes place when the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air – and a goal isn't scored.



A GOAL *CANNOT BE SCORED DIRECTLY* FROM A GOAL CLEARANCE.



To take a goal clearance, the goalkeeper either throws the ball underarm or kicks the ball from a stationary position within the penalty area.

The goalkeeper can pick up a back pass.

AFTER THE GOALKEEPER HAS DISTRIBUTED THE BALL, THEY *CAN ONLY RECEIVE* A PASS IF THE BALL HAS EITHER TOUCHED AN OPPONENT OR IF THE BALL HAS BEEN TOUCHED BY AT LEAST TWO OF THEIR TEAMMATES.

THE CORNER KICK

A corner kick is given when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal isn't scored.

If there are barriers, the corner kick is replaced by a kick-in two meters inside the playing area at the corner nearest where the ball left the playing area.

You can score a goal directly from a corner kick, but only against the opposing team.



***DEFENDING PLAYERS MUST BE AT LEAST
THREE METERS FROM THE BALL
UNTIL IT IS IN PLAY.***



WALKING

Walking is defined as 'always having at least one foot in contact with the ground'.

**PLAYERS ARE *NOT ALLOWED* TO RUN OR JOG
AT ANY TIME (ON OR OFF THE BALL).**



*If the referee sees a player
running, then it's
a free kick against
that player.*

**IF A PLAYER IS *PENALISED ON THREE SEPARATE
OCCASIONS* FOR INFRINGING THE WALKING LAW, THEY
RECEIVE A *BLUE CARD* AND ARE SIN-BINNED.**

PENALTY AREAS

GOALKEEPERS CANNOT LEAVE THE PENALTY AREA EXCEPT THROUGH UNINTENTIONAL MOMENTUM AND OUTFIELD PLAYERS MAY NOT ENTER THE PENALTY AREA, EXCEPT THROUGH UNINTENTIONAL MOMENTUM.





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