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THE FA PEOPLE'S CUP 2019 – Tournament Rules – Walking Football

- Maximum of eight players in a team – 5 on pitch and 3 subs
- 1 team from each Round 1 competition will qualify as winners to the Semi-Final stage (unless otherwise confirmed by Venue Director on the day)
- Group standings will be decided on the following basis in the event of teams being tied on points:
 - Head-to-head result / Goal Difference / Goals Scored / Goals Conceded
- Team captains should send the link to all players to register to their team on the FA Events Platform
- Teams are recommended to arrive no later than 1 hour before the Event starts
- All fixtures are to be played unless adverse weather conditions make the pitches unplayable. Any decision to cancel a game will be made by the Venue Director.
- All players should respect referees, venue staff and opponents at all times. Failure to comply with this could result in your team being taken out of the competition. This will be at the discretion of venue staff.

THE FA PEOPLE'S CUP 2019 – Playing Rules – Walking Football

The games will be played under the [FA Walking Football Laws of the Game](#).

The main reference points are contained in the above Laws of the game but an overview of the key rules are listed below:

- Walking is defined as 'always having at least one foot in contact with the ground'
- The referee will award an indirect free kick against any player who is not walking, unless there is a clear attacking opportunity for the team in possession, where advantage can be played and the offender sanctioned once play has stopped, or the advantage has not accrued. A player who is penalised three times for a walking offence will receive a blue card and a sin binned for a duration of between two and five minutes.
- A height restriction of 6ft (1.83m) applies. If a height offence occurs within the penalty area and is committed by the goalkeeper an indirect free kick should be awarded 3m from the penalty area line nearest to where the offence took place. 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. In this case the goalkeeper gains possession of the ball and must restart play with a goal clearance.
- The game will be played with all free kicks being indirect free kicks
- A goal may not be scored directly from kick off
- No sliding tackles permitted
- Access to penalty areas being restricted only to goalkeepers. Advantage gained by entry into the penalty area by a defender results in a direct free kick from the penalty mark; entry into the penalty area by an attacker results in the goalkeeper being given possession of the ball to re-start the game.



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- After the goalkeeper has distributed the ball, he/she may only receive a pass if the ball has either touched an opponent or if the ball has been touched by at least two of the goalkeeper's team-mates.
- Goalkeepers can only distribute the ball through an underarm throw or a kick from a stationary point within the penalty area after a goal clearance is awarded by the referee (the whole ball has passed over the goal line by an attacking player)
- If the goalkeeper receives the ball from a team mate in open play the goalkeeper is permitted to touch the ball and to pick it up. They must then use an underarm throw.
- All goalkeepers must stay in their area. Goalkeepers leaving the area will result in a penalty to the attacking team
- Kick ins should be used to restart play on pitches being played to lines.
- There are no yellow cards in Walking Football, a blue card will be punished with a 2 minute sin bin, a red and a player will be permanently sent off
- If a player is penalised on three separate occasions for infringing the walking law, they must receive a blue card and are sin-binned for 2 minutes

Discipline Procedures

The following bans should be administered in the event of:

- Three Cautions result in a 1 match ban for the next match
- A sending off results in a 1 match ban for the next match

In addition The Organising Parties reserve the right to expel any team or Team Member from the Competition if either of them deems that team or Team Member to be acting:

- In an unsportsmanlike fashion;
- Outside the principles of fair play;
- In a way that damages the image of the Competition; or
- Fielding a player or players who do not meet the eligibility criteria.