

WALKING FOOTBALL LAWS

**The Walking Football United Rules are adapted from those devised by the Football Association
under the rules of Small Sided Football**

WALKING FOOTBALL LAWS OF THE GAME DEVISED FEBRUARY 2014

Part One - General Play

Part Two - Competition Play

Part One - General Play

Contents:

Section 1- Walking Football Laws of the Game

LAW 1: The Playing Area LAW 2: The Ball LAW 3: The Number of Players

LAW 4: The Player's Equipment LAW 5: The Referee LAW 6: The Match Official

LAW 7: The Duration of the Game LAW 8: Start of Play LAW 9: The Ball In and Out
of Play

LAW 10: The Method of Scoring LAW 11: Free Kicks LAW 12: Fouls and
Misconduct

LAW 13: The Penalty Kick LAW 14: The Kick-In LAW 15: The Goal Clearance

Appendix

Section 2 - Walking Football Adapted Rules

SECTION ONE

Walking Football Laws of the Game

General Principal –

Where not stated, the normal Laws of Associated Football apply with the exceptions notably: that there is no running and no offside in Walking Football.

LAW 1: The Playing Area

The Pitch

1.1 Walking Football may be played on pitches with or without barriers, indoors or outdoors.

It is advised that when the game is played without barriers, a multi-ball system is adopted to keep play constant.

Dimensions:

1.2 The playing area must be rectangular.

1.3 The length of the touchline must be greater than the length of the goal line.

1.4 For 5 and 6-a-side football the following dimensions are recommended:

Length: minimum 25m, maximum 50m. Width: minimum 16m, maximum 35m

1.5 For 7-a-side football the following dimensions are recommended:

Length: minimum 50m, maximum 60m. Width: minimum 30m, maximum 40m

Area Markings

1.6 The playing area is clearly marked with lines.

1.7 All lines are approximately 8cm wide.

1.8 The playing area is divided into two halves by the halfway line.

1.9 The centre mark is indicated at the midpoint of the halfway line.

1.10 A circle with a radius of 3m is marked around it.

1.11 A penalty area is defined at each end of the pitch as follows:

A semi circle of 6m radius shall be drawn from the centre of each goal line. The extremities of these semi-circles should reach the goal line, barrier or wall regardless of whether or not the goal posts encroach onto the playing area.

Penalty Mark

1.12 A penalty mark is drawn 6m from the midpoint between the goal posts and equidistant from them.

Corner Arc

1.13 A quarter circle with a radius of 25cm from each corner should ideally be marked. In the absence of corner arcs, the ball shall be placed at the point where the goal line meets the touchline.

Goals

1.14 Goals must be placed on the centre of each goal line.

They consist of two upright posts equidistant from each corner and joined at the top by a horizontal crossbar.

1.15 The distance (inside measurement) between the posts is maximum 5m, minimum 3m and the distance from the lower edge of the crossbar to the ground is maximum 2m, minimum 1.20m.

1.16 Both goal posts and the crossbar have the same width and depth of 8cm. Nets, made of hemp, jute or nylon, are attached to the posts and crossbars behind the goals. The lower part is supported by curved bars or some other adequate support.

Safety

1.17 The goals may be portable but they must be anchored securely to the ground during play as per Health and Safety requirements.

Playing Surface

1.18 Where natural turf is not used the surface must be smooth and flat and non-abrasive. The use of wood or artificial material is recommended.

Due to their nature, outdoor pitches may have abrasive materials, or concrete may be in use. This should not be an issue with the pace of the game associated with Walking Football, but it must be stated that such ground material may be detrimental to health with regard to a player making contact with the ground in the nature of a fall.

LAW 2: The Ball

Qualities and Measurements

The ball is:

- 2.1 spherical
- 2.2 made of leather or other suitable material
- 2.3 size appropriate to the age group playing
- 2.4 size 5 for outdoor grass, indoor/outdoor 3/4G pitches; size 4/futsal for indoor sports hall

Replacement of a Defective Ball

2.5 If the ball bursts or becomes defective during the course of a game:

the game is stopped

the game is restarted by dropping the replacement ball at the place where the first ball became defective

2.6 If the ball bursts or becomes defective while not in play:

the game is restarted according to the Laws

2.7 The ball may not be changed during the match without the permission of the referee.

LAW 3: The Number of Players

3.1 A match is played by two teams each consisting of not more than the following number of players and substitutes for each format:

5-a-side=5 players per team and 3 substitutes (total of 8 players)

6-a-side=6 players per team and 3 substitutes (total of 9 players)

7-a-side=7 players per team and 3 substitutes (total of 10 players)

Substitution Procedure

3.2 The maximum number of substitutes permitted is three.

3.3 The number of substitutions made during a game is unlimited. A player who has been replaced may return to the pitch as a substitute for another player.

3.4 Substitutions should take place when there is a break in play or during play if the second official is involved in refereeing the game. This will be determined by the Competition Rules.

3.5 A substitution is one that is made when the ball is in or out of play for which the following conditions must be observed:

- The player entering the playing area may not do so until the player leaving the playing area has passed completely over the boundary line
- Where barricades are used the players must use the opening onto the playing area
- A substitution is complete when the substitute enters the playing area from which moment that person becomes a player and the player being replaced ceases to be a player

A substitute is subject to the authority and jurisdiction of the referee whether called upon to play or not.

Changing Places with the Goalkeeper

3.6 Any of the players or substitutes may change places with the goalkeeper. The following conditions must be observed:

- The referee must be informed before the change is made
- The change may only be made during a stoppage in play
- The replacement goalkeeper must wear a jersey that distinguishes them from all other players

Infringements/Sanctions

3.7 If, while a substitution is being made, a substitute enters the playing area before the player being replaced has completely left:

- play is stopped
- the player being replaced is instructed to leave the playing area
- the substitute is 'sin binned' for the agreed period
- play is restarted by an indirect free kick to be taken by the opposing team from the place where the ball was situated when the game was stopped. However, if the ball was inside the penalty area, the indirect free kick is taken 2m from the penalty area line, at the place nearest to the position of the ball when play was stopped

3.8 Where barricades are used if, while a substitution is being made, a substitute enters the playing area or a player being replaced leaves it from a place other than the recognised opening in the barricades:

- play is stopped
- the substitute is 'sin binned' for the agreed period
- play is restarted by an indirect free kick to be taken by the opposing team from the place where the ball was situated when the game was stopped. However, if the ball was inside the penalty area, the indirect free kick is taken 2m from the penalty area line, at the place nearest to the position of the ball when play was stopped

Validity of a Match – Playing Numbers

3.9 A match should not be considered valid if the playing strength of either team is permanently reduced by:

More than two players for 5-a-side, More than two players for 6-a-side, More than three players for 7-a-side

However this should only apply when players are permanently excluded or lost through injury rather than within the 'Sin Bin' for a two-minute suspension.

LAW 4: The Player's Equipment

Safety

4.1 A player must not use equipment or wear anything that is dangerous to themselves or another player, including any kind of jewellery. Jewellery should be removed.

Basic Equipment

4.2 The basic compulsory equipment of a player is:

A jersey or shirt, Shorts or tracksuit trousers, Socks, Shin guards (optional)

Footwear

4.3 is subject and appropriate to local conditions and surface type

4.4 Shin guards (optional - not required for Walking Football)

are covered entirely by the socks, are made of a suitable material (rubber, plastic or similar substances,)

provide a reasonable degree of protection

Goalkeepers

4.5 the goalkeeper is permitted to wear long trousers, each goalkeeper must wear a colour that easily distinguish them from the other players and the referees

Infringements/Sanctions

For any Infringements of this Law:

4.6 The player at fault is instructed by the referee to leave the playing area to correct their equipment or to obtain any missing item of equipment. The player may not return to the playing area without first reporting to the referee, who then checks that the player's equipment is now correct. The player is only allowed to re-enter the game when the ball is out of play.

4.7 Players can return to play whilst the ball is in play if a second official has checked the equipment. If no second official is present the player must wait for a break in play in order for the referee to check the faulty equipment

LAW 5: The Referee

The Authority of the Referee

Each game is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the game to which they have been appointed, from the moment that person enters the locality where the playing area is situated until they leave that area.

Powers and Duties

5.1 The Referee:

- Enforces the Laws of the Game

- Allows play to continue when the team against which an offence has been committed will benefit from such an advantage and penalises the original offence if the anticipated advantage does not ensue at that time

- Keeps a record of the match and provides the appropriate authorities with a game report which includes information on any disciplinary action taken against players, and/or team officials and any other incidents which occur before, during or after the game

- Acts as timekeeper

- Stops, suspends or terminates the game for any infringement of the Laws or due to any kind of outside interference

- Takes disciplinary action against players guilty of cautionable and sending-off offences

- Takes action against team officials who fail to conduct themselves in a responsible manner and may, at their discretion, expel them from the playing area and its immediate surrounds

- Ensures that no unauthorised persons enter the playing area

- Stops the game if, in their opinion, upon injury assessment a player is seriously injured and ensures that the person is removed from the playing area

- Ensures any player bleeding from a wound leaves the playing area

- Allows play to continue until there is a stoppage in play if a player is, in their opinion, only slightly injured

- Ensures that any ball used meets the requirements of Law 2

- Make use of timed suspensions to exclude temporarily players guilty of infringements of the laws

- In the absence of a second official, the referee should make excluded players aware of the end of their period of suspension

Decisions of the Referee

The decisions of the referee regarding facts connected with play are final.

Players are duty bound to respect the decisions of the referee.

LAW 6: The Match Official

Duties

6.1 The duties of the Match Official are to assist the referee in the control of the game in the following areas:

Control of the substitution procedure, ensuring that the player to be replaced has left the playing area before the substitute is allowed to enter the playing area

Check the equipment of all the substitutes entering the playing area

Ensure that a player sent from the playing area by the referee to replace any missing or defective equipment is checked before being allowed back onto the playing area

If a player has been removed from the playing area by the referee to have a 'blood injury' treated, the match official must ensure that the bleeding has stopped before the player is allowed to re-enter the playing area

Keep a full record of the game details

Act as the timekeeper for any player who has been given a temporary suspension from the game

Report to the referee any misconduct by any of the team players or officials in the technical / bench / substitute area

Carry out any other duties as requested by the referee

LAW 7: The Duration of the Game

7.1 The duration of the game shall be divided into two equal periods of over five and up to 25 minutes, each period subject to the following:

- (a) Allowance shall be made in either period for time lost through stoppages as decided by the referee
- (b) The duration of either half shall be extended to enable a penalty kick to be taken
- (c) At half time the interval shall not exceed five minutes except by consent of the Referee
- (d) Competition rules may allow for a game to be played in its entirety without a half time interval or requirement to change ends

For games ending in a draw, competition rules may state provisions involving extra time or other procedures approved by the International FA Board to determine the winner of the game.

LAW 8: Start of Play

Preliminaries

8.1 The choice of ends is decided by the toss of a coin. The team winning the toss decides which goal it wishes to attack in the first half of the game. The other team takes the kick-off to start the game.

Kick-off

8.2 A kick-off is a way of starting or restarting play:

- at the start of the game
- after a goal has been scored
- at the start of the second half of the game
- at the start of each period of extra time, where applicable

A goal may not be scored directly from the kick-off.

Procedure

8.4 all players are in their own half of the playing area

the opponents of the team taking the kick-off are at least 3m from the ball until it is in play

the ball is stationary on the centre mark

the referee gives a signal

the ball is in play when it is kicked and moves forward

the kicker may not touch the ball a second time until it has touched another player

Infringements/Sanctions

8.5 If the kicker touches the ball for a second time before it has been touched by another player:

An indirect free kick is awarded to the opposing team, which has to be taken from the place where the infringement occurred, unless in close proximity to the penalty area line, then the ball is placed 3m further back from the line. For any other infringement of the kick-off procedure, the kick-off is retaken

Drop Ball

A drop ball is a way of restarting the game after a temporary stoppage.

Procedure

8.6 The referee drops the ball at the place where it was located when play was stopped, unless it was in the goalkeeper's possession, when the goalkeeper shall, at the referee's signal; return the ball into play by throwing the ball from any point within the Penalty Area.

Play restarts when the ball touches the ground.

8.7 Where barricades are in use and a drop ball is required the referee shall drop the ball 2m from the barricade at the appropriate point.

8.8 A goal cannot be score directly from a kick-in unless it touches another player before crossing the goal line.

Infringements/Sanctions

8.9 The ball is dropped again:

- If it is touched by a player before it makes contact with the ground
- If the ball leaves the playing area after it makes contact with the ground, without a player touching it

LAW 9: The Ball In and Out of Play

Ball Out of Play

9.1 The ball is out of play when:

- It has wholly crossed the goal line and is stationary, or if a touchline is in effect, crossed that touchline, whether on the ground or in the air
- Play has been stopped by the referee
- When playing indoors, it hits the ceiling

9.2 If indoors and there are walls or barriers behind the goal line a goalkeeper may move along the goal line to intercept or retrieve the ball before it rebounds into play. They may not step foot onto the pitch from behind the goal line unless it is back into their penalty area. The goalkeeper must maintain walking pace behind the goal line.

Ball In Play

9.3 The ball is in play at all other times including when:

- It rebounds from a goal post, the crossbar, or the barricades onto the playing area
- It rebounds from the referee when on the playing area
- It rebounds from the wall beyond the goal line

Height of ball restrictions

9.4 If a height restriction is to be introduced, the competition rules should identify the height above which an indirect free kick shall be awarded to the opposing team. If a height infringement occurs within the penalty area and is committed by the defending team goalkeeper by a throw or a kick out, a penalty kick shall be awarded to the opposing team. 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. Play should continue in this circumstance. Should another player then play the ball whilst it is at a height above the designated height restriction this will result in an indirect free kick to the opposing team.

In open play if the ball rises above head height by way of a deflection, an indirect free kick shall be awarded to the opposing team of the player that caused the ball to rise above head height - regardless of intentional or accidental means.

Decisions

9.5 When a game is being played on an indoor playing area with a low ceiling and the ball hits the ceiling, the game is restarted by an indirect free kick awarded to the opposing team to the one which

last touched the ball.

9.6 The indirect free kick should be taken from the point at which the ball began to rise. Should this occur in close proximity to the penalty area line, the free kick should be taken 3m further from the penalty area line nearest to where the offence was committed.

The exception to this rule is when the ball hits the ceiling following a deliberate 'save' (as opposed to a clearance) by the goalkeeper. In this case teams should play on.

LAW 10: The Method of Scoring

Goal Scored

10.1 Except otherwise provided by these Laws, 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 thrown, carried or intentionally propelled by the hand or arm by a player of the attacking side.

Winning Team

The team scoring the greater number of goals during a game is the winner. If both teams score an equal number of goals or if no goals are scored, the game is drawn.

Competition Rules

10.2 For games ending in a draw, competition rules may state provisions involving extra time or other procedures to determine the winner of a game.

LAW 11: Free Kicks

11.1 In Walking Football **all free kicks are indirect**

The Indirect Free Kick

11.2 A goal can be scored **only** if the ball subsequently touches another player before it crosses the goal line

Position of Free Kick

11.3 All opponents must be at least 3m from the ball until it is in play

The ball is in play after it has been touched or played

Infringements/Sanctions

11.4 If, when a free kick is taken, an opponent is closer to the ball than the required distance:

The kick is retaken

11.5 If, after the ball is in play, the kicker touches the ball a second time before it has touched another player:

An indirect free kick is awarded to the opposing team, taken from the place where the infringement occurred.

Indirect Free Kick Signal

The referee indicates an indirect free kick by raising their arm above their head. They maintain the arm in that position until the kick has been taken and the ball has touched another player or goes out of play.

LAW 12: Fouls and Misconduct

Fouls and misconduct are penalised as follows:

Running

("During the course of a stride both feet are off the ground")

12.1 If during the course of play a player runs on or off the ball, an indirect free kick is awarded to the opposing team. The free kick is to be taken from the point where the offence occurred.

Should the infringement occur close to the penalty area line the kick shall be taken 3m from the penalty area line, giving the defending team a chance to defend the area.

12.2 A goalkeeper is not permitted to run behind the goal line to intercept the ball if it crosses the goal line – unless the ball is dead and it then becomes the goalkeepers possession. Should the goalkeeper commit this infringement behind the goal line, an indirect free kick is given to the opposing team, to be taken 2m from the goal line as near to where the infringement occurred and outside of the penalty area.

12.3 If a running infringement by the goalkeeper occurs within the penalty area, a free kick from the penalty spot shall be awarded.

An Indirect Free Kick

12.4 An indirect free kick is awarded to the opposing team 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 with force
- holds an opponent
- spits at an opponent
- slides in an attempt to play the ball when it is being played or attempted to be played by an opponent (sliding tackle)
- handles the ball deliberately, except for the goalkeeper in his own penalty area. A penalty kick shall be awarded

A blue card 'sin bin' time exclusion can be shown for the above infringements.

12.5 An indirect free kick is also awarded to the opposing team, to be taken from the place where the infringement occurred, if, in the opinion of the referee, a player:

- plays in a dangerous manner
- deliberately impedes the progress of an opponent when the ball is not being played
- commits any other offence, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player

The indirect free kick is taken from the place where the infringement occurred.

Disciplinary Sanctions

12.6 The use of temporary time suspensions ('sin bins') and the exclusion of a player arising from the issuing of a red card are the recommended disciplinary sanctions for use in Small Sided Football. Match officials should employ the use of temporary timed suspensions (blue cards) in all cases traditionally regarded as cautionable offences.

Referees shall also have the discretion to use a second 'blue card' and a further period of suspension for a second minor offence rather than a second blue card automatically resulting in a red card and permanent expulsion.

The options for a match official imposing disciplinary sanctions are therefore:

- Player shown a blue card and temporarily suspended from play
- Player issued with a discretionary second blue card and temporarily excluded from play
- Player issued with a red card and permanently excluded from play

12.7 A blue card offence should always be accompanied by a temporary suspension from play.

The period of timed suspension in Walking Football shall be two minutes. The release of players from a temporary suspension should be at the direction of the Referee, or a Match Official if one is available.

Temporary Timed Suspensions – Procedures

12.8 A player temporarily suspended from play will be shown a blue card by the match official and informed that he/she shall be suspended from play for two minutes.

The player is obliged to leave the playing area and remain in a designated 'sin bin' area for the required suspension time. Separate 'sin bin' areas should be identified for each team. If no designated 'sin bin' areas are provided then suspended players should remain in the area where they can be seen by the referee and adjacent to team officials and substitutes.

A player will be informed as to the end of a period of suspension by the referee or match official and invited to rejoin

the game. Where barricades are used the players must use the opening onto the playing area.

Temporary Timed Suspensions

12.9 A player is shown the blue card and temporarily excluded from play if he commits any of the following offences:

- is guilty of unsporting behaviour
- shows dissent by word or action
- persistently infringes the Laws of the Game
- delays the restart of play
- fails to respect the required distance when play is restarted with a corner kick, kick-in, free kick or goal clearance
- enters or re-enters the playing area without the referee's permission or infringes the substitution procedure
- deliberately leaves the playing area without the referee's permission outside of a substitution

For any of these offences, an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred.

Exception to the use of 'Blue Cards' and Temporary Timed Suspensions

The only exception to the use of 'Blue Cards' and Temporary Timed Suspensions is in facilities where if a player is excluded for two minutes they are unable to take up a position which is still in the eye line of the Referee but outside the boundaries of the pitch. This might be the case in an enclosed sports hall or in a complex of caged pitches. In such circumstances safety considerations requires the Referee to employ the use of yellow cards, with all players remaining

on the pitch unless excluded permanently. In this situation normal disciplinary sanctions will apply after the game as per the competition rules. If two yellow cards are given to an individual the player will be shown a red card and dismissed.

Sending-Off Offences

12.10 A player is sent off and shown the red card if that person commits any of the following offences:

- is guilty of serious foul play
- is guilty of violent conduct
- spits at an opponent or any other person
- denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the
- denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
- uses offensive, insulting or abusive language
- receives a third blue or second yellow card in the same match

12.11 If play is stopped for a player to be sent from the playing area without having committed any additional infringement of the Laws, the game is restarted by an indirect free kick, awarded to the opposing team, to be taken at the place where the infringement occurred. However, if the offence is committed in the penalty area, the indirect free kick is taken from the penalty area line at the place nearest to where the infringement occurred.

Decisions

12.12 A player who has been sent off may not take any further part in the game nor may they sit on the substitutes' bench, where provided.

LAW 13: The Penalty Kick

13.1 A penalty kick is awarded against a team which commits any of the offences for which a direct free kick is awarded inside its own penalty area and while the ball is in play subject to Competition Rules dictating if other players other than the defending goalkeeper may enter the penalty area.

13.2 Should Competition Rules dictate that no person other than the goalkeeper is permitted to enter the penalty area, a penalty is awarded to the opposite team if a defender has entered the area. If an attacker has entered the area, an indirect free kick is awarded to the defending team. The free kick becomes indirect as a goalkeeper cannot score from their area unless the ball has touched another player before crossing the goal-line.

13.3 A goal may be scored directly from a penalty kick.

Additional time is allowed for a penalty kick to be taken at the end of each half or at the end of each period of extra time.

Position of the Ball and the Players

13.4 The ball:

Is placed on the penalty mark

The player taking the penalty kick:

Is properly identified

The defending goalkeeper:

Remains on their goal line, facing the kicker, between the goalposts, until the ball has been kicked

13.5 The players other than the kicker are located:

- Inside the pitch
- Outside the penalty area
- Behind or to the side of the penalty mark
- At least 3m from the ball

Procedure

13.6 The player taking the penalty kicks the ball forward

That player may not play the ball a second time until it has touched the goalkeeper or another player. The ball is in play when it is kicked and moves forward

13.7 When a penalty kick is taken during the normal course of play, or time has been extended at half-time or full-time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing the goalposts and under the crossbar:

13.8 The ball touches either or both of the goalposts, and/or the crossbar and/or the goalkeeper

Infringements/Sanctions

13.9 If any of the following situations occur:

A player of the defending team infringes this Law:

- The kick is retaken, only if a goal is not scored
- The kick is not retaken if a goal is scored

13.10 A team-mate of the player taking the kick infringes this Law of the Game:

- The kick is retaken if a goal is scored
- The kick is not retaken if a goal is not scored

13.11 The player taking the kick infringes this Law of the Game after the ball is in play:

An indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred, unless this was in the penalty area, in which case the indirect free kick is taken from

the penalty area line at the place nearest to where the infringement occurred

Procedures to Determine the Winner of a Match

13.12 To determine the winner of a match - tied after full-time - the following procedures or a combination of these procedures may be used:

- Extra time
- Kicks from the penalty mark

Use of these procedures should be detailed in the competition rules.

Kicks From The Penalty Mark Procedure

13.13 Taking kicks from the penalty mark is a method of determining the winning team, where

competition rules require there to be a winning team after a match has been drawn.

Procedure

13.14 The referee chooses the goal at which the kicks will be taken

The referee tosses a coin and the team whose captain wins the toss decides whether to take the first or second

kick

The referee keeps a record of the kicks being taken

In principle each team takes five kicks, depending on the circumstances described hereafter

The kicks are taken alternately

The names of the players taking the kicks are announced to the referee by the captains of each team before the kicks from the penalty mark are taken and must be among those included on the list of players submitted before the match. Only those players on the pitch at the completion of the game are eligible to take part in Kicks from the Penalty Mark

13.15 Where a player(s) has been sent off by the referee, the opposing team must reduce the number of players to equalise the participants in each team prior to the Kicks from the Penalty Mark commencing

If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken

If, after both teams have taken five kicks, both have scored the same number of goals, kicks continue to be taken in the same order, until one team has scored one goal more than the other from the same number of kicks

Any player who has been sent off may not take part in the Kicks from the Penalty Mark

Any eligible player may change places with his goalkeeper

Only the eligible players and match officials are permitted to remain on the pitch when Kicks from the Penalty Mark are taken

All players, except the player taking the kick and the two goalkeepers, must remain in the opposite half to that where the kicks are being taken

If a goalkeeper is injured during the Kicks from the Penalty Mark procedure, that player may be replaced by a substitute

LAW 14: The Kick-In

14.1 A kick-in is a method of restarting play. It replaces the throw-in from the touchline

14.2 A goal cannot be scored directly from a kick-in

14.3 A kick-in is awarded:

- when the whole of the ball passes over a touchline, either on the ground or in the air, or hits the ceiling from the place where it crossed the touchline or 2m into the playing area adjacent to where the ball left the playing area when barricades are in use
- to the opponents of the player who last touched the ball

Position of the Ball and the Players

The ball:

14.4 has to be stationary on the touchline; or 2m into the playing area from the barrier where barricades are in use

is kicked into play in any direction

The player taking the kick-in:

14.5 has part of each foot either on the touchline or on the ground outside the touchline at the moment of kicking the ball; or must stand between the ball and the barricade where in use

The players of the defending team:

14.6 are at least 3m from the place where the kick-in is taken

14.7 *Procedure*

- the player taking the kick-in may not play the ball a second time until it has touched another player
- the ball is in play immediately after it is kicked or touched

Infringements/Sanctions

14.8 The kick-in is retaken by a player of the opposing team if:

- the kick-in is taken incorrectly
- the kick-in is taken from a position other than the place where the ball passed over the

touchline or where indicated by the referee where barricades are in use

- an indirect free kick is awarded to the opposition if the player taking the kick-in plays the ball a second time before it has been played by another player

LAW 15: The Goal Clearance

15.1 A goal clearance is a method of restarting play.

15.2 A goal may not be scored directly from a goal clearance unless it touches another player before crossing the goal line.

The goal clearance is awarded when:

15.3 the whole of the ball, having last touched a player of either team, passes over the goal line and becomes stationary

15.4 *Procedure*

- opponents remain outside the penalty area
- the goalkeeper does not play the ball a second time until it has touched another player
- the ball is in play when the ball is thrown or kicked from any point within the penalty area by the goalkeeper of the defending team

Infringements/Sanctions

If the ball is not thrown or kicked directly beyond the penalty area:

15.5 the goal clearance is retaken

Appendix B: Advice to Referees

Affiliated Competitions

To ensure they are covered by their County FA Public Liability Insurance referees should ensure that all games they officiate in are sanctioned by the appropriate authority (The FA or County FA). If in doubt contact your County FA for clarification.

Disciplinary Process

Referees should ensure that all offences for which they have dismissed players with a single red card are reported to their County FA within 48 hours of the game being played. Likewise any disciplinary issues with team officials should be reported within the same time-scales.

SECTION TWO

Walking Football Laws of the Game adapted from Small Sided Football

February 2014

These Laws provide a summary of the key Laws of the Game for Walking Football that will be of concern to participants.

The Ball (Law 2)

The ball shall be appropriate to the age group and ability level.

Size 4 indoor football/futsal for adults.

Height Restriction (Law 9)

Height restrictions only apply if the venue has a particularly low ceiling, otherwise no height restrictions are in force unless proposed and agreed prior to play.

Fouls & Misconduct (Law 12)

Only the goalkeeper is permitted in the penalty area ('D')

Should a defender have encroached into the penalty area – a penalty is awarded to the opposition.

Should an attacker encroach into the penalty area – an indirect free kick is awarded where the offence occurred – to be taken by the goalkeeper. The goalkeeper can only score from an indirect kick if the ball touches another player before crossing the goal line.

Disciplinary Sanctions (Law 12)

Where a 'sin bin' is accessible within the confines of the pitch/arena/sports hall, a player can be cautioned with a blue card for a two-minute temporary exclusion from the game. That player must leave the playing area. A second blue card warrants a further 'sin bin' exclusion for an additional two minutes. Should a third blue card be shown to the same player, a red card will accompany the blue card and that player may take no further part in the game.

Should the pitch be exempt from a 'sin bin' area or there is no provision for cautioned players to be temporarily suspended from play, a yellow card can be shown to offending players where a blue card would ordinarily have been given. A second yellow card would warrant the showing of an

accompanying red card, and the offending player will take no further part in the game.

Corner Kicks, Goal Kicks (Law 9)

Corners and goal kicks are only applicable where it is deemed practical and necessary. Where pitches are indoors/arenas/sports halls the ball may be played off the goal line back wall and no corner or goal kick is necessary. The ball is dead if it is stationary behind the goal line (in netting, baggage) and becomes the Goalkeeper's possession.

Additional Modification Options for Walking Football

A goalkeeper may not leave the penalty area. Should they do so the opposing team receives a direct free kick from the penalty spot.

A goalkeeper is permitted to leave the confines of their area (if agreed at the start, or attendance numbers are low.)

The goalkeeper is permitted to receive back passes. They may opt either to kick the ball out of the area or pick it up and throw it.

A goalkeeper is only permitted to throw the ball out of the area with an under arm motion. Should they throw the ball with an over arm action a direct free kick is awarded to the opposing team from the penalty spot.

A Goalkeeper cannot score direct from the penalty area unless the ball has struck or deflected off another player on the pitch.

In non-competition format, after a goal has been conceded the goalkeeper of that team may restart play by a throw-in or kick-in instead of having the game restarted from the centre spot.

In non-competition, the game may incorporate a two-touch format.

In non-competition, the game can adopt a strict non-contact policy where any close proximity contact or tackling may result in a direct free kick to the opposing team.

Goal kicks are awarded to the defending team if the ball crosses over the goal line – which do not allow play to continue if the ball rebounds off the goal line wall. Defenders may not intentionally kick the ball behind the goal line to gain the advantage of a goalkeeper kick-in.

In non-competition matches where this ruling is applied, play may continue as per normal, or a 3-pass rule before a scored goal is permitted, can be applied.

Corner kicks are an option that can be adopted as a playing format.

Goals may only be scored in the attacking half.

If a height restriction on the ball is in effect, only deliberate kicks or throws over the set height are penalised with indirect free kicks. Deflections causing the ball to rise above the set height are deemed accidental and not penalised.

Players may not hold onto walls or barriers to assist holding up or shielding the ball. An indirect free kick is awarded to the opposing team of a player who infringes this rule.

Any of the modified options above can be utilised to suit the participants' preferences, on a game by game basis.

In Competition Matches the Rules set out for such games must be adhered to. Exceptions to these rules may arise due to the constraints of the venues themselves – i.e. low ceiling, no barriers, open pitch (corners, kick-ins.) These exceptions must be made known to all participants prior to play.

Part Two - Competition Play

COMPETITION GAMES CONCISE RULES

1. 6-A-SIDE
2. 20 MINUTES EACH WAY DURATION (Reduce to 15 mins if playing consecutive games, 10 minutes if 3 or more games, 15 minute straight if playing 5 games)
3. SIZE 4 FOOTBALL / FUTSAL INDOOR, REGULAR SIZE 5 BALL OUTSIDE 3/4G PITCHES
4. NO RUNNING, JOGGING - ON OR OFF THE BALL BY ANY PLAYER
5. LOW IMPACT TACKLING ONLY. NO HEEL, ANKLE RAPPING FROM BEHIND OR SIDE. NO SLIDE-INS
6. NO OFF-SIDES
7. CORNERS, KICK-INS PART OF PLAY IF PITCH POSSESSES TOUCHLINES/GOAL LINES & NO WALLS/BARRIERS
8. REBOUNDS OFF WALLS, BARRIERS PERMITTED IF INDOORS/NO TOUCHLINES/GOAL LINES
9. NO ENTRY INTO PENALTY AREA (except by momentum and no advantage gained)
Should a defender encroach into the penalty area deliberately or denies a clear goal scoring opportunity - a penalty is awarded to the attacking team.
10. NO GOALKEEPER EGRESS FROM PENALTY AREA (except by momentum, or if sliding forward whilst making a save & carried self out - ball and upper body still inside area) Should the goalkeeper leave the area to deny a clear goal scoring opportunity or make a deliberate tackle outside of the penalty area, a penalty is awarded to the attacking team
11. ALL FREE KICKS ARE INDIRECT
12. 2MTR EXCLUSION DISTANCE ON OPPONENT PLAYER FROM BALL FROM FREE KICKS, KICK-INS
13. OFFENSIVE FREE KICKS NEAR PENALTY AREA LINE MOVE BALL BACK 2MTRS (allows defenders to position themselves between ball & goal)
14. BALL HEAD HEIGHT RESTRICTION ON ALL KICKS, GOALKEEPER THROWS, DEFLECTIONS
15. BALL DEFLECTED OR SAVED BY THE KEEPER ABOVE HEAD HEIGHT IS GOALKEEPER'S POSSESSION
16. GOALKEEPER MAY RECEIVE BACK PASSES & MAY USE EITHER FEET OR PICK

- UP & THROW TO PUT BALL BACK IN PLAY
- 17.GOALKEEPER MAY ONLY THROW USING AN UNDER ARM ACTION
 - 18.GOALKEEPER MUST WEAR A SHIRT OR BIB THAT DISTINGUISHES FROM OTHERS
 - 19.NO HOLDING ONTO WALLS/BARRIER TO BLOCK OR SHIELD BALL
 - 20.3 FLEXI SUBS – ANY TIME, ANY PLAYER. Substitutions can be made when there is a break in play, the ball is dead or the goalkeeper has possession of the ball
 - 21.NO GOAL DIRECT FROM KICK-OFFS, KICK-INS, DROP BALLS; GOALKEEPERS KICK, THROW, CLEARANCE
 - 22.GOALS CAN BE SCORED FROM ANY OUTFIELD POSITION
 - 23.IF BALL OUT OF PLAY ACROSS BARRIER – KICK-IN TO TEAM NOT TOUCHING BALL LAST BEFORE IT CROSSED BARRIER, 2MTRS IN FROM BARRIER
 - 24.‘SIN BIN’ IN EFFECT. REFEREE OPERATES BLUE (Sin Bin - 2 mins), YELLOW & RED CARD PROCEDURES
 - 25.PLAYER SENT OFF TAKES NO FURTHER PART IN MATCH. TEAM SUBSTITUTE A SENT OFF PLAYER AFTER 5 MINUTES OR FIRST CONCEDED GOAL – WHICHEVER OCCURS FIRST

Notification

Notification of pitch set up – which includes specification on indoor/outdoor facility, ground surface type, walls, barriers, touchline, goal line, pitch line markings, ceiling height, size of goals and goal setting, as well as additional information pertinent to the venue – must be given in advance of competitive matches to all opponents.