

NORTH WEST SYDNEY FOOTBALL - WALKING FOOTBALL RULES & ELIGIBILITY

Philosophy

- Walking Football is a non-competitive/social, low-impact, team-based exercise, using the Walking Football Rules and Formats: no contact and always having one foot on the ground.
- Walking Football aims to provide participants with physical and mental health benefits, social connections, and the benefits of ongoing physical activity.
- 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.

Player eligibility

- Primarily we ask that you participate only if you have the correct attitude.
- For Players over 40 years of age. However, players under 40 may be allowed to play if they can provide details of any injury, health issues or other compelling reasons why they should play (i.e. something that prevents them from playing normal 'running' football).

Social v Competition

- NWSF Walking Football is non-competitive, and no results or tables will be kept.

RULES

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 players.
- c. Games will be played in 2 equal halves of 20-30 minutes each
- d. There is a 2-5 minute half time break.
- e. No time will be added for injury or stoppages.
- f. If the format involves a goalkeeper, each team member will have turns in goal unless:
 - i. One person requests to play in goal
 - ii. Someone requests an exemption from going in goal (usually due to a health concern)
- g. A size 5 ball is used
- h. Unlimited interchange (if there are subs)

2. Players Equipment

- a. Players must wear shirts with sleeves, shorts or track suit trousers, sock, shin guards and footwear appropriate to local conditions and surface type
- b. The two teams must wear colours that distinguish them from each other and the referee. Reversible shirts or bibs will be provided by NWSF.
- c. Each goalkeeper must wear colours which are distinguishable from the other players and the referee otherwise bibs will be provided.
- d. 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. The ball must not go above the height of the goal crossbar. If it does, an indirect free kick is awarded to the opposing team to the player who last touched the ball.

- b. If the ball rises above the designated height restriction resulting from a save or block by a goalkeeper, the ball is returned to the keeper if the ball stays in play, or will be a corner or kick-in to the opposing team if the ball goes out of the field of play.
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:
 - i. Running or jogging;
 - ii. Attempting or executing a tackle from behind or the side in an attempt to win the ball;
 - iii. Attempting or executing a 'Slide Tackle' in an attempt to win the ball;
 - iv. Deliberately heading the ball
 - v. Playing the ball from the ground;
 - vi. Kicking the ball above the height of the goal cross bar
 - vii. 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);
 - 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. Any shot 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 area, in front of the goal.
 - b. Apart from the goalkeeper and the kicker, all defending and attacking players must remain behind the ball and 5 metres from it until the ball is kicked and it moves.
 - c. If playing without a goalkeeper, the kick is taken from 10 metres from the goal.
9. Restarts
- a. If the ball goes over the sideline, the opposing team has a kick-in from where it went out
 - 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 for all kick-offs.
10. Offside
- a. The offside law (Law 11) does not apply to Walking Football.
11. Goal Areas
- a. If playing with a keeper, the goal area is a 6 metre semi circle from the centre of the goal.
 - b. If no keeper, the goal area is a 3 metre semi circle from the centre of the goal.
 - c. No player other than a goalkeeper can enter the goal area.
 - d. The goal keeper isn't allowed outside of the goal area.
 - e. If a defender deliberately enters the goal area, a penalty kick will be awarded.
 - f. If an attacker deliberately enters the area, a free kick is awarded to the defending team.