Combined Walking Soccer/Football Suggested Rules

*NOTE:**The following represents a sampling of some of the rules which have been used for Walking Soccer events. Additional variations and game adaptations can be made to suit the needs and capabilities of your participants.*

INTRODUCTION:

Walking Soccer was designed to help people maintain an active lifestyle, while facilitating their continued involvement in the sport, at any age and/or in spite of any limitations caused by previous injury. However, it is also a great introduction to the sport for those who have never played, as well as an opportunity to provide truly open play. By restricting the pace and intensity of competition it becomes possible to include players representing a wide range of ages and skill levels while maintaining a safe and fun, yet still challenging, atmosphere.

PLAYING AREA:

Walking Soccer/Football can be played indoors or outdoors.

The game is played on a pitch 20/40 yards in length and 15/30 yards in width

The play area can be adjusted to suit the number of participants

BALL:

Played with a size 4 Futsal ball when playing indoors or use a traditional ball outdoors

NUMBER OF PLAYERS:

5-a-side (4+keeper) in Futsal facility

PLAYER’S EQUIPMENT:

No outdoor cleats on Futsal courts (rubber turf shoes ok).   
  
It is preferred that players wear shin guards.  
   
Goalkeeper must wear a shirt that distinguishes him/her from other players

GAME DURATION:

20 minute halves.   
  
2 or 3 minute half-time.

PACE:

No running, jogging – on or off the ball by any player

Players are prohibited from sprinting, running or jogging while the ball is in play. Anyone doing so is penalized with a free-kick awarded to the other team

No running or jogging – power walking/speed walking is permitted.  
  
The referee will remind any players if they are running off the ball but haven't gained an advantage before calling a foul.

SCORING:

Goals can be scored by any player, including the goalkeeper.  
  
Goalkeepers cannot score from kick, throw, clearance

Goalkeeper may not score from dead ball.

Goals can be scored from any outfield position   
  
No goal can be scored direct from kick-offs, kick-ins, drop balls

RESTART:

There are no goal kicks or kick-offs after a goal -- the goalkeeper restarts play with the ball in his or her hands from within the penalty area.

Kick-offs at beginning of each half at referee’s discretion.

GOAL KEEPER:

The goalkeeper has 5 seconds to get the ball in play whenever he or she possesses it.

No goalkeeper egress from penalty area (except by momentum, or if sliding forward whilst making a save & carried self out - ball & upper body inside area) – Free Kick 3 meters out

Goalkeepers can receive back passes but must not pick the ball up.

Goalkeeper may receive back passes and may use either feet or pick up and throw to put ball back in play

Goalkeeper may only throw using an under arm action – Free Kick 3 meters out area

Goalkeeper may dribble ball to penalty area; ball may be handled (with hands) if last touched by opponent or was not the result of an intentional pass from a teammate.

PENALTY AREA:  
  
No entry into penalty area (except by momentum and no advantage gained) – Free Kick  
  
Fouls in the penalty area result in a penalty kick.

SLIDING:

No slide-tackling.

No sliding except for goalkeeper inside penalty area in attempt to make a save.

KICK-IN:

If the ball goes off the pitch over the touchline, the game is restarted via a kick, roll or throw-in (to allow for different physical capabilities) Note: It is strongly recommended to use a roll or kick in for indoor facilities.

If ball goes out of play across a barrier – kick-in to team that did not touch ball last before it crossed barrier – 2 meters in from barrier

Only 1 step can be taken when striking the ball for a free kick or kick-in.   
  
Kick-ins and corners must be taken within 5 seconds.

On kick-ins, if the ball does not enter the field, then the other team is awarded the ball.

Only 2 steps can be taken when striking the ball for a free kick or kick-in.

FREE KICKS:

All free kicks are indirect  
  
All free kicks are direct, including the kick-off and kick-ins.  
  
Only 1 step can be taken when striking the ball for a free kick or kick-in.

For offensive free kicks near the penalty area line move ball back 3 meters (allows defenders to position themselves between ball & goal)

3 meter exclusion distance on opponent player from ball from “dead” ball & free kicks

Defending players must stand at least 8 feet from all free kicks.

Free kicks from fouls, handballs, running, and other infractions will be direct kicks.

Only 2 steps can be taken when striking the ball for a free kick or kick-in.

CORNER KICKS:

Corner-kicks are direct. No delay of game by defense on kick-ins or corners.

DIRECT KICKS:  
  
Direct kicks will result in a PK, with all players outside except goalkeeper.

PENALTY KICKS:

Only 1 step can be taken when striking the ball for a penalty.

OFFSIDE:  
  
There is no offside rule.

MISCONDUCT:  
  
Yellow and red cards can be given out. Referee also operates blue card “penalty box” procedure (for persistent running, serious foul play, dissent, unsportsmanlike behavior, poor conduct, aggression, etc.) – 2 minute time-out. Fouls inside the penalty area are the discretion of referee.   
  
Referee operates blue card ‘sin bin’ procedure (for persistent running, serious foul play, dissent, unsportsmanship, poor conduct, aggression) – 2 minute time out

Player sent off under red card takes no further part in match. Team may substitute a sent off player after 5 minutes or first conceded goal- whichever occurs first

Yellow card equals two minutes on the bench without team substitution.

Hard fouls or two yellow cards equal a red card and immediate expulsion from court area with no team substitution.

A red card equals immediate ban from next match.

TACKLING:

Low impact tackling only (no heel, ankle rapping from behind or side.)   
  
Walking Football is non-contact and no slide tackles are allowed  
  
No slide-ins

SUBSTITUTIONS:

Flexible substitutions – Substitutions may be made any time the ball is “dead” or in the keeper’s possession.   
  
Substitutions are made "on-the-fly" (a "dead ball" is not required and the ref does not need to be notified).   
  
Sub-on-the-fly (substitution at any time, with the exception of the keeper, in which case the referee must be made aware of the change). Must enter at the half-line after substituted player has exited from the half-line.

If subbing a goalkeeper in the middle of a half, game plays on. No waiting.

BALL HEIGHT RESTRICTION:

Ball head height restriction – a ball deflected above head height shall be given possession to the team that did not touch the ball last before it infringed the height restriction. Balls saved or deflected off the goalkeeper above head height shall have possession retained by the goalkeeper. The ball is considered dead once it has risen above head height

BARRIERS/CEILING:

Rebounds off barriers are not allowed - under arm throw in or goalie’s ball

No rebounds off walls or barriers - Indirect free kick)

No holding onto barrier to block or shield ball  
  
If the ball hits the ceiling, it counts as a team foul and the other team receives the ball at the half line. If the ball hits the ceiling by mutual player contact, the referee will issue a drop ball at the half line. 