

Rules & additions to the newly released English FA rules for Walking Football.

Location - Campo da Palmeira . Complex Municipal Estadio Albufeira.

Pitches. Artificial Grass. 3 pitches of 50m x 40m. Goal size 6m x 2m. Ball size 5.

1. Teams +050 - 7 a side – up to 4 substitutes (Substitutions to be made when play is dead or out of play, players that are substituted can re-join the game, rolling subs).
2. 20 minute matches. (2 x 10 mins). 3 minutes half time.
3. Equipment -A jersey or shirt • shorts or track suit trousers • socks • shin guards • footwear – which is subject and appropriate to local conditions and surface type.
4. Team colours allocated to home has colour preference.
5. A coin toss shall be used at the start of a game to determine which team has kick-off or select which end they play.
6. A player is allowed a Maximum of 3 TOUCHES of football in one movement.
7. NO running with or without the ball.
8. Walking is defined as ‘always having at least one foot in contact with the ground’. Infringements/Sanctions The referee will award a direct free kick against any player who is seen to be not walking.
9. If a player is penalised on three occasions for infringing the walking rule, they receive a blue card and are ‘sin binned’ for duration of two minutes.
10. A player is shown the blue card and temporarily excluded from play if he/she commits any of the following offences: C1 is guilty of unsporting behaviour: C2 shows dissent by word or action: C3 persistently infringes the Laws of the Game
11. Yellow cards & Red cards (hopefully not) will be used by the referees as is normal football rules for incidents or misconduct where cards would be normally shown.
12. All free kicks will be direct.  Opposition players must be 3-metres from the ball in all dead ball situations
13. This a minimal contact sport.
14. Slide tackling and slide blocking are not permitted.
15. Players may not play the ball whilst grounded.
16. Tackling across a player at the barrier/wall is not permitted.
17. ’Crowding’ (two player’s vs one) is not permitted.
18. Shoulder charging or barging is not permitted.
19. Players may not physically step across an opponent to gain an advantage or deny that player access to the ball or position.
20. Tackling must be clean.
21. Tackling from the side or behind where definite contact has been made is not permitted
22. Reckless or over-excessive intent without contact is an infringement.
23. Outfield players may not enter the goalkeepers area intentionally. (6 yard box)
24. An attacking player may not enter the opposing goalkeeper area except by momentum.
25. A defending player may not enter the goalkeeper area deliberately to gain position to another part of the pitch for any reason, to play the ball back to the goalkeeper, to block a shot on goal, deny a clear goal scoring opportunity. When a defending player enters the goalkeeper area inadvertently, has gained no advantage or does not affect play, no penalty can be awarded and play continues.
26. If two opposing players come into contact on the goalkeeper area line and the defender enters the goalkeeper area not by their own volition, no penalty can be awarded.
27. Goalkeepers may not egress from the area except by momentum. (egress – leave the penalty area)
28. If in the process of making a save the goalkeeper’s lower half egresses the area, but the upper half and the ball are retained within the goalkeeper area, play shall continue.
29. Offences in the goalkeeper area by the defending team a free kick is given to the opposing team 3-metres outside of the goalkeeper area as close to where the infringement occurred
30. The goalkeeper may elect to either throw the ball out under-arm (a bowling action) or kick it out from the ground. No over arm throws.
31. If the ball exceeds the head height restriction from a goalkeeper’s throw or kick (except in the process of making a save) a free kick is awarded to the opposing team to be taken 3-metres outside the goalkeeper area as close to where the infringement took place
32. Ball Height- A height restriction is set at a designated height of 2 metres, above which a direct free kick shall be awarded to the opposing team. If the ball is blocked and goes up in air a free kick will be awarded to the against the offending player.
33. NO heading of the ball at any height.
34. 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 a direct free kick to the opposing team, unless keeper catches it.
35. If the goalkeeper receives the ball from a team mate in open play the goalkeeper is permitted to touch the ball and to pick the ball up. 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, otherwise: • a free kick is awarded to the opposing team, to be taken 3m from the goalkeeper area line from the place nearest to where the infringement occurred. The defending team is allowed to defend the free kick with a wall if they wish.
36. The goalkeeper’s possession is based on the 6 second rule. Ball has to be distributed in this time.
37. A kick-in/roll-in is a method of restarting play. • 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 The kick-in is retaken by a player.  Opposition players must be 3-metres from the ball for kick in.
38. In the case of a penalty shootout in the knock out stage, 3 penalties per team & if required after this sudden death penalties. Only players who are on the field are allowed take penalties.
39. In the case of clubs having multiple teams, players cannot switch between teams.
40. The decisions of the referee regarding facts connected with play are final.

Results & points system.

1. Group Stage. 3 points for win, 1 for a draw. 0 for a loss.
2. League position decided by;

Points Won,

Goal difference,

Goals Scored.

Best 3rd place team. 1 , Highest points then most goals scored to determine position.

2 . Next highest points then most scored to determine position.

3. Knockout Stage. Penalty’s will decide the result of the match in the case of a draw.

Two step rule for penalty’s will apply.

Each team will take 3 Penalty’s, if still no result, sudden death penalty’s will be taken until we have a result.

All modifications to the rules are detailed in these competition regulations.

We wish everyone a great tournament & enjoy our beautiful game played the Walking Football way.

If you wish to read all the new rules released by The FA.

All versions for players & events can be seen on their web site on this link.

http://www.thefa.com/news/2017/feb/22/laws-of-walking-football-launched-220217