

Introduction

The following Laws of the Game are the East Algarve Waling Football's recommended Laws for use in Walking Football.

These Laws are based on those that The FA will use in its own Walking Football competitions, but have been adapted for use in our Olhao and Tavira sessions, and will be used as tournament rules for any tournament organised and run by East Algarve Waling Football; we would also recommend their adoption by all organisers of Walking Football throughout the Algarve.

General Principle

Where not stated, the normal IFAB Laws of Association Football apply with exceptions notably that there is no offside in Walking Football and players may not run at any point.

Law 1: The Field of Play

The Pitch

The playing area must be rectangular. The length of the touchline must be greater than the length of the goal line.

Dimensions

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

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

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

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

Area Markings

The playing area is marked with lines. The two longer boundary lines are called touchlines. The two shorter lines are called goal lines.

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

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

A penalty area is defined at each end of the pitch by lines, and marked with a penalty mark

Goals

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.

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.

Safety

The goals may be portable but they should meet British Standards and be anchored securely to the ground during play as per Health and Safety requirements. When playing to lines, a suitable run-off should be provided around the pitch (the FA recommends a minimum of 3m if possible. If this distance cannot be met, a suitable run-off should be provided subject to a risk assessment).

Playing Surface

Where natural turf is not used, the surface must be smooth and flat and non-abrasive. The use of artificial material (specifically G4 astro turf) is recommended.

Law 2: The Ball

Qualities and Measurements

The ball is:

- spherical
- made of leather or other suitable material
- size appropriate to the group playing (we will use a size 5 ball normally)

Replacement of a Defective Ball

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

- the game is stopped
- the game is restarted by a goalkick for the team who were in possession of the ball when the first ball became defective

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

- the game is restarted according to the Laws

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

Law 3: The Players

A match is played by two teams, each consisting of not more than 8 players for matches played at Olhao and not more than 11 players for matches played at Tavira.

The following Laws (indicated in blue) are to be used in tournaments only

Substitution Procedure

The maximum number of substitutes permitted is three.

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.

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

A substitution 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
- a substitution is complete when the substitute enters the playing area from which moment the substitute becomes a player and the player who is 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 the Goalkeeper

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 which distinguishes them from all other players and the referee

Infringements/Sanctions

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
- play is restarted by a direct 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 of the offending team, the direct free kick is taken from outside the penalty area at the place nearest to the position of the ball when play was stopped)

Validity of a Match – Playing Numbers

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 Players' Equipment

Safety

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

Basic Equipment

The basic compulsory equipment of a player is:

- a jersey or shirt
- shorts or track suit trousers
- footwear – which is subject and appropriate to local conditions and surface type

Goalkeepers

- the goalkeeper is permitted to wear long trousers
- each goalkeeper wears colours which easily distinguish them from the other players and the referees

Infringements/Sanctions

For any Infringements of this Law:

- 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 correct. The player is only allowed to re-enter the playing area when the ball is out of play
- 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 play to stop 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 they enter the locality where the playing area is situated until they leave.

Powers and Duties

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
- 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 a player is injured and ensures that they are removed from the playing area if necessary
- 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.

Law 6: The Match Official

Duties

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
- assist the Referee by signalling any instances of running off the ball by any player which the Referee may not have seen
- 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 on to 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 if required to do so by the Referee
- 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 Match

The duration of the match shall be divided between two and four equal periods of over 5 and up to 30 minutes each, subject to the following:

- allowance shall be made in either period for time lost through stoppages as decided by the referee
- the duration of any period shall be extended to enable a penalty kick to be taken
- between periods the interval shall not exceed five minutes, except by consent of the Referee
- competition rules may allow for a game to be played in its entirety without any 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: The Start and Restart of Play

Preliminaries

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 period of the game.

The other team takes the kick-off to start the game.

Kick-off

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 any period 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

- 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 in any direction
- the kicker may not touch the ball a second time until it has touched another player

After a team scores a goal, the other team takes the kick-off.

Infringements/Sanctions

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

- a direct free kick is awarded to the opposing team to be taken from the place where the infringement occurred. For any other infringement of the kick-off procedure, the kick-off is retaken

Re-starting after a temporary stoppage

As a way of restarting the game after a temporary stoppage, a goal-kick will be awarded to the team who were in possession of the ball at the time of the temporary stoppage. A “drop ball” will *not* be used

Law 9: The Ball in and Out of Play

Ball Out of Play

The ball is out of play when:

- it has wholly crossed the goal line or touch line, whether on the ground or in the air
- play has been stopped by the referee

Ball In Play

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

- it rebounds from a goal post or the crossbar
- it rebounds from the referee when on the playing area

Height of Ball Restrictions

A height restriction is set at a designated height of 6 ft (1.83 metres), unless the height of the crossbar exceeds 6 ft, in which instance the height restriction is played to the height of the crossbar.

If a height infringement occurs by any player deliberately playing the ball, a direct free kick shall be awarded to the opposing team. If this occurs within the penalty area and is committed by the defending team or goalkeeper, the direct free kick should be played from outside the penalty area line nearest to where the offence took place.

The exceptions to this rule shall be:

- when the ball is played accidentally over the height restriction, such as by a rebound off a player's shin, knee, torso, or head when there is no intention to play the ball. Play should continue in this circumstance.
- when the goalkeeper plays the ball either in play or from a goal clearance restart there is no height restriction as long as the ball either touches another player in the goalkeeper's half of the pitch or bounces on the surface of the pitch in the goalkeeper's half of the pitch. Play should continue in this circumstance; however, if the ball reaches the opposition's half of the pitch without touching another player or bouncing on the surface of the pitch, then a direct free kick should be given to the opposition and should be played from outside the penalty area line nearest to where the offence took place. Should another player 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.

Law 10: Determining the outcome of a Match

Goal Scored

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, or if the ball was played from the attacking team's own half and did not touch any other player before entering the net. Under no circumstance is the goalkeeper from the attacking side allowed to score. If the goalkeeper does play the ball in to the opponents' goal, play is restarted with a goal clearance for the opposition.

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

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

Kicks from the Penalty Mark Procedure

Taking kicks from the penalty mark is a method of determining the winning team if competition rules require there to be a winning team after a match has been drawn and shall follow Law 13 in their execution.

Procedure

- the referee tosses a coin to choose 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

Competition Rules will determine the number of kicks with the kicks taken as 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. Unless there is a player in the 'sin bin' at the completion of the game, in which case they are permitted to participate
- 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 their designated number of kicks, one has scored more goals than the other could score, even if it were to complete its designated number of kicks, no more kicks are taken
- if, after both teams have taken the designated number of 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 the 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, they may be replaced by a substitute

Procedures to Determine the Winner of a Match

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.

Law 11: Fouls and Misconduct

Fouls and misconduct are penalised as follows:

Direct Free Kick

A direct free kick is awarded to the opposing team if a player commits any of the following offences:

- 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 in a manner considered by the referee to be careless, reckless or using excessive force
- tackles an opponent from behind or through the legs regardless of the force used or if contact is made or not with the opponent
- 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). Additionally no playing from the floor is permitted
- handles the ball deliberately, except for the goalkeeper in their own penalty area
- plays in a dangerous manner
- deliberately impedes the progress of an opponent when the ball is not being played
- prevents the goalkeeper from releasing the ball from their hands
- commits any other offence, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player

A direct free kick for these offences is taken from the place where the infringement occurred, and if this occurs in the penalty area of the offending team a penalty kick shall be awarded (see Law 13).

A direct free kick is also awarded to the opposing team if, in the opinion of the Referee, a player:

- is running
- takes more than 2 (two) touches of the ball with no other player having played the ball
- deliberately impedes the progress of an opponent when a player has had two touches of the ball and before it is played by another player (the player may stand their ground after their two touches, but must not “shield” the ball from an opponent)

For these three offences, a direct free kick is taken from the place where the infringement occurred or, if this is inside the penalty area of the offending team, the direct free kick should be played from outside the penalty area line nearest to where the offence took place.

Law 12: Free kicks

Free kicks are all direct.

For all direct free kicks, the ball must be stationary when the kick is taken and the kicker may not touch the ball a second time until it has touched another player.

The Direct Free Kick

- if a direct free kick is kicked directly into the opponents' goal, a goal is awarded *unless* the free kick was taken in the player's own half and no other player touched the ball before entering the goal

Position of Free Kick

- all opponents must be at least 2m from the ball until it is in play
- the ball is in play after it has been touched or played

Infringements/Sanctions

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

- the kick is retaken

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

- a direct free kick is awarded to the opposing team, taken from the place where the infringement occurred (unless this is in the offending team's penalty area, when the free kick should be taken from outside the penalty area line nearest to where the offence took place)

If, after the ball is in play from the player's own half, the ball enters the opposition goal before it has touched another player:

- a goal clearance shall be awarded to the defending team

Law 13: Penalty Kicks

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 period or at the end of each period of extra time.

Position of the Ball and the Players

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

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

- the player taking the penalty kicks the ball forward
- they may not play the ball a second time until it has touched another player
- the ball is in play when it is kicked and clearly moves
- the player must take a *maximum of one step* when making their run up

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:

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

Infringements/Sanctions

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

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

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

- a direct 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 direct free kick is taken from the penalty area line at the place nearest to where the infringement occurred.

Outcome of the Penalty Kick		
	Goal	No Goal
Encroachment by attacking player	Penalty is retaken	Indirect free kick
Encroachment by defending player	Goal	Penalty is retaken
Offence by goalkeeper	Goal	Penalty is retaken and caution for goalkeeper
Ball kicked backwards	Direct free kick	Direct free kick
Illegal feinting	Direct free kick and caution for kicker	Direct free kick and caution for kicker
Wrong kicker	Direct free kick and caution for wrong kicker	Direct free kick and caution for wrong kicker

Law 14: The Kick-In

A kick-in is a method of restarting play.

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

A kick-in is awarded:

- when the whole of the ball passes over a touchline, either on the ground or in the air
- from the place where it crossed the touch line
- to the opponents of the player who last touched the ball

Position of the Ball and the Players

The ball:

- has to be stationary on the touch line
- is kicked into play in any direction

The player taking the kick-in:

- has part of each foot either on the touch line or on the ground outside the touch line at the moment of kicking the ball

The players of the defending team:

- are at least 2m from the place where the kick-in is taken

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

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 touch line
- a direct 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

A goal clearance is a method of restarting play.

A goal may not be scored directly from a goal clearance.

The goal clearance is awarded when:

- the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with Law 10

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 stationary 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:

- the goal clearance is retaken

If, after the ball is in play, the goalkeeper touches the ball, before it has touched another player:

- a direct free kick is awarded to the opposing team to be taken from the penalty area line from the place nearest to where the infringement occurred

If the goalkeeper plays the ball above the height restriction, which they are permitted to do, but the ball consequently crosses the half-way line without either touching another player or bouncing on the surface:

- a direct free kick is awarded to the opposing team to be taken from the penalty area line from the place nearest to where the infringement occurred

If the goalkeeper receives the ball from a team mate in open play the goalkeeper is permitted to touch the ball but *not* to pick the ball up, otherwise:

- a direct free kick is awarded to the opposing team, to be taken from the penalty area line from the place nearest to where the infringement occurred

Law 16: The Corner Kick

A corner kick is a method of restarting play.

A goal may be scored directly from a corner kick, but only against the opposing team.

A corner kick is awarded when:

- the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with Law 10

Procedure

- the ball is placed inside the corner arc at the nearest corner
- opponents remain at least 2m from the ball until it is in play
- the ball is kicked by a player of the attacking team
- the ball is in play when it is kicked or touched
- the kicker does not play the ball a second time until it has been played by or touched another player

Infringements/Sanctions

A direct free kick is taken by the opposing team if:

- the player taking the corner kick plays the ball a second time before it has been played by or touched another player. The direct free kick is taken from the place where the infringement occurred

For any other infringement:

- the corner kick is retaken

Law 17: Walking

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.

In addition, the referee will award a direct free kick against any player who has no contact with the ground in any way, including when not in possession of the ball, and regardless of whether the ball is in play or not, should that player be seeking to gain an advantage. This includes, but is not limited, to running to take a quick kick-in, goal clearance, or corner kick, or gaining a strategic advantage on the field of play.