

# **Walking Football Association**

## **Introduction**

**Football on foot at Lanark Park is played under the Dutch laws of the game.**

**The laws contained in this document are those that will be implemented at the World Cup Tournament on October 6, 2023.**

**The laws were simplified as much as possible and will help players and organizers to have a better understanding of the game.**

# THE PLAYERS

- The game is played as a 7-a-side with no goal keepers.
- A team will have no more than 10 players.
- Any amount of substitutions can take place during the game.
- Players who have been substituted can reenter the same game.
- Substitutions may only take place when there is a break in play by notifying the referee, and can be made at the centerline level.

# THE GAME

- The game will be on a field measuring approximately 43 meter length by 36 meter width.
- A coin toss by the referee will decide which team starts the game.
- A kick off from the center of the pitch will restart a play after each goal scored.
- A goal cannot be scored direct from a kick-off, free kick, corner kick, or from a team's own half.
- No offside.
- No heading is allowed. An indirect kick should be awarded.

- A ball should not be played should not be played above hip level. An indirect should be awarded.
- 3 touches of the ball: Each player will be limited to 3 touches of the ball before it must be touched by another player. In case of 4 touch, it will cause an indirect free kick. Also protecting the ball after 3 touches is not allowed and will cause an indirect kick.
- A free kick will always be taken indirectly. This can be done through a pass or by dribbling with maximum 3 touches of the ball. Defenders should be kept away 10 feet from the ball.
- If the ball goes out of play, the ball will be placed back where it left the field and put back to play by passing or dribbling.
- Corner kick: The ball can only be put back into play with a pass or dribbling.
- An indirect free-kick will be awarded if the ball unintentionally hits the head of a player.
- Deflection: If a ball hit the body of a player unintentionally ( except the head ) and it goes up above the hip, the game will be continued. The decision is up to the referee.
- If a player falls on the field and get injured, the game must stop.

# Walking

- Walking is defined as always having at least part of one foot in contact with the ground and preferably should start with the heel making contact with the ground first.
- If a player runs whilst in possession of the ball, an indirect free kick is awarded to the opposing team.
- If a player runs when not in possession of the ball, an indirect free kick is awarded to the opposing team.
- Referees will decide where free indirect kicks for running will be taken from.

# Physical Contact

- All walking soccer will be played as non-contact.
- Non-contact includes:
  - No tackling of opponents with/without the ball.
  - No barging or shoulder to shoulder challenges.
  - No tackling of opponent from behind, including trying to touch the ball from between their legs or from the side.
  - No backing into another opponent.
- Physical contact and tackling will be penalized with indirect kick.
- Note: If during a movement a player touches an opponent, this is not considered a foul.

# Penalty Area

- A penalty will be given if a direct goal opportunity has been inappropriately eliminated in the penalty area. The penalty kick will be taken from the penalty spot in the center of the field in an empty goal.
- In case of the ball touches a defender hand or head in the penalty area, there will be indirect free kick from the penalty line with the defenders standing 10 feet away.

# Disciplinary Procedures

- Players who show dissent or argumentative behavior, will be shown a yellow card.
- Any player sent off for foul and abusive language or violent conduct, will be shown a red card and will not be permitted to take any further part in the rest of the game that day, and must leave the vicinity of the playing area.
- Violent conduct includes but is not limited to: fighting, head butting, deliberately kicking out, throwing a punch, spitting at an opponent.
- There will be a zero tolerance towards any form of discrimination. Any player found to be making discriminatory remarks, will take no further part in the game, and will be asked to leave the venue immediately.

- **Tackling from behind or slide tackles may result in a yellow card offense due to safety reasons, since all Walking Soccer is a non-contact game.**
- **If a player is injured for any lengthy period of time, or if the referee feels a teams are timewasting during the game, the referee may continue the game after the full time whistle is sounded, for additional time about 1-3 minutes, unless a significant injury has occurred.**
- **The captain of the team is the only one that can talk with the referee.**
- **The referee is the decision maker and the players should respect his decisions.**