



FOOTBALL
AUSTRALIA

WALKING FOOTBALL

LAWS OF THE GAME MADE SIMPLE



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INTRODUCTION

In principle, the normal Laws of Football apply to Walking Football. There are though, some key differences and we've developed this guide to help players and referees understand them.

This guide does not contain information on every Law, refer to the full Laws of the Game for that.

Instead, it highlights what we think referees and players need to know in order to make the game safe and enjoyable.

THE FIELD OF PLAY

Walking football should be played on either grass, artificial turf or, if indoors, wood.

The penalty area is a semi-circle of six metres radius from the centre of the goal line. The penalty spot must be six metres out.

The distance between the goal posts can be between three metres and five metres. The height of the crossbar can be between one 1.20 metres and 2 metres.

PLAYERS AND SUBSTITUTES

Matches can be 5, 6 or 7-a-side.

Teams can have a maximum of 3 substitutes.

Substitutions can take place either when play has stopped or during play (it depends on the rules of the competition).

Players can change places with the goalkeeper when play has stopped.

THE PLAYERS EQUIPMENT

Players cannot wear anything that is dangerous to themselves or another player (e.g. jewellery).

Players must wear shin guards.

Goalkeepers must wear colours which easily distinguish them from the other players and the referee.

- **Players should wear suitable footwear. Appropriate to local conditions and surface type.**
- **Indoor boots, turf boots, running shoes, studs are not permitted.**

THE REFEREE

Referees keep players safe by stopping the game if a seriously injured (or bleeding) player needs to be removed from the playing area.

Enforce the Laws of the Game and their decision is final!

Take disciplinary action against players guilty of sinbin or sending-off offences.

Try to keep the game going by playing advantage.

THE DURATION OF THE MATCH

Matches can be divided into between two and four equal periods of between 5 and 30 minutes each.

Time can be added on in either period for time lost through stoppages (e.g. injury).

Each period can be extended to allow a penalty kick to be taken.

Half-time break should be no more than 5 minutes.



SIGNALS

Signalling is an effective way in which referees can communicate their decisions to players.



PENALTY KICK



CORNER KICK



MAIN ADVANTAGE



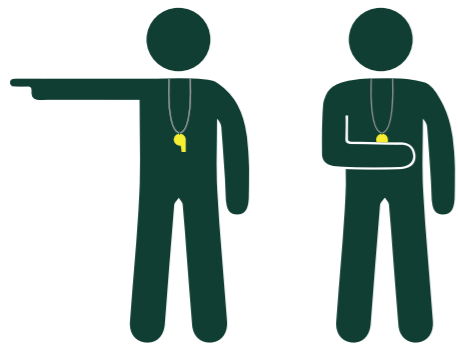
MAIN ADVANTAGE 2



INDIRECT FREE KICK



GOAL KICK



SIX SECOND COUNT



NOT WALKING



TACKLE FROM BEHIND



EXCEEDING HEAD HEIGHT

START AND RE-START OF PLAY

The team that wins the toss decides which goal it will attack in the first period of the game.

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

A goal may not be scored directly from the kick-off.

All players must be in their own half, except the player taking kick-off.

The ball is in play when it is kicked and moves.

The kicker may not touch the ball a second time until it has touched another player.



If players don't do what they're supposed to the kick-off is re-taken, except if the kicker touches the ball for a second time - then it would be an indirect kick

Opponents of the team taking the kick off must be at least three metres from the ball until it is in play

THE BALL IN AND OUT OF PLAY

The ball is out of play when:

All of it has crossed the goal line or touch line, whether on the ground or in the air.

Play has been stopped by the referee.

HEIGHT OF THE BALL

Players cannot head the ball.

A height restriction must apply, which cannot be less than the height of the crossbar and not greater than 2 metres.

If a height offence occurs within the penalty area (from a goal clearance) committed by the goalkeeper an indirect free kick should be awarded 3m from the penalty area line nearest to where the offence took place.

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 and remains in play. In this case the goalkeeper gains possession of the ball and must restart play with a goal clearance.

However, a goalkeeper's save or block which rises above the designated height restriction and directly goes out for a corner kick or sideline kick in, shall result in the corner kick/sideline kick in being awarded to the opposing team.



DETERMINING THE OUTCOME OF A MATCH

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 deliberately thrown, carried or propelled by the hand or arm of a player of the attacking side.

The goalkeeper from the attacking side is not allowed to score from open play.

PHYSICAL CONTACT

Anything other than minimal contact must be penalised.

Players cannot slide tackle, tackle from behind, heel or ankle tap from the back, or side, or back into players when in possession.

FREE KICKS

All free kicks are indirect. From an indirect free-kick, a goal can only be scored if it is played by another player first.

A free kick is given if a player commits any of the following seven offences in a manner considered by the referee to be careless, reckless or using excessive force:

- 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

A free kick can also be awarded when a player commits any of the following offences:

- Bites or spits at someone
- Slide tackles
- Handles the ball deliberately
- Runs
- Deliberately heads the ball
- Holds an opponent

A free kick is awarded against a goalkeeper when they:

- Runs
- Deliberately heads the ball
- Holds an opponent
- Touch or control the ball with their hands or feet, in the penalty area, for more than six seconds
- Receive the ball back directly from a team mate to whom they have just passed the ball without the ball having made contact with any other player
- Allows the ball to stop in a stationary position in the penalty area without touching it for more than six seconds

CARDS

Disciplinary action

The use of temporary dismissals (sin bins) and the exclusion of a player arising from the issuing of a red card are the recommended disciplinary sanctions for use in walking football.

The options for a match official imposing disciplinary sanctions are therefore:

- **player issued with a yellow card and temporarily dismissed from play**
- **substitute or team official issued with a yellow card**
- **player, substitute or team official issued with a red card and permanently excluded from play**

A yellow card offence should always be accompanied by a temporary dismissal when issued to a player.

The period of a temporary dismissal in walking football shall be between two and five minutes. The release of players from a temporary dismissal should be at the direction of the referee or additional match official.

TEMPORARY DISMISSALS

A player temporarily dismissed from play will be shown a yellow card by the match official and informed that they are suspended from play for between two and five minutes. The length of the temporary dismissal must be set by the competition prior to matches.

The player is obliged to leave the playing area and remain in a designated 'sin bin' area for the required time. Separate 'sin bin' areas should be identified for each team. If no designated 'sin bin' areas are provided then temporarily dismissed players should remain in the area where they can be seen by the referee and adjacent to team officials and substitutes.

A player will be informed as to the end of a period of a temporary dismissal by the referee or match official and invited to re-join the match.

A player is shown the yellow card and temporarily dismissed from play if they commit any of the following offences.



TEMPORARY DISMISSALS

C1 – unsporting behavior

C2 – shows dissent by word or action

C3 – persistently offends the Laws of the Game, with exception to that covered under Law 17

C4 – delays the restart of play

C5 – fails to respect the required distance when play is restarted with a corner kick, kick-in, free kick or goal clearance.

C6 – enters or re-enters the playing area without the referee's permission or commits a substitution procedure offence

C7 – deliberately leaves the playing area without the referee's permission outside of a substitution

CAUTIONABLE OFFENCES

A substitute player is cautioned if guilty of:

Y1 – unsporting behaviour

Y2 – shows dissent by word or action

Y3 – delays the restart of play

Y4 – enters or re-enters the playing area without the referee's permission or commits a substitution procedure offence

SENDING-OFF OFFENCES

A player or substitute player who commits any of the following offences is sent off:

S1 – serious foul play

S2 – violent conduct

S3 – spits at or bites someone

S4 – denies the opposing team a goal or an obvious goal-scoring opportunity by a handball offence (this does not apply to a goalkeeper within their own penalty area)

S5 – denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick

S6 – using offensive, insulting or abusive language and/or action(s)

S7 – receives a second yellow card in the same match

If play is stopped for a player to be sent from the playing area without having committed any additional offence of the Laws, the match is restarted by an indirect free kick, awarded to the opposing team, to be taken at the place where the offence occurred. However, if the offence is committed in the penalty area, the indirect free kick is taken 3m from the penalty area line at the place nearest to where the offence occurred.

THE PENALTY KICK

A penalty kick is given when:

- A defending player enters their own penalty area deliberately and gains an advantage by doing so
- A goalkeeper deliberately exits their own penalty area
- At a penalty kick, players have to stand:
 - Inside the pitch
 - Outside the penalty area
 - Behind or to the side of the penalty mark
 - At least three metres from the ball



The player taking the kick can only take one step before taking the penalty kick

THE KICK-IN / ROLL-IN

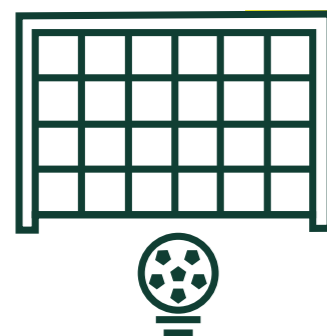
- A kick-in/roll-in is a method of restarting play.
- A goal cannot be scored directly from a kick-in/roll-in.
- The players of the defending team must be at least 3m from the place where the kick-in is taken.

THE GOAL CLEARANCE

A goal clearance takes place 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 isn't scored.

To take a goal clearance, the goalkeeper either throws the ball underarm or kicks the ball from a stationary position within the penalty area. The goalkeeper can pick up a back pass.

After releasing the ball, the goalkeeper touches the ball again before it has either touched an opponent or has been touched by at least two players of the goalkeeper's team, an indirect free kick is awarded 3m from the penalty area line from the place nearest to where the offence occurred.



A goal cannot be scored directly from a goal clearance



THE CORNER KICK

A corner kick is given 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 isn't scored.

A goal may NOT BE scored directly from a corner kick.

Opponents must remain at least 3m from the ball until it is in play

Where the playing area is surrounded by barricades, there are no corner kicks. When the ball leaves the field of play, play is restarted with a goal clearance, by the goalkeeper whose half of the field the ball was in when leaving the field of play.



WALKING

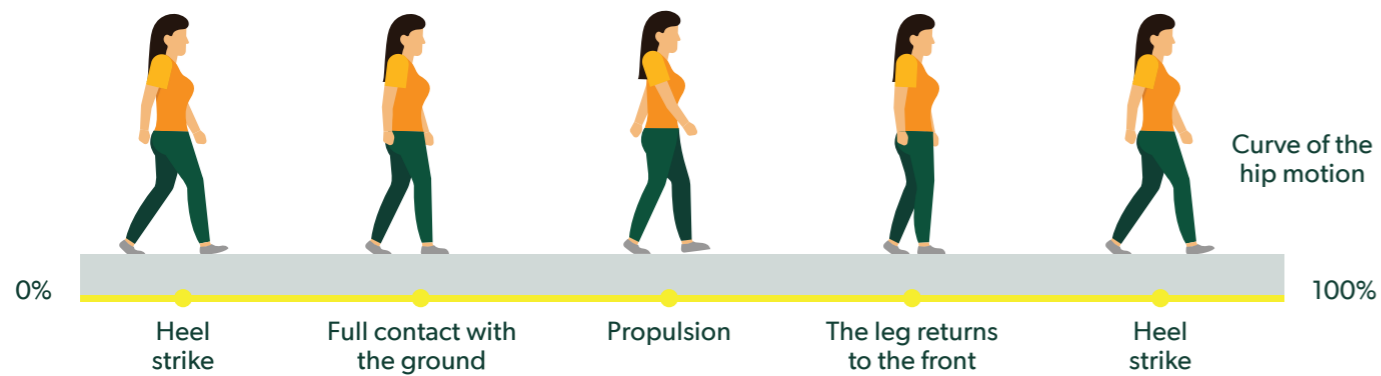
Walking is defined as 'always having at least one foot in contact with the ground'.

A walking action will generally be determined as the progression of steps throughout which there is constantly at least one foot in contact with the ground; both are momentarily grounded with the advancing leg straightened i.e. heel to toe action.

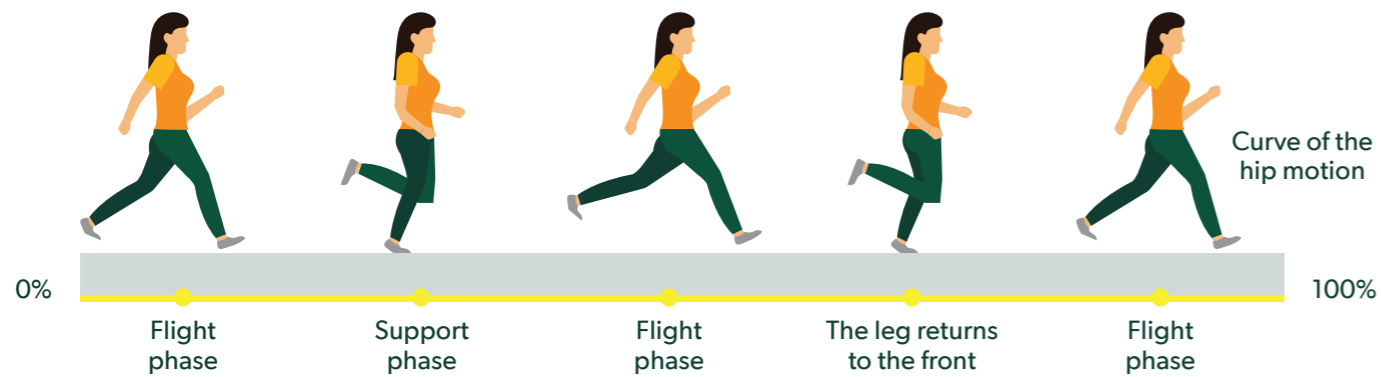
The referee will award an indirect free kick against any player who is not walking, unless there is a clear attacking opportunity for the team in possession, where advantage can be played and the offender sanctioned once play has stopped, or the advantage has not accrued.

A player who is penalised three times for a walking offence will receive a yellow card and temporarily dismissed from play for a duration of between two and five minutes.

WALKING



RUNNING



PENALTY AREAS

Goalkeepers cannot leave the penalty area except through unintentional momentum and outfield players may not enter the penalty area, except through unintentional momentum





FOOTBALL AUSTRALIA

WALKING FOOTBALL



CAPITAL FOOTBALL



NORTHERN NSW FOOTBALL



FOOTBALL NSW



FOOTBALL NORTHERN TERRITORY



FOOTBALL QUEENSLAND



FOOTBALL SOUTH AUSTRALIA



FOOTBALL TASMANIA



FOOTBALL VICTORIA



FOOTBALL WEST

