

Watford Walking Football Club

Playing Rules

1. THE PITCH

- (a) Each end of the pitch must contain a penalty area which shall be a minimum of 4-metres to maximum 6-metres distance from the goal line.
- (b) A penalty spot 6-metres from the goal line should be visible. If not, it is acceptable to have the penalty spot on the 6-metre line in the central position.
- (c) The pitch need only possess a centre spot. Having a halfway line is not compulsory.
- (d) The size of the pitch should be a minimum/maximum of 16-35mtrs width x minimum/maximum of 25-50mtrs length.
- (e) The goals used will be dependent on the facility provision but ideally should be between a height of 1.20. to a maximum of 2-mtrs.
- (f) A goal line is advisable where possible.

2. THE BALL

- (a) The ball shall be spherical and made of a suitable material.
- (b) The ball shall be suitable for the surface on which the ball is played. On grass/astro turf/3G/4G, the ball can either be a regular size 5, 4 – dependent on the competition rules and all teams being in agreement.

3. THE PLAYERS

- (a) All players must be of age for the specific age category prior to competing in a match.
- (b) Teams are 5, 6 or 7-a-side with a maximum squad of 10 players unless pre-agreed.
- (c) Three multi-use flexi subs are permitted during the course of a game. Substitutions may take place when there is a break in play or when the ball is in possession of the goalkeeper.
- (d) Shin pads are not compulsory in a non-contact format but are advisable.
- (e) Players must refrain from openly wearing jewellery or watches. Tape may be used to cover rings.
- (f) Substitute players not involved in the game must wear a top that distinguishes them from other team members.
- (g) The goalkeeper must wear a shirt that distinguishes them from other members of the team.

4. THE GAME

- (a) The game is non-contact walking football.
- (b) All players including the goalkeeper are not permitted to run on or off the ball.

- (c) A head height restriction is in effect. This is set at 6 feet and determined by the referee. Where a futsal type goal is in use (6ft 6") this may be used as the observable measure, and again determined by the referee. The whole of the ball must be above the head height restriction to be deemed an infringement.
- (d) Sin bin time out sanctions of two minutes are in effect for any three same or three variety of infringements. Players must serve two minutes of actual playing time during this process.

5. PLAY

- (a) Play must be of equal halves in duration, or one continuous period.
- (b) The referee shall determine which team starts the match by a toss of a coin.
- (c) The team starting play cannot score a goal directly from the kick-off – even by a deflection from an opponent.
- (d) No goal may be scored directly from any dead ball situation – even in the event of a deflection from an opponent.
- (e) The goalkeeper cannot score a goal.
- (f) The goalkeeper can elect to either kick or throw the ball from the area. The throw must be an underarm (bowling) action.
- (g) Outfield layers can score from any position on the field of play when the ball is moving.
- (h) Kicks-offs from the centre spot are taken at the start of each period of play and after a goal has been scored.
- (i) Where a pitch contains touchlines, a kick-in is used to move the ball back into play. The ball must be stationary on or behind the touchline. The player taking the kick-in may not have either foot encroach the playing area.
- (j) Where pitches contain goal lines, corners are in effect.
- (k) Where pitches are contained within barriers or walls (indoor sports hall,) players may use such as part of play.
- (l) The whole of the ball must be over any line to deem that it is either in or out of specific confines of play areas.
- (m) On any dead ball situation, opponent players must be 3-mtrs distant from the ball.
- (n) If there is an infringement close to the penalty area line, the ball is to be moved away from the penalty area by as far as it is necessary to allow defensive players to take up position.
- (o) All free kicks are indirect. Players must pass the ball to a team mate.
- (p) If the referee blows the whistle to stop play, play can only resume with the referee's whistle.
- (q) Quick free kicks are not permitted and defending team players must be allowed to form a defence behind the ball before play resumes.

- (r) Dropped balls to resume play are used if the referee cannot determine a definitive assessment of which player or team should benefit when there is a break in play.
- (s) Outfield players may not enter the penalty area except as a result of momentum.
- (t) The goalkeeper may not leave the penalty area except as a result of momentum.
- (u) Penalties may only be taken with one step. In the event of a player taking more than one step and scores, the goal is disallowed, and the kick is retaken. If the same original penalty has been saved or the kick has not resulted in a goal, play continues and no retaken penalty is permitted.

6. HEAD HEIGHT INFRINGEMENT

- (a) The ball is deemed dead if it exceeds the head height restriction – in all circumstances.
- (b) If a ball deflects off a player and exceeds the head height restriction, a free kick is awarded to the opposite team.
- (c) If a ball deflects off the goal frame or the goalkeeper in the process of making a save and exceeds the head height restriction, the ball is retained by the goalkeeper.
- (d) If the ball exceeds the head height restriction from a deflection off surrounding pitch barriers, the ball is placed one-metre from the barrier at the point where it deflected, and the team that last kicked the ball concedes a free kick to the opposition.
- (e) If the ball is deflected over the head height restriction and then out of play on pitches that contain goal lines by the defending goalkeeper, a corner is not given and the ball is retained by the goalkeeper.
- (f) If the goalkeeper is deemed to have deliberately caused the ball to exceed the head height restriction, a free kick is given to the opposing team 3-metres outside of the penalty area as close to where the infringement occurred.
- (g) Players are not permitted to head the ball in any circumstance.

7. WALKING INFRINGEMENT.

- (a) In the process of a stride one foot must remain on the ground.
- (b) Players may speed walk but may not jog or run with or without the ball.
- (c) The referee shall have sole interpretation on what does not constitute a walking action.
- (d) Players jogging/running off the ball but not interfering with play will be warned of their conduct when an appropriate opportunity arises, but play shall continue. Three infringements by the same player will result in a sin bin sanction.
- (e) Players running into position and becoming active with the ball; running to intercept players or the ball; running to position; running to shoot; running and dragging players away from play shall be penalised with a free kick awarded against them and a strike against them on the totting up process.
- (f) The goalkeeper may not run inside their area. If the goalkeeper runs to cover position or runs to deny a corner or block a shot, a free kick is awarded to the opponent team 3-metres outside of the

area as near to where the infringement took place. A run in the area denying a clear goal scoring opportunity results in a penalty against.

8. GENERAL INFRINGEMENTS

- (a) Any three same or any three variety of infringements by the same player result in a two-minute sin bin.
- (b) Players may not step across an opponent to gain advantage or prevent access of movement to position or for the ball by an opponent.
- (c) Players may not assert themselves physically with any part of their body to gain advantage or deny fair access or play by an opponent.
- (d) Players may not back into an opponent or push into an opponent from behind.
- (e) Any tackling must be clean and without making contact on an opponent.
- (f) Forceful or reckless intent is as much as an infringement as contact.
- (g) On pitches with barriers or walls (indoor sports halls) players may not hold onto such in the course of play except to prevent a collision, correct balance or briefly use as a distance safety gauge. Players may not hold on in order to shield the ball, hold the ball up or prevent access to the ball by opposing players.
- (h) Tackling across a player at the barrier/wall is not permitted.
- (i) 'Crowding' (two players vs one) at a barrier/wall, or in the corner is not permitted
- (j) 'Cornering' (trapping a player in the corner where they have nowhere to go) is not permitted. A player boxed in the corner must be allowed to turn.
- (k) Deliberate handballs result in a free kick against the player. Any deliberate handball that denies a goal scoring opportunity results in a sin bin sanction for that player.
- (l) A defending player may not enter the penalty area deliberately to gain position to another part of the pitch; to play the ball back to the goalkeeper; to block a shot on goal; deny a clear goal scoring opportunity. A penalty is awarded against the team guilty of such. When a defending player enters the penalty area inadvertently, has gained no advantage or does not affect play, no penalty can be awarded and play continues.
- (m) If two opposing players come into contact on the penalty area line and the defender enters the penalty area not by their own volition, no penalty can be awarded.
- (n) Goalkeepers may not egress from the area except by momentum. In such cases a penalty is awarded to the opposition. 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 penalty area, play shall continue.
- (o) 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 penalty area as close to where the infringement took place.

- (p) Players returning from a sin bin time out have a further totting up process resume. Should a second time out occur to the same player, that player is shown a blue card then a red card and plays no further part in that match.
- (q) Players exhibiting foul and abusive language will receive a sanction card – the card colour will be determined by the severity and at the discretion of the referee, the same applies to unsporting behaviour.
- (r) A player shown a red card shall play no further part in that match.
- (s) A red carded player may be substituted after a period of 2-minutes.
- (t) A player shown a red card for violent conduct shall play no further part in that tournament.

9. SUMMARY.

Non-Contact.

Above head height restriction on ball.

Deflection above head height by goalkeeper - ball retained by keeper.

No heading the ball.

All free kicks indirect.

Whistle stops and resumes play - no quick free kicks.

No direct goal from kick-off or any dead ball situation.

All free kicks have defenders 3-metres distant.

Players may not play the ball whilst grounded - to include slide tackling, slide blocks.

Cornering a player is not permitted - allow opponent to turn.

No 2 vs 1 tackling at barriers/wall.

No tackling across an opponent at a wall/barrier.

Playing with reckless or dangerous intent is an infringement.

One-step penalty kicks.

No restriction on passing back or out from the goalkeeper.

Sin Bin time out for any three same or variety of infringement.

Zero tolerance on misconduct towards the referee.