

WALKING SOCCER

RULES OF THE GAME

Law 1: The Field of Play

The Pitch: Walking Soccer may be played with or without barriers.

Dimensions: The playing area must be rectangular. The length of the sideline must be greater than the length of the goal line.

For 7 v 7 soccer the following dimensions are recommended:

Length: minimum 50 yards maximum 70 yards

Width: minimum 30 yards maximum 50 yards

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

Length: minimum 30 yards maximum 60 yards

Width: minimum 20 yards maximum 40 yards

Area Markings: The playing area is marked with lines. The two longer boundary lines are called sidelines. The two shorter lines are called goal lines. All lines are 5 inches wide.

The playing area is divided into two halves by the halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of 3 yards is marked around it.

Penalty Mark: A penalty mark is drawn 7 yards from the midpoint between the goal posts and equidistant from them. The Corner Arc, where barriers do not surround the playing area, a quarter circle with a radius of 1 ft from each corner is drawn inside the playing area.

Penalty Area: 12 yards wide 7 yards long

- Goalkeepers are free to move anywhere on the pitch but can only handle the ball inside their own penalty area.

Goals: Futsal Goals 6'6"(height) x 9'9"(width) – recommended

Law 2: The Ball

Size 4 Futsal balls are recommended for matches and tournaments.

Law 3: The Players

Walking Soccer will feature 7v7 play, with each team having up to five (5) substitutes for a total roster of 12 players. Local associations may adjust the number of players and substitutes to meet their needs.

Substitute Procedures: The maximum number of substitutes permitted for 7 V 7 matches is five. The number of substitutions made during a match is unlimited. Players can substitute on the fly or at the permission of a referee.

Law 4: The Players' Equipment

A player may not use equipment or wear anything that is dangerous to themselves or another player. All jewelry must be removed. Shin guards must be covered entirely by the socks, made of a suitable material (rubber, plastic or similar substances) and provide a reasonable degree of protection. Goalkeepers are permitted to wear long trousers and must wear colors which easily distinguish them from the other players and the referees.

Law 5: The Referee

Each match is controlled by a referee who has full authority to enforce the Rules of the Game in connection with the match to which they have been appointed, from the moment they enter the locality where the playing area is situated until they leave.

The referee shall have powers and duties as follows:

- Enforce the Laws of the Game
- Keeps a record of the match and provides authorities a game report, including disciplinary action recorded against game participants
- Official timekeeper of the match
- Stops, suspends or terminates the game for any infringement of the Laws or due to outside interference, including severe weather conditions
- Takes disciplinary action against players or team officials guilty of offenses
- Ensures that no unauthorized persons enter the playing area
- Stops the game, if in their opinion a player may be seriously injured, permitting assessment and safe removal from the playing area
- Ensures any player bleeding from a wound leaves the playing area
- Allows play to continue when the team committing the offense may benefit from stoppage of play committed, and penalizes the original offense if the anticipated advantage does not materialize
- Ensures that the match ball meets the requirements of Law 2
- Decisions of the referee regarding facts connected with play are final.

Law 6: Match Official

A match official may be appointed to matches. The match official operates under the direction of the referee. The match official may control substitution procedure, check equipment of substitutes entering field of play, ensure a blood injury has been satisfactorily treated before re-entering the match, keep full record of the game, report to referee misconduct by players and team officials in the technical, bench or substitute area. The match official may carry out additional duties assigned by the match referee.

Law 7: The Duration of the Match

The duration of the match shall be two 30-minute periods or four 15- minute periods. There shall be a 5 minute break between halves and a 2 minute break between quarters. The referee has discretion to add stoppage time. A period shall be extended to allow a penalty kick to be taken if assessed at the end of a period.

Competition rules may permit extra time and/or penalty kicks to determine the outcome of a game.

Law 8: The Start and Restart of Play

The Referee officiates the coin toss by team captains. The winning team decides which goal it will defend in the first period of the game. The other team takes the kick-off to start the game.

Kick-off: 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 be scored directly from the kick-off. All players must be in their own half of the playing area. The opponents of the team taking the kick-off are at least 3 yards from the ball until it is in play. The ball must be stationary at the center mark and may be kicked after the referee gives a signal. The ball is in play after it has been kicked and moves in any direction. The kicker may not touch the ball a second time until after the ball has touched another player. If the kicker touches the ball a second time before it has been touched by another player, an indirect free kick is awarded to the opposing team at the location where the infringement occurred. For any other kick-off infringement, the kick is retaken.

Drop Ball: Drop Ball is a way of restarting the match a temporary stoppage. Play restarts when the ball touches the ground. A goal cannot be scored directly from a drop ball situation. If the ball strikes a player before it makes contact with the ground, the ball is dropped again.

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 sideline, when the referee has stopped play, or when the ball hits the ceiling during indoor play.

Ball In Play: The ball is in play at all other times including when: it rebounds from a goal post, the crossbar, or the barricades onto the pitch, or if it rebounds from the referee when on the playing area.

Height of ball restrictions: Ball height restriction is set at 6ft 6 in the height of the goal, above which an indirect free kick will be awarded to the opposing team. If a height infringement occurs within the penalty area and is committed by the defending team, an indirect free kick will be awarded 3

yards from the penalty area line nearest to where the offense took place. If the ball exceeds height restriction after hitting the goal post or defended by the goalie (block or save), play shall continue. Players may not play the ball above the height restriction, or an indirect kick will be awarded at point where infraction occurred.

Law 10: 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, provided that no offense has been committed by the team scoring the goal. The team scoring the greater number of goals is the winner. If both teams score no goals or an equal number of goals the match is drawn.

For games ending in a draw, competition rules may state provisions involving extra time, kicks from the penalty mark or other provisions to determine a winner.

Law 11: Offside

There is no offside in Walking Soccer.

Law 12: Fouls and Misconduct

Direct Free Kick: A direct free kick is taken from the place where the infringement occurred and can be kicked directly into the opponent's goal to score a goal. A direct free kick is awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless, or using excessive force:

- slide tackling and/or slide blocking,
- tackling across a player at a barrier,
- blocking or cornering a player against a barrier,
- crowding (2 players vs 1) a player against a barrier,
- shoulder charging, pushing or barging,
- tackling from the side or behind causing physical contact with a player or in a manner likely to cause injury
- a player plays in a dangerous manner
- running
- deliberately heading the ball.

Indirect Free Kick: An indirect free kick is taken from the place where the infringement occurred, unless this was in the penalty area, in which case the indirect free kick is taken 3 yards from the penalty area line at the point nearest to where the infringement occurred. An indirect free kick will be awarded when:

- player is guilty of unsportsmanlike behavior
- player persistently infringes the Rules of the Game
- a goalkeeper touches or controls the ball with their hands or feet, in the penalty area for more than 6 seconds

- a goalkeeper allows the ball to stop in a stationary position in the penalty area without touching it for more than 6 seconds
- a goalkeeper receives the ball back directly from a teammate to whom they have just passed the ball without the ball having made contact with any other player
- if a height infringement occurs within the penalty area and is committed by the defending team
- a player deliberately impedes the progress of an opponent when the ball is not being played
- a player prevents the goalkeeper from releasing the ball from their hands
- a player commits any other offense, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player

The indirect free kick is taken at the location where the infringement occurred. If in the penalty area, the free kick is taken 3 yards from the penalty area line closest to where the infringement occurred.

Law 13: Free Kicks

Free kicks are awarded to the opposing team of a player, substitute, substituted or sent off player, or team official guilty of an offense. All opponents must be at least 3 yards from the ball until it is in play. The ball is in play after it has been touched or played. If, when a free kick is taken, an opponent is closer to the ball than the required distance, the kick is retaken.

A direct free kick is signaled by the referee with one arm horizontal in the direction the kick will be taken.

An indirect free kick is signaled by the referee by raising the arm above the head, and maintained until the kick has been taken and the ball has been touched by another player or goes out of play.

Law 14: The Penalty Kick

A penalty kick is awarded against a team whose player commits any of the following sending-off offenses:

- guilty of serious foul play
- guilty of violent conduct
- spits at an opponent or any other person
- denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within their own penalty area)
- denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick
- uses offensive, insulting or abusive language
- receives a second yellow card in the same match

A goal may be scored directly from a penalty kick.

Position of the Ball and the Players: The ball is placed on the penalty mark and the player taking the penalty kick is properly identified. The defending goalkeeper must remain 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 3 yards from the ball.

Procedure

- The player taking the penalty must kick 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 moves

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.

If a defending player or goalie infringes this Law, the kick is retaken if a goal was not scored. If a goal was scored, then the kick will not be retaken.

If a team mate of the kicking player infringes this Law, the kick will be retaken if a goal was scored. If a goal was not scored, the kick will not be retaken.

If the kicker infringes this Law, the opposing team is awarded an indirect free kick from the location of the infringement.

Law 15: The Kick-in/Roll-in

The kick-in/roll-in is a method of restarting play. A goal cannot be scored directly from a kick-in/roll-in. A kick-in/roll-in is awarded if the whole of the ball passes over a sideline, (either on the ground or in the air) or it hits the ceiling. A kick-in/roll-in is taken from the place where it crossed the sideline or 2 yards into the playing area adjacent to where the ball left the playing area when barricades are in use. The kick/roll is awarded to the opponents of the player who last touched the ball.

The player taking the kick-in/roll-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. The players of the defending team must be at least 3 yards from the place where the kick-in/roll-in is taken. The feet of the player taking the kick-in/roll-in must not cross the line and they must use an underarm action when rolling the ball in.

Infringement of a kick-in/throw-in by player, is taken by the opposing player. If the defending player does not allow 3 yards space and impedes play, the kick-in/throw-in shall be retaken. An indirect free kick is taken by the opposing team if the player performing the kick-in/throw-in plays the ball a second time before the ball touches another player.

Law 16: Goal Clearance

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 underarm or kicked from any stationary point within the penalty area by the goalkeeper of the defending team
- Goalies are not allowed to punt or drop kick the ball.

If the ball is not cleared beyond the penalty area, goal clearance is retaken. If the ball is in play and the goalkeeper touches the ball before it has touched another player, an indirect free kick is awarded to the opposing team at the spot of the infringement. If the goalkeeper receives the ball from a teammate in open play, the goalkeeper is permitted to handle the ball, when in the penalty box, and distribute the ball.

Law 17: The Corner Kick

A corner kick is a method of starting play. A goal may be scored directly from a corner kick. 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 3 yards 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 by another player.

An indirect free kick is taken by the opposing team if the player taking the corner kick plays the ball a second time if it has not touched or been played by another player. The indirect free kick is taken at the location where the infringement occurred. For any other infringement, the corner kick is retaken.

Law 18: The Walking Rule

Walking is defined as 'always having at least one foot in contact with the ground.' This includes no running onto or off the ball. The referee will award a direct free kick against any player who is seen to be not walking. For the 1st penalty a warning will be given by the ref, a 2nd infringement will result in a yellow card and a 3rd infringement will result in a red card. The direct free kick will be taken at the location of the infringement.

Where not stated, the normal IFAB Laws of Association Football apply with exceptions- notably that there is no offsides in Walking Soccer.