

## **UWSC Rules for Players** ***For League Play***

Walking Soccer is usually played 7 v 7 but may be adjusted to the number of players.

A goalkeeper may be used. Goalkeeper can move anywhere on field but may only handle ball in their penalty area. Goalkeepers must wear jerseys that are different in color from field players on both teams. There is no restriction on passing back or out from the GK.

\*Two 30-minute halves with a 5-minute halftime (time may be adjusted.) Size 4 Futsal ball or Size 5 regular ball is used.

All free kicks are indirect free kicks started with a pass backwards. When a foul occurs in the penalty area, the kick is taken 3 yards from a spot on the penalty area line closest to where the foul occurred. Defenders must be 3 yards from the ball when it is kicked. (Penalty kicks are awarded for serious foul play, violent conduct and DOGSO offenses that occur in the penalty area when playing with a goalkeeper.)

Running or jogging is not allowed. Walking is heel to toe and one foot must remain on the ground at all times.

There is no offsides.

\*The ball may not exceed a height of 5'. Deflection of the ball by the GK above the height restriction is not a foul. The ball is considered "dead" and ball is retained by the GK. GK may not punt or drop kick the ball.

Deliberate heading is not allowed.

Walking Soccer is a no-contact sport. The player initiating the contact foul will be called unless advantage is determined.

Tackling from behind, stepping across or backing into an opponent and slide tackling are not allowed.

Pushing and holding are not allowed.

Playing in a dangerous or reckless manner is not allowed.

Abusive and unsportsmanlike conduct is not allowed, including disrespect for the referee.

Players can substitute on the fly or at the permission of the referee.

Kick-ins are used instead of throw-ins. A goal may not be scored directly from a kick-in. Kicker places ball closest to spot on sideline that ball left field. Defenders must be 3 yards from the kicker.

\*A goal can only be scored within the scoring team's attacking half of the field. Goals will not be allowed if the ball is struck from the defending half of the field unless it is an "Own Goal" scored by the defending team into their own goal.

\*A goal may not be scored from a corner kick. Opponents must be 8 yards from kicker and ball is not in play until it is kicked or touched.

Opponents must remain outside the penalty area (box) during a goal kick and may not play the ball until the ball is kicked and in play.

If a player falls during a match, play will stop. If player fell on own, opposing team is awarded an indirect free kick. If player fell due to a foul, the fallen player's team is awarded an indirect free kick.

Goals may not be scored directly from goal kicks, corner kicks, kick-ins, and kick-offs.

*Rev. 9.18.22 (\* Rules that have been updated)*

