

UWSC Rules of the Game

Fun, Fitness, Friendships

1. The Field of Play

Walking Soccer can be played indoors or outdoors and played with or without barriers. The playing area must be rectangular with the length of the sideline greater than the length of the goal line. Playing area dimensions are adjusted depending on the number of players. A penalty area must be clearly marked at each end of the field. A clearly marked penalty spot should be positioned in line with the center of the goal.

*Goalkeepers (if used) are free to move anywhere on the pitch but can only handle the ball inside their own penalty area. Goalkeepers must wear jerseys that are different in color from field players on both teams.

Goals:

Futsal Goals 6'6" (2 m) high and 9'9" (3 m) wide are recommended if available.

2. The Ball

Size 5 soccer balls will be used on outdoor turf or grass fields. Size 4 Futsal balls will be used for indoor matches.

3. The Players

Walking Soccer will usually feature 7 v 7 play, with each team having up to 5 substitutes for a total roster of 12 players. The number of players and subs may be adjusted as needed. The number of substitutions made during a match is unlimited. Players can substitute on the fly or at the permission of the referee.

4. The Player's Equipment

A player may not use equipment or wear anything that is dangerous to themselves or another player. All jewelry must be removed. Shinguards 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 other players and referees.

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.

6. Other Match Officials

Other match officials may be appointed to matches. The match officials operate under the direction of the referee.

7. The Duration of the Match

The duration of the match shall be two 30-minute periods. There shall be a 5-minute break between halves. The duration of the game may be adjusted per the request of the game managers.

8. The Start and Restart of Play

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 time-period, and at the start of each period of extra time, where applicable. The ball may move in any direction. In Walking Soccer, goals may not be scored directly from a kick-off.

Drop Ball: Drop ball is a way of resuming play when it is not possible to determine which team should have possession. Play restarts when the ball touches the ground. A goal cannot be scored from a drop ball situation.

9. The Ball In and Out of Play

Ball out of play: The ball is out of when it has wholly crossed the goal or sideline or when the referee has stopped play.

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

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 no offense has been committed by the team scoring the goal. Goals may not be scored directly from a kick-off. A goal can only be scored by the attacking team when they are on their attacking half of the field. Goals will not be allowed if the ball is struck directly from the defending half of the field, unless it is an Own Goal scored by the defending team into their own 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.

Note: Score is not kept for club games unless it is decided prior to the game that score will be kept.

11. Offsides

There is no offsides in Walking Soccer

12. Fouls and Misconduct

All fouls and misconduct will result in an Indirect Free Kick awarded to the opposing team of a player guilty of an offense: The Indirect Free Kick will start with a pass backwards from the spot of the foul. Defending players must be 3 yards (2.7 m) from the ball when the kick is taken. When an IFK foul occurs in the penalty area, the kick is taken 3 yards (2.7 m) out from the spot on the penalty area line closest to where the foul occurred.

Running is not allowed. Walking is defined as “always having at least one foot in contact with the ground.” Walking is heel to toe walking. This includes no running with the ball, onto the ball, or off the ball. The referee will award an indirect free kick against any player who is deemed to be running.

Deliberate heading of the ball is not allowed.

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

Pushing or holding are not allowed.

Players may not play the ball while grounded.

Deliberate dangerous or reckless conduct, regardless of whether there is any physical contact, will be considered foul play: e.g., “blasting” the ball when other players are near enough to be hurt.

Abusive and unsportsmanlike conduct will not be tolerated, including d(is)respect of the referee.

Rev. 09.18.22

Height of ball restrictions: Ball height restriction is set at 5 feet (1.5 m), above which an indirect free kick will be awarded to the opposing team. Ball may not be kicked or deflected over that height restriction. When playing with a goalkeeper, if the ball deflects off the GK in the process of making a save and exceeds head height returning to play, it is not regarded as a foul, but the ball must immediately be deemed dead and retained by the GK. If the GK is deemed to have deliberately caused the ball to exceed the height limit, an IFK should be awarded to the opposing team 3 m outside the goal area, adjacent to where the infringement occurred. (If playing with futsal goals the height restriction will be 6'6'.)

Slide tackling is not allowed.

Deliberate handballs are not allowed.

Physical contact is not allowed and regarded as foul play. Physical contact includes shoulder charging, pushing, barging, or stepping across or obstructing an opponent to gain advantage or deny that player access to the ball or to a position. Advantage will be called if it is safe to do so and unlikely to result in a confrontation.

If playing in an indoor setting with barriers, 2 players cannot double team an opponent against a barrier or wall. In addition, a player may not use the wall to push off.

If a player falls during a match, play will stop. If the player fell on their own, the opposing team is awarded an Indirect Free Kick. If the player fell due to a foul, the fallen player's team is awarded an Indirect Free Kick.

Denying an obvious goal scoring opportunity (DOGSO) by fouling an opponent is a red card offense if all four elements are met (location and number of defenders, distance between the offense and the goal, likelihood of keeping or gaining control of the ball, and general direction of play.) If DOGSO is applied in the penalty area, a penalty kick is awarded to the team that has been fouled. If DOGSO is applied outside the goal area, the fouled team will take an indirect free kick and the guilty player will be ejected.

Goalkeepers are not allowed to punt or drop kick the ball.

If a player commits multiple running offenses, excessive contact fouls, or a combination of both, the following consequences may apply:

First offense	Verbal warning
2nd offense	IFK
3 rd offense	Yellow Card
4 th offense	Ejection – Red Card

13. The Kick-in

The kick-in is a method of restarting play. A goal cannot be scored directly from a kick-in. A kick-in is awarded if the whole of the ball passes over a sideline. A kick-in is taken from the place where it crossed the sideline. The ball must be stationary and close to the sideline when kicked. The kick-in is awarded to the opponents of the player who last touched the ball. Opposing players must be at least 3 yards (2.7 m) from the ball. The ball should not be kicked with excessive force or in a manner likely to cause injury.

14. The Goal Kick

The goal kick is a method of restarting play. A goal may not be scored directly from a goal kick. The goal kick 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 Rule 10.

Procedure:

The ball must be stationary and is kicked from any point within the goal area by a player of the team defending the goal.

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

Opponents must be outside the penalty area until the ball is in play.

The kicker does not play the ball a second time until it has touched another player.

15. The Penalty Kick

Penalty kicks are awarded for serious foul play, violent conduct, and DOGSO offenses that occur in the penalty area when playing with a goalkeeper.

16. The Corner Kick

A corner kick is a method of restarting play. A goal may not 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 Rule 10.

Procedure:

The ball is placed inside the corner arc at the nearest corner.

Opponents remain at least 8 yards (7.3 m) 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 or touched by another player.

17. The Walking Rule

Walking is defined as “always having at least one foot in contact with the ground.” Walking is heel to toe walking with no “head bobbing”. This includes no running with the ball, onto the ball, or off the ball. The referee will award an indirect free kick against any player who is deemed to be running.

The UWSC rules were developed to promote safety and fairness. FIFA, USASA, and WFA rules were used as reference.