



Ultimate Walk Soccer Club
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UltimateWalkSoccerClub.club

Mission Statement

Ultimate Walk Soccer Club is an organization devoted to providing a life long opportunity to play soccer. By modifying the game from running to walking, this allows soccer players to continue to play the game they love at a healthy dynamic pace.

Intent:

- 1) Give players a life long opportunity to play
- 2) Prevent injuries from the overuse of running
- 3) Keep players fit with a high pace of walking
- 4) Provide a safe environment for all players
- 5) Keep the game fun
- 6) Prevent head injuries with the No heading rule
- 7) Fitness, fitness, fitness...10K - 12K steps in an hour game
- 8) If a player, also, plays a running game, walk soccer allows for skills and tactics to develop.

Definition for Walking Soccer

One foot must be kept on the ground at all times, whether on the ball or off. We use a heel-to-toe style of walking.

Walking Soccer / Football started in 2012 in the UK. The game was established to provide retired professional players and non-pros the opportunity to continue to play the game. The emergence of Walking Soccer has resulted in over 2000 teams in the UK currently playing, as well as International tournament play.

In 2016, Sue Boettcher identified the lack of opportunities for soccer players to continue to play soccer. She introduced the game, Ultimate Walking Soccer, to soccer players in the Seattle area. Start-up fielded 12 players. With the support of local women soccer players, UWSC grew in numbers and continues to expand. Currently, there are 120+ players playing at 4 venues: Starfire Complex, Lakeview Elementary, Grass Lawn Park, and Steel Lake in Federal Way. All fields are turf fields.

Playing Format:

The Club provides the equipment and sets up the small sided field. We generally play a 5 v 5 up to a 11v 11 on a smaller field. Each week players are managed by Team Sideline. Players RSVP each week if they will be playing. Then teams are formed either at the field or just prior to game time. Fields are set up according to number of players. There is no hierarchy of teams. Scores are not kept.

Sometimes we play with a goalie and enlarge the goal mouth. Some games are played without goalies. Lots of goals are usually scored, making the game more fun. Referees are assigned to about half the games. An electric whistle is used so that players can call their own game with each team having an assigned half to call. Also, we play co-rec games using a size 4 futsal ball. We usually play a No-contact game.

League:

Ultimate Walk Soccer Club is a program under the Greater Seattle Soccer League. Field rentals, referees, programming, TeamSideline are some of the support that GSSL provides for UWSC.

Rules:

Rules can be found on our webpage, UltimateWalkSoccerClub.club. Referees are assigned by the Greater Seattle Soccer League.

Additionally:

Since we are a club and not a league, we provide other types of soccer fitness and opportunities. We will substitute a game for a training session, provided by top level soccer coaches from our area. We provide speakers and presentations to our players (ie, CPR and ankle care).

Please note that we have many players with compromising health issues. There are players with arthritic knees, hips, Parkinson's, heart recovery, concussion concerns, Rheumatoid arthritis, MS and joint replacements. We, also, have players that just want to play in a safer and less physically abusing game. Walking results in less impact on the body. No heading the ball protects our brains from potential concussions. No Contact allows a level playing field so that the more aggressive players learn more skills and not use aggression to play the game. These adjustments to the game of soccer, keeps players safe and injury free.

Fees:

We try to keep our costs low. We usually have 8 - 10 games / weeks of play per session. The cost is usually \$7 - \$10 per game, with players paying in advance for the session. We do not have drop-ins as we rent fields and have other expenses. Also, by having players sign up each session, it gives us an idea of field size, set up and the formation of teams each week. Player ID cards are required at all venues. These are provided by GSSL.

Resources: UltimateWalkSoccerClub.club, USASA.org, Walking Football Association, Greater Seattle Soccer League (GSSL.org)