



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. The leg that swings forward should be straight, not with a bent knee. The exception to this is when the stride is long and the body is in a lower position.

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 a captain or a game manager, forming teams of players. 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 all games. Referees keep the games safe.

League:

Ultimate Walk Soccer Club is a program that can be utilized by any organization or recreation program. We generally do not form leagues. This prevents hierarchy of teams that sometimes causes attrition in other programs where the the teams on the bottom of league standings tend to drop out of league play. UWSC will have tournaments to keep the games competitive.

Rules:

Rules can be found on our webpage, UltimateWalkSoccerClub.club. The rules are based on The Walking Football Association and other international walk soccer/football organizations. Some modification of rules are adapted to our style of play, or the desire to keep the games safe for everyone.

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. Most games are played during the day. Field rentals are less and lights for the field are not needed.

Resources: UltimateWalkSoccerClub.club, USASA.org, The Walking Football Association.
TheWFA.org