

# Mayor's Gold Cup Tournament 2024

## WALKING SOCCER

### Rules of the Game

Walking soccer will be played in accordance with the IFAB Soccer Laws of the Game 2023-24, and the Mayor's Gold Cup Tournament Rules and Regulations, as modified below.

#### Law 1: The Field of Play

##### Area Markings:

- The center circle has a radius of 3 yards.
  - The corner arc has a radius of 1 foot.
  - The penalty area is 12 yards wide by 7 yards long.
  - The penalty mark on the penalty area line parallel to the goal line directly opposite the center of the goal.
  - There is no goal area or penalty arc.
  - The technical areas will be located on the same side of the field and will extend from a point no closer than 10 yards from the halfway line to the top of the penalty area. Only players and team officials (maximum of 4) listed on the roster may occupy the technical area.
- The goals will be 7' high and 21' wide.

Law 2: The Ball: A size 5 soccer ball will be used.

Law 3: The Players: Walking Soccer will feature 8 v 8 play and will include a goalkeeper for each team. Walking Soccer is Co-ed.

By the start of the tournament, female players must be at least 45 years of age and male players must be at least 50 years of age.

The TEAM ROSTER shall be properly completed and presented to the referee at the start of each game listing the names of each player whether present or not. Team rosters shall be frozen at the start of the first game of the tournament and may not be altered without the consent of the tournament.

A maximum of 3 men per team may be on the field at a time. The goalkeeper may be of either gender so there may be a total of 4 male players playing at the same time if one of them is the goalkeeper.

Substitution procedures: Substitutions are unlimited on any stoppage with the permission of a referee, provided players wishing to substitute are at the halfway line prior to the stoppage of play. Players may re-enter after having been substituted. A match may not start or continue if either team has fewer than six players.

Rules of the Game are subject to change prior to the start of the tournament.

Law 4: The Player's Equipment: Numbers will not be required on player jerseys. The Home Team shall change jerseys when there is a color conflict. The team listed first on the schedule of games is the Home Team; for example, A versus B, A is the Home Team. Shin guards are required.

Law 5: The Referee: Each match is controlled by a single 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. Protests of any referee decision are not allowed.

**Law 6: Other Match Officials: There will be one referee for all matches.**

**Law 7: The Duration of the Match: The duration of the match shall be two 40-minute halves with a 5-minute break between halves. The referee has discretion to add stoppage time. If a penalty kick needs to be taken or retaken, the half is extended until the penalty kick is completed.**

**Law 8: The Start and Restart of Play: The referee will toss a coin to determine ends and which team kicks off. A goal may NOT be scored directly from the kick-off. If the ball is kicked directly into the opponent's goal on a kick-off, the restart is a goal kick; if the ball directly enters the kicker's goal, a corner kick is awarded to the opponents. All opponents of the team taking the kick-off must be at least 3 yards from the ball until it is in play. 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 the infringement occurred, unless the second kick is a DOGSO (Denying Obvious Goal Scoring Opportunity) in the penalty area, in which case a penalty kick will be awarded to the opposing team. If a player falls on their own during the game (no foul), play will be stopped, and be restarted with a drop ball given to the opposing team.**

**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 touchline, when a height violation occurs, or when the referee has stopped play. The ball is in play at all other times including when it touches the referee or when it rebounds off a goal post or corner flag and remains on the field of play.**

**Law 10: Determining the Outcome of a Match: A goal can only be scored by the attacking team when they are in their 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. (Restart is a goal kick if not an own goal). If a championship game ends in a tie, the winner will be determined by kicks from the penalty mark until a winner is determined. A player who has been sent off during the match is not permitted to take part.**

**Law 11: Offside: There is no offside in Walking Soccer**

**Law 12: Fouls and Misconduct: Except when a penalty kick is awarded, all fouls and misconduct will result in an indirect free kick awarded to the opposing team of a player guilty of an offense. Defending players must be at least 3 yards from the ball when the kick is taken. When an offense is committed by the defending team in their own penalty area, the kick is taken 3 yards from the penalty area line, parallel to the goal line, nearest to where the offense took place, unless a penalty kick is awarded. In addition to the fouls listed in Law 12, fouls can also include:**

- Running with the ball, onto the ball and off the ball (running on the field whether the ball is in play or not is prohibited). Walking is defined as always having at least one foot on the ground. Walking is heel to toe walking. (See Law 18 for more description.)
- Playing the ball while lying on the ground
- Deliberately heading the ball
- Goalkeeper punting/drop-kicking the ball
- Physical contact is not allowed and is regarded as foul play. Physical contact includes shoulder

charging, pushing, or stepping across or obstructing an opponent. Advantage will be called if it is safe to do so and

unlikely to result in confrontation. Shoulder charging or stepping across or backing into an opponent will automatically be considered at least a careless foul. Slide tackling, or tackling from behind will automatically be considered to be at least a reckless foul (yellow card/caution). Causing physical contact

with a player in a manner likely to cause injury, or deliberate dangerous or brutal conduct, regardless of whether there is any physical contact (e.g., "blasting" the ball when other players are near enough to be hurt) will automatically be considered to be done with excessive force (red card/send-off).

- Height of ball restrictions:

- Ball height restriction is set at 6' or the height of the goal, whichever is greater. The ball may not be kicked or deflected over the height restriction.
- If the ball exceeds the specified height, an indirect free kick will be awarded to the team opposite the team that last touched the ball at the point where the ball exceeded the height restriction, subject to the penalty area exception listed below.

- A height restriction violation may only occur ON the field of play.

- If the ball exceeds height restrictions after hitting the goal post and stays on the field, no infraction has occurred and play shall continue.

- A height restriction violation will occur if the ball hits the crossbar.

- If the ball deflects off the goalkeeper in the penalty area in the process of making a save and exceeds the height limit or hits the crossbar returning to play, it is not regarded as an offense, but the ball must

be immediately deemed dead and play restarted with an indirect free kick by the goalkeeper's team.

If the ball goes out over the goal line, it is a corner kick for the opposing team.

- If the goalkeeper causes the ball to exceed the height limit (not a save), or if a height infringement occurs within the penalty area and is committed by the defending team, an indirect free kick will be awarded at a spot 3 yards from the penalty area line nearest to where the offense took place.

- If a player commits multiple running offenses, excessive contact fouls, or a combination of both, the player is guilty of persistent infringement and may be sent off (Y/Y/R).

-A player, substitute or substituted player, or team official who has been sent off must leave the vicinity of the field of play and the technical area.

- Abusive, threatening, insulting words or behavior towards any other player, referee, or any other participant will not be tolerated. This includes disrespect of the referee. At the discretion of the referee, a player (or substitute) may be sent off (red card) the field of play and must leave the area.

**Law 13: Free Kicks:** Free kicks will be taken from the spot of the offense unless:

- Free kicks to the attacking team for an offense inside the opponents' penalty area are taken 3 yards from the penalty area line, parallel to the goal line, nearest to where the offense took place, unless a penalty kick is awarded.

- Free kicks to the defending team in their penalty area may be taken from anywhere in that area. All free kicks, except penalty kicks, are indirect.

All opponents must be at least 3 yards from the ball until it is in play.

Where 2 or more defending players form a defensive "wall", all attacking players must remain at least 1 yard

from the "wall" until the ball is played. If an attacker is less than 1 yard from the wall when the kick is taken (unless caused by the defensive team), an indirect free kick will be awarded to the defenders.

An indirect free kick is awarded to the opposing team if the player performing the free kick plays the ball a second time before the ball touches another player, unless the second touch is DOGSO in the penalty area, in which case a penalty kick will be awarded to the opposing team.

**Law 14: The Penalty Kick:**

A penalty kick is awarded if a player commits any of the following offenses inside their own penalty

area:

- Serious foul play
- Violent conduct

- Spitting at or biting an opponent or any other person

- Denies the opposing team a goal or obvious goal scoring opportunity (DOGSO) by committing an offense punishable by a free kick, including a handball offense.

All players other than the kicker and goalkeeper are located at least three yards from the ball, behind the penalty

mark, inside the field of play, and outside the penalty area.

A goal may be scored directly on a penalty kick.

#### Law 15: The Kick-in:

The kick-in is a method of restarting play that replaces the throw-in. The ball must be stationary and within 3 yards of the spot on the touchline where the ball left the field of play when kicked. The non-kicking foot of the player taking the kick-in must be on or outside the touchline when the kick is taken.

Opponents must be at least 3 yards from the ball.

A goal may NOT be scored directly from a kick-in. An indirect free kick is awarded to the opposing team if the player performing the kick-in plays the ball a second time before the ball touches another player, unless the second touch is DOGSO in the penalty area, in which case a penalty kick will be awarded to the opposing team.

#### Law 16: The Goal Kick:

The goal kick is taken from anywhere in the penalty area.

Opponents must remain outside the penalty area and at least 3 yards from the ball until it is in play.

A goal may NOT be scored directly from a goal kick. An indirect free kick is awarded to the opposing team if the player performing the goal kick plays the ball a second time before the ball touches another player, unless the second touch is DOGSO in the penalty area, in which case a penalty kick will be awarded to the opposing team.

#### Law 17: The Corner Kick:

Opponents remain at least 3 yards from the ball until it is in play. A goal may NOT be scored directly from a corner kick.

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 been touched or been played by another player, unless the second touch is DOGSO in the penalty area, in which case a penalty kick will be awarded to the opposing team.

#### Law 18: The Walking Rule

Running or jogging is not permitted by any player (including goalkeepers). Walking is defined as "always having at least one foot in contact with the ground." A walking action will generally be determined as a progression of steps throughout which there is constantly one foot in contact with the ground; both feet are momentarily grounded with the advancing leg straightened. 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 seen to be not walking, at the spot where the running occurred, unless the offense is committed by the defending team in their own penalty area, in which case the kick is taken 3 yards from the penalty area line, parallel to the goal line.

The referee shall have the sole interpretation on deciding what is and what is not walking.