

# UWSC Rules of the Game

*Fun, Fitness, Friendships*

**Sportsmanship:** We encourage positive attitudes towards each other and the referees. Your conduct should display fairness and respect for your opponent and graciousness when winning or losing.

**Safe Place to Play:** It is imperative that all participants experience a sense of comraderie and support, free of discrimination, harassment, racism, or verbal abuse. Walk Soccer is not a place for negative comments or derogatory remarks.

**Safety:** We emphasize safe playing by using rules and guidelines intended to prevent injury and bodily harm. We want everyone to leave the field without an injury. By observing and obeying the rules, as well as adhering to referee calls, it will help prevent serious injury to yourself and others.

## 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 box 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. For a field that is half of a regular sized field, the penalty box shall extend 10 yards from each goal post and 12 yards out from the goal line. The penalty mark will be positioned in line with the center of the goal and on the penalty box line.

\*Goalkeepers (if used) are free to move anywhere on the pitch but can only handle the ball inside their own penalty box. 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.

## 1. 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.

## 2. 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. A goalkeeper may or may not be used.

## 3. 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. Shin guards 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.

## 4. 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.

## 5. Other Match Officials

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

## 6. 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.

## 7. 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. If the ball does go directly into the goal on a kick-off without touching any player, the game is restarted with an IFK for the defending team at the spot of the kick.

**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.

## 8. 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. In the event that the attacking team does kick the ball directly into the goal from their defensive half of the field, the restart is an IFK for the defending team taken from where the attacking team struck the ball. 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. Indirect Free Kicks may be played in any direction. Defending players must be 3 yards (2.7 m) from the ball when the kick is taken. When an IFK foul occurs in the goal area, the kick is taken 3 yards (2.7 m) out from the spot on the goal 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. The guilty player must leave the field of play until after the IFK is taken. The player may return to the field at the next stoppage of play with the referee’s permission.

**3 running fouls called on a team will result in a Penalty Kick for the opposing team. (See Rule 17.)**

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.

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.

**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. If the ball does exceed the height restriction, the restart is an IFK for the opposing team taken where the ball infringes the height limitation, not where the ball is kicked. 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 penalty box, 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 is regarded as foul play. Physical contact includes shoulder charging, pushing, barging, or stepping across a player in a dangerous manner. Advantage will be called if it is safe to do so and unlikely to result in an injury or confrontation.

Deliberate dangerous or reckless conduct, regardless of whether there is any physical contact, will be considered 'aggravated' foul play: e.g., "blasting" the ball when other players are near enough to be hurt. The referee may send off (red card) the guilty player in these situations.

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 to the ground, regardless of showing signs of injury or not, play will be quickly and safely stopped. The referee will restart the game with a dropped ball to the team last in possession of the ball. 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 box, a penalty kick is awarded to the team that has been fouled. If DOGSO is applied outside the penalty box, 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 player is guilty of persistent infringement and may be sent off (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 penalty box 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 box 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 box 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 may not play the ball a second time until it has been played or touched by another player.

#### **17. The Walking Rule**

Running or jogging is not permitted by any player (including goalkeepers if they are used). 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 at least 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 deemed to be running. A player called for a running foul must leave the field during the IFK and may return at the next stoppage of play with referee permission. **Three running fouls committed by a team will result in a PK for the opposing team.** The referee shall have sole interpretation on deciding what is and what is not walking.

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