



WALKING SOCCER RULES OF THE GAME



1. **The Field of Play –**

The Pitch: Walking Soccer may be played with or without barriers.

Dimensions: The playing area must be rectangular. The length of the sideline must be greater than the length of the goal line.

For 7 v 7 soccer the following dimensions are recommended:

Length: minimum 50 yards maximum 70 yards

Width: minimum 30 yards maximum 50 yards

For 5 and 6-a-side soccer the following dimensions are recommended:

Length: minimum 30 yards maximum 60 yards

Width: minimum 20 yards maximum 40 yards

Area Markings: The playing area is marked with lines. The two longer boundary lines are called sidelines. The two shorter lines are called goal lines. All lines are 5 inches wide.

The playing area is divided into two halves by the halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of 3 yards is marked around it.

Penalty Mark: A penalty mark is drawn 7 yards from the midpoint between the goal posts and equidistant from them. The Corner Arc Where barriers do not surround the playing area, a quarter circle with a radius of 25cm from each corner is drawn inside the playing area.

Penalty Area: 12 yards wide 7 yards long

- Goalkeepers are free to move anywhere on the pitch but can only handle the ball inside their own penalty area. Competition rules may permit the state association, league or tournament to restrict the goalkeeper in the box and players from entering the box.

Goals: Futsal Goals 6'6" (height) x 9'9" (width) – recommended

2. **The Ball** - Size 4 Futsal balls are recommended for matches and tournaments.

3. **The Players** - Walking Soccer will feature 7v7 play, with each team having up to five (5) substitutes for a total roster of 12 players. Local associations may adjust the number of players and substitutes to meet their needs.

Substitute Procedures: The maximum number of substitutes permitted for 7 V 7 matches is five.

The number of substitutions made during a match is unlimited. Players can substitute on the fly or at the permission of a referee.



WALKING SOCCER RULES OF THE GAME



4. **The Players' 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 the other players and the 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. **The 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 or four 15-minute periods. There shall be a 5-minute break between halves and a 2-minute break between quarters.
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 period of the game, and at the start of each period of extra time, where applicable. A goal may be scored directly from the kick-off. All players must be in their own half of the playing area; the opponents of the team taking the kick-off are at least 3 yards from the ball until it is in play.

Drop Ball: Drop Ball is a way of restarting the match after a temporary stoppage. Play restarts when the ball touches the ground. A goal cannot be scored directly from a drop ball situation.

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 sideline, when the referee has stopped play, or when the ball hits the ceiling during indoor play.

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

Height of ball restrictions: Ball height restriction is set at 6ft 6 in (1.98 meters) the height of the goal, above which an indirect free kick will be awarded to the opposing team. If a height infringement occurs within the penalty area and is committed by the defending team, an indirect free kick will be awarded 3 yards from the penalty area line nearest to where the offense took place.



WALKING SOCCER RULES OF THE GAME



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 that no offense has been committed by the team scoring the 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.
11. **Offside** – There is no offside in Walking Soccer.
12. **Fouls and Misconduct** –

Direct Free Kick: A direct free kick is taken from the place where the infringement occurred and can be kicked directly into the opponent's goal to score a goal. A direct free kick is awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless, or using excessive force:

- slide tackling and/or slide blocking,
- tackling across a player at a barrier,
- blocking or cornering a player against a barrier,
- crowding (2 players vs 1) a player against a barrier,
- shoulder charging, pushing or barging,
- stepping across or obstructing an opponent to gain an advantage or deny that player access to the ball or position
- tackling from the side or behind causing physical contact with a player or in a manner likely to cause injury
- running
- deliberately heading the ball.
- If competition rules restrict the goalkeeper in the box and defending players from entering the box, a direct free kick will be awarded when a defending player enters their own penalty area. The direct kick will be awarded outside the box closest to the place of infraction. If the offensive player enters the box, a goal clearance is awarded.

Indirect Free Kick: An indirect free kick is taken from the place where the infringement occurred, unless this was in the penalty area, in which case the indirect free kick is taken 3m from the penalty area line at the point nearest to where the infringement occurred. An indirect free kick will be awarded when:

- player is guilty of unsportsmanlike behavior
- player persistently infringes the Rules of the Game
- a goalkeeper touches or controls the ball with their hands or feet, in the penalty area for more than 6 seconds
- a goalkeeper allows the ball to stop in a stationary position in the penalty area without touching it for more than 6 seconds
- a goalkeeper receives the ball back directly from a teammate to whom they have just passed the ball without the ball having made contact with any other player
- if a height infringement occurs within the penalty area and is committed by the defending team



WALKING SOCCER RULES OF THE GAME



13. **Free Kicks** - Direct and indirect free kicks are awarded to the opposing team of a player, substitute, substituted or sent off player, or team official guilty of an offense. All opponents must be at least 3 yards from the ball until it is in play. The ball is in play after it has been touched or played. If, when a free kick is taken, an opponent is closer to the ball than the required distance the kick is retaken.
14. **The Penalty Kick** - A Penalty Kick is awarded against a team whose player commits any of the following sending-off offenses:
- guilty of serious foul play
 - guilty of violent conduct
 - spits at an opponent or any other person
 - denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within their own penalty area)
 - denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick
 - uses offensive, insulting or abusive language
 - receives a second blue/yellow card in the same match

A goal may be scored directly from a penalty kick.

Position of the Ball and the Players for a Penalty kick: The ball is placed on the penalty mark and the player taking the penalty kick is properly identified. The defending goalkeeper must remain on their goal line, facing the kicker, between the goalposts, until the ball has been kicked. The players other than the kicker are located: inside the pitch, outside the penalty area, behind or to the side of the penalty mark, at least 3 yards from the ball.

Procedure

- The player taking the penalty must kick the ball forward
- They may not play the ball a second time until it has touched another player
- The ball is in play when it is kicked and moves forward.

A goal is awarded if, before passing the goalposts and under the crossbar, the ball touches either or both of the goalposts, and/or the crossbar and/or the goalkeeper.

15. **The Kick-in/Roll-in** – The Kick-In/Roll-In is a method of restarting play. A goal cannot be scored directly from a kick-in/ roll-in. A kick-in/roll-in is awarded if the whole of the ball passes over a sideline, (either on the ground or in the air) or it hits the ceiling. A kick-in/roll-in is taken from the place where it crossed the sideline or 2 yards into the playing area adjacent to where the ball left the playing area when barricades are in use. The kick/roll is awarded to the opponents of the player who last touched the ball.



WALKING SOCCER RULES OF THE GAME



The player taking the kick-in/roll-in may not play the ball a second time until it has touched another player. The ball is in play immediately after it is kicked or touched. The players of the defending team must be at least 3 yards from the place where the kick-in/roll-in is taken. The feet of the player taking the kick-in/roll-in must not cross the line and they must use an underarm action when rolling the ball in.

16. **The Goal Clearance** - Goal Clearance is a method of restarting play. A goal may not be scored directly from a goal clearance. The goal clearance 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 Law 10.

Procedure

- Opponents remain outside the penalty area
- The goalkeeper does not play the ball a second time until it has touched another player
- The ball is in play when the ball is thrown underarm or kicked from any stationary point within the penalty area by the goalkeeper of the defending team
- Goalies are not allowed to punt or drop kick the ball.

17. **The Corner Kick** – A corner kick is a method of starting play. A goal may 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 Law 10.

Procedure

- The ball is placed inside the corner arc at the nearest corner
- Opponents remain at least 3 yards 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 by or touched by another player.

18. **The Walking Rule** - Walking is defined as 'always having at least one foot in contact with the ground.' This includes no running onto or off the ball. The referee will award a direct free kick against any player who is seen to be not walking. For the 1st penalty a warning will be given by the ref, a 2nd infringement will result in a yellow card and a 3rd infringement will result in a red card.

Where not stated, the normal IFAB Laws of Association Football apply with exceptions- notably that there is no offsides in Walking Soccer.