

Walking Football – FA Laws of The Game – Simple version

1. There is :

No Running	No playing the ball if kneeling, sitting lying on the ground
No Contact	No Backing into a defender when in possession of the ball
No Slide tackling, tackling from behind	No offsides
No Heading the ball	No Direct Freekicks – apart from penalties

NO Abusing the referee, teammates or opposing players

2. Players Equipment:

All players (including Goalkeepers) must wear shin pads ✓

No Jewellery to be worn:

1. Rings **X** can be taped up ✓
2. Earrings **X**
3. Necklaces **X**
4. No Watches under wristbands **X**

3. Freekicks

All Freekicks are Indirect.

A freekick is given if a player commits any of the following seven offences in a manner considered by the referee to be:

Careless – when a player shows a lack of attention or consideration when making a challenge.

No Disciplinary action is needed

Reckless – when a player acts with disregard to the dangers or consequences for an opponent.

Player must be cautioned – **Blue Card**

Excessive – when a player exceeds the necessary force and/or endangers the safety of an opponent. Player must be sent off – **Red Card**

1. Kicks or attempts to kick an opponent	2. Trips or attempts to trip an opponent
3. Jumps at an opponent	4. Charges an opponent
5. Strikes or attempt to strike an opponent	6. Pushes an opponent
7. Tackles an opponent	

Freekicks can also be given if:

1.A player is not walking **	2.A player deliberately heads the ball
3.A player holds an opponent	4.A player bites or spits at someone
5.A player slide tackles	6.A player handles the ball deliberately
7.If the ball is played above the designated height (2m or height of the crossbar)	

** If a team accumulates 4 not walking offences in the game a penalty is awarded to the opposing team.

Players must be a minimum of 3m from the ball when a freekick, corner kick or kick in/roll in is to be taken

4.Height Restriction Offences

If any player kicks or throws the ball above the designated height (2m or the height of the crossbar) an indirect freekick is awarded to the opposing team.

If the goalkeeper blocks a shot on goal with any part of his body and it goes over the designated height before leaving the field of play, a kick in/roll in is awarded to the opposing team on the nearest side to where the contact was made.

5.Goalkeepers

Must stay in the designated area	Must release the ball within 6 secs of having the ball under control
Roll the ball out underarm only	Can only kick the ball when it is on the ground
If the ball is on the line anywhere on the 'D' it is in the area and only the goalkeeper can play the ball	After distributing the ball to a team mate, they cannot receive it back until at least 2 players have touched the ball.
	If the goalkeeper throws or kicks the ball over the designated height allowed(2m or the height of the crossbar) an indirect freekick is given 3m from the penalty area.

6.Cards

Blue Cards can be issued for the following offences:	Red Cards can be issued for the following offences:
Unsporting behaviour	Serious foul play or violent conduct
Showing dissent by word or action	Spit at an opponent, teammate or official
Persistently infringing the Laws of the Game	Using Offensive, insulting or abusive language
Delaying the restart of play	Receives a 2 nd blue card in the same match
Failing to retreat 3m when play is restarted with a corner kick, kick in, free kick or goal clearance	