

WALKING FOOTBALL SCOTLAND

*SUPPLEMENTARY
LAWS OF THE GAME - SIMPLIFIED*



**SCOTTISH
PARA-FOOTBALL**



INTRODUCTION

Walking Football in Scotland is played under FIFA IFAB Laws of the Game except for the following supplementary Laws of the Game.

The Laws contained within this document are those that will be implemented within National WFS competitions and events.

This document contains a simplified version that can be used to advise participants of the Laws that will be of greatest interest to them.

Walking Football Scotland recommends that these Laws are used within all Walking Football sessions across the country.



THE PLAYERS

6 a-side matches with squad no more than 10 players.

Teams must consist of 5 outfield players plus 1 designated Goalkeeper.

Any number of substitutions can take place during the game.

Players who have been substituted can re-enter the same match.

Substitutions may only take place when there is a break in play by notifying the referee.

Anyone may change with the GK during a stoppage with the referee's permission.

WFS recommends that glasses should not be worn unless recommended prescription sports glasses/goggles, however players can do so at their own risk



THE GAME

Each game will last for an agreed time, usually 15 mins.

A goal cannot be scored direct from a kick-off, free kick, corner kick or from a team's own half, including any deflections from either of those means. If the ball does go directly into the opposition net, this will result in the referee giving a drop ball in the Goalkeeper's Area (All kick-off, kick-ins, corner kicks and free kicks are in-direct). If the Goalkeeper saves the ball deflecting back into play, this will still result in the referee giving a drop ball in the Goalkeeper's Area

Kick-ins will restart play if the ball leaves the field. No throw-ins.

No heading is allowed (unless the Goalkeeper saves the ball with their head unintentionally) - an in-direct free kick should be awarded unless a deliberate header is played within the penalty zone, this results in a penalty kick being awarded. If a Goalkeeper deliberately plays the ball with their head – an in-direct free kick will be awarded 2m from their Goalkeeping Area.

3 touch – all players have a maximum of 3 touches of the ball. An indirect free kick will be awarded if a player takes more than 3. No player can impede or obstruct an opposing player from trying to touch the ball and MUST immediately retreat 2 metres or an indirect free kick will be awarded to the opposing team. (please note that if a player rolls the ball with the sole of their foot and their foot doesn't leave the ball, this is still counted as one touch).

If playing within a caged area, players must back off a player in possession of the ball and let them play unimpeded out of a corner of the caged area. Failure to do so will result in an in-direct free-kick awarded to the opposing team.

Under no circumstances will players from opposing teams challenge for a drop ball for safety purposes, instead the ball will be dropped to a player from the team who last held possession of the ball.



WALKING

Walking is defined as 'always having at least part of one foot in contact with the ground' and should start with the heel making contact with the ground first allowing for a 'flat foot' motion.

Infringements/Sanctions

- The referee will award an in-direct free kick against any player who is seen to be not walking on or off the ball.

If a team is penalised on three occasions for infringing the not walking rule, they will concede a penalty to the opposition.

Once the penalty has been taken, the team's accrued not walking offences tally goes back to zero.

Players will not be penalised for a not walking offence whilst retrieving a ball off the field of play. Players are allowed to walk backwards during a match, but may not commit a non-walking or contact offence when doing so.

Please be aware these rules are judge by the unaided human eye and Goalkeepers will not be penalised for not walking offences within their Goalkeeping Area.



HEIGHT RESTRICTION

A height restriction will apply in which will be to that of the crossbar, irrelevant if this is 5/7/9-a-side sized goals.

If a deliberate height infringement occurs within the Goalkeeping Area and committed by the Goalkeeper (e.g. high throw or kick above the crossbar), an in-direct free kick will be awarded 2m from the edge of Goalkeeper's Area.

The exception to this rule shall be when the ball rises above the crossbar resulting from a save/deflection performed by a Goalkeeper or an outfield player. Play should continue in this circumstance.

Any deflected shot from within the opposing team's half which goes above crossbar height and then loops into the goal will be awarded as a goal and not penalised. If the ball is hit in a player's own half but then takes a deflection off an opposing player in the opposing half and loops into the goals, this will result in a drop ball within the Goalkeeper's Area.

Should another player play the ball whilst it is at a height above the crossbar restriction, this will result in an in-direct free kick to the opposing team

At no point can players deliberately play the ball with their head (unless Goalkeeper saves ball with their head unintentionally).

An in-direct free kick will be awarded if the ball unintentionally hits the head of an outfield player or a penalty kick if a deliberate header takes place by the defensive team within the penalty zone.



THE GOALKEEPING AREA

Only the Goalkeeper is permitted to enter the Goalkeeping Area and for player safety, this area INCLUDES the line marking of the area and therefore if ANY part of the ball is on the line, it cannot, be played by an outfield player.

The Goalkeeper may only roll the ball out either underarm along the ground or by passing the ball out with feet, with firstly the ball being placed flat on the ground in their area before kicking to re-start play.

No throwing from overhead, sidearm or above head or side kick (volley) with this resulting in an in-direct free kick being awarded to opposing team.

If an outfield attacking team player enters this area **deliberately** to gain an advantage, an in-direct free kick will be awarded to the opposing team, however if an outfield defensive player enters this area, a penalty kick will be awarded to the opposing team

If an outfield player scores with the ball outside the Goalkeeper Area but then momentum takes them into the area, a goal be awarded.

A penalty will be awarded if the Goalkeeper touches the ball with any part of their body outside of the Goalkeeping Area. *(If a save has been made inside the area and momentum then carries the Goalkeeper outside of their area, this will not be penalised)*

The Goalkeeper cannot receive the ball back directly from a teammate to whom they have just passed the ball (with hands or feet) without the ball having made contact with any other player.

If a player accidentally passes the ball back to their own Goalkeeper, and the ball stops in the Goalkeeping Area, an in-direct free kick will be awarded to the opposing team, regardless if whether the Goalkeeper refuses to touch the ball or not.

The ball can be passed directly through the Goalkeeper Area without the Goalkeeper making any contact with the ball.



THE PENALTY ZONE

Any offence committed within this zone which includes; contact challenge, handball or a deliberate header, will result in the referee awarding a penalty to the offensive team.

Pass back offence to the Goalkeeper, accidental/deflected header or an over height restriction offence will result in an in-direct free kick to the offensive team.

Any defensive not walking offence that denies an obvious goal scoring opportunity, within the Penalty Zone will result in a penalty being awarded. If, however, the attacking player manages to score, a goal will be awarded, and the non-walking offence will not be punished.

If a penalty has been awarded, this will also not impact the 'not walking' offence tally that the penalised team already has accrued as that will remain.

THE PENALTY KICK

Competition Rules will determine the number of kicks within a penalty shootout, usually 3, with the kicks taken as described hereafter:

Only those players on the pitch at the completion of the game are eligible to take part in kicks from the Penalty Mark and players are located behind the Penalty Zone.

A player must take a straight kick at goal without using any steps, with the kicker planting their non-kicking foot beside the ball and then a straight kick of the ball in a forward direction. (please note the ball cannot be played backwards or to the side or this will result in an in-direct free kick to the defensive team)

An in-direct free kick will be awarded to the defensive team if any of the following occur prior to the ball being kicked; feign/fake/shimmy/pause/jump. If this happens within a penalty shootout, the kick will be void.



FOULS & MISCONDUCT

For player safety, all Free Kicks and Corner Kicks in Walking Football are in-direct with no direct shot at goal, except for a Penalty Kick.

The game should be played with the avoidance of any contact to the opposing player.

An in-direct free kick is awarded to the opposing team if a player commits any of the following offences:

- kicks/pushes/slides/strikes/trips or attempts to kick/push/slide/strike/trip an opponent
- tackling of opponents with/without the ball from side or back including trying to touch ball from between their legs or from the side
- barging or shoulder to shoulder challenges
- backs into an opponent to try and shield the ball or to gain an advantage
- not walking (jogging/running) with or without the ball
- handles the ball deliberately (except for the Goalkeeper within own area)
- heads the ball accidentally or deliberately (except for the Goalkeeper unintentionally)
- players are not permitted to hold onto barriers to shield the ball
- touches the ball within opposition's Goalkeeping Area (inclusive of marked line)
- takes more than 3 consecutive touches of the ball
- prevents the Goalkeeper from playing the ball out of their area
- if a height infringement occurs and is committed by an outfield player, an in-direct free kick should be awarded nearest to where the offence took place
- commits any other offence, not previously mentioned in Law 11, for which play is stopped to caution or send off a player

50:50 challenges should be avoided, however if in an event one does occur, the referee will give a drop ball to the team who were last in possession of the ball.



DISCIPLINARY PROCEDURES

The use of the standard yellow card and the exclusion of a player arising from the issuing of a red card are the recommended disciplinary sanctions for use in Walking Football.

Cautionable Offences

A player, substitute or substituted player can be cautioned and shown the yellow card if they commit any of the following offences:

- any physical contact challenge that risks the safety of an opposing player (see page 30 for list)
- unsporting behaviour
- dissent
- persistent infringement of the Laws of the Game
- delaying the restart of play
- failure to respect the required distance when play is restarted with a corner kick, free kick or kick-in
- denying 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 Goalkeeping Area)
- denying an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
- Entering, re-entering or deliberately leaving the field of play without referee's permission



DISCIPLINARY PROCEDURES

Sending Off Offences

A player, substitute or substituted player is sent off if they commit any of the following offences:

- serious foul play
- violent conduct
- any physical contact challenge with excessive force that risks the safety of an opposing player (see page 30 for list)
- spitting at an opponent or any other person
- using offensive, insulting or abusive language and/or gestures
- receiving a second caution in the same match

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

Within WFS competitions any player sent off misses the rest of the fixtures that day/event and within competitive leagues, the player will be suspended for the next date of fixtures. Depending on severity, there may be further sanctions imposed on the club or individual.





www.walkingfootballscotland.org



info@walkingfootballscotland.org



WalkingFootScot



WalkingFootballScotland



WalkingFootballScotland