

WALKING FOOTBALL SCOTLAND

SUPPLEMENTARY LAWS OF THE GAME



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.



General Principle

Where not stated, the normal IFAB Laws of Association Football apply with exceptions notably that there is no running, no contact, no unlimited touches and no offside in Walking Football.

The Pitch

Walking Football may be played with or without barriers/partitions.

Dimensions:

The playing area must be rectangular.

The length of the touchline must be greater than the length of the goal line.

For **6-a-side** football the following dimensions are recommended:

Length: minimum 25m, maximum 50m

Width: minimum 16m, maximum 35m

For **7-a-side** football the following dimensions are recommended:

Length: minimum 50m, maximum 60m

Width: minimum 30m, maximum 40m

Playing Surface

Where natural turf is not used, the surface must be smooth, flat and non-abrasive.



Goals

A goal must be placed on the centre of each goal line.

A goal consists of two upright posts equidistant from the corners of the playing area and joined at the top by a horizontal crossbar. The goalposts and crossbar must be made of wood, metal or other approved material. They must be square, rectangular, round or elliptical in shape and must not be dangerous to players.

The distance (inside measurement) between the posts is maximum 5m, minimum 3m and the distance from the lower edge of the crossbar to the ground is maximum 2m minimum 1.2m.

Both goal posts and the crossbar have the same width and depths of 8cm. Nets, made of hemp, jute or nylon, are attached to the posts and crossbars behind the goals. The lower part is supported by curved bars or some other adequate support. Nets must be properly supported and do not interfere with the Goalkeeper.

Safety

Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.



Area Markings

The **Playing Area** is marked with lines. The two longer boundary lines are called touchlines. The two shorter lines are called goal lines. All lines are 8cm wide.

The **Playing Zone** is divided into two halves by the halfway line.

The **Centre Mark** is indicated at the midpoint of the halfway line. A circle with a radius of 3m is marked around it.

A **Goalkeeping Area**, where only the Goalkeeper (GK) can enter, is defined at each end of the pitch as follows:

- A semi-circle of 6m radius shall be drawn from the centre of each goal line. The extremities of these semi-circles should reach the goal line, barrier or wall regardless of whether the goal posts encroach onto the playing area. Alternatively, a rectangular box measuring out of 4.5m (6 steps) and then 2.5m (3 steps) out from each post.

The **Penalty Mark**, if using a standard 5-a-side pitch, should be drawn out 6m from the midpoint between the goal posts and equidistant from them. If using a pitch with 7-a-side goals, The Penalty Mark should be an additional 2 steps away from the Goalkeeping Area, 1.5m.

The **Corner Arc** - where barriers do not surround the playing area, a quarter circle with a radius of 1m (1 yard) from each corner is drawn inside the field of play.

The **Penalty Zone** – marked out with cones at both touchlines 9m (12 steps) from goal line.



Qualities and Measurements

The ball is:

- Spherical and made of leather or other suitable material
- Size appropriate to the group playing e.g. Size 4 or 5 in accordance to competition rules
- Of a circumference of not more than 70cm (28") and not less than 68cm (27")
- Of a pressure equal to 0.6 - 1.1 atmosphere (600 - 1,100 g/cm²) at sea level (8.5 lbs/sq in - 15.6 lbs/sq in)

Replacement of a Defective Ball

If the ball bursts or becomes defective during the course of a game:

- The game is stopped and is restarted by dropping the replacement ball at the place where the original ball became defective, unless play was stopped inside the Goalkeeping Area, in which case the referee drops the replacement ball inside the Goalkeeping Area to restart the game accordingly.

If the ball bursts or becomes defective during a penalty kick or during kicks from the penalty mark as it moves forward and before it touches any player or the crossbar or goalposts:

- the penalty kick is retaken

If the ball bursts or becomes defective whilst not in play at a kick-off, goal kick, corner kick, free kick, penalty kick or kick-in:

- the game is restarted accordingly

The ball may not be changed during the match without the authority of the referee.



A match is played by two teams, each consisting of not more than the following number of players and substitutes for each format:

6-a-side =6 players per team and 4 substitutes (total of 10 players)

7-a-side =7 players per team and 3 substitutes (total of 10 players)

Substitution Procedure

The number of substitutions made during a game is unlimited however the referee must be notified and give permission before any substitution takes place and player enters the field of play.

A player who has been replaced may return to the pitch as a substitute for another player.

Substitutions should only take place when there is a stoppage in play which will be determined by the Competition Rules.

A substitution is made when the ball is in or out of play, for which the following conditions must be observed:

- the player entering the field of play may not do so until the player leaving the playing area has passed completely over the boundary line
- where barricades/gates are used, the players must use the opening onto the field of play
- a substitution is complete when the substitute enters the playing area from which moment the substitute becomes a player and the player who is replaced ceases to be a player



Changing the Goalkeeper

Any of the players or substitutes, may change places with the Goalkeeper. The following conditions must be observed:

- the referee must be informed before the change is made
- the change may only be made during a stoppage in play
- the replacement Goalkeeper must wear a jersey which distinguishes them from all other players and the referee

Infringements/Sanctions

If, while a substitution is being made, a substitute enters the field of play before the player being replaced has completely left:

- play is stopped
- the player being replaced is instructed to leave the playing area
- play is restarted by an in-direct free kick to be taken by the opposing team from the place where the ball was situated when the game was stopped. However, if the ball was inside the penalty zone, the in-direct free kick is taken 2m from the penalty zone line, at the place nearest to the position of the ball when play was stopped

Where barricades are used; if, while a substitution is being made, a substitute enters the field of play, or a player being replaced leaves it from a place other than the recognised opening in the barricades:

- play is stopped
- play is restarted by an in-direct free kick to be taken by the opposing team from the place where the ball was situated when the game was stopped. However, if the ball was inside the penalty zone, the in-direct free kick is taken 2m from the penalty zone markers, at the place nearest to the position of the ball when play was stopped



Validity of a Match – Playing Numbers

A match should not be considered valid if the playing strength of either team is permanently reduced by:

- more than two players for 6-a-side
- more than three players for 7-a-side

However, this should only apply when players are permanently excluded or lost through injury.



Safety & Basic Equipment

A player must not use equipment or wear anything that is dangerous to themselves or another player (including any kind of jewellery).

The basic compulsory equipment of a player consists of the following:

- a jersey/shirt, shorts/track-suit trousers and socks
- footwear – which is subject and appropriate to local conditions and surface type however metal/aluminium studs are strictly forbidden
- WFS recommends that glasses should not be worn unless recommended prescription sports glasses/goggles, however players can do so at their own risk
- Shin guards are a WFS recommendation but not compulsory

Goalkeepers

- the Goalkeeper is permitted to wear long trousers
- each Goalkeeper must wear colours which easily distinguish and differentiate them from their own players, opposition and the referee

Infringements/Sanctions

For any Infringements of this Law:

- The player at fault is instructed by the referee to leave the field of play to correct their equipment or to obtain any missing item of equipment. The player may not return to the playing area without first reporting to the referee, who then checks that the player's equipment is correct. The player is only allowed to re-enter the playing area when the ball is out of play
- Players can return to play whilst the ball is in play if a second official has checked the equipment. If no second official is present the player must wait for play to stop in order for the referee to check the faulty equipment.



The Authority of the Referee

Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match to which they have been appointed. The decisions of the referee regarding facts connected with play are final and if challenged, this may result in a cautionable offence.

Powers and Duties

- enforces the Laws of the Game and ensure any ball used meets the requirements of Law 2
- ensures that the players' equipment meets the requirements of Law 4
- acts as timekeeper and keeps a record of the match
- stops/suspends/abandons the match, at their discretion, for any infringements of Laws or because of outside interference of any kind
- stops the match if, in their opinion, a player is seriously injured and ensures that they are removed from the field of play or gives permission to a first aider to enter the field of play. An injured player may only return to the field of play after the match has restarted. *Please note in Walking Football, the game should stop as quickly and safely as possible if a player falls to the ground regardless if showing signs of injury or not.*
- stops play and ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee, who must be satisfied that the bleeding has stopped
- allows play to continue when the team against which an offence has been committed will benefit from such an advantage and penalises the original offence if the anticipated advantage does not ensue at that time
- takes disciplinary action against players guilty of cautionable or sending-off offences notifying WFS after the conclusion of the match
- takes disciplinary action against team officials who fail to conduct themselves in a responsible manner and may, at their discretion, expel them from the playing area and its immediate surrounds



Powers and Duties continued...

- ensures that no unauthorised persons enters the playing area
- indicates the restart of the match after it has been stopped.
- If a player is injured for any lengthy period or if the referee feels a team are timewasting during the game, the referee may continue with the match adding on time with as many minutes as they see fit.
(approx. 1-3 minutes max, unless significant injury has occurred). The referee will notify both teams to continue playing before claxon has sounded.
- makes team aware when they are on 2 not walking offences confirming that next offence will result in a penalty to opposition.



Periods of Play

A Match lasts for two equal halves of 30 minutes, which may only be reduced if in accordance with competition rules, subject to the following:

- allowance shall be made in either period for time lost through stoppages as decided by the referee
- the duration of any period shall be extended to enable a penalty kick to be taken
- between periods the interval shall not exceed five minutes, except by consent of the Referee or if in accordance with competition rules
- competition rules may allow for a game to be played in its entirety without any interval or requirement to change ends

Any agreement to alter the duration of the periods of play must be made before the start of play and must comply with competition rules.

For games ending in a draw, competition rules may state provisions involving extra time or other procedures approved by the International FA Board to determine the winner of the game.

Please note for most WFS competitions/events, games will last for an agreed time, usually 10 -20 minutes and games are played straight through with no interval.



Preliminaries

The choice of ends is decided by the toss of a coin. The team winning the toss decides which goal it wishes to attack in the first period of the game. The other team takes the kick-off to start the game.

Kick-off

A 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
- at the start of each period of extra time, where applicable

A goal cannot be scored directly from the kick-off.

Procedure

- all players are in their own half of the field of play
- the opponents of the team taking the kick-off are at least 2m from the ball until it is in play
- the ball is stationary on the centre mark
- the referee gives a signal
- the ball is in play when it is kicked and moves in any direction
- the kicker may not touch the ball a second time until it has touched another player
- After a team scores a goal, the other team takes the kick-off.



Infringements/Sanctions

If the kicker touches the ball for a second time before it has been touched by another player:

- an in-direct free kick is awarded to the opposing team to be taken from the place where the infringement occurred. For any other infringement of the kick-off procedure, the kick-off is retaken

Drop Ball

A drop ball is a way of restarting the game after a temporary stoppage. A goal cannot be scored directly from a drop ball situation and under no circumstances will two players from opposing teams challenge for a drop ball for safety purposes.

If a dropped ball enters the goal without touching at least two players, play is restarted with;

- a goal kick if it enters the opponents' goal or a corner kick if it enters the team's goal

Procedure

The referee drops the ball to the team who last held possession at the place where it was located when play stopped.

Play restarts when the ball touches the ground. Where barricades are in use and a drop ball is required, the referee shall drop the ball 2m from the barricade at the appropriate point.

The ball is dropped again if it is touched by a player before it makes contact with the ground and/or if the ball leaves the playing area after it makes contact with the ground, without a player touching it.



THE BALL IN & OUT OF PLAY

LAW 8

Ball Out of Play

The ball is out of play when:

- it has wholly crossed the goal line/touch line, whether on ground or in air
- play has been stopped by the referee
- when playing indoors, it hits the ceiling

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 field of play
- it rebounds from the referee when on the field of play however if it hits the referee and then goes to the opposing team, the game will be restarted by a drop ball if goes to the opposing team.

Decisions

When a game is being played on an indoor playing area and the ball hits the ceiling, the game is restarted by an in-direct free kick awarded to the opposing team to the one which last touched the ball, including deliberate save/deflection, from the point at which the ball began to rise.

Should this occur in the penalty zone, the free kick will be taken 2m from the penalty zone line nearest to where the offence was committed.

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.

If the ball hits/rebounds off the back wall of the Goalkeepers area, the ball will still be in play and therefore the match will continue.



HEIGHT RESTRICTION

LAW 9

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. If a Goalkeeper deliberately plays the ball with their head – an in-direct free kick will be awarded 2m from their Goalkeeping Area.



Goal Scored

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 infringement of the Laws of the Game has been committed previously by the team scoring the goal.

Under no circumstance is the Goalkeeper from the attacking side allowed to score. If the Goalkeeper does play the ball in to the opponents' goal, play is restarted with a goal kick.

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 from a direct shot from dead ball, this will still result in the referee giving a drop ball in the Goalkeeper's Area

Winning Team

The team scoring the greater number of goals during a match is the winner. If both teams score an equal number of goals, or if no goals are scored, the match is drawn.

Competition Rules

For games ending in a draw, competition rules may state provisions involving extra time or other procedures to determine the winner of a game, e.g. penalties



THE GOALKEEPING AREA

LAW 11

Only the Goalkeeper is permitted to enter the Goalkeeping Area and for player safety, this area INCLUDES the line marking of the area.

If ANY part of the ball is on the line, it cannot, be played by an outfield player.

A goal kick/roll out is a method of restarting play.

A goal kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored in accordance with Law 10.

A goal may not be scored directly from a goal kick

Procedure/Infringements/Sanctions

- opponents remain outside the Goalkeeper's Area
- the Goalkeeper does not play the ball a second time until it has touched another player or an in-direct free kick will be awarded 2m from the Goalkeeping Area from the place nearest to where the infringement occurred
- 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 2m out with the Goalkeeping Area with position dictated by referee.
- No outfield player may enter the Goalkeeping Area. 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 which will be taken by the Goalkeeper in this area.
- If an outfield player scores with the ball outside the Goalkeeper Area but then momentum takes them into the area, a goal be awarded.
- If an outfield defensive player enters this area, a penalty kick will be awarded to the opposing team



Pass Back

- The Goalkeeper can pick the ball up when receiving a pass from a teammate, however, has 6 seconds to then play the ball out or an in-direct free kick will be awarded to opposing team, 2m outside the Goalkeeping Area, with position dictated by referee.
- 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. An in-direct free kick will be awarded to the opposing team with position dictated by referee.
- 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.



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. (Please note – it can only be within the Penalty Zone)

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 (DOGSO), 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

LAW 13

Taking kicks from the penalty mark is a method of determining the winning team if competition rules require there to be a winning team after a match has been drawn.

When a penalty kick is taken during the normal course of play or time has been extended at half-time or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing the goalposts and under the crossbar:

- the ball touches either or both goalposts, and/or the crossbar and/or the Goalkeeper

Position of the Ball and the Players

The ball:

- is placed on the penalty mark

The player taking the penalty kick:

- is properly identified

The defending Goalkeeper:

- remains 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
- behind the penalty zone

Penalty Shootout Procedure

- the referee tosses a coin to choose the goal at which the kicks will be taken
- the referee tosses a coin and the team whose captain wins the toss, decides whether to take the first or second kick
- the referee keeps a record of the kicks being taken



THE PENALTY KICK

LAW 13

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

- the kicks are taken alternately
- Only those players on the pitch at the completion of the game are eligible to take part in kicks from the Penalty Mark
- 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.
- where a player(s) has been sent off by the referee, the opposing team must reduce the number of players to equalise the participants in each team prior to the kicks from the Penalty Mark commencing
- if before both teams have taken their designated number of kicks, one has scored more goals than the other could score, even if it were to complete its designated number of kicks, no more kicks are taken
- if, after both teams have taken the designated number of kicks, both have scored the same number of goals, kicks continue to be taken in the same order, until one team has scored one goal more than the other from the same number of kicks
- any player who has been sent off may not take part in the kicks from the penalty mark
- if a Goalkeeper is injured during the kicks from the penalty mark procedure, they may be replaced by a substitute
- any eligible player may change places with the Goalkeeper
- only the eligible players and the referee are permitted to remain on the pitch when kicks from the penalty mark are taken
- all players, except the player taking the kick and the two Goalkeepers, must remain in the opposite half to that where the kicks are being taken



A penalty kick is awarded against a team which commits any of the following offences:

- a defending player enters their own Goalkeeping Area to gain an advantage regardless if they do/do not touch the ball
- if a player is within the penalty zone and any of Law 17 offences are committed, the referee will award a penalty to the attacking team.
- a Goalkeeper commits any of the sending off offences
- a team commits 3 not walking offences (Once the penalty is taken, the teams' accrued not walking offences tally goes back to zero)
- any defensive not walking offence that denies an obvious goal scoring opportunity

Additional time is allowed for a penalty kick to be taken at the end of each period or at the end of each period of extra time.

Penalty Kick involving Goalkeepers

A penalty kick is awarded to the opposing team if a Goalkeeper, inside their own penalty zone, commits the following offence:

- 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 take a penalty during a match, unless it is within a penalty shootout.



THE PENALTY KICK

Infringements/Sanctions

LAW 13

If any of the following situations occur:

A player of the defending team infringes this Law:

- the kick is retaken, only if a goal is not scored
- the kick is not retaken if a goal is scored

A team-mate of the player taking the kick infringes this Law of the Game:

- the kick is retaken if a goal is scored
- the kick is not retaken if a goal is not scored

The player taking the kick infringes this Law of the Game after the ball is in play:

- an in-direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred, unless this was in the penalty zone, in which case the in-direct free kick is taken 2m from the penalty zone line at the place nearest to where the infringement occurred

OUTCOME OF PENALTY KICK		
	GOAL	NO GOAL
Encroachment by Attacking Player	Re-Take	In-direct Free Kick
Encroachment by Defending Player	Goal	Re-Take
Offence by Goalkeeper	Goal	Re-Take & Caution for Goalkeeper
Ball Kicked Backwards or to the side	In-direct Free Kick	In-direct Free Kick
Illegal Feinting	In-direct Free Kick	In-direct Free Kick
Wrong Kicker	In-direct Free Kick	In-direct Free Kick



For player safety, there are NO Direct Free Kicks in Walking Football and therefore all Free kicks are in-direct.

For in-direct free kicks, the ball must be stationary when the kick is taken and the kicker may not touch the ball a second time until it has touched another player.

The In-direct Free Kick

- a goal can be scored only if the ball subsequently touches another player before it enters the goal

Position of Free Kick

- all opponents must be at least 2m from the ball until it is in play
- the ball is in play after it has been touched or played

Infringements/Sanctions

If, when a free kick is taken, an opponent is closer to the ball than the required distance:

- the kick is retaken

If, after the ball is in play, the kicker touches the ball a second time before it has touched another player:

- an in-direct free kick is awarded to the opposing team, taken from the place where the infringement occurred

Signals

The referee indicates an in-direct free kick by raising their arm above their head. They maintain their arm in that position until the kick has been taken and the ball has touched another player or goes out of play



A kick-in is a method of restarting play and a goal cannot be scored directly from a kick-in.

A kick-in is awarded:

- to the opponents of the player who last touched the ball when the whole of the ball crosses the touch line, either on the ground or in the air.

On some occasions with specific alterations, kick-ins may be omitted from the game, for example if the game is played within a caged area or sports hall.

Position of the Ball and the Players

The ball:

- Must be stationary on the touch line and can be played in any direction

The player taking the kick-in:

- has part of each foot either on the touch line or on the ground outside the touch line at the moment of kicking the ball

The players of the defending team:

- are at least 2m from the place where the kick-in is taken

Procedure

- The ball is in play when it enters the field of play and after delivering the ball, the kicker must not touch the ball again until it has touched another player.



Infringements/Sanctions

The kick-in is retaken by a player of the opposing team if:

- the kick-in is taken from a position other than the place where the ball passed over the touch line or where indicated by the referee.
- an in-direct free kick is awarded to the opposition if the player taking the kick-in plays the ball a second time before it has been played by another player



A corner kick is a method of restarting play and awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the defending team, and a goal is not scored in accordance with Law 10.

A goal cannot be scored direct from a corner kick unless touched by another player from their own team. Any deflection from an opposing player that results in the ball going into their own net, 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 from one the referee deems as a direct shot from corner kick, this will still result in the referee giving a drop ball in the Goalkeeper's Area.

Procedure

- the ball is placed inside the corner arc at the nearest corner
- opponents remain at least 2m 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 another player



Infringements/Sanctions

An in-direct free kick is taken by the opposing team if:

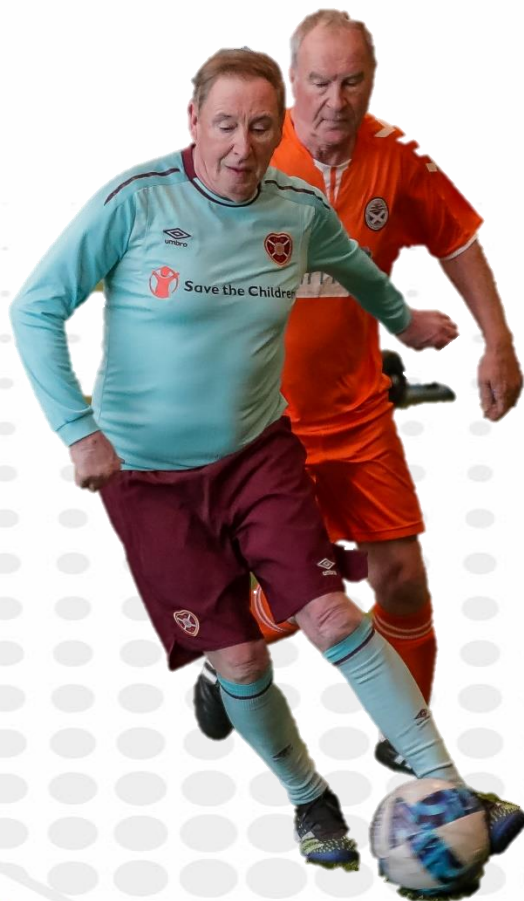
- the player taking the corner kick plays the ball a second time before it has been played by or touched another player. The in-direct free kick is taken from the place where the infringement occurred

For any other infringement:

- the kick is retaken

Where the playing area is surrounded by barricades, the corner kick is replaced by a kick-in at a point 2m inside the field of play at the corner nearest the point where the ball left the playing area.

On some occasions with specific alterations, corner kicks may be omitted from the game, for example if the game is played within a caged area or sports hall.



FOULS & MISCONDUCT

LAW 17

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 in a manner considered by the referee to be careless, reckless or using excessive force:

- 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

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.



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

- not walking (jogging/running) with or without the ball
- holds an opponent
- spits at an opponent
- handles the ball deliberately (except for the Goalkeeper within own area)
- heads the ball accidentally or deliberately (except for the Goalkeeper unintentionally or if a player deliberately headers the ball within the Penalty Area)
WFS follows a strict policy of no heading the ball unless Goalkeeper saves ball with their head unintentionally.
- slides to play the ball when it is being played or attempted to be played by an opponent (sliding tackle). Additionally, no playing from the floor is permitted
- where barriers are in place, players are not permitted to hold onto barriers to shield the ball and should be penalised by the referee for holding
- touches the ball within opposition's Goalkeeping Area (inclusive of marked line)
- Outfield player takes more than 3 consecutive touches of the ball (*This player cannot impede an opposing player from trying to touch the ball and must retreat 2m.*) - (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).
- prevents the Goalkeeper from playing the ball out of their area
- a Goalkeeper receives the ball back directly from a team mate to whom they have just passed the ball without the ball having made contact with any other player.
- 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

An in-direct free kick is taken from the place where the offence occurred (see Law 14 - Position of free kick).



Disciplinary Sanctions

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



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.



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 judged by the unaided human eye and Goalkeepers will not be penalised for not walking offences within their Goalkeeping Area.





www.walkingfootballscotland.org



info@walkingfootballscotland.org



WalkingFootScot



WalkingFootballScotland



WalkingFootballScotland