



EUROPEAN
WALKING
FOOTBALL
LEAGUE

Rules of the game

Final version



Walking Football League – Rules of the game

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1. Introduction

Walking Football is a football variant that is primarily intended for senior players. The aim of walking football is to make the excitement of playing football and team sports available to those for whom traditional football is too injury-prone or too dynamic.

In the sense of a healthy sport, which walking football represents, special emphasis should be placed on warming up and gymnastics at the beginning of the training or before a game. It is advisable to recruit a qualified coach for this, who will carry out warm-up training adapted to the age group.

In the case of prolonged inactivity, a medical check-up is recommended for participation in walking football.

For participants who do not belong to the organising club, the participation requirements and insurance coverage must be clarified.

The following is recommended: For competitive matches, the minimum age of 50 years applies, i.e. the player* must be at least 50 years old in the year of the event.

Walking Football is played without a goalkeeper.

Note: The rules for the walking football competition are defined below. Deviations for training/recreation are printed in italics.

Eligibility

- Both women and men can play, and mixed teams are welcome.
- Players must be members of a club that is a member of the respective national association.
- The age is determined by the respective national associations in the regulations.

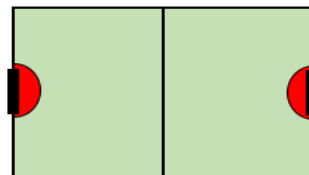
- For training, the club offering the training sessions decides on the minimum age of the participants.
- *For friendly matches, the participating clubs decide on the permissible age; for tournaments, the organiser decides.*

2. The field, Ball & Goal size

1. The size of the field is 42 x 21 meters.
 - 1.1 If played indoors, the dimensions of a handball/futsal court apply.
 - 1.2 *In training, the size can be adapted to the circumstances; e.g. existing small fields can be used.*
 - 1.3 *If the field size is larger than the competition size, the number of players and the size of the goal area can be adjusted.*
 - 1.4 *The same applies to a smaller field.*
2. The goal size is 1.00-meter (height) x 3.00-meters (width) if playing without goalkeeper.
In case a goalkeeper is playing the goal size should be 1.83 meter (height) x 3.66 meters (width)
3. The official ball size is 5

3. Goal area

4. The size of the goal area shall be a semicircle with a radius of 3m long and a width of 5m.



5. None of the players is allowed to enter box.
6. The goal area must be marked. It can, for example:

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- 6.1. be gritted off
- 6.2 marked with flat pylons/hats on the field
7. The goal area must not be used by the defending team or for scoring by the attacking team.
8. Entering the goal area will be considered a foul if the players actively goes for the ball to gain an advantage in the game.
9. The following applies:
 - 9.1 If the defending team thwarts the goal in the goal area, a penalty kick will be awarded.
 - 9.2 If the attacking team scores in the goal area, the goal is disallowed and the defending team is awarded a free kick.
 - 9.3 If the ball is left unintentionally in the goal area, the defending team is awarded possession and may play the ball.
 - 9.4 If the ball is deliberately played into the goal area by the defending team, then the attacking team is awarded a penalty kick.
 - 9.5 Entering the goal area unintentionally without gaining an advantage is not penalised.
10. The ball may be played through the goal area.
11. In indoor play, the goal area may be bounded by the 9m circle or in the standard measure.
12. *The goal area is to be used individually in recreational and training play. The dimensions can be adapted to the factors of field conditions, team size, etc.*
13. *For small fields, the goal area can be limited by the respective penalty area.*

4. The players & Substitutions

14. The number of players on the field is six per team.
15. **A team consists of up to 8 and/or 9 players including substitutes for the tournament in Newcastle.**
16. Deviations in the size of teams at tournaments are possible.
17. *A different number of players on the field or in the squad size is possible if the teams agree on it.*
18. All players per team can be substituted in and out.
19. Substitutions are unlimited and made in their own half at the height of the halfway line.
20. The substitute can only enter the field as soon as the player to be substituted has left the field of play.

21. Substitutes each hold a bib in their hand, which is handed over at the halfway line during the substitution procedure. Only after the handover, the substitute may enter the field.
22. The substitution is completed when the substitute has fully entered the field via the substitution zone of his/her team, after handing over his/her bib to the player who is being replaced.
23. A substitute who has not yet completed the substitution process may not be involved in the play by means of a kick-in, penalty kick, free kick, corner kick or dropped ball.
24. If a substitute enters the field of play before the player to be replaced has left the field of play, or if a substitute does not enter the field of play via his team's substitution zone:
 - 24.1 the referees shall stop the game (possibly not immediately if they can decide on an advantage),
 - 24.2 will provide a warning to the substitute for entering the field in disregard of the substitution rules and instruct him/her to leave the field.
25. If the referees have stopped the match, it shall be restarted with an indirect free kick for the opposing team.
26. *The place of substitution shall also be recorded in the individual tournament regulations so that the rules can be adapted to the circumstances.*

5. Equipment

27. Players will wear adequate shoes for the football match surface, they will wear matching football kits that are clearly distinguished to their opponents, will be recommended to wear shin pads, and will not be allowed to wear jewellery.

6. Length of the match

28. The playing time is usually 4x15 minutes. After 15 minutes of play, there is a short break of at least 2 minutes and after 30 minutes of play, there is a half-time break of 10 minutes and a change of sides. After 45 minutes of play, there is another break of at least 2 minutes.
29. **For the tournament in Newcastle every game will be 10 minutes and every referee can decide by themselves to add maximum of 2 minutes extra time if applicable and necessary**

30. Running - whether with or without the ball - is prohibited. One foot must always touch the ground. If a player runs, a free kick is awarded to the opposing team.
31. Too much body contact, e.g. using the elbow, pulling and holding or straddling is forbidden and will be penalised with a free kick. Offenses are punished with yellow or red cards.
 - 31.1 Yellow card: Is considered as a warning, in case of clear foul play.
 - 31.2 Red card: The player is sent off and given a 3-minute time penalty. This is a severe sanction for clear willful misconduct. The player is excluded for the rest of the game.
32. In case of a time penalty, after the opposing team has scored a goal, the team may complete the number of players in a shorthanded situation, even if the actual time penalty has not yet expired. - The game may not start or continue if one of the teams has less than four players.
33. The ball must be kept under 1 meter. If the ball is played over a height of 1m, the opposing team receives a free kick at the spot where the ball was last played.
34. Penalty kicks shall be awarded:
 - 34.1 When the defending team actively enters the goal area to thwart the goal.
 - 34.2 For thwarting a clear goal-scoring opportunity.
35. The penalty kick is passed by a player at the corner flag to his/her teammate behind the halfway line. The player, after crossing the ball from the halfway line, may kick the ball directly into the empty goal from behind the halfway line. Only two players of the team are on the field during the execution.
36. Penalty shoot-out to decide the match:
 - 36.1 There will be 3 shooters per team. Another player passes the balls from the corner flag to the halfway line. This passer can be chosen by the team and can change during the penalty shoot-out.
 - 36.2 The players who have been cautioned or warned during the regular playing time are allowed to take part in the penalty shoot-out after the regular playing time.

37. If the ball goes out of bounds, the game shall be restarted with a kick-in at the place where the ball went out of bounds.
38. At all resumptions of play, the opposing team must comply with the three-meter distance rule.
39. All free kicks are taken indirectly.
40. No direct goal can be scored from a free kick.
41. A direct goal can be scored through a corner kick.
42. The kick-off by the defending team is taken by a player in the goal area. The opposing team must respect the distance rule to the border of the goal area.