



PRUSC^{Inc}



Walking Football Rules and Regulations 2018 Ver1.1

Basic Rules Introduction

- ~ Five a side competition with squad of seven max.
- ~ No Jogging or Running.
- ~ Format is non-contact Soccer.
- ~ Head height restriction (No heading of ball).
- ~ All infringement kicks are Indirect except for penalties.
- ~ All infringement kicks are one step kicks.
- ~ Players 3 meters from Infringement kicks where admissible.
- ~ Whistle resumes play for all infringement kicks.
- ~ Throw-ins are underarm or place kick.
- ~ Goalkeeper only person allowed to play the ball whilst grounded.
- ~ Goalkeeper only person allowed to enter penalty area of their half.
- ~ Players not permitted to handle ball except for throw-ins.
- ~ Cornering or crowding of players not permitted.
- ~ Player must remain with one team during Tournament.
- ~ Player must be age specific to Tournament.
- ~ [For full rules please refer to attached pages](#)

PRUSC Walking Football Rules and Regulations 2018

Playing Field

Playing field shall be of a size determined by tournament. In most cases it will be the same size as most six a side soccer tournaments. It will be of two halves and will include, unless determined otherwise, circular penalty areas. The goals will be of futsal type or restricted to below head high. Corners and side lines can be marked with training cones if no line marking is available. Penalty area, centre and penalty spots must be marked.

Players

Teams are five-a-side with a squad seven max. Unlimited interchange. Jewellery allowed with referees consent. Shin pads may be worn but not compulsory as this is a non-contact sport. Players must wear shirts or bibs of same colour that distinguishes them from goalkeeper and referees. Once playing with a team, player must remain with that team for duration of tournament unless a move is sanctioned by host committee for benefit of tournament. **All responsibility for injuries incurred are the individual players and not the Tournament host.**

Ball and Equipment

Ball shall be a size 3, 4 or 5 whichever is determined by tournament host. Soccer boots may be worn on grass (metal tags not permitted). Sneakers may be used.

Start and Play Duration

Play duration in general will be 2 halves of 15mins with a 5 min break. This can be adapted by tournament host to suit but, must be announced before commencement of games. Start of play is determined by coin toss between captains. Winner kicks off or decides direction of play. Teams change ends after break. Goals cannot be scored direct from kick off. Time will be added if needed for stoppages in play. Deliberate wastage of time will incur a free kick to opposing team

Referee

Referee has sole discretion in application of rules during play. The Referee will be appointed by the tournament hosts or will be one agreed upon by both teams before start of play. The Referee will decide infringements and the penalties that incur from these during play. All other penalties will be decided by host when needed.

Infringements

Indirect kicks occur from following infringements.

- i. Ball above head height (Set at 6 foot). If goalkeeper deflects ball over head height a corner kick is given. If player deflects or kicks a head height ball a free kick is given where this occurs. This must be outside and 3 meters from the penalty area. If it hits the goal and deflects above head height a goal kick is given.
- ii. Accidental contact with an opposing player may incur a free kick. Deliberate contact with an opposing player will incur a free kick and warning, sin bin or send off.
- iii. Accidental entry of penalty area does not incur a penalty but, a goal cannot occur from this. Deliberate entry to the penalty area by a defender of that team incurs a penalty and sin binning of two minutes. Deliberate entry by the attacking team incurs a goal kick and no goal is scored.
- iv. Goalkeepers can come out of their penalty area but cannot handle the ball while doing so and cannot enter the opposing team's penalty area. A 5 min penalty will incur if they do so. They can be substituted but the team will remain down a player for 2 min.
- v. If a Goalkeepers kick or throw exceeds head height from the penalty area, a free kick is awarded in that direction 3 meters from the penalty area.
- vi. If the Referee believes an infringement has occurred that brings the integrity of the match into disrepute he has the sole right to deliver a penalty that he sees fit. Any complaint thereafter must be brought before the host disciplinary committee.

Infringement Penalties

Infringement penalties are solely determined by the referee during play. Small infringements will be free kick or warning and free kick. A second warning will incur a 2 or 5 min sin-bin and if required a send-off. A player sent off can be replaced after 2 min but the squad will remain down that player for the remainder of the match. A sent off player will be referred to host disciplinary committee. Any ongoing penalties will then be decided. A warning can be given verbally or by yellow card. A send-off can be given verbally, indicated or shown a red card.

Additional Rules

Players are not permitted to head the ball – free kick.

Players cannot kick at a ball when grounded – free kick (Goalkeeper except).

Players cannot slide tackle or ground themselves deliberately.

Goalkeepers can ground themselves in attempt to save a goal.

Players cannot create a wall of more than 2 players when defending a free kick.

No jogging, running on or off the ball – free kick then warning and next time 2min sin-bin.

The whole of ball must exceed head height restriction.

Players must wait at all times for referee's direction (whistle or signal) to resume play when a stoppage occurs.

All free kicks are indirect except for penalties shoot outs.

Defending players must be 3 meters from free kicks.

A drop ball may be used to resume play if needed. Players to be 1 meter from this.

Goalkeepers cannot score a goal from a goal kick.

Players cannot score a goal direct from a kick off.

Tackling can only occur without contact to another player. A free kick is awarded if direct contact to another opposing player occurs.

Aggressive intent without contact can be deemed an infringement by referee – free kick.

All throw-ins are to be made below height restrictions and are underarm or place kick.

Back passes to keeper are permitted but should not be excessive or a penalty may occur.

