



Rules for Non-Contact Walking Football

Our club plays and abides by the FA Laws of the game. Below is a general list of the rules we play to at Moss Farm. In Competition, friendlies or at other locations these rules may be different.

An in-direct free kick is awarded to the opponent if an outfield player:

- An outfield player is deemed to be running
(which is determined by both feet been in the air when moving).
- An outfield player touches the ball more than 3 times in a row. (Men's Game)
- An outfield player ball is kicked above head height
(which is measured against the height of the goal crossbar).
- An outfield player heads the ball.
- An outfield player makes a tackle from behind or uses their shoulder in a tackle.
- An outfield player deliberately obstructs an opposing player.

An in-direct free kick is awarded to the opponent if a goalkeeper:

- The goalkeeper touches the ball once they have cleared it, until it has either touched an opponent or two of the goalkeeper's players.
This should be awarded 3m from the penalty area line nearest to where the offence took place.
- The goalkeeper does not pass to an outfield player within 6 seconds.
This should be awarded 3m from the penalty area line nearest to where the offence took place.
- The goalkeeper kicks the ball above head height from a goal kick.
This should be awarded 3m from the penalty area line nearest to where the offence took place. The exception to this rule is when the ball rises above height restriction resulting from a save performed by the keeper. In this case the goalkeeper gains possession of the ball and must restart play with a goal clearance.

A penalty kick is awarded to the opponent if:

- An outfield player deliberately enters or the goalkeepers exits the penalty area.

A corner is awarded to the opponent if:

- If the ball goes above crossbar height off the goalkeeper and over the dead ball line.

A goal is awarded to the opponent if:

- If the ball goes above crossbar height off the goalkeeper and crosses the line.
- Directly from a corner kick.

Persistent Fouling / running / disruptive behaviour:

- If a player is penalised for running for a 3rd time in a match the referee can 'sin bin' the player for 3 minutes.
- If a player is penalised for persistent fouling the referee can 'sin bin' the player for 3 minutes.
- If a player is penalised for persistent abuse or disruptive behaviour the referee can 'sin bin' the player for 3 minutes.

Throw-ins: A player can roll-in by hand or kick-in the ball.

Penalty kick : The player starts their approach with both feet on the ground no more than 2 metres from the ball.

A player is sent off and shown the red card if he/she denies an obvious goal-scoring opportunity to an opponent moving towards the goal by an offence punishable by a free kick. No Penalty is awarded.

Match time : Up to 1 hour

Sides : Usually 7 players per side.