



# **WALKING FOOTBALL**

## **WALKING FOOTBALL National Rules, Regulations and Guidelines**

**Member Federation:**

**Program Hub:**

**Season:**





# WALKING FOOTBALL

## WHAT IS THE NATIONAL WALKING FOOTBALL PROGRAM

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A national program in partnership with Active Ageing Australia and Member Federations offering a social, small-sided & sustainable version of football specifically modified for older Australians, in metropolitan, regional & remote locations. It is low-impact, team-based exercise, utilising the defined 'Walking Football Rules and Formats' providing physical & mental health benefits, social connectedness and promotion of the benefits of ongoing physical activity.



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[www.ffa.com.au](http://www.ffa.com.au)

## Football Queensland

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Football Queensland is excited to offer the Walking Football program to clubs across the state to improve physical and mental health and well-being among older Queenslanders.



# WALKING FOOTBALL

**Description**

Outlines the administrative actions prior to the commencement of both programs and matches.

**Registrations**

*Registrations for National Walking Football programs will be made via [www.playfootball.com.au](http://www.playfootball.com.au)*

**Referee/Facilitator**

*Each match will have a designated Referee/Facilitator appointed. Decisions will be made following the mandatory 'Walking Rule', Key Rules and applicable rulings as determined by the Competition Administrator. Decisions will be made to the best of the referee's ability according to the Laws of the Game and the 'spirit of the game'.*

**Safety**

*A player must not use equipment or wear anything that is deemed dangerous by the Referee/Facilitator or Competition Administrator. All items of jewellery (necklaces, rings, bracelets, earrings, leather bands, rubber bands etc)) are forbidden and must be removed. Using tape to cover jewellery is not permitted.*

**Program Evaluation**

*Participants may be asked to engage in Pre and Post Program Evaluations.*

**Useful resources**

*The FFA Walking Football programs is being facilitated across the country. Programs will be structured over 12 1hour sessions for players aged 65 years and over utilizing the FFA National Walking Football Mandatory, Key Rules and Guidelines in line with Program Hub specific regulations.*

## **The 'Walking' Rule**

**MANDATORY**

### **Description**

The 'Walking Rule' implemented in the National Walking Programs is identified as 'always having one foot on the ground'.

A direct free kick will be awarded to the opposition should the referee/facilitator deem any player not to be walking.

## **'Height of Ball' Restrictions**

**KEY RULE**

### **Description**

Walking Football restricts the height to 6ft (1.83m), with the exception being the ball rising in the case of a save from the goalkeeper.

A direct free kick will be awarded to the opposition should the ball be raised above this height.

## **Game Play 'Infringements'**

**KEY RULE**

### **Description**

A direct free kick will be awarded to the opposition should any of the below infringements occur during the game play:

- Running (incl. jogging),
- A player is deemed to deliberately head the ball,
- Attempting a slide tackle,
- Kicks, trips, strikes, pushes or lunges (or attempts to) at an opposition player
- Excessive force – either tackling, charging or connect with,
- Grabbing/holding an opposition player,
- Handles the ball (hand ball); the exception being the goalkeeper (if applicable)

## Additional Program Regulations - 'During Match'

## KEY REGS

### Description

Outlines Match specific regulations to be implemented in conjunction with Mandatory 'Walking' & Key Rule(s).

#### Fouls and Misconduct

*An Indirect free kick is awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5m away from the ball when the indirect free kick is taken.*

#### Offside

*There is no offside rule in Walking Football.*

#### Ball crossing the line - 'Kick-ins'

*There are no Throw ins in Walking Football. Players are to Kick/Pass the ball back into the field of play once the ball crosses the sideline.*

*During a 'Kick in' opponents must retreat a minimum of 5m from the sideline when an opposition player can move once the ball is in play. The ball must touch a team mate before a goal can be scored.*

#### Ball crossing the line - 'Goal Kicks'

*There are no Corner Kicks in Walking Football.*

*Opponents must retreat outside the Penalty Box and/or a minimum of 5m from the opposition goal and can move once the ball is in play. The ball must touch a team mate before a goal can be scored.*

#### Penalty and Free Kicks

*Indirect free kicks are awarded to the opposing team If a player, substitute, substituted or sent off player, or team official guilty of an offence.*

*Infringements are determined by the Mandatory and Key Rules of Walking Football as well as any additional criteria and/or rulings as determined by the Competition Administrator*

#### Substitutions

*The number of substitutions made during a match is unlimited. A player who has been substituted may return as a substitute for another player.*

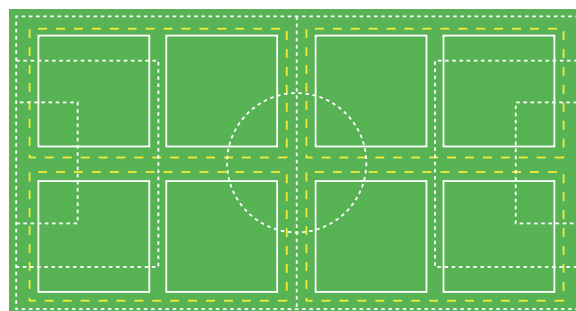
### Useful resources

**Description**

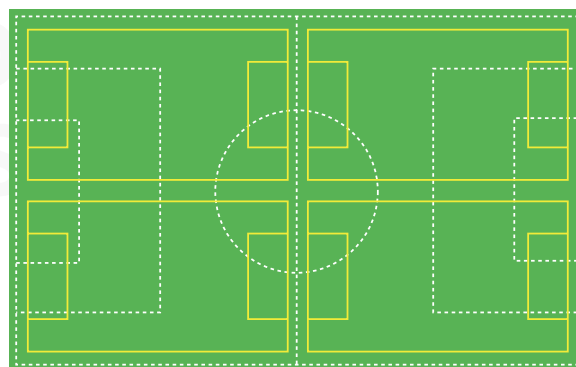
Program Hub administrations have the adaptability to incorporate varying playing formats and field dimensions for the Walking Football program with the aim of providing the best possible player experience within their facility.

**Format - 4v4/ 5v5**
**Dimension - 30m x 20m**
**Description**

Field setup below can facilitate up to 8 Walking Football fields on a regulation football pitch.


**Format - 6v6/ 7v7**
**Dimension - 40m x 30m**
**Description**

Field setup below can facilitate up to 4 Walking Football fields on a regulation football pitch


**Surface/Venue**

*Walking Football is an adaptable format of our sport of which can be facilitated on a variety of surfaces including football pitches, green space, indoor centres, tennis courts, etc. Program Hub administrators should undertake a pitch/venue/surface risk assessment before commencing play.*

**Goal Sizes**

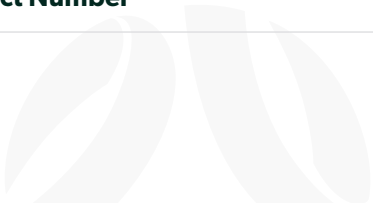
*Goal Sizes are at the discretion of the Program Hub administrator. Best practice is to enhance player experience by increasing 'scoring moments'.*

**Field Markings - recommendations**

*Cones, markers or painted line markings are suitable - this includes the penalty areas.*

**PROGRAM HUB INFORMATION**

Program Details	
Program Host	
Registration	
Venue/Location	
Program Dates	
Program Day & Times	
Website	
Contact Email	
Contact Number	



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# PROGRAM HUB DETAILS

All Program Hub Rules and Formats are applied in conjunction with the FFA National Walking Football Mandatory, Key Rules and Guidelines

Program Details	
Format	
Field Dimensions	
Goal Size	
Duration Of Game	
Referee? Facilitator	
Penalty Area	
Goalkeeper	
Additional Program Info	



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