

Walking Football Nelson – The Basics

Walking Football is a non-contact version of the game. Tackling from behind or alongside opponents is penalised with a free kick.

General Rules

No running or jogging, with or without the ball.

No headers.

No off-side.

Substitutions can be made when there is a break in play, the ball is dead, or the goalkeeper has possession of the ball.

Height of Ball Restriction

The ball must not be kicked by any outfield player or thrown by the goalkeeper above 2m. Free kicks are awarded to the opposing team if the ball travels above 2m.

Deflected balls that go above 2m are played on.

The referee is the sole judge on the height of ball restriction.

Free Kicks, Penalties and Kick-Ins

All free kicks are indirect - players cannot shoot directly at the goal.

Goals cannot be scored direct from kick-offs, kick-ins, drop balls, goalkeeper's kick or throw.

Goals can be scored direct from corner kicks.

Free kicks just outside the penalty area must be moved back 3m to allow defenders to position themselves between the ball and the goal.

The player taking a penalty kick must start their approach with both feet on the ground no more than 2m metres from the ball.

Opposing players must stand at least 3m away from the ball when a corner, free kick or kick-in is taken.

Goalkeepers

Goalkeepers can receive back passes. They may either kick or throw the ball back into play. Goalkeeper throws must be under arm.

The goalkeeper has 6 seconds to play the ball.

Goalkeepers are not allowed outside the penalty area (except by momentum).

If the goalkeeper leaves the penalty area deliberately or denies a clear goal scoring opportunity – a penalty is awarded to the attacking team.

Goalkeepers cannot receive a back pass from a player they have just passed to (the attacking team is awarded a free kick).

Infringements

A penalty kick is awarded to the opposition on the fourth accumulated running offence committed by a team. This team count is then reset to zero and the running offences will accumulate again.

Players are not allowed in the penalty area (except by momentum). If a defender enters the penalty area deliberately a penalty is awarded to the attacking team.

Players can be sinned-binned (two minutes) for dissent or repeated running or minor offences.

Players can be sent off for serious offences and can take no further part in the match and cannot be substituted.

Be patient and wait for opportunities to intercept. Avoid physical contact with other players.

**ENJOY THE SOCIAL ASPECT OF THE CLUB AND THE GAME!
PLACE IT – DON'T LACE IT!**