

WALTON SWIFTS

WALKING FOOTBALL CLUB



QUIA IAM NON SUMUS CELEREM

Walton Swifts WFC

A Players Guide to Walking Football Laws 2023

Walton Swifts

The Ethos

PLAY SLOW
PLAY FAIR
PLAY WELL

This presentation is just aimed at providing an insight into some of the laws of walking football so that all our members play with the same mindset

Enjoyment improving fitness and mental well being should be at the core of all we do as Walton Swifts players

We can still play Walking Football to a very high standard and with a degree of competitiveness but still stay within the laws of the game

We should not look to push the laws and try to see what we can get away with. That is not the Swifts way. Our reputation is far better than that.

Law 18

Walking

The law states that you should always have one foot on the floor whilst walking.

Walking means moving around the pitch with or without the ball

So the best way to achieve this is to strike the ground with your heel first and then roll your foot from heel to toe and then strike the ground with the heel of the other foot as you stride forward.

This is more easily achieved by an upright stance and maintaining a steady head position

When you jog, invariably your legs bend more at the knee, you are leaning forward and your head movement is more pronounced. All things a referee will take into account.

Law 18

Walking

Speed is not the issue here. If you can move swiftly but within the laws of the game that's fine

However Not Walking often occurs when:-

- A player moves too quickly to reach a misplaced pass or keep the ball in play
- A player moves too quickly over 2 or 3 strides to get in front of an opponent to make an interception and those 2 or 3 strides take both feet off the ground
- A player strides into the ball to shoot and those last 2 or 3 strides again take both feet off the ground in order to impart extra power into their shot

Non-Contact

The game should be played as a Non-Contact version

However NOT all Contact is punishable by way of a free kick (accidental and incidental contact which does not reach the threshold of a careless challenge should not be penalised.)

The threshold for what constitutes a 'careless' challenge in walking football compared to regular football is far lower.

Under FA Laws tackles from the side are allowed as long as they do not reach the 'careless' threshold

A careless challenge is one which means that a player has shown a lack of attention or consideration when making a challenge or that he/she acted without precaution.

Height Restriction

The ball is dead when it goes above the height restriction.

The height restriction at Swifts sessions is the average shoulder height, though this may differ at other venues.

In open play if the ball goes above the stated height then a free kick is given to the opposing team.

If the ball goes above the height restriction following a save by the goalkeeper then the ball is dead and possession is returned to the keeper.

Free Kicks

All free kicks are indirect

That means a goal cannot be scored from a free kick until it has been deliberately played by a second player

All opposing players must be 3m away from the ball

If an offence occurs within 3m of a goal area then the ball is taken back to a distance just greater than 3m thereby allowing the defenders to take up positions 3m away from the ball

Penalty Kicks

If a goalkeeper deliberately comes out of their goal area and plays the ball a penalty kick is awarded

If a defender deliberately enters the goal area to gain a positional advantage or to play the ball, then a penalty kick is awarded

Penalty Kicks

The penalty kick is taken 6m from the goal

The kicker is allowed to approach the ball from a distance of no greater than 1m

All other players must be behind and 3m away from the ball.

The goalkeeper should have one foot in contact with the goal line if possible

PLAY SLOW * PLAY FAIR
* PLAY WELL *

- Heel first and try to stay upright
- Treat your opponent with respect and don't deliberately use bodily contact to win possession of the ball
- Respect the referee
- Enjoy the game, take it for what it is an unexpected opportunity to play the game that we thought we had long left behind.

All rules and regulations stated herewith are those determined by The FA for use in Walking Football 2023

