

# Referee Competition Games Rules for Walking Football

6-A-SIDE

20 MINUTE MATCHES, with 10 minutes rest between matches.

TWO LEGS - AGGREGATE SCORES TO DETERMINE WINNER. (Two legs not to be played consecutively between same sides. Each team to play each other 1st 20 mins before concluding with 2nd 20 minute half.)

2 pts Win, 1 pt Draw (In the event of a tie for 1<sup>st</sup>, the winner shall be determined by the head-to-head result between the teams. Should that be level, it shall then be determined by goals conceded. Penalty shoot out if still level.)

SIZE 4 FOOTBALL / FUTSAL INDOOR

NO RUNNING, JOGGING - ON OR OFF THE BALL BY ANY PLAYER

LOW IMPACT TACKLING ONLY. (NO HEEL, ANKLE RAPPING FROM BEHIND OR SIDE.)

NO SLIDE-INS

NO OFF-SIDES, NO CORNERS

REBOUNDS OFF WALLS, BARRIERS, WALLS BEHIND GOAL PERMITTED **except** WHEN A SHOT ON GOAL MISSES - BALL BECOMES KEEPERS POSSESSION

NO ENTRY INTO PENALTY AREA (except by momentum and no advantage gained) – **Free Kick**

NO GOALKEEPER EGRESS FROM PENALTY AREA (except by momentum, or if sliding forward whilst making a save & carried self out - ball and upper body still inside area) – **Free Kick** 3mtrs

ALL FREE KICKS ARE INDIRECT

3MTR EXCLUSION DISTANCE ON OPPONENT PLAYER FROM BALL FROM FREE KICKS, KICK-INS

OFFENSIVE FREE KICKS NEAR PENALTY AREA LINE MOVE BALL BACK 3MTRS (allows defenders to position themselves between ball & goal)

BALL HEAD HEIGHT RESTRICTION ON DELIBERATE KICKS, GOALKEEPER THROWS – **Free Kick**

DEFLECTIONS OFF PLAYERS NOT PENALISED. PLAY CARRIES ON (unless ball out of play)

GOALKEEPER MAY RECEIVE BACK PASSES & MAY USE EITHER FEET OR PICK UP & THROW TO PUT BALL BACK IN PLAY

GOALKEEPER MAY ONLY THROW USING AN UNDER ARM ACTION – **Free Kick** 3 mtrs out area

GOALKEEPER MUST WEAR A SHIRT OR BIB THAT DISTINGUISHES FROM OTHERS

NO HOLDING ONTO WALLS/BARRIER TO BLOCK OR SHIELD BALL

FLEXI SUBS – ANY TIME, ANY PLAYER

NO GOAL CAN BE SCORED DIRECT FROM KICK-OFFS, KICK-INS, DROP BALLS; GOALKEEPERS KICK, THROW, CLEARANCE

GOALS CAN BE SCORED FROM ANY OUTFIELD POSITION

IF BALL OUT OF PLAY ACROSS BARRIER – KICK-IN TO TEAM NOT TOUCHING BALL LAST BEFORE IT CROSSED BARRIER, 2MTRS IN FROM BARRIER

REFEREE OPERATES YELLOW & RED CARD PROCEDURES

PLAYER SENT OFF TAKES NO FURTHER PART IN MATCH. TEAM SUBSTITUTE A SENT OFF PLAYER AFTER 5 MINUTES OR FIRST CONCEDED GOAL – WHICHEVER OCCURS FIRST

*The referee may remind players at any stage if they are running off the ball but haven't gained an advantage.*

*For Further details on walking Football email [info@chelmsfordwalkingfootball.co.uk](mailto:info@chelmsfordwalkingfootball.co.uk)*