

National Walking Football Program - Referee Guide

Walking Rule

Walking is defined as *'always having at least one foot in contact with the ground, never having both feet off the ground at once'*.

The referee will award a direct free kick against any player who is seen to be not walking.

Height of Ball Restrictions

A height restriction is set at a designated height of 6ft (1.83metres), above which an indirect free kick shall be awarded to the opposing team

The exception to this rule shall be when the ball rises above the designated height restriction resulting from a save or block performed by a goalkeeper. Play should continue in this circumstance.

Duration of the Match

A match will adopt either two (2) equal halves or four (4) equal quarters for implementation of their Walking Football.

Start and Restart of Play

A kick-off is a way of stating or restarting play at the start of the match, the start of the second half of the match and after a goal has been scored. A goal may not be scored directly from the kick-off.

For a kick-off, all players must be in their own half of the field of play with the opponents of the team taking the kick off at least 5m from the ball until it is in play. The ball must be stationary on the centre mark of the halfway line and cannot be kicked until the referee gives a signal. The ball is in play when it is kicked and moves forward.

After a team scores a goal, provided that the period has not ended, the kick-off is taken by the other team.

Ball in and Out of play

The ball is considered out of play when it has wholly crossed the goal line or touch line, whether on the ground or in the air, or when the referee stops play.

The ball is considered in play at all other times.

Offside

There is no offside in Walking Football.

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



CAPITAL FOOTBALL



FOOTBALL NORTHERN TERRITORY



FOOTBALL FEDERATION SOUTH AUSTRALIA



FOOTBALL FEDERATION TASMANIA



FOOTBALL VICTORIA



FOOTBALL NSW



FOOTBALL QUEENSLAND



FOOTBALL WEST



NORTHERN NSW FOOTBALL

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Additional applicable infringements

A direct free kick is awarded to the opposing team if a player commits any of the following offences:

- Running;
- Deliberately heading or handling the ball;
- Attempting a 'Slide Tackle' in an attempt to win the ball;
- Playing the ball from the ground; and
- Kicks, Trips or Strikes (or attempts to) an opponent.

Furthermore, the below offenses will be deemed punishable should they be deemed by the Referee/Game Leader in a manner considered to be careless, reckless or using excessive force:

- Shoulders, pushes, lunges at an opponent; and
- Tackles an opponent (deemed careless or with excessive force).

Penalty and Free Kick

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

Additional time is allowed for a penalty kick to be taken at the end of each period or at the end of each period of extra time.

A penalty kick is awarded for the following offences:

- A defending player deliberately enters their own penalty area
- A goalkeeper committing any of the seven sending off offences within their penalty area
- A goalkeeper deliberately exits their own penalty area

A goal may be scored directly from a penalty kick.

Additional time is allowed for a penalty kick to be taken at the end of each period or at the end of each period of extra time.

Fouls and Misconduct

Fouls and misconduct are infringements of the FIFA Laws of the Game. Fouls are penalised with a direct free kick or penalty kick. Misconduct is penalised with a caution or a sending off.

A yellow card is used to communicate that a player has been cautioned. A player is sent off if he/she receives a second caution in the same match. A red card is used to communicate that a player has been sent off. A player who has been sent off must leave the vicinity of the field of play and the technical area immediately and receives an automatic one match suspension.

A player who has been sent off for serious foul play or violent conduct receives an automatic one match suspension and will be subject to further disciplinary action as deemed necessary by the competition administrator.