



Canadian Walking Soccer Association

Competitive Rules for Walking Soccer

General Rules

Field Requirements^{1,2,3,5,7}

Playing surface

Playing on either an artificial turf field or grass field is highly recommended. An indoor gym is acceptable as long as extra caution is advised.

Field size

Pitches of sizes ranging from 25 x 35 metres to 46 x 64 metres are permissible for playing upon.

Goal size

Sizes can be futsal or regular – 1.2 to 2 metres in height and 3 to 5 metres in width.

Boundaries

In indoor gyms, rebounds off walls are permitted, whereas on outfield or turf fields, the ball can go out of bounds.

Equipment²

Attire

Jewelry or accessories, including watches, are not permitted. Shin guards are necessary. Players can wear either jerseys, pinnies, or coloured shirts, but must ensure their uniform differs in colour from that of the referee.

Ball

In terms of ball size, either a size 4 or 5 ball can be used – a futsal ball is an optional alternative.

Number of Players^{1,2,3}

For indoor games, 5 to 7 players to a team are permitted. For outdoor games, 11 players to a team are permitted. A maximum of 3 to 5 substitutions per team are allowed in a single game.

Time^{1,2}

A game can be divided into either 2 halves or 4 periods. The recommended game length is 40 to 60 minutes, with 2 or 5-minute breaks between halves or periods.

Game Rules

General Principles^{1,2,3,4,5,6,7}

The general rules of the game follow most of the regular soccer rules, with several modifications as noted below.

Disciplinary actions

Blue cards result in 2-minute suspension with replacement. 2 blue card accumulations in a single game equals a red card, which results in suspension for the remainder of the game.

Freekicks

All freekicks awarded are indirect. Players must be a maximum of 1 metre away from the ball when taking the freekick, with opposition standing at least 3 metres away from the ball.

Gameplay

No running or jogging is allowed – walking only, which is defined as always having at least one foot in contact with the ground. 3 infringements of this rule will result in an indirect free kick and the awarding of a blue card. If an infringement results in the denial of a goal scoring opportunity, it is up to the discretion of the referee to award a red card and penalty.

Offsides

There are no offsides.

Heading

Heading is not permitted. Infringement results in an indirect free kick.

Contact

Slide tackling, challenging from behind, ankle trapping, shoulder barging, pushing, obstructing, and crowding are not permitted. Infringements result in a direct free kick. If a player deliberately strikes the ball at another player including the goalkeeper, it will be deemed aggravated play, resulting in an indirect freekick and a blue card being awarded to the offending player.

Height of ball restrictions

The ball cannot travel above head (1.83m) or crossbar height (1.2 to 2 metres) – whichever is higher. Infringement results in an indirect free kick for the opposition team.

Substitutions

Substitutions can be made “on the fly”.

Goalkeeping Rules^{1,3,5}

Penalty area

The penalty area is a protected area – offensive and defensive players are not allowed inside this area. The goalkeeper cannot leave the penalty area (unless by momentum during a save); if they do, an indirect free kick is awarded to the opposition from where the goalkeeper exited the penalty area.

Throwing the ball

When throwing the ball, the goalkeeper must perform an underarm throw. If the goalkeeper throws above their own height, an indirect freekick from the penalty area closest to where ball was thrown or kicked from is awarded.

Shooting

If the ball is deflected during a shot, and it exceeds maximum height, it will not result in a foul; play is instead stopped, and the ball is given to the goalkeeper for a goal kick.

References

¹<https://www.walkingfootball.co.uk/walking-football-rules/>

²https://cdn1.sportngin.com/attachments/document/0748-1852638/USASA_Rules_of_the_Game.6.17.19.pdf

³https://ouwalkingfc.co.uk/wp-content/uploads/2020/02/2020-Walking-Football-Referee-A5-Journal-FINAL-SINGLE-PAGES_BOOKLET.pdf

⁴<https://footballqueensland.com.au/wp-content/uploads/2019/09/190802-Walking-Football-Document-EDITABLE-VOL7.pdf>

⁵<https://www.affm.football/copie-de-r%C3%A8gles>

⁶<https://www.walking-football.ch/reglement/reglement>

⁷<http://www.pafosunitedwalkingfootball.com/CWFARULES.html>