

Walking Soccer at a Glance

Walking soccer is a modified non-contact sport that involves rule changes from the standard game to promote health and safety in a fun, recreational setting. Key differences are that running and jogging are not permitted, the ball cannot travel above head height, and no physical contact is permitted, including blocking, pushing and tackling across a player.

WHY GET INVOLVED?



Accessible
to people of all
ages and ability

Enhanced
Social
Relations



Positive
Impact on
Mental
Well-Being

Friendly
Competition
without the
high-intensity



Improved
Cardiovascular
Health

Is Walking Soccer a "Thing"?

Since 2011

800 walking soccer
events across the
UK



115 walking soccer clubs
and **4000+** players in
Australia



In Brazil

Multiple walking soccer
projects established to
promote inclusion of
people **60+**



FIWFA



The Federation of International Walking Football Associations (**FIWFA**), founded in **2018**, is based in **England**, and is the international governing body promoting and developing walking soccer globally.

In Canada

Walking soccer events have been held in **Halifax, Pickering, Oakville, Guelph, Sarnia, Saskatoon, Lethbridge**, and regions of **B.C.**

However, generally speaking, the widespread awareness and establishment of walking soccer as a staple program within soccer communities across Canada is **lacking**.



The aim of CWSA

Our goals are to bring about greater awareness of walking soccer nationally and partner with individuals and facilities to provision greater access to resources in sustaining and promoting walking soccer programs and events locally.



walkingsoccercanada