



COMPETITIVE WALKING FOOTBALL



LAWS OF THE GAME

CONTENTS

P. 03	ABOUT THE LAWS
P. 04	LAW 1: THE FIELD OF PLAY (PLAYING AREA)
P. 05	LAW 2: THE BALL
P. 06	LAW 3: THE PLAYERS
P. 07	LAW 4: THE PLAYERS' EQUIPMENT
P. 08	LAW 5: THE REFEREE
P. 09	LAW 6: THE OTHER MATCH OFFICIAL
P. 10	LAW 7: THE DURATION OF THE MATCH
P. 11	LAW 8: THE START AND RESTART OF PLAY
P. 12	LAW 9: THE BALL IN AND OUT OF PLAY
P. 13	LAW 10: DETERMINING THE OUTCOME OF A MATCH
P. 14	LAW 11: OFFSIDE
P. 14	LAW 12: FOULS AND MISCONDUCT
P. 17	LAW 13: FREE-KICKS
P. 18	LAW 14: THE PENALTY KICK
P. 20	LAW 15: THE KICK-IN
P. 21	LAW 16: THE GOAL CLEARANCE
P. 22	LAW 17: THE CORNER KICK
P. 23	APPENDIX A Additional information on the definition of walking in relation to law 12
P. 24	APPENDIX B Minimum medical requirements for competitive play

COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

ABOUT THE LAWS

WALKING FOOTBALL IS A VERSION OF ASSOCIATION FOOTBALL WHOSE RULES HAVE BEEN MODIFIED TO PROMOTE HEALTH AND SAFETY.

To ensure consistency and clarity, UEFA recommends using the following Laws of the Game for competitive (as opposed to recreational) walking football matches. They are mandatory for any matches or competitions that are organised or affiliated with UEFA.

These laws are designed to maintain the essence of the game while promoting safety, inclusivity and enjoyment. They were agreed upon during the [UEFA Walking Football Cup – Pilot Edition 2024](#). Except where otherwise stated, the IFAB Laws of the Game for association football apply.

If you are looking for a more flexible framework, please consult the **recreational walking football** guidance available in the [UEFA Walking Football Toolkit](#).



COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

LAW 1: THE FIELD OF PLAY (PLAYING AREA)

BARRIERS

Walking football may be played with or without barriers to delimit the field of play.

MARKINGS

The playing area is marked with lines. The two longer boundary lines are called touchlines. The two shorter lines are called goal lines.

The playing area is divided into two halves by the halfway line.

All lines must be of the same width, which must not be more than 12cm.

The centre mark is at the midpoint of the halfway line and flat cones are allowed to mark the pitch.

DIMENSIONS

The playing area must be rectangular; the length of the touchline must be greater than the length of the goal line.

Length: minimum 35m/maximum 50m

Width: minimum 20m/maximum 35m

THE PENALTY AREA

A penalty area is defined at each end of the playing area as follows:

A semi-circle with a radius of 2m from each goal post and 6m from the centre of the goal is drawn from the centre of each goal line. The extremities of the penalty area should reach the goal line, barrier or wall, regardless of whether or not the goal posts encroach onto the playing area.

Within each penalty area, a penalty mark is made 6m from the midpoint between the goal posts.

Only the goalkeeper is allowed in the penalty area. (see Law 12 & Law 14)

THE CORNER ARC

Where barriers do not surround the playing area, and where possible, UEFA recommends that a quarter circle with a radius of 25cm from each corner is drawn inside the playing area in each corner.

GOALS

A goal must be placed on the centre of each goal line. A goal consists of two vertical posts equidistant from each corner and joined at the top by a horizontal crossbar.

The distance (inside measurement) between the posts is 3m and the distance from the lower edge of the crossbar to the ground is 2m.

The goal posts and the crossbars have the same width and depth as the lines. Nets may be attached to the goals and the ground behind the goal; they must be properly supported and must not interfere with the goalkeeper.

SAFETY

The goals may be portable but they must meet safety standards and be anchored securely to the ground during play as per health and safety requirements. Where there are no barriers, a suitable run-off should be provided around the playing area. UEFA recommends a minimum of 3m.

PLAYING SURFACE

Where natural turf is not used, the surface must be smooth, flat and non-abrasive; the use of wood or artificial material is recommended.

COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

LAW 2: THE BALL

QUALITIES AND MEASUREMENTS

The ball is:

- size 5
- made of leather or other suitable material
- spherical

REPLACEMENT OF A DEFECTIVE BALL

If the ball becomes defective:

- play is stopped and restarted by dropping the replacement ball where the original ball became defective;
- if the ball becomes defective at a restart, the re-start is retaken;
- if the ball becomes defective during a penalty kick or kicks from the penalty mark as it moves forward and before it touches a player, crossbar or goalposts, the penalty kick is retaken.

The ball may not be changed during the match without the referee's permission.



COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

LAW 3: THE PLAYERS

NUMBER OF PLAYERS

A match is played by two teams of 6 players including the goalkeeper.

Each team can have a maximum number of 5 substitutes.

A match should not be considered valid if a team is permanently reduced by more than two players.

NUMBER OF 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.

SUBSTITUTION PROCEDURE

Substitutions should take place when play is stopped. The substitution procedure is as follows:

- The player being substituted should leave by the nearest point on the boundary line unless the referee gives permission otherwise because of safety, injury, etc.

- The player entering the playing area may not do so until the player leaving the playing area has passed completely over the boundary line.
- Where barriers are used, the players must use the opening onto the playing area.

The substitution is complete when the substitute enters the playing area, from which moment the replaced player becomes a substituted player, and the substitute becomes a player.

All substituted players and substitutes are subject to the referee's authority whether they play or not.

CHANGING THE GOALKEEPER

Any of the players or substitutes may change places with the goalkeeper if the referee is informed before the change is made and the change is made during a stoppage in play.

OFFENCES AND SANCTIONS

If, while a substitution is being made, a substitute enters the playing area before the player being replaced has completely left:

- play is stopped;
- the player being replaced is instructed to leave the playing area;
- play is restarted by an indirect free-kick to be

taken by the opposing team from the place where the ball was situated when the match was stopped.

However, if the ball was inside the penalty area, the indirect free-kick is taken 3m from the penalty area line, at the place nearest to the position of the ball when play was stopped.

Where barriers are used, if while a substitution is being made, a substitute enters the playing area or a player being replaced leaves the playing area from a place other than the recognised opening in the barriers:

- play is stopped;
- play is restarted by an indirect free-kick to be taken by the opposing team from the place where the ball was situated when the match was stopped.

However, if the ball was inside the penalty area, the indirect free-kick is taken 3m from the penalty area line, at the place nearest to the position of the ball when play was stopped.

COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

LAW 4: THE PLAYERS' EQUIPMENT

SAFETY

A player must not use equipment or wear anything that is dangerous.

All items of jewellery (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed. The use of tape to cover jewellery that cannot be removed is permitted.

COMPULSORY EQUIPMENT

The compulsory equipment for each player is:

- a shirt with sleeves
- shorts or tracksuit trousers
- socks
- shin guards – these must be of suitable material to provide reasonable protection and be covered by the socks
- footwear – appropriate to local conditions and surface type

COLOURS

- The two teams must wear colours that distinguish them from each other and the referee.
- Each goalkeeper wears colours which are distinguishable from the other players and the referee.

OTHER EQUIPMENT

Non-dangerous protective equipment, for example headgear, facemasks and knee and arm protectors made of soft, lightweight padded material, is permitted, as are goalkeepers' caps and sports spectacles.

OFFENCES AND SANCTIONS

For any breaches of this law:

- The player at fault is instructed by the referee to leave the playing area to correct their equipment or to obtain any missing item of equipment. The player may not return to the playing area without first reporting to the referee, who then checks that the player's equipment is correct. The player is only allowed to re-enter the playing area when the ball is out of play.
- Players can return to play while the ball is in play if a second official has checked the equipment. If no second official is present, the player must wait for play to stop for the referee to check the faulty equipment.



COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

LAW 5: THE REFEREE

THE AUTHORITY OF THE REFEREE

Each match is controlled by a referee (or two referees who will each officiate in one half of the field of play) who has full authority to enforce the Laws of the Game in connection with the match.

DECISIONS OF THE REFEREE

Decisions will be made to the best of the referee's ability according to the Laws of the Game and the 'spirit of the game'.

The decisions of the referee regarding facts connected with play are final. The decisions of the referee, and all other match officials, must always be respected.

POWERS AND DUTIES

The referee:

- enforces the Laws of the Game;
- controls the match in cooperation with the other match official (if there is another);
- acts as timekeeper and keeps a record of the match and provides the appropriate authorities

- with a match report which includes information on any disciplinary action taken against players, and/or team officials and any other incidents which occur before, during or after the match;
- supervises and/or indicates the restart of play.

ADVANTAGE

The referee:

- allows play to continue when the team against which an offence has been committed will benefit from such an advantage and penalises the original offence if the anticipated advantage does not ensue at that time.

DISCIPLINARY ACTION

The referee:

- punishes the more serious offence in terms of sanction, restart, physical severity and tactical impact, when more than one offence occurs at the same time;
- takes disciplinary action against players guilty of cautionable, sin-bin (temporary dismissal) and sending-off offences;
- takes action against team officials who fail to conduct themselves in a responsible manner and may, at their discretion, issue a caution (yellow card) or a sending off (red card) from the playing area and its immediate surrounds;

- make use of timed suspensions to exclude temporarily players guilty of offences of the laws;
- in the absence of a second official, the referee should make excluded players aware of the end of their period of suspension.

INJURIES

The referee:

- allows play to continue until there is a stoppage in play if a player is, in their opinion, only slightly injured;
- stops the match if a player is seriously injured and ensures that the player is removed from the playing area;
- ensures any player who is bleeding leaves the playing area;
- allows a team's penalty taker, if injured, to stay on the field of play to be treated (quickly) and then take the kick.

OUTSIDE INTERFERENCE

The referee:

- stops, suspends, or terminates the match for any offence of the laws or due to any kind of outside interference;
- allows no unauthorised persons to enter the playing area.

COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

LAW 6: THE OTHER MATCH OFFICIAL

DUTIES

The duties of the additional match official are to assist the referee in controlling the match in accordance with the Laws of the Game in the following areas:

- Assist the referee in identifying offences in relation to Law 18, especially offences that occur off the ball.
- Control the substitution procedure, ensuring that the player to be replaced has left the playing area before the substitute is allowed to enter the playing area.
- Check the equipment of all the substitutes entering the playing area.
- Ensure that a player sent from the playing area by the referee to replace any missing or defective equipment is checked before being allowed back on to the playing area.

- If a player who is bleeding has been removed from the playing area by the referee, the match official must ensure that the bleeding has stopped before the player is allowed to re-enter the playing area.
- Keep a full record of the match details.
- Act as the timekeeper for any player who has been given a temporary suspension from the match.
- Report any misconduct by any of the team players or officials in the technical, bench or substitute area to the referee.
- Carry out any other duties as requested by the referee.



COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

LAW 7: THE DURATION OF THE MATCH

The match shall be divided into two equal periods of 30 minutes each, subject to the following:

- Allowance shall be made in each period for time lost through stoppages.
- The duration of any period shall be extended to enable a penalty kick to be taken.
- The interval between periods shall not exceed five minutes, except with the referee's permission.

Notes

- *Competition rules may allow for a match to be played in its entirety without any interval or requirement to change ends.*
- *For tournaments where more than one match is played during the day, UEFA recommends two equal periods of 10 to 20 minutes per half. This will allow flexibility for tournament organisers.*



COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

LAW 8: THE START AND RESTART OF PLAY

A kick-off starts each half/period of a match, and restarts play after a goal has been scored.

Free-kicks, penalty kicks, kick-ins, goal clearances (goal kicks) and corner kicks are other ways of restarting play (see Laws 13 to 17). A dropped ball is the restart when the referee stops play and the Law does not require one of the above restarts.

If an offence occurs when the ball is not in play, this does not change how the play is restarted.

KICK-OFF

Procedure

- The team that wins the toss of a coin decides which goal to attack in the first half or to take the kick-off.
- Depending on the above, their opponents take the kick-off or decide which goal to attack in the first half.
- For the second half/period (and subsequent periods) the teams change ends and attack the

opposite goals: kick-offs continue to alternate between the two teams.

- For every kick-off:
 - all players, except the player taking the kick-off, must be in their own half of the field of play;
 - the opponents of the team taking the kick-off must be at least 3m from the ball until it is in play;
 - the ball must be stationary on the centre mark;
 - the referee gives a signal;
 - the ball is in play when it is kicked and clearly moves;
 - a goal may not be scored directly against the opponents from the kick-off; if the ball directly enters the kicker's goal, a corner kick is awarded to the opponent. If the ball directly enters the opponent's goal, a goal clearance (goal kick) is awarded to the opponents.

OFFENCES AND SANCTIONS

If the player taking the kick-off touches the ball again before it has touched another player, an indirect free-kick is awarded.

In the event of any other kick-off procedure offence, the kick-off is retaken.

DROPPED BALL

Procedure

The referee drops the ball for one player of the team that last touched the ball at the position where it last touched a player or a match official. All other players of both teams must remain at least 3m from the ball until it is in play.

If the ball was in the goalkeeper's possession when play was stopped, then the ball will be dropped for the goalkeeper in their penalty area.

The ball is in play when it touches the ground.

Where barriers are in use, the referee shall drop the ball 2m from the barrier.

OFFENCES AND SANCTIONS

The ball is dropped again if it:

- touches a player before it touches the ground;
- leaves the playing area after it touches the ground, without touching a player.

If a dropped ball enters the goal without touching at least two players, play is restarted with:

- a goal clearance (goal kick) if it enters the opponents' goal;
- a corner kick if it enters the team's goal.

COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

LAW 9: THE BALL IN AND OUT OF PLAY

BALL OUT OF PLAY

The ball is out of play when:

- it has wholly passed over the goal line or touchline on the ground or in the air;
- play has been stopped by the referee;
- when playing indoors, it hits the ceiling;
- it touches a match official, remains on the field of play, and a team starts a promising attack or the ball goes directly into the goal or the team in possession of the ball changes.

In all these cases, play is restarted with a dropped ball.

BALL IN PLAY

The ball is in play at all other times when it touches a match official and when it rebounds off a goal post, crossbar, corner flag post or the barriers and remains in the playing area.

OFFENCES AND SANCTIONS

When a match is played indoors and the ball hits the ceiling, an indirect free-kick is awarded to the opposing team to the one which last touched the ball.

The indirect free-kick should be taken from the point at which the ball hit the ceiling.

HEIGHT OF BALL RESTRICTIONS

The ball must remain under the height of the cross bar.

If a height offence occurs within the penalty area and is committed by the goalkeeper, an indirect free-kick should be awarded 3m from the penalty area line nearest to where the offence took place.

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. In this case the goalkeeper gains possession of the ball and must restart play with a goal clearance.



COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

LAW 10: DETERMINING THE OUTCOME OF A MATCH

GOAL SCORED

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no offence has been committed by the team scoring the goal.

The goalkeeper from the attacking side is not allowed to score. The exception to this is during kicks from the penalty mark. If the goalkeeper does play the ball in to the opponents' goal, play is restarted with a goal clearance (goal kick).

WINNING TEAM

The team scoring the greater number of goals during a match is the winner. If both teams score an equal number of goals or if no goals are scored, the match is drawn.

When competition rules require a winning team after a drawn match or home-and-away tie, the only permitted procedure to determine the winning team is kicks from the penalty mark.

KICKS FROM THE PENALTY MARK

Kicks from the penalty mark are taken after the match has ended and, unless otherwise stated, the relevant IFAB Laws of the Game apply.

Procedure

Refer to IFAB Laws of the Game on achieving a result from kicks from the penalty mark.

- Unless there are other considerations (e.g. ground conditions, safety etc.), the referee tosses a coin to choose the goal at which the kicks will be taken, which may only be changed for safety reasons or if the goal or playing surface becomes unusable.
- The referee tosses a coin and the team that wins the toss decides whether to take the first or second kick.
- The referee keeps a record of the kicks being taken.
- Five kicks should be taken alternately by each team.
- Only players who are on the playing area or are temporarily off the playing area (injured, adjusting equipment, in the sin bin etc.) at the end of the match are eligible to take kicks.
- If, before or during the kicks from the penalty mark, one team has a greater number of players than its opponents, it must reduce to the same number as the opponents and the referee must

be informed of the name and number of each player excluded.

- If, before both teams have taken their designated number of kicks, one has scored more goals than the other could score, even if it were to complete its designated number of kicks, no more kicks are taken.
- If, after both teams have taken the designated number of kicks, both have scored the same number of goals, kicks continue to be taken in the same order, until one team has scored one goal more than the other from the same number of kicks.
- Any eligible player may change places with the goalkeeper.
- Only the eligible players and match officials are permitted to remain on the playing area when kicks from the penalty mark are taken.
- All players, except the player taking the kick and the two goalkeepers, must remain in the opposite half to that where the kicks are being taken.
- A goalkeeper who is unable to continue before or during the kick may be replaced by a player excluded to equalise the numbers or, if their team has not used its maximum permitted number of substitutes, a named substitute, but the replaced goalkeeper takes no further part and may not take a kick.

COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

LAW 11: OFFSIDE

There is **no offside** in walking football.

LAW 12: FOULS AND MISCONDUCT

Walking football is a non-contact version of the game.

Fouls and misconduct are penalised with an indirect free-kick as follows:

An indirect free-kick is awarded to the opposing team if a player commits any of the following offences against an opponent in a manner considered by the referee to be careless, reckless, unsafe, or using excessive force:

- charges;
- jumps at;
- kicks or attempts to kick;
- pushes;

- strikes or attempts to strike (including head-butt);
- tackles or challenges;
- trips or attempts to trip.

An indirect free-kick is also awarded to the opposing team if a player commits any of the following offences:

- does not walk;
- touches the ball more than five times without the ball being played by another player;
- enters the penalty area (attacking players);
- heads the ball;
- hold an opponent;
- bites or spits at someone;
- slides to play the ball when it is being played or attempted to be played by an opponent (sliding tackle);
- plays the ball while on the floor;
- deliberately touches the ball with their hand or arm, for example moving the hand or arm towards the ball;
- touches the ball with the hand/arm when it has made the body unnaturally bigger;
- scores in the opponent's goal directly from their hand/arm, even if accidental or immediately after the ball has touched their hand/arm, even if accidental;
- throws or kicks an object at the ball, opponent or match official or makes contact with the ball with a held object;

- where barriers are in place, holds onto the barrier to shield the ball (players are permitted to hold the barriers to correct their balance).

An indirect free-kick is awarded if a goalkeeper commits one of the following offences:

- touches or controls the ball with their hands/ arm or feet, in the penalty area, for more than six seconds;
- receives the ball back directly from a team-mate to whom they have just passed the ball without the ball having made contact with any other player;
- allows the ball to stop in a stationary position in the penalty area without touching it for more than six seconds.

If a height offence occurs within the penalty area and is committed by the goalkeeper an indirect free-kick should be awarded 3m from the penalty area line nearest to where the offence took place.

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. In this case the goalkeeper gains possession of the ball and must restart play with a goal clearance (goal kick).

COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

An indirect free-kick is also awarded if, in the opinion of the referee, a player:

- plays in a dangerous manner;
- impedes the progress of an opponent without any contact being made;
- is guilty of dissent, offensive, insulting or abusive language and/or gestures or other verbal offences;
- prevents the goalkeeper from releasing the ball from their hands;
- commits any other offence, not mentioned in the laws, for which play is stopped to caution or send off a player.

An indirect free-kick is also awarded to the opposing team if the goalkeeper returns the ball in to play with an overarm throw.

DISCIPLINARY ACTION

The use of temporary time suspensions (sin bins) and the exclusion of a player arising from the issuing of a red card are the recommended disciplinary sanctions for use in walking football.

Match officials should employ the use of temporary timed suspensions (yellow cards) in all cases traditionally regarded as cautionable offences.

The options for a match official imposing disciplinary sanction are therefore:

- player issued with a yellow card and temporarily suspended from play;
- player issued with a red card and permanently excluded from play.

A yellow card offence should always be accompanied by a temporary suspension from play.

The period of timed suspension in walking football shall be five minutes. The release of players from a temporary suspension should be at the direction of the referee or additional match official.

Note

In tournament play, where matches have reduced time, the temporary suspension can be reduced to three minutes.

TEMPORARY TIMED SUSPENSIONS

A player temporarily suspended from play will be shown a yellow card by the match official and informed that they are suspended from play for five minutes.

The length of the temporary suspension must be set by the competition prior to matches.

The player is obliged to leave the playing area and remain in a designated 'sin bin' area for the required suspension time.

Separate 'sin bin' areas should be identified for each team. If no designated 'sin bin' areas are provided, then suspended players should remain in the area where they can be seen by the referee, adjacent to team officials and substitutes.

A player will be informed as to the end of a period of suspension and invited to rejoin the match by the referee or additional match official. Where barriers are used, the players must return through the opening onto the playing area.

TEMPORARY DISMISSALS

A player is shown the yellow card and temporarily excluded from play if they commit any of the following offences:

- C1 – unsporting behaviour
- C2 – shows dissent by word or action
- C3 – persistently offends the Laws of the Game

COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

- C4 – delays the restart of play by:
 - appearing to take a throw-in (kick-in for walking football), but suddenly leaving it to a team-mate to take
 - delaying leaving the field of play when being substituted
 - excessively delaying the restart of play
 - kicking or carrying the ball away or deliberately touching the ball when the referee has stopped play
 - taking a throw-in (kick-in) from the wrong position to force a retake
- C5 – fails to respect the required distance when play is restarted with a corner kick, kick-in, free-kick or goal clearance
- C6 – enters or re-enters the playing area without the referee's permission or commits a substitution procedure offence
- C7 – deliberately leaves the playing area without the referee's permission outside of a substitution

SENDING-OFF OFFENCES

A player is sent off and shown the red card if they commit any of the following offences:

- S1 – serious foul play
- S2 – violent conduct
- S3 – spits at or bites someone

- S4 – denies the opposing team a goal or an obvious goalscoring opportunity by a handball offence (this does not apply to a goalkeeper within their own penalty area)
- S5 – denies an obvious goalscoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free-kick or a penalty kick
- S6 – uses offensive, insulting or abusive language
- S7 – receives a second yellow card in the same match

If play is stopped for a player to be sent from the playing area without having committed any additional offence of the laws, the match is restarted by an indirect free-kick, awarded to the opposing team, to be taken at the place where the offence occurred. However, if the offence is committed in the penalty area, the indirect free-kick is taken 3m from the penalty area line at the place nearest to where the offence occurred.



COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

LAW 13: FREE-KICKS

TYPES OF FREE-KICKS

All free-kicks are indirect.

BALL ENTERS THE GOAL

If an indirect free-kick is kicked directly into the opponent's goal, a goal clearance (goal kick) is awarded.

If an indirect free-kick is kicked directly into the team's goal, a corner kick is awarded.

Procedure

All free-kicks are taken from the place where the offence occurred, except:

- free-kicks to the attacking team awarded less than 3m from the penalty area, which are taken 3m from the penalty area line at the point nearest to where the offence occurred;
- free-kicks to the defending team in their penalty area, for which the ball is given to the goalkeeper to then return the ball in to play with a rolling throw.

THE BALL

The ball must be stationary and the kicker must not touch the ball again until it has touched another player.

The ball is in play when it is kicked and clearly moves.

Until the ball is in play, all opponents must remain at least 3m from the ball.

OFFENCES AND SANCTIONS

If, when a free-kick is taken, an opponent is closer to the ball than the required distance, the kick is retaken unless the advantage can be applied.

If, after the ball is in play, the kicker touches the ball again before it has touched another player, an indirect free-kick is awarded.



COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

LAW 14: THE PENALTY KICK

A penalty kick is awarded for the following offences:

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

A penalty will be awarded against any team which commits five offences in any one half of play (all offences where the referee has awarded a free-kick count, except ball above crossbar height). After the fifth offence the count restarts. The count gets reset at half time.

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.

Procedure

The ball must be stationary on the penalty mark and the goalposts, crossbar and goal net must not be moving.

The player taking the penalty kick must be clearly identified.

The defending goalkeeper must remain on the goal line, facing the kicker, between the goalposts, without touching the goalposts, crossbar or goal net until the ball has been kicked.

When the kick is taken, the goalkeeper must have at least part of one foot on (or, if it is in the air, in line with) the goal line.

The players other than the kicker and the goalkeeper must be:

- at least 3m from the ball;
- behind or to the side of the penalty mark;
- inside the playing area;
- outside the penalty area.

The player taking the penalty kick:

- must kick the ball forward;
- must not play the ball again until it has touched another player;
- must start their approach with both feet on the ground no more than 2m from the ball.

The ball is in play when it is kicked and clearly moves.

The penalty kick is completed when the ball stops moving, goes out of play or the referee stops play for any offence.

OFFENCES AND SANCTIONS

Once the referee has signalled for the penalty kick to be taken, the kick must be taken.

If, before the ball is in play, one of the following occurs:

- a player of the defending team commits an offence:
 - the kick is retaken if a goal is not scored;
 - the kick is not retaken if a goal is scored;
- a team-mate of the player taking the kick commits an offence:
 - the kick is retaken if a goal is scored;
 - the kick is not retaken if a goal is not scored;
- the player taking the kick commits an offence after the ball is in play:
 - an indirect free-kick is awarded to the opposing team.

Feinting to kick the ball once the kicker has completed the run up (feinting in the run up is permitted) will result in the referee cautioning (yellow card) the kicker.

COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

OUTCOME OF THE PENALTY KICK

	Goal	No goal
Encroachment by attacking player	Penalty is retaken	Indirect free-kick
Encroachment by defending player	Goal	Penalty is retaken
Offence by goalkeeper	Goal	Penalty is retaken and caution for goalkeeper
Ball kicked backwards	Indirect free-kick	Indirect free-kick
Illegal feinting	Indirect free-kick and caution for kicker	Indirect free-kick and caution for kicker
Wrong kicker	Indirect free-kick and caution for wrong kicker	Indirect free-kick and caution for wrong kicker
Illegal approach to the ball	Indirect free-kick	Indirect free-kick



COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

LAW 15: THE KICK-IN

A kick-in is a method of restarting play.

A goal cannot be scored directly from a kick-in.

A kick-in is awarded:

- when the whole of the ball passes over a touchline, either on the ground or in the air;
- from the place where it crossed the touchline;
- to the opponents of the player who last touched the ball;

Where the playing area is surrounded by barriers, there are no kick-ins. When the ball leaves the field of play, play is restarted with a goal clearance, by the goalkeeper whose half of the field the ball was in when leaving the field of play.

POSITION OF THE BALL AND THE PLAYERS

The ball:

- must be stationary on the touchline, or 2m into the playing area from the barrier if barriers are in use;
- may be kicked any direction.

The player taking the kick-in must stand between the ball and the barrier where in use. Otherwise, their non-kicking foot must be on or behind the touchline, and their kicking foot must make contact with the ball either on or behind the touchline.

The players of the defending team must be at least 3m from place where the kick-in is taken.

Procedure

- The player taking the kick-in must not play the ball again until it has touched another player.
- The ball is in play when it is kicked and clearly moves.

OFFENCES AND SANCTIONS

The kick-in is retaken by a player of the opposing team if:

- the kick-in is taken incorrectly;
- the kick-in is taken from a position other than the place where the ball passed over the touchline or where indicated by the referee if barriers are in use.

An indirect free-kick is awarded to the opposition if the player taking the kick-in plays the ball again before it has touched another player.



COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

LAW 16: THE GOAL CLEARANCE (GOAL KICK)

A goal clearance (goal kick) is a method of restarting play.

A goal may not be scored directly from a goal clearance.

The goal clearance is awarded when:

- the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with Law 10;
- a player enters the opposing penalty area.

Procedure

- The opponents must remain outside the penalty area.
- The goalkeeper must not play the ball again until it has touched another player.
- The ball is in play when the ball is thrown underarm or kicked from any stationary point within the penalty area by the goalkeeper of the defending team.

OFFENCES AND SANCTIONS

If the ball is not thrown or kicked from within the penalty area, the goal clearance (goal kick) is retaken.

If, after releasing the ball, the goalkeeper touches the ball again before it has touched another player, an indirect free-kick is awarded 3m from the penalty area line, from the place nearest to where the offence occurred.

If the goalkeeper receives the ball from a team-mate in open play, the goalkeeper is permitted to touch the ball and to pick the ball up.

If, after releasing the ball, the goalkeeper touches the ball again before it has either touched an opponent or has been touched by at least two players of the goalkeeper's team, an indirect free-kick is awarded 3m from the penalty area line, from the place nearest to where the offence occurred.



COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

LAW 17: THE CORNER KICK

A corner kick is a method of restarting play.

A goal may be scored directly from a corner kick, but only against the opposing team.

A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with Law 10.

Procedure

- The ball is placed inside the corner arc at the nearest corner.
- Opponents must remain at least 3m from the ball until it is in play.
- The ball is kicked by a player of the attacking team.
- The ball is in play when it is kicked or touched.
- The kicker must not touch the ball again until it has been played by or touched another player.

OFFENCES AND SANCTIONS

An indirect free-kick is awarded if the player taking the corner kick touches the ball again before it has been played by or touched another player.

For any other offence, the corner kick is retaken.

If the playing area is surrounded by barriers, there are no corner kicks. When the ball leaves the field of play, play is restarted with a goal clearance by the goalkeeper whose half of the field the ball was in when leaving the field of play.



COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

APPENDIX A:

ADDITIONAL INFORMATION
ON THE DEFINITION OF
WALKING IN RELATION
TO LAW 12

Walking is defined as 'always having at least one foot in contact with the ground'.

OFFENCES AND SANCTIONS

The referee will award an indirect free-kick against any player who is not walking, unless there is a clear attacking opportunity for the team in possession, where advantage can be played and the offender sanctioned once play has stopped, or the advantage has not accrued.



COMPETITIVE WALKING FOOTBALL: LAWS OF THE GAME

APPENDIX B: MINIMUM MEDICAL REQUIREMENTS FOR COMPETITIVE PLAY

- Players, referees and coaches are trained in cardiopulmonary resuscitation (CPR). See free UEFA training [here](#).
- An automated external defibrillator (AED) and first-aid kit are available close to the pitch.
- Players have signed a health declaration. An example can be found in the [UEFA Walking Football Toolkit](#).





UEFA
ROUTE DE GENÈVE 46
CH-1260 NYON 2
SWITZERLAND
TELEPHONE: +41 848 00 27 27
UEFA.COM

WE CARE ABOUT FOOTBALL

COMPETITIVE WALKING FOOTBALL

LAWS OF THE GAME