



PORTUGAL SPORTS CAMPS

WALKING FOOTBALL RULES

Kick-in

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

The kick-in is a method of restarting play. A kick-in is awarded if the whole of the ball passes over a touch line either on the ground or in the air. A kick-in is taken from the place where the ball crossed the touchline.

The kick-in is awarded to the opponents of the player who last touched the ball. The goalkeeper may commence play with either a kick-in off the ground or a throw-in. The throw-in must be delivered underarm.

Free-kicks

A free-kick is awarded to the opposing team, when a player:

1. Runs
2. Kicks or any attempts to kick an opponent
3. Deliberately heads the ball
4. Slides in an attempt to play the ball. Sliding tackles are not allowed, nor any sort of playing from the floor
5. Plays in a dangerous way
6. In the penalty area, if the goalkeeper touches or controls the ball with hands or feet for more than six seconds
7. If the goalkeeper receives the ball back directly from the same teammate to whom they have just passed the ball without the ball having made contact with any other player



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8. If a player receives the ball back from the goalkeeper, without the ball having made contact with any other player, having just passed it to him
9. If the goalkeeper handles the ball after receiving it from a deliberate back pass from a teammate
10. Deliberately stops the progress of an opponent when the ball is not being played
11. Prevents the goalkeeper from releasing the ball from their hands
12. Jumps at an opponent
13. Charges an opponent. Shoulder barges are not allowed.
14. Tackles an opponent from the back or uses excessive force
15. Enters the semi-circle goal area
16. If any player takes more than 3 touches without any other player touching the ball (and players are not allowed to shield the ball following their 3 consecutive touches).
17. Deliberately handles the ball

When a free kick is awarded defenders must move away at least 3 metres from where the ball is being kicked.

Penalties will be awarded if the goalkeeper exits the semi-circle or a defender enters this area. It will be down to the referee's discretion, to allow some movements that result from playing the ball, e.g. momentum after the ball has been played.

All free kicks will be indirect. Any free kick awarded closer than 3 metres to the goal area will be taken 3 metres away from the goal area's line, including the goalkeeper handling the ball from a back pass from a teammate. Any attempt to delay the taking of a free kick is a cautionable offence.

Height of ball restrictions

A height restriction is set at a designated height of 6 feet (approx. 1.80m), above which an indirect free kick shall be awarded to the opposing team, including when it occurs accidentally. The only exception to this is if the height of the crossbar exceeds this



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designated height, in which instance the height restriction is played to the height of the crossbar.

The only exception to this rule is if the ball exceeds the designated height when the goalkeeper makes a save. When this happens and the ball returns into the playing area then play shall be stopped and the goalkeeper will restart the game. However, if the ball goes out for a corner or kick-in then play will resume as normal.

Disciplinary sanctions

The use of temporary suspensions (“sin bins”) and the exclusion of a player arising from a red card are the applicable disciplinary sanctions in our walking football tournament.

Match officials will employ the use of temporary timed suspensions (blue cards) in all cases traditionally regarded as cautionable offences. A blue card offence should always be accompanied by a temporary suspension from play of at least two minutes. The release of players from a temporary suspension should be at the direction of the Referee or a Match Official if one is available.

Sending-off offences

A player is shown the red card and sent off if he/she commits any of the following offences:

1. Serious foul play
2. Violent conduct
3. Spitting at an opponent or any other person
4. Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within their own penalty area)
5. Denies an obvious goal-scoring opportunity to an opponent moving towards the player’s goal by an offence punishable by a free kick or a penalty kick
6. Uses offensive, insulting, or abusive language



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7. Receives a second blue card in the same match

Temporary timed suspensions

A player is shown the blue card and temporarily excluded from play if he/she commits any of the following offences:

1. Unsporting behaviour
2. Showing dissent by words or actions
3. Persistently infringing the Laws of the Game
4. Delaying the restart of play
5. Fails to respect the required distance when play is restarted (corner-kick, kick-in, free-kick, goal-kick)
6. Enters or re-enters the pitch without the referee's permission or infringes the substitution procedure
7. Deliberately leaves the pitch without the referee's permission
8. If a player is penalised 3 times for infringing the walking rule

Players' Guide

It is advisable to wear shin pads, which must be covered by socks.

Any type of jewellery e.g. watches and bracelets must be removed. Rings must be taped.

Should players require a medical device on their wrists, these must be covered with a sports wrist band.