

REGULATION

WALKING FOOTBALL



Age regulations:

55 years or older, male and female mixed teams.

Registration:

The participation of mixed teams is mandatory. It is each team responsibility to manage its elements.

Scoring

The competition will be disputed by points, based on the number of teams competing, according to this scoring table:

Win	4 points
Tie	2 points
Loss	1 point
No-show	0 points

Competition field:

21x42 m field. Goal size is 3 meters long and 1 meter high.

Regulation:

1. Each match will be composed by 2 parts of 10 minutes each, making a total of 20 minutes of game. It is allowed to stop for 1 minute in each part after the first 5 minutes for hydration of all athletes if the ambient temperature justifies it (temperatures
2. Game Sheet: for each match there will be a game sheet, filled with the names of all the athletes participating. In the end the result must be validated by each coach.
3. In case of tie, following tiebreakers will be applied:
 - a) Direct confrontation
 - b) Goal difference
 - c) Number of winning games
 - d) Highest average age of team members

In competition knockout phase, the tie is broken by penalties market at the midfield mark in sudden death elimination system. At the end of each sequence the ball is moved an additional 3 meters beyond the initial mark.

4. Unsportsman behaviour is sanctioned with a warning or expulsion. The referee may force a player to be replaced whenever there is an inappropriate attitude towards sportsmanship and Fair Play.
5. Ethically relevant behaviours will be recognized and highlighted through the White Card.

Walking Football Rules:

1. 6x6 games;
2. There isn't any goalkeeper;
3. All players must keep a 3 meters distance from the goals during the game;
4. There is no maximum number of substitutions and these must be done next to the goal or next to substitutes' benches in the defensive midfield;
5. There is no offside rule;
6. Tackle and any physical contact are prohibited;
7. Players can only walk and is mandatory to always have one foot touching the floor. Run is punished with an indirect free kick;
8. There is no penalties – only indirect free kicks and all players must keep a distance of 3 meters;
9. The ball cannot be played over the goal bar;
 - a) If volunteer: fouled;
 - b) If not volunteer: the game is not interrupted and the players can only play the ball when it touches the floor.
10. When the ball crosses the sideline, it must be put back in game in the same place where it left, and the throw-in is made with the foot. Opposing players must remain 3 meters from the ball;
11. When the ball crosses the end line, a corner or a goal kick must be applied. Opposing players must remain 3 meters from the ball;
12. After each goal, the game restarts with a kick-off in midfield;
13. Goals scored from the defensive midfield are not valid;
14. If a goal is illegally disallowed (examples: hand touches the ball, running to prevent the ball from entering, not meeting the 3 meters distance from the goal), it is validated without resorting to the foul;
15. If a player intercepts a ball without completing the 3 meters distance from the goal but it does not follow the goal path, it will be considered a corner;
16. A dead ball inside the goal area is considered to be out by the end line;
17. The referee may order the substitution of any player who demonstrated aggressive behaviour or bad language;
18. If a player receives a yellow card, he must be substituted and remain on the bench for 2 minutes;
19. If a player receives a red card (straight or by accumulating yellow cards he must leave the game leaving his team with less number of elements);
20. Optional rule: the trodden ball cannot be removed by any opponent player within a maximum period of 5 seconds. If this limit is exceeded by the players in possession of the ball, an indirect free kick will be applied.