



WALKING FOOTBALL

WALKING FOOTBALL – BASIC RULES

Whilst it is acknowledged there are no universal laws commonly used throughout the various interpretations of walking football, the Football NSW “Laws of the Game” reflect the ethos and values of this unique sport, namely: *To ensure all matches are played safely with full consideration of every participant’s age, gender, and ability.*

It is therefore expected that all players, managers, and club members will conduct themselves, accordingly, including respecting referees and other match officials. Failure to do so is likely to result in disqualification from an event.

THE FOLLOWING 10 BASIC RULES SHOULD BE APPLIED THROUGHOUT THE WALKING FOOTBALL COMMUNITY:

1. NO RUNNING AT ALL (meaning walk heel to toe)
2. NO TACKLES FROM BEHIND
3. NO TACKLES FROM THE SIDE
4. NO BODY CONTACT
5. NO BACKING INTO PLAYERS
6. NO DISPUTING REFEREE’S DECISIONS
7. NO SHOULDER CHARGING, PUSHING OR BARGING
8. STOP PLAY AT ABOVE HEAD HEIGHT
9. STOP PLAY WHEN SOMEONE IS INJURED OR HAS FALLEN
10. PLAY FAIR, ENJOY THE GAME!