

East Algarve Walking Football Laws Of The Game – A Player’s Guide

(revised July 2024)

Following the latest releases of walking football Laws of the Game in **February 2024** by the English Football Association (available [here](#)) and in **March 2024** by the (separate) English Walking Football Association (available [here](#)), a working group has reviewed these sets of laws and produced a version specifically for use by East Algarve Walking Football (EAWF).

This new version shall be known as, and referred to by, the above title and is for use in the EAWF-organised walking football sessions, and for all EAWF-organised walking football tournaments. These laws will come into force as of **1st September, 2024**.

Walking Football is a non-contact version of Association Football.

Player Equipment

Jewellery such as watches and bracelets must be removed. If rings are worn they must be taped. Some players may need to wear a medical device on their wrist/arm. These must be covered with a protective band.

It is advisable to wear shin pads. Some tournaments require them to be worn. Players selected for these tournaments will be informed prior to the event. Shin pads must be covered by socks.

Only footwear suitable for use on synthetic surfaces ('astroturf') may be worn. Footwear with blades or studs is **not** permitted.

Field of play dimensions

The dimensions should be appropriate to the playing venue and the number of participating players.

The penalty area

A penalty area is defined at each end of the field of play as a **semi-circular line** of 6m radius is drawn from the centre of each goal line **and is deemed part of the penalty area**. The extremities of **each semi-circular line** should reach the **respective** goal line.

Starting play - the kick-off

1. All players, except the player taking the kick-off, must be in their own half of the field of play
2. The opponents of the team taking the kick-off must be at least 3 metres from the ball until it is in play
3. The ball must be stationary on the centre mark
4. The referee gives a signal
5. The ball is in play when it is kicked and clearly moves
6. 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 opponents' goal, a roll-in is awarded to the opponents

Height of ball restriction

A height restriction is set at a designated height of 1.83 metres (6 feet).

The only exception to this is if the height of the crossbar of the goal exceeds this height, in which instance the designated height restriction is that of the height of the crossbar.

If the ball is played and rises above this height a free kick (see 'Restarting play: b. Free kicks – point 3' below) shall be awarded to the opposing team. The exceptions to this are:

1. If the ball deflects off the goalkeeper in the process of making a save and exceeds the designated height restriction, the ball shall be deemed dead and is returned to the goalkeeper
2. If the ball deflects off the goal frame and exceeds the designated height restriction, the ball shall be deemed dead and is returned to the goalkeeper

Play is restarted with a roll-in (see 'Restarting play: a. Kick-in/Roll-in - point 7').

Restarting play

a. Kick-in / Roll-in

1. A kick-in is awarded **when** the whole of the ball **crosses a touch line** either on the ground or in the air, and is awarded to the opponents of the player who last touched the ball.
2. A kick-in is taken from the place where the ball crossed the touch line.
3. A goal cannot be scored directly from a kick-in.
4. A corner kick is awarded if the ball **crosses** the goal line having last touched a defender.
5. A goal cannot be scored directly from a corner kick.
6. A roll-in is used by the goalkeeper to restart play when
 - a) the ball crosses the goal line having last touched an attacker,
 - b) players from both teams infringe simultaneously (see 'b. Free kicks – point 1' below), and
 - c) a dropped ball is used to restart play (see 'd. The dropped ball' below).
7. A roll-in must be delivered underarm.

b. Free kicks

All free kicks **shall** be indirect.

A free kick is awarded to the opposing team if during the game a player commits any of the following offences:

1. When in motion does not walk; walking is described as having one foot on the ground at all times. An exception to this is when the goalkeeper is in the act of making a save. Should the goalkeeper not walk but **not** deny an obvious goal-scoring opportunity (DOGSO), then a free kick is awarded. Should players from both teams infringe simultaneously, then the ball is deemed dead and returned to the goalkeeper of the team defending the goal in the half where the infringement occurred. Play is restarted with a roll-in.
2. Takes more than three touches of the ball without any other player touching it; the non-deliberate touches taken by the goalkeeper when making a save are not included here
3. The ball exceeds the designated height restriction (see 'Height of ball restriction' above)
4. Kicks or attempts to kick an opponent
5. Attempts to play or block the ball using a sliding tackle; additionally, no attempt to play the ball from the floor is permitted
6. Jumps at an opponent
7. Charges at an opponent, including with the shoulder
8. Barges or backs into an opponent
9. Crowds an opponent (two players versus one)
10. Tackles an opponent from behind or uses excessive force
11. Plays in a dangerous manner
12. Attempts to prevent the goalkeeper from releasing the ball from their hands (the roll-in)
13. Heads the ball
14. Handles the ball
15. Attempts to shield the ball after three consecutive touches

16. Deliberately impedes the progress of an opponent
17. Having just passed the ball to the goalkeeper, receives it back from the goalkeeper without the ball making contact with any other player
18. The goalkeeper 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
19. The goalkeeper handles the ball after receiving the ball from a deliberate back-pass
20. The goalkeeper controls the ball with their hands or feet within the penalty area for more than **six** seconds
21. the goalkeeper does not deliver the roll in underarm
22. An attacker deliberately enters the penalty area; if the attacker enters the area by momentum after the ball has been played or following a push by an opponent then no free kick is awarded
23. After completing the approach to take a penalty kick, feints in an attempt to deceive the goalkeeper (see 'c. The penalty kick' below)

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

Any free kick awarded for an offence closer than 3 metres to the penalty area will be taken 3 metres away from the penalty area line. This also includes 'b. Free kicks - points 1 (the goalkeeper) and 17 to 22' above.

c. The penalty kick

A penalty kick is awarded if

1. A player infringes the laws of the game to deny the opposing team a goal or an obvious goal-scoring opportunity (DOGSO)
2. A defender enters the penalty area except by momentum or following a push by an opponent
3. The goalkeeper exits the penalty area except by momentum after the ball has been played
4. The goalkeeper when not making a save does not walk and then denies an obvious goal-scoring opportunity (DOGSO)

In the action of taking a penalty kick, the designated player must start their (walking) approach with both feet on the ground no more than **two metres** from the ball.

In attempting to deceive the goalkeeper, feinting in the approach to kick the ball is permitted, but once that player has completed the approach feinting shall result in:

- no goal is awarded
- the referee shall sanction the player with a blue card, and
- a free kick is awarded to the opposing team

d. The dropped ball

A dropped ball is the restart used when the referee stops play and one of the above restarts a – c is not required.

An example of this is when a player falls to the ground unchallenged and the call 'Player down!' is made. The ball is returned by the referee to the goalkeeper of the team whose player last touched the ball. Play is restarted with a roll-in.

Disciplinary sanctions

In EAWF-organised sessions and tournaments, **depending** on the nature of the offence, the blue card, the yellow card, and the red card are the disciplinary sanctions for use.

1. Temporary timed suspensions

The use of a blue card indicates a temporary, timed suspension from play (“sin bin”). A blue card offence should always be accompanied by a suspension from play of at least **two** minutes in duration. The release of players from a temporary suspension should be at the direction of the Referee or a Match Official if one is available.

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

- a) If a player, including the goalkeeper, is penalised on three occasions for infringing ‘Restarting play: b. Free kicks, point 1’
- b) Is guilty of unsporting behaviour
- c) Shows dissent by word or action
- d) Persistently infringes the laws of the game
- e) The goalkeeper when not making a save does not walk and then denies an obvious goal-scoring opportunity (DOGSO)
- f) **After completing the approach to take a penalty kick, the player feints in an attempt to deceive the goalkeeper (see ‘Restarting play: c. The penalty kick’ above).**

2. Warning offences

The yellow warning card is issued for offences traditionally regarded as cautionable offences. A player is shown a yellow card if he/she commits any of the following offences:

- a) Delays the restart of play
- b) Fails to respect the required distance when play is restarted with a corner kick, kick-in, free kick, or roll-in
- c) Enters or re-enters the field of play without the referee’s permission or infringes the substitution procedure
- d) Deliberately leaves the field of play without the referee’s permission

3. Sending-off offences

A player is shown the red card and excluded from the remainder of the match if he/she commits any of the following offences:

- a) Is guilty of serious foul play
- b) Is guilty of violent conduct
- c) Spits at or bites an opponent, or any other person attending the session/tournament
- d) Infringes the laws of the game to deny the opposing team a goal or an obvious goal-scoring opportunity (DOGSO); this does not apply to a goalkeeper within the penalty area
- e) Uses offensive, insulting, or abusive language
- f) Receives a second blue card in the same match
- g) Receives a second yellow card in the same match

Please note that all the Referee’s decisions are final, and there is no appeals procedure. Please study these laws, familiarise yourself with them and strive to abide by them.

These laws can be viewed and downloaded in pdf format [here](#).

N.B. You will need to have software installed on your computer such as Adobe Reader, or app on your phone to be able to view this pdf; please email webmaster@eastalgarvewf.com for further details if needed.

Tournaments

The above laws will apply to all **walking football** tournaments organised by EAWF.

The other main **walking football** tournaments we contest **at Browns Sports Club** in Vilamoura (**'Walking Football Festival'** and **'Walking Football Cup'**) and **at Estadio da Nora in Ferreiras, Albufeira (EuroCopa)** may play to slightly different laws/rules, but we are not responsible for their organisation.

Players selected for these tournaments will be made aware of the corresponding laws/rules in advance once EAWF has received them.