

# **EA Football Club Walking Football Laws Of The Game**

## **– A Player's Guide**

**(revised June 2025)**

Following the latest releases of walking football Laws of the Game in February 2025 by the English Football Association (available [here](#)) and 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 EA Football Club.

This new version shall be known as, and referred to by, the above title and is for use in the EA Football Club-organised walking football sessions and tournaments. These laws will come into force as of **Sunday, 22<sup>nd</sup> June, 2025**.

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

### **Player safety**

- a) Jewellery such as watches and bracelets must be removed. If rings are worn they must be taped.
- b) Some players may need to wear a medical device on their wrist/arm. These must be covered with a protective band.
- c) 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.
- d) Only footwear suitable for use on synthetic surfaces ('astroturf') may be worn. Footwear with blades or studs is **not** permitted.
- e) [Should a player/players fall to the ground, challenged or unchallenged, then the call 'PLAYER DOWN!' MUST be made and PLAY STOPPED IMMEDIATELY.](#)  
[Should the player\(s\) not need further attention, play may resume.](#)  
[Should the stoppage be the result of a challenge \(see '\*\*Restarting play: 2. Free kicks – points d to l\*\*', below\), then a free kick is awarded to the opponents.](#)  
[If not, a dropped ball is awarded \(see '\*\*Restarting play: 4. The dropped ball\*\*', below\).](#)  
[Otherwise, the necessary action to ensure the safety of the player\(s\) should be taken.](#)

### **Field of play dimensions**

The dimensions should be appropriate to the playing venue, [the size of goals](#) 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 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.

[Should the goals be 'futsal-size' then the radius shall be 6m; if the goals are 'three-quarter-size' then the radius shall be 8m.](#)

### **The referee**

[Each game should be controlled by a referee, even if this results in a team having one less player than the opposing team for that game.](#)

[The referee has full authority to enforce the EA Football Club Walking Football Laws Of The Game in connection with the game.](#)

Decisions will be made to the best of the referee's ability according to the EA Football Club Walking Football Laws Of The Game and the 'spirit of the game'.

The decisions of the referee regarding facts connected with play are final, and there is no appeals procedure.

The decisions of the referee **MUST ALWAYS** be respected.

### Starting play - the kick-off

- a) All players, except the player taking the kick-off, must be in their own half of the field of play
- b) The opponents of the team taking the kick-off must be at least 3 metres from the ball until it is in play
- c) The ball must be stationary on the centre mark
- d) The referee gives a signal
- e) The ball is in play when it is kicked and clearly moves
- f) 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 opponents. 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: 2. Free kicks – point c**', below) shall be awarded to the opposing team. The exceptions to this are:

- a) 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
- b) 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: 1. Kick-in/Roll-in - point g**', below).

### Restarting play

#### 1. Kick-in / Corner kick / Roll-in

- a) 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
- b) A kick-in is taken from the place where the ball crossed the touch line
- c) A goal cannot be scored directly from a kick-in
- d) A corner kick is awarded if the ball crosses the goal line having last touched a defender.
- e) A goal cannot be scored directly from a corner kick
- f) A roll-in is used by the goalkeeper to restart play when
  - the ball crosses the goal line having last touched an attacker,
  - a shot taken by an opposing player from his/her own half of the pitch enters the goal directly without touching a player in the goalkeeper's half
  - players from both teams infringe simultaneously (see '**2. Free kicks – point a**', below), and
  - a dropped ball is used to restart play (see '**4. The dropped ball**', below)
- g) A roll-in must be delivered underarm

Until the ball is in play, players of the opposing team must move away at least 3 metres from the ball.

## 2. 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:

- a) 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
- b) 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
- c) The ball exceeds the designated height restriction (see '**Height of ball restriction**', above)
- d) Kicks or attempts to kick an opponent
- e) Attempts to play or block the ball using a sliding tackle; additionally, no attempt to play the ball from the floor is permitted
- f) Jumps at an opponent
- g) Charges at an opponent, including with the shoulder
- h) Barges or backs into an opponent
- i) Crowds an opponent (two players versus one)
- j) Tackles an opponent from behind or uses excessive force
- k) Deliberately impedes the progress of an opponent
- l) Plays in a dangerous manner
- m) Attempts to prevent the goalkeeper from releasing the ball from their hands (the roll-in)
- n) Heads the ball
- o) Handles the ball
- p) Attempts to shield the ball after three consecutive touches
- q) Having just passed the ball to the goalkeeper, receives it back from the goalkeeper without the ball making contact with any other player
- r) 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
- s) The goalkeeper handles the ball after receiving the ball from a deliberate back-pass
- t) The goalkeeper controls the ball with their hands or feet within the penalty area for more than **six** seconds
- u) The goalkeeper does not deliver the roll in underarm
- v) 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
- w) After completing the approach to take a penalty kick, feints in an attempt to deceive the goalkeeper (see '**3. The penalty kick**', below)

Until the ball is in play, players of the opposing team must move away at least 3 metres from the ball.

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 '**2. Free kicks - points a** (the goalkeeper) and **q** to **w**', above.

## 3. The penalty kick

A penalty kick is awarded to the opposing team if . . . .

- a) A player infringes the laws of the game to deny the opposing team a goal or an obvious goal-scoring opportunity (DOGSO)
- b) A defender enters the penalty area except by momentum or following a push by an opponent

- c) The goalkeeper exits the penalty area except by momentum after the ball has been played
- d) The goalkeeper when not making a save does not walk and then denies an obvious goal-scoring opportunity (DOGSO)
- e) A team accumulates a **third** infringement of '**2. Free kicks - point a: when in motion does not walk**', above, in the same game. Both teams infringing simultaneously is not counted here

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

#### 4. The dropped ball

A dropped ball is the restart used when the referee stops play and one of '**Restarting play: 1 to 3**', above, is not required.

An example of this '**Player safety – point e**', above.

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 EA Football Club-organised walking football sessions and tournaments, depending on the nature of the offence, the blue 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.

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: 2. Free kicks - point a**', above
- b) Is guilty of unsporting behaviour
- c) Shows dissent by word or action
- d) Persistently infringes the laws of the game
- e) Delays the restart of play
- f) Fails to respect the required distance when play is restarted with a corner kick, kick-in, free kick, or roll-in
- g) Enters or re-enters the field of play without the referee's permission or infringes the substitution procedure
- h) Deliberately leaves the field of play without the referee's permission
- i) Infringes the laws of the game to deny the opposing team a goal or an obvious goal-scoring opportunity (DOGSO)
- j) The goalkeeper when not making a save does not walk and then denies an obvious goal-scoring opportunity (DOGSO)
- k) After completing the approach to take a penalty kick, the player feints in an attempt to deceive the goalkeeper (see '**Restarting play: 3. The penalty kick**', above)

## **2. 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) Uses offensive, insulting, or abusive language
- e) Receives a second blue card in the same game

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@eastalgarviewf.com](mailto:webmaster@eastalgarviewf.com) for further details if needed.

## **Tournaments**

The above laws will apply to all walking football tournaments organised by EA Football Club. 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 EA Football Club has received them.