

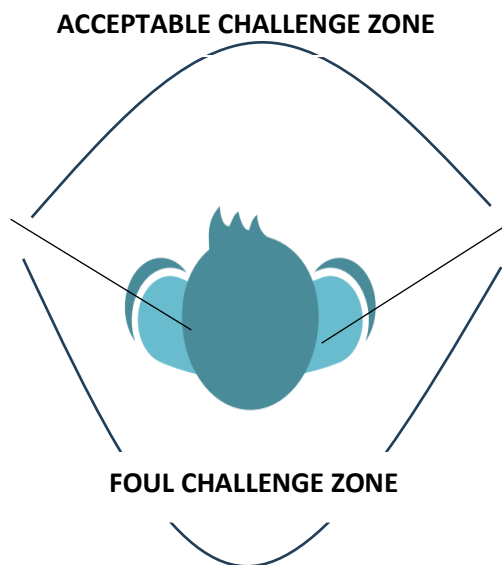
SUMMARY OF WFA LAWS OF THE GAME

Walking football is a non-contact sport and all players must walk at all times.

- Non-Contact
- All free kicks indirect (except a penalty kick)
- All free kicks defenders should be 3-metres from the ball
- No tackling from behind – including poaching.

- Tackling from the side is allowed so long as the player is in front, rather than behind the side

 - Poaching – playing the ball from behind the opponent when the ball is between the opponent's legs



- All not walking should be penalised, including running or jogging, and a free kick should be awarded
- Players may not play the ball whilst grounded
 - Including slide tackling, slide blocks
- Cornering or 2 v 1 not allowed if boards are present
- Playing with reckless or dangerous intent is an infringement = blue or red card
- No direct goal from kick-off or any dead ball situation
- Above head height restriction on ball
- No heading the ball
- Denying an Obvious Goal Scoring Opportunity (DOGSO) is a serious offence
- One-metre penalty kicks
- No restriction on passing back or out from the goalkeeper
- Sin Bin time out for any three same or variety of infringement (running or fouls)
- Zero tolerance on conduct towards the referee
- No outfield player allowed in the goalkeeper D – the line belongs to the goalkeeper
- No offside
- All players, including the goalkeepers, should wear shin pads unless medically advised not to wear them
 - Club sessions may not require shin pads to be worn, although the WFA would advise players to wear them
 - All Tournament or similar WFA competition shin pads MUST be worn