

Walking Football Information

Walking Football is one of the fastest growing sporting activities in the UK. It is a non-contact sport and running (or jogging) is strictly forbidden. We play on small pitches with small goals. Games are normally 7-a-side although 6 and 8 a-side are also played and can be played both inside and outdoors. The rules of Walking Football have been devised by the Walking Football Association and another by the Football Association. Both sets are comprehensive and lengthy and are designed to cover competitive and recreational play.

Our guiding principle can be summed up by PERSIE

Physical Exercise – Recreation – Social Interaction – Enjoyment

We are adopting, within the rules of the these associations, the following simple and straightforward main rules:

1. **NO CONTACT:** tackling and attempting to win the ball in the possession of an opponent are **NOT ALLOWED** neither from behind or from the side as this may result in injury to either player.
2. The ball **MUST NOT BE KICKED OVER SHOULDER HEIGHT** as this may cause injury to another. An exception is made for a clear shot on goal when no player other than the goalkeeper is in the path of the shot but must not exceed the height of the goal crossbar.
3. **RUNNING** and/or **JOGGING** are **NOT ALLOWED**. The game is a team game and players are encouraged to control and pass the ball then move into space to be able to receive a pass from a team member. The referee will simply blow the whistle to stop the game if a player is deemed to have moved too quickly either with the ball, to receive a pass or to defend a position.
4. **FAIR PLAY** at all times in a sportsmanlike manner avoiding aggressive behaviour and abuse of any kind be it physical or verbal.
5. **COMFORTABLE CLOTHING** and **FOOTWEAR** to be worn. Clothing should be comfortable and allow for ease of movement. Appropriate, particularly football specific trainers, will provide better stability and control of the ball. Shin pads would be useful in case of accidental contact.

Please bring your own **WATER BOTTLE** as staying hydrated is essential.

There are 4 group leaders who between them will take a register of those attending, collect the money and handle any incident reporting that may arise.

Two will lead the coaching, talk to those participating about the session and find out the level of mobility, skill and football experience of each member so that they can offer the best help. There will be a brief discussion from the group leaders prior to pitch time with drills for mobility and skill taking place for the first 20 minutes of the pitch time.

A game will take up the last forty minutes of the pitch time.

The referee will ensure it is **walking only** and played by the rules of the game.