



WALKING FOOTBALL



IWFF

LAWS OF THE GAME MADE SIMPLE

1. **Running**

Players **must not run** either with the ball or off the ball. Three running offences by the same player will result in a period in the sin bin.

2. **Head Height**

If, in the opinion of the referee, the whole of the ball goes above 6ft (1.82mtrs) from the ground then it is always out of play. An indirect free kick will be awarded accordingly.

3. **Goal Keepers**

If the ball goes above head height from a goalkeeper's save and into the goal then the goal is not allowed.

If the ball goes above head height from a goalkeeper's save and onto the field of play the ball is out of play and the ball will be brought back into play by the goalkeeper

The goalkeepers must roll the ball underarm to bring it back into play.

4. **Ball in and out of play** – the ball is in play at all times unless:

- 4.1 the referee stops the game
- 4.2 the whole of the ball crosses the line (side and goal lines)
- 4.3 the ball goes above head height

5. **Free Kicks**

All free kicks are indirect.

6. **Minimal Contact:** Whereas some contact is expected If in the opinion of the referee:

- 6.1 contact is minimal and appears accidental then play on
- 6.2 contact appears accidental but perhaps with too much force then a free kick is awarded
- 6.3 contact appears deliberate, irrespective of whether it's minimal or too forceful, then a free kick is awarded and potentially a blue card shown to the offender.

7. **Restricted back pass**

If a player receives the ball from his goalkeeper they cannot pass it back to him/her unless it has been played by another player first.

8. **Violent Conduct**

Any player sent off for violent conduct or for using foul or abusive language or gesture towards the referee or opposing teams and may be suspended for subsequent games.

9. **Penalty Kick**

A penalty kick is awarded for the following offences:

- 9.1 a defending player deliberately enters their own penalty area
- 9.2 a goalkeeper deliberately exits their own penalty area

The player taking the penalty kick must take a maximum of one step before taking the penalty kick.

10. **The Referee**

The decisions of the referee regarding facts connected with play are final. The decisions of the referee, and all other match officials, must always be respected.