



# Walk, Don't Run!

## Starting Walking Soccer within Your Organization

### What's the big deal with Walking Soccer?

Walking Soccer is just that... a walking version of the Beautiful Game. Its adaptive form offers opportunities to both the participant and the organization that may not have otherwise been available.

It is ideal for those with mobility or health issues, seniors, and those with injuries that would love a chance to get back on the pitch, and, **it's catching on** - clubs all over the world are now starting to offer Walking Soccer. In the United Kingdom alone there are over 800 teams, and there is even a Walking Soccer National Body! Canada is starting to catch on to the trend, with programs currently running in Ontario, Nova Scotia and British Columbia.

***Now is your chance to differentiate your programming and to be a ground-breaker for Walking Soccer in Saskatchewan!***

### The Rules

It's simple! Below are the basic rules of Walking Soccer:

- No contact
- Shoulder Height Restriction – ball has to be played relatively to feet
- No off-sides
- No outfield players in the goalkeeper's area and goalkeepers must remain inside their area
- And of course.... WALKING ONLY! One foot must be on the ground at all times!

### The Benefits to Your Organization

- Programming can be run during off-peak hours
- Build partnerships with other organizations to offer programming
- Eliminate a barrier to participation for Seniors and those with mobility or health constraints
- Introduce new players to the game and welcome back players that haven't been able to play due to injury or health
- Expand and differentiate your programming
- New sponsorship, funding and partnership opportunities

## **The Benefits to the Participant**

- Low-impact – walking and exercise offer various physical and mental health benefits
- FUN and social! A great opportunity to meet new people and to be part of a team
- Quench the thirst for competition – a chance to get back in the game!

## **How will SSA Help to Launch Walking Soccer in Your Community?**

We are here to help you to launch and run a successful program and are happy to offer support in the following areas:

- Assistance with Walking Soccer promotional Kick-Off event
- Promotional materials – posters, brochures etc.
- Information on game rules and regulations
- Walking Soccer specific waivers
- Referee intro to walking soccer



## **Contact us to Get the Ball Rolling... (and your players walking) Today!**

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