



Saskatchewan Soccer Association

Walking Soccer Rules

Normal Laws of the Game apply except where as noted below.

1. Equipment

A player must not use equipment or wear anything that is dangerous to themselves or another player. All jewellery must be removed. *Shin guards; must be covered entirely by the socks.

Goalkeepers must wear colours which easily distinguish them from the other players and the referees.

2. The Authority of the Referee

Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match to which they have been appointed, from the moment they enter the facility where the playing area is situated until they leave.

3. The Duration of the Match

The duration of the match shall be two 14 minute halves.

4. Ball Out of Play

The ball is out of play when: it has wholly crossed the goal line or touchline, whether on the ground or in the air, when the referee has stopped play, or, when playing indoors, the ball hits the ceiling. The game is restarted by an indirect free kick awarded to the opposing team to the one which last touched the ball. If the ball hits the ceiling, the ball is placed from where it was kicked.

5. Height of ball restrictions

A height restriction is set at 6 feet. The referee has sole interpretation of the height limit. A ball is considered dead if it exceeds the 6 feet restriction. The game is restarted by an indirect free kick, placed from where the ball was kicked, awarded to the opposing team to the one which last touched the ball.

6. Offside

There is no offside

7. Goalkeeper's Penalty Area

Access to the penalty area is restricted except for the goalkeeper. Goalkeepers are not permitted to exit their penalty area.

8. Substitutions

Substitutions can be made 'on the fly' and are unlimited

9. Format

The game format is **6 a-side (including goalkeeper). If a team has less than 4 players, the match will be abandoned.

10. Walking Rule

Walking is defined as 'always having at least one foot in contact with the ground'. The referee will award a direct free kick against any player who is seen to be not walking. Jumping (ie. for a header) is not allowed.

**Players will be allowed to participate during the 1st Annual Walking Soccer Cup without shin guards, this participation will be voluntary*

***Subject to change with team/player availability*