

WALKING FOOTBALL BEDFORD

Session Playing Rules

Match Ball – size 5 astro suitable ball.

Footwear – Astro Boots or Trainers to be worn at all of our Venues.

Team sizes – adjusted to fit numbers attending.

Running – a free kick will be awarded at the starting point of the run (this is with or without the ball).

Slide tackles – are not allowed and a free kick will be awarded.

Contact – strictly minimal contact allowed – a free kick will be awarded for strong challenges or any similar infringements (PLEASE NOTE).

Kick off, free kicks, kick ins, corners – *apart from deliberate handball which will be a direct free kick* - all are indirect. **Only one opponent may face the free kick and must be at least 3 metres from the ball.**

Head Height – the ball cannot be played above head height – if infringed the free kick will be from where the ball was played. Balls over head height resulting from a save from the goal keeper or from hitting the frame of the goal are a 'dead' ball and should be returned to the keeper for them to re start play (it is a corner if the save goes behind the goal line and is below head height).

Heading the ball - You cannot head the ball – an indirect free kick is awarded if you do.

Goal scored – the game will restart with KO from the pitch centre.

Goal area – where marked the goalkeeper may not leave his area and an opposition outfield player may not enter the area. An indirect free kick will be awarded for either transgression. If a defender enters his own Teams area it is a penalty

Goalkeepers – players must each take a turn in goal (please supply own set of gloves to wear). The goalkeeper must distribute the ball on the ground – either with their feet or rolling out underarm.

Back passes – the goalkeeper CANNOT receive the ball directly from a team mate to whom they have just passed the ball without the ball having made contact with any other player. An indirect free kick will be awarded at the place of the pass.

3 touch – the games at our Sessions are played as 3 touch