



Walking Football Rules & Guidelines

Regulations:

- All other rules follow the Football Australia Walking Football Laws of the Game (February 2024 update) with a set of Social, Social Mixed Guidelines made simple for those new to the sport.

Team Information & Equipment:

- Each team has 6 players: 5 outfield players and 1 goalkeeper.
- Football boots are strictly prohibited. Players must wear non-marking futsal shoes, athletic trainers, or turf football shoes with flat or short rubber studs designed for indoor or artificial surfaces. This is to ensure player safety and protect the playing surface.

Game Format:

- Games are 24 minutes total: 12-minute halves, 1-minute half time with 5-minute breaks between matches. Games run on the half-hour.
- No running or jogging (with or without the ball).
- All pitches are 40m x 25m with 3m x 2m goals.
- Walking Football is a NO Contact version of the game.

Tournament Structure:

- Teams will play in round-robin matches on Days One, Two, and Three.
- Finals will take place on Saturday, featuring semi-finals, a grand final, and a bronze medal match for 3rd place.

Finals Series Format:

- Semi-Final 1: 2nd vs 3rd place teams (2 v 3)
- Semi-Final 2: 1st vs 4th place teams (1 v 4)
- Bronze Medal Playoff: Losing semi-finalists

- Grand Final: Winners of both semi-finals

Final Series Winner Determination:

- In the event of a tie after normal time in finals, the match will proceed directly to a penalty shootout in accordance with FIFA regulations. No extra time will be played.

Social Mixed Competition:

- Played with goalkeepers.
- Mixed teams must have 3 women on the field at all times.

Penalties & Offences:

- A penalty kick is awarded to the opposition after the 4th “not walking” offence by a team. The count then resets to zero and accumulates again.

Note: This rule is a new addition following the February 2024 update to the Walking Football Laws of the Game.