



Regulations

2019 Walking Football

SECTION 1: ORGANISATION AND ADMISSION

1. Scope and Application

- a) These Regulations apply to Participants in the **2019 Walking Football Competition** (the Competition) as conducted by Gladesville Hornsby Football Association (GHFA)
- b) Where these Regulations are silent on any particular aspect, then all Clubs, affiliated bodies and organisations will first have regard to the Constitution, By-Laws, FFA rules and regulations and where applicable rules and regulations of FNSW
- c) If any part of these Regulations is void that part shall be severable and will not affect the enforceability of the remaining sections of these Regulations.
- d) The Competition Administrator will interpret and apply all articles of these Regulations and any such interpretation or application will be final and binding on all parties.

2. Reference

Where these Regulations refer to a "Club" that reference is to a team that is entered into the Competition.

3. Capitalised Terms

Any capitalised terms used in these Regulations will have the meaning given to them in Schedule 2.

4. Alteration

The Competition Administrator will have the ability to expand on these Regulations and make additional rules which will be set out in Schedule 2.

5. Disciplinary Sanctions and Proceedings

All Clubs, Players, Team Officials, Match Officials, Spectators or any person participating in any manner at a Competition Fixture, Match or event will submit exclusively to the jurisdiction of the GHFA Grievance and Disciplinary Regulations.

6. Unforeseeable Circumstance

Nothing in these Regulations will prevent Football NSW and/or GHFA from approving a course of action to meet unforeseeable circumstances not covered by the Regulations.

7. Control of Competitions

The administrative control and conduct of the Competition is vested with the Competition Administrator appointed by the GHFA Board

SECTION 2: WALKING FOOTBALL – SPECIFIC

1. Match Format & Duration

- a) Match Formats may vary as shown below depending on the number of available players.
 - 5v5 – quarter field
 - 6v6 – quarter field
 - 7v7 – quarter field
- b) All games will be played in 2 equal halves of 20 Minutes each
- c) There is a one minute half time break.
- d) No time will be added
- e) Each team must nominate 1 goal keeper

2. Walking Rule

- a) Walking is defined as *'always having at least one foot in contact with the ground, never having both feet off the ground at once'*.
- b) The referee will award a direct free kick against any player who is seen to be not walking.

3. Height of the Ball

- a) A height restriction is set at a designated height of 6ft (1.83metres), above which a direct free kick shall be awarded to the opposing team.
The exception to this rule shall be when the ball rises above the designated height restriction resulting from a save or block performed by a goalkeeper. Play should continue in this circumstance.

4. Additional applicable infringements

- a) All free kicks awarded outside the penalty area are direct. All opposing players must remain 5 metres from the ball until it is kicked.
A direct free kick is awarded to the opposing team if a player commits any of the following offences:
 - Running;
 - Deliberately handling the ball;
 - Attempting a 'Slide Tackle' in an attempt to win the ball;
 - Playing the ball from the ground; and
 - Kicks, Trips or Strikes (or attempts to) an opponent.
- b) A free kick awarded inside the Penalty area is a penalty kick
- c) A penalty kick is a direct kick and is taken on the edge of the semi-circle, in front of the goal posts. Apart from the goalkeeper and the kicker, all defending and attacking



players must remain behind the ball and 5 metres from it until the ball is kicked and it moves.

5. Restarts

- a) If the ball goes out over the sideline it must be passed in from where it went out by the opposing team.
- b) When the ball crosses over the goal line it is a corner or goal kick. Goal kicks can be taken anywhere within the goal circle while corners must be taken from the corner spot. The ball must be placed on the mark prior to kicking.

6. Offsides

There are no Offsides All players must be in their own half for all kick-offs.

SECTION 3: ELIGIBILITY AND REGISTRATIONS

1. Age Eligibility

Mixed age 50+

2. Player Registration

- a) Registrations open April 2019
- b) All Players must be registered via the Play Football system.