

Rules of Walking Football

Non-Contact

Above head height restriction on ball

No heading the ball

No playing with reckless or dangerous intent

Walking instead of running – with one foot on the ground

No Offside

No side tackles, trips, strikes, pushes, shoulder barge

No throw ins

Penalty is a one-step only kick.

Games can be played with or without a goalkeeper.

The rules can be varied to allow for age, skill level & capability.