

Greater Manchester Walking Football League Rules

(Amended February 2018)

• 6-A-SIDE

Maximum squad of 10.

• 4 FLEXI SUBS

Any player - multi-use. Wait for a break in play on the referee's whistle or when the ball is in possession of the goalkeeper. Make the referee aware of intent when the ball is dead or safe in the goalkeeper's possession.

• TEAM MEMBERS

Only players registered for any particular team can be played in league and cup fixtures. On no account can players swap teams during a competition, once they have registered on the day. If teams are short of players and borrow players from other teams, they must be registered before the competition starts and will only be allowed to play for that team.

• PLAYERS SAFETY

Shin pads are compulsory in all competitive games. No pads – no play.

• BALL SIZE

Size 5 regular.

• START OF PLAY

A coin toss shall be used at the start of a game to determine which team has kick-off or electing which end they shall play from.

• NO RUNNING OR JOGGING ON OR OFF THE BALL BY ANY PLAYER, INCLUDING THE GOALKEEPER

1st Offence:

An indirect free kick will be awarded to the opposition for any player running on or off the ball.

2nd Offence:

By the same player. An indirect free kick will be awarded to the opposition and a warning by the referee.

3rd Offence:

By the same player will result in a 4 minute Blue Card Sin Bin, also a penalty awarded. A player who has been blue carded for 4 minutes and repeats 3 more running offences will result in a Red Card to that player, also a penalty awarded, and that player plays no further part in that day's tournament.

If a player runs off the ball to try and gain an advantage in stopping the opposition's goal scoring chances by having a free kick awarded against him, the referee will allow play to continue as long as that player doesn't succeed in stopping the opposition's scoring chances.

A warning will be given and a 2nd similar offence by that player will result in a 4 minute Blue Card Sin Bin and a penalty awarded. A 3rd similar offence by that player will result in a Red Card and a penalty awarded, and that player plays no further part in that day's tournament.

• **NON-CONTACT TACKLING ONLY**

Aggressive, reckless or dangerous tackling including slide tackles, shoulder charges or obstruction will result in -

1st Offence:

A warning by the referee, also a penalty awarded.

2nd Offence:

By the same player will result in a 4 minute Blue Card Sin Bin, also a penalty awarded.

3rd Offence:

By the same player will result in a Red Card and a penalty awarded, and that player plays no further part in that day's tournament.

The referee can red card a player if they feel that either the 1st or 2nd offence warrants that action immediately, and a penalty awarded. The player plays no further part in that day's tournament.

• **RESPECT**

ZERO TOLERANCE of the following:

DISSENT, ABUSE, ARGUMENTATIVE BEHAVIOUR, SWEARING, SARCASM TOWARDS THE REFEREE, OPPONENTS, TEAM MATES, OFFICIALS, TEAM STAFF OR SPECTATORS – The referee has the power to give an automatic 4 minute Blue Card Sin Bin. Any further incidents during the match from a sin binned player on their return from the time sanction will result in a Red Card sending off. The player plays no further part in that day's tournament.

The referee can Red Card a player if they feel that the 1st offence warrants that action immediately. The player plays no further part in that day's tournament.

• **A PLAYER SENT OFF ON A RED CARD FOR VIOLENT CONDUCT**

Any player kicking out, throwing a punch or head-butting will play no further part in that day's tournament.

• **DISCIPLINE PROCEEDURE**

All players, whether 4 minute Blue Card Sin Binned or given a Red Card during a game will have the details recorded by the referee – the name of the player, team name, offence which took place and the opponent's.

These will be passed onto the league organisers who will decide on any further action to be taken. The action taken will be dependent on the severity of the offence and also previous offences by the named player. All players and team managers will be informed of any action to be taken.

This could either be: A final warning to the player or in extreme cases disqualification from all future Greater Manchester Walking Football League or Tournament games. **The Referee's decision is final on any interpretations.**

• **PLAYERS GROUNDED ON THE FLOOR**

Players grounded on the floor may not play the ball, if they do a free kick is awarded to the opposition. The only exception being the goalkeeper who is allowed to distribute the ball in the area whilst grounded.

- **NO OFFSIDES**

- **CORNERS**

If the pitch possesses touchlines/goal lines and no barriers or walls a corner is kicked in.

- **THROW INS**

If the pitch contains touchlines a kick-in shall replace a throw-in.

- **NO ENTRY INTO PENALTY AREA 'D' BY ANY OUTFIELD PLAYER**

The exception being by momentum and no advantage gained. Should a defender have inadvertently stepped into the area, but play, or the outcome of play has not been affected, play carries on.

If the defender has stepped into the penalty area in the process of blocking a shot, shielding the ball, shepherding the ball back to the goalkeeper, playing the ball from within the penalty area, a penalty kick shall be awarded against the defender.

If a defending player enters the penalty area deliberately to gain position to another part of the pitch for any reason, to play the ball back to the goalkeeper, to block a shot on goal, deny a clear goal scoring opportunity, a penalty kick shall be awarded against the defender.

When a defending player enters the penalty area inadvertently, has gained no advantage or does not affect play, no penalty can be awarded and play continues.

If two opposing players come into contact on the penalty area line and the defender enters the penalty area not by their own volition, no penalty can be awarded.

Should an attacking player step into the penalty area by momentum after a shot from outside the area which results in a goal, the goal shall stand, otherwise for any other occasion where the attacker has stepped into the penalty area, a free kick is awarded to the goalkeeper to be taken where the infringement occurred.

A player pushed into the penalty area will have a free kick awarded in their favour.

- **NO GOALKEEPER EGRESS FROM PENALTY AREA**

Except by momentum, or if sliding forward whilst making a save and the ball and goalkeeper's upper body have not left the penalty area. The goalkeeper cannot slide forward in making a save and make contact with the ball outside of the penalty area.

If the goalkeeper egresses from the penalty area - a penalty is awarded to the opposition.

If a goalkeeper egresses from the penalty area to intercept a ball, halt a player's progress or deny a clear goal scoring opportunity, a penalty is awarded to the opposition and the goalkeeper is Blue Card Sin Binned for 4 minutes.

- **A BALL ON THE LINE OF THE PENALTY AREA IS CONSIDERED FAIR GAME**

The penalty area plane rises up from the line.

- **THE WHOLE OF THE BALL HAS TO BE OVER ANY LINE TO BE CONSIDERED OUT OF PLAY OR INSIDE/OUTSIDE THE PENALTY AREA**

- **PENALTIES ONE STEP RULE**

A player takes one step back from the ball and elects to kick it from there or plants one foot beside the ball (one step) and kicks the ball with the other.

If a player has taken two steps or more and scores, the goal is disallowed and the kick retaken. If the player has taken two steps or more and misses or has the shot saved, the kick is not to be retaken and play resumes.

To make it really simple – the kicker has two feet on the ground, takes one step forward and kicks with the other foot. Anything else is an illegal penalty.

- **ALL FREE KICKS ARE INDIRECT**

A goal can be awarded if the ball deflects off an opposing player or the goalkeeper touches the ball on its way into the goal before a second touch by a player from the same team.

- **IF THE REFEREE HAS STOPPED PLAY WITH A BLOW OF THE WHISTLE**

Play can only resume with a blow of the whistle from the referee, including penalties.

- **DROP BALL**

A drop ball may be used to resume play when it is not evident a decision can be reached to determine possession; or in the event of a sudden halt in play.

- **TEAMS CANNOT SCORE DIRECTLY FROM THE KICK-OFF UNLESS THE BALL HAS BEEN PASSED TO A TEAM MATE**

- **3 METRE EXCLUSION ON PLAYERS ON ALL DEAD BALL SITUATIONS**

Should a player not have retreated 3 metres from a dead ball situation, the referee will pace out 3 metres and assert where the player shall place themselves. If that player still has not retreated the referee will warn the player, that should they not move immediately, that player will receive a 4 minute Blue Card Sin Bin.

- **OFFENSIVE FREE KICKS NEAR PENALTY AREA LINE**

Move ball back 3 metres to allow defence opportunity to position themselves between ball and goal. Play cannot resume until the defence has positioned themselves and the referee has resumed play by the whistle.

- **BALL HEAD HEIGHT RESTRICTION**

The height shall be set at 6 feet. The referee has sole interpretation of the height limit.

A ball deflected off a player rising above the height restriction results in a free kick to the opposing team.

A ball saved or deflected by the goalkeeper over head height and out of play on pitches with goal lines shall be a corner.

A ball saved or deflected by the goalkeeper over head height within the penalty area that crosses the goal line shall stand as a goal.

If a ball deflects off the goal frame and exceeds the head height restriction, the ball is retained by the goalkeeper.

A ball deflected over head height by the goalkeeper and remaining in the D, the ball is retained by the goalkeeper.

A ball deflected over head height by the goalkeeper and landing outside the D, the ball is retained by the goalkeeper.

• PLAYERS ARE NOT PERMITTED TO HEAD THE BALL IN ANY CIRCUMSTANCE

If the referee deems that a player has headed the ball a free kick will be awarded to the opposition.

• GOALKEEPERS MAY RECEIVE BACK PASSES & CAN CHOOSE TO THROW THE BALL OUT UNDER-ARM OR KICK IT OUT INTO PLAY. THEY MAY ALSO PICK UP & DROP TO KICK

Throwing infringements or the ball above head height results in a free kick to the opponents 3 metres outside the area.

• NO RESTRICTION ON TIME THE GOALKEEPER HAS TO PLAY THE BALL OUT OF THE AREA

But the Referee may warn the keeper of time wasting. Should the warning not be heeded, a free kick may be awarded 3 metres centrally outside the penalty area.

• NO RESTRICTION ON PASS BACKS/PASS OUTS BY THE DEFENCE & GOALKEEPER

But the Referee may warn the team in possession of the ball that they need to progress play forward due to time wasting. Should the warning not be heeded, the Referee may award a free kick at the point where the warning was not heeded to the opposition for time wasting/poor sportsmanship. If the goalkeeper is penalised for time wasting, the ball is placed 3 metres outside the penalty area.

• GOALKEEPERS MUST WEAR A TOP THAT DISTINGUISHES THEM FROM OTHER PLAYERS

• GOALS CAN BE SCORED FROM ANY OUTFIELD POSITION

- **GOALKEEPERS CANNOT SCORE A GOAL**

The exception being in any penalty shootout, not in normal play.

- **LEAGUE & CUP TOURNAMENT DEADLOCKS**

If league positions are tied on points, then goal difference will be taken into account. If this is also tied, the most goals for will decide the winners. If this is also tied, then positions will be decided on penalties. 3 penalties per team and then sudden death.

The same criteria will apply to cup tournament round robin table positions. In the knockout stages of cup tournaments, any draws will go to penalties. 3 penalties per team and then sudden death.

The Referees decision is final on any interpretations of these rules.