

Bigfoot Walk Soccer Club Rules of Play

September 2025

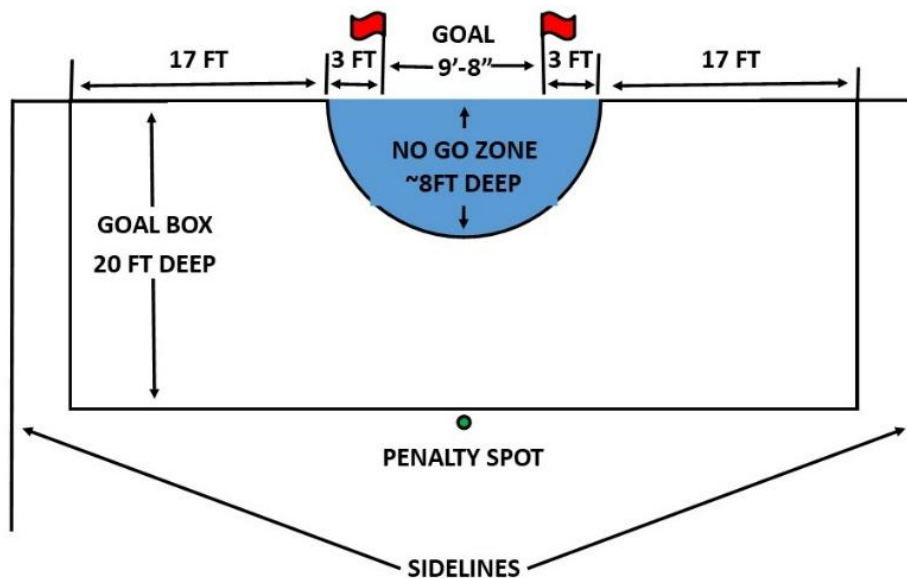
Fitness, Friendships, Fun

The rules of play for the Bigfoot Walk Soccer Club have been adapted from the rules of play from the Ultimate Walk Soccer Club, the Walking Football Association (<https://thewfa.co.uk/laws-of-the-game/>) the Federation of International Walking Football Associations (<https://www.fiwfa.org/laws-of-the-game/>) and <https://www.footballrules.com/> after review by local players and referees. (The text highlighted in yellow are the additions or modifications from the previous rules.)

Field of Play

Walking Soccer can be played outdoors or indoors with or without walls. The playing area must be rectangular with the length of the sideline greater than the length of the goal line. Playing area dimensions are adjusted depending on the number of players. A goal box, extending approximately 20' (6 meters) from each goal post and 20' (6 meters) from the goal line should be marked at each end of the field. If needed, a penalty spot is centered at the top of the goal box line.

A "No Go" Zone, a semi-circle, extending 3 feet outside of each goal post to a depth of approximately 8 feet, shall be delineated with flat disc cones. The "No Go Zone" is the area where no player from either team may enter while the ball is in play." The site manager may opt to create a rectangular "No Go Zone", instead of a semi-circle. When playing with goalkeepers, the site manager can opt to increase the size of the "No Go Zone."



Goals

If available, small goals approximately 6'5" (2 meters) high and 9'8" (3 meters) wide are recommended when playing with or without a goalkeeper. The width of the goals may be adjusted by the site manager according to the number of players. Flags may also be set up to simulate a goal. The site manager may also opt to set up flags inside a regulation size goal, 5' from each goalpost, and have players shoot the corner between the flag and the goalpost to score a goal. This set-up creates 2 goals within the regulation-sized goal. A goal is scored when the ball crosses the line between the goal post and the flag and is under the height restriction.

Ball

Size 5 soccer balls will be used on outdoor turf or grass fields and on indoor fields.

Players

The number of players per team range from 6 v 6 to 11 v 11. Most BWSC club scrimmages do not use subs in order to facilitate more player participation and touches on the ball. If subs are used, the number of substitutions made during a match is unlimited; and players can substitute on the fly or at the permission of the referee.

Player Equipment

Shin guards must be worn. A player may not use equipment or wear anything that is a danger to themselves or another player. **All jewelry must be removed; but if rings cannot be removed, the ring must be covered or stones turned toward the palm. Fitbits/watches may be worn if covered. Hats must have flexible brims; no hard/firm brimmed hats or visors.**

Players wearing glasses are advised to wear sports goggles. Players are responsible for the type of glasses they wear.

Referee

Each match may be controlled by a referee who has full authority to enforce the BWSC Rules of Play for the match to which they have been assigned from the moment players enter the site venue where the field of play is located until players leave the site venue.

Duration of the Match

The duration of the match shall be two 30-minute periods with a 5-minute break between halves. The duration of the game may be adjusted per the request of the site manager.

Start and Restart of Play

- **Kick-off** starts or restarts play at the beginning of the game, after a goal has been scored, or after the half time break. The ball may move in any direction. A goal may not be scored directly from a kick off.
- **Kick-in** is a method of restarting play, awarded if the whole of the ball passes over a sideline. The kick-in is awarded to the opponents of the player who last touched the ball and is taken from the place where it crossed the sideline. The ball must be stationary and close to the sideline when kicked. Opposing players must be at least 9.8' (3 meters) from the ball. A goal cannot be scored directly from a kick-in.
- **Goal kick** is a method of restarting play. The goal kick is awarded when the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored. A goal kick is awarded to the defending team and must be placed in a stationary position anywhere in the goal box, except in the "No Go Zone". Opponents must be outside the goal box until the ball is in play. The ball is in play after it is kicked or touched. The kicker may not play the ball a second time until touched by another player.
- **Corner kick** is a method of restarting play, awarded to the attacking team when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored. The ball is placed at the nearest corner. Opponents must remain 9.8' (3 meters) from the ball until it is in play. The ball is kicked by a player of the attacking team and is in play when it is kicked or touched. A goal may not be scored directly from a corner kick. The kicker may not play the ball a second time until it has been played or touched by another player.
- **Indirect Free Kick (IDFK)** is awarded to the opposing team after a player commits a foul or misconduct. The ball is placed at the spot of the foul. Defending players must be 9.8' (3 meters) from the ball when the kick is taken. When an IDFK foul occurs inside the goal box, the kick is taken on the goal box line, closest to where the foul occurred.
- **Drop ball** is a way of resuming play. If the ball is outside the goal box area when play is stopped, the ball is dropped for the team that had or would have gained possession if it is clear to the referee. Otherwise, the ball is dropped for the team that last touched it. All drop balls in the goal box are awarded to the defense. The ball is dropped at its position when play was stopped. Play restarts when the ball touches the ground. A goal cannot be scored directly from a drop ball.

- **Penalty kicks** are awarded for red card offenses (page 4) that occur in the goal box when playing with or without a goalkeeper. The penalty spot is centered at the top of the goal box line. Only the player taking the penalty kick may touch the ball until it has bounced off a post or player,

Ball In and Out of Play

- Ball is out of play when it has wholly crossed the goal or sideline or when the referee has stopped play.
- When playing without goalkeepers, a ball that comes to rest within the “No Go Arc” is considered to have crossed the goal line. If an offensive player last touched the ball, the defending team will restart with a goal kick. If a defensive player last touched the ball, the offensive team will restart with a corner kick.
- Ball is in play at all other times within the playing area, including when rebounding off a goal post or off the referee.

Determining the Outcome of a Match

- A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided no offense has been committed by the team scoring the goal.
- If playing with 2 flags in each goal to mark 2 goal scoring areas, the ball must pass between the flag and the goal post.
- Goals may not be scored directly from a kick-off.
- Goals will not be allowed if the ball is struck directly from the defending half of the field, unless it is an own goal scored by the defending team into their own goal.
- The team scoring the greater number of goals is the winner. If both teams score no goals or an equal number of goals the match is drawn.
- Score is not kept for club games unless it is decided prior to the game that score will be kept.

Offsides

There is no offsides rule in Walk Soccer.

Goalkeepers

- Goalkeepers must wear jerseys that are different in color from field players on both teams.
- if the ball deflects off the GK in the process of making a save and exceeds 5 feet returning to play, it is not regarded as a foul, but the ball must immediately be deemed dead and retained by the goalkeeper.
- The goalkeeper must deliver the ball into play by kicking it or by using an underhand or sidearm throw that does not exceed the height restriction.

Fouls and Misconduct

1. Running or jogging is not allowed. Walking is heel to toe walking, also defined as having at least one foot in contact with the ground at all times. This includes no running with the ball, onto the ball, or off the ball. The referee shall have sole interpretation of what is and what is not walking.
2. Height of the ball is restricted to under 5 feet of the height. The whole of the ball must exceed the height rule to be deemed an infringement. To maintain the flow of the game; a ball that is not struck, but accidentally deflected over 5 feet in height, has no advantage and maintains safety, may remain in play as judged by the referee. The referee shall have sole interpretation of the ball exceeding the height rule and should indicate “play on”. An indirect free kick is awarded to the opposing team at the spot in which the ball exceeded 5 feet. When playing indoors, a ball that strikes a barrier and deflects to a height greater than 5 feet is a foul.

3. No heading of the ball.

4. No “blasting” or excessive force of the ball which could cause injury to players. Excessive force and blasting will be determined by the judgment of the referee
5. Physical contact is not allowed and includes shoulder charging, pushing, holding, barging, backing up, stepping across or obstructing an opponent to gain advantage or denying that player access to the ball or to a position.
6. **Tackling from behind or attempting to kick a ball from behind an opponent with possession of the ball is not allowed.** See diagram below from the Federation of International Walking Football Association, Laws of the Game.



7. Slide tackles are not allowed.
8. Dangerous, careless, or reckless conduct, regardless of whether there is any physical contact, will be considered foul play.
9. Handballs are not allowed.
10. Players may not play the ball while on the ground.
11. **“No Go Zone” Infringement: Any player entering the “No Go Zone” (unless they do so purely as a result of momentum) commits a foul, regardless of whether or not they play the ball. The line marking the “No Goal Zone” is considered to be within the “No Go Zone”.**
12. The goalkeeper must remain within the “No Go Zone” when playing the ball with their hands. The goalkeeper may play the ball with their feet outside the “No Go Zone”.
13. If the goalkeeper delivers the ball by kicking or using an underhand or sidearm throw that exceeds the height limit, an indirect free kick is awarded to the opposing team 3 meters outside the “No Goal Zone”, adjacent to where the infringement occurred.
14. If playing in an indoor setting with barriers, 2 players cannot double team an opponent against a barrier or wall. In addition, a player may not hold the wall to push off.
15. **Fouling an opponent by denying an obvious goal scoring opportunity (DOGSO) occurs when all four elements are met (location and number of defenders, distance between the offense and the goal, likelihood of keeping or gaining control of the ball, and general direction of play.) A player deemed to have committed a DOGSO foul shall be given a yellow card or red card, depending upon whether there was a genuine attempt to play the ball, regardless of the location of the foul.**

Red Card Fouls and Misconduct

1. Serious foul play involves a tackle/challenge that “endangers the safety of an opponent or uses excessive force or brutality”.
2. Threatening physical harm or committing a violent action toward a player or referee is not allowed.

Playing Advantage

The referee may decide to play an advantage if it benefits the team which did not commit the foul; is safe to do so; and is unlikely to result in a confrontation, especially following physical contact. Referees should verbalize “play on” to indicate that an advantage is being allowed.

Sanctions

- A referee may give verbal warnings to players whose actions are nearly a foul. Warnings give players feedback to modify their action to avoid fouls and misconduct. Verbal warnings are particularly helpful to new players.
- Fouls and misconduct will result in an indirect free kick awarded to the opposing team of a player guilty of an offense.
- If a player commits multiple running, physical contact, tackling, or blasting of the ball; the following consequences apply:

First offense	Indirect Free Kick (IDFK) to opposing team
2nd offense	IDFK + the player needs to step off the field nearest any goal line or side line until play has stopped, resulting in the player's team being shorthanded. The player may not reenter the field until a player from the opposing team causes stoppage of play with a foul or by kicking it out of play. Exception: if a goal is scored by either team while the player is being held off the field, the player may reenter for the kickoff.
3 rd offense	Yellow Card—IDFK + player step off field. Referee should warn player that another foul or misconduct will result in a red card and ejection from the field.
4 th offense	Red Card--Player is ejected from the game and may not return to the field. The opposing team is awarded a penalty kick if the foul occurred in the goal box when playing with or without a goalkeeper. The referee will report all yellow and red cards to the site manager and to the Chair of the BWSC Judiciary Committee. The Judiciary Committee will review red cards and accumulated yellow cards to determine any further disciplinary action.

Abusive and Unsportsmanlike Conduct

Abusive and unsportsmanlike conduct will not be tolerated, including:

- dissent and disrespect of the referee, coaches, and managers
- using offensive, insulting or abusive language toward other players, referee, coaches, and managers

The referee will make the decision to give the offending player a yellow or a red card, depending upon the severity of the conduct. A yellow card indicates a caution to the player to correct the behavior as repeated behavior will result in a red card and ejection from the game. A red card indicates that the player must be ejected immediately from the game for player and referee safety, and the player must leave the field. The Judiciary Committee will determine if the player will be excluded from subsequent games. If a yellow or red card is given for abusive and unsportsmanlike conduct during the course of play, an indirect free kick is awarded to the opposing team to re-start play.

Falls

When a player falls during the game, the referee will use their discretion as to whether the play needs to be stopped. The referee will verbalize “play on” if the play should continue. If play is stopped, the team with possession of the ball will retain possession and restart with an uncontested drop ball.

