



RSC Walking Soccer Program

-Rules of the Game-

Walking Soccer offers a low-impact version of the beautiful game suitable for all skill levels and ages.

Ball size: A futsal ball, a size 5 ball or a size 4 ball.

Min # of players on field/court: Three (3).

Max # of players on field/court: Seven (7).

Game duration: Up to 2 x 20-minute halves.

Halftime: Up to five (5) minutes.

Substitution: Outfield players can sub 'on-the-fly'; Goalkeepers can only sub at the discretion of the referee.

Gameplay: No running or jogging is allowed – walking only, which is defined as always having at least one foot in contact with the ground. *Three (3) infringements of this rule will result in an indirect free kick. If an infringement results in the denial of a goal scoring opportunity, it is up to the discretion of the referee to award a penalty.*

Three touch: A player is allowed a maximum of three touches of the ball in succession before passing or releasing the ball to another player. *Infringement results in an indirect free kick*

Heading: Heading the ball is not permitted. *Infringement results in an indirect free kick.*

Height of ball restrictions: The ball cannot travel above 'head height' (1.83m) or crossbar height (1.2 to 2 metres) – whichever is higher. *Infringement results in an indirect free kick for the opposition team.*

Retreat line: No.

Kick-ins: Yes.

Throw-ins: No.

Offsides: None.

Penalty area: The penalty area is a protected area – offensive and defensive players are NOT allowed inside this area.



RSC Walking Soccer Program

-Rules of the Game-

Contact/Tackling: No physical contact is permitted - ball must be won without touching the opposition player. *Infringements result in a direct free kick.*

Slide Tackling is NOT permitted. *Infringements result in a direct free kick.*

No tackling from behind or from the side. Tackles must be from the front or between 10 and 2 on a clock face. *Infringements result in a direct free kick.*

Free Kicks: All free kicks are indirect.

Restarts:

Free Kicks: Indirect

Kick-ins/Dribble-ins: Indirect

Dropped Ball: Indirect

Kick-off: Indirect

Corner Kick: Indirect

Goal Kick: Indirect

Distance from ball on restarts: Two (2) meters.

Goalkeeping: Goalkeepers can put the ball back into play either by foot or by hand.

Goalkeepers CAN pick up a back pass.

If a goalkeeper passes the ball to a player, they cannot return it until a different player has touched the ball.

If the goalkeeper leaves the penalty area, a penalty is awarded to the opposing team.

Important Note: All players must be registered with the Club. Please be prepared to show photo ID if requested by Match Officials or Club Reps.

*Adapted from [CWSA RESOURCES | CWSA](#) and [Toronto Loons' Essential Rules - Rules - Toronto Walking Soccer Club](#)