

Walking Football

Walking football is a modified version of football played at a walking pace, with no running or jogging allowed, and emphasizes safety and inclusivity. Key rules include non-contact play, no heading, and a restriction on ball height.

Here's a more detailed breakdown of the rules:

Key Principles:

- **Non-Contact:** Walking football is designed to be a non-contact sport, with no tackling, barging, or shoulder-to-shoulder challenges.
- **Walking Pace:** Players must walk at all times, with one foot on the ground at all times, and running or jogging is strictly prohibited.
- **Ball Height Restriction:** The ball must not be kicked or played above head height.
- **No Heading:** Heading the ball is not permitted.
- **Kick-ins instead of Throw-ins:** Play is restarted with a kick-in instead of a throw-in.
- **No Offside:** There is no offside rule in walking football.
- **No Scoring from Kick-off, Corner Kicks or own half:** A goal cannot be scored directly from a kick-off, corner kick, kick-in or from own half.

