



The FA  
**WALKING  
FOOTBALL  
CUP**

**ABRIDGED PLAYING LAWS  
*FOR 2025***

# ABRIDGED PLAYING LAWS FOR 2025

Please note these laws are abridged.  
A full copy of these laws can be located on [TheFA.com](https://www.thefa.com) or located on the Tournify App which competing teams will be able to access on the day of the regional heats or national final.

## PLAYING PITCH

The FA Walking Football Cup will be played on pitches marked by touchlines. Barriers will not be used.

## PITCH DIMENSIONS

The FA Walking Football Cup will use 6-a-side pitches marked on 11-a-side pitch.

**All pitches will be of the following dimensions:**

**Length:** minimum 25m maximum 50m.

**Width:** minimum 16m maximum 35m.

Penalty areas will be marked with a semi-circle of 6m radius drawn from the centre of each goal line. Within each penalty area, a penalty mark is made 6.5m from the midpoint between the goal posts.

## GOALS

Goalposts of dimensions 12' x 6' (3.66m x 1.83m) i.e Minisoccer Goals will be used for the FAWFC.

## PLAYING SURFACE

All pitches for the regional heats and national finals are artificial turf surfaces where moulded studded boots are the recommended footwear.

## NUMBER OF PLAYERS

The FAWFC is a 6-a-side competition with six players per team and a maximum of five substitutes (total of 11 players).

## SUBSTITUTIONS

The number of substitutions made during a match is unlimited. A player who has been substituted may return as a substitute for another player.

## HEIGHT OF BALL RESTRICTIONS

A height restriction will apply, which will be the height of the crossbar.

If the ball rises above the designated height restriction, an indirect free kick is awarded from where the offence took place.

If a height offence occurs within the penalty area and is committed by the goalkeeper an indirect free kick should be awarded 3m from the penalty area line nearest to where the offence took place.

Any save or block from a goalkeeper that rises above the designated height restriction, before leaving the field of play, will result in a side-line restart (kick in or roll-in) for the opposing team, in line with where the offence took place.



## FOULS AND MISCONDUCT

Walking football is a non-contact version of the game. Caution should be taken to avoid accidental contact from behind or alongside opponents. Fouls and misconduct are penalised with an indirect free kick as follows:

**An indirect free kick is awarded to the opposing team if a player commits any of the following offences against an opponent in a manner considered by the referee to be careless, reckless or using excessive force:**

- Charges, jumps at, kicks or attempts to kick or push
- Touches the ball with the hand/arm when it has made the body unnaturally bigger
- Scores in the opponent's goal directly from their hand/arm, even if accidental or immediately after the ball has touched their hand/arm, even if accidental

**An indirect free kick is awarded if a goalkeeper commits one of the following offences:**

- Touches or controls the ball with their hands/arm or feet, in the penalty area, for more than six seconds.
- Receives the ball back directly from a team mate to whom they have just passed the ball without the ball having made contact with any other player.
- Allows the ball to stop in a stationary position in the penalty area without touching it for more than six seconds.
- If a height offence occurs within the penalty area and is committed by the goalkeeper an indirect free kick should be awarded 3m from the penalty area line nearest to where the offence took place.

**An indirect free kick is also awarded to the opposing team if a player commits any of the following offences:**

- Does not walk.
- Heads the ball.
- Hold an opponent.
- Bites or spits at someone.
- Slides in an attempt to play the ball when it is being played or attempted to be played by an opponent (sliding tackle).
- Plays the ball whilst on the floor.
- Deliberately touches the ball with their hand or arm, for example moving the hand or arm towards the ball.
- Prevents the goalkeeper from releasing the ball.



## DISCIPLINARY ACTION

The use of temporary time suspensions (sin bins) and the exclusion of a player arising from the issuing of a red card are the recommended disciplinary sanctions for use in walking football.

Match officials should employ the use of temporary timed suspensions (blue cards) in all cases traditionally regarded as cautionable offences.

## TIMED SUSPENSIONS

The period of timed suspension in walking football shall be three minutes (tbc prior to the commencement of the tournament).

The release of players from a temporary suspension should be at the direction of the referee or additional match official.

## OFFENCES AND SANCTIONS

Walking is defined as 'always having at least one foot in contact with the ground' and relates to the motion of all players moving around the field of play.

A goalkeeper is exempt from this rule whilst in the action of making a save, for example diving or jumping with both feet off the ground. The referee will award an indirect free kick against any player who is not walking, unless there is a clear attacking opportunity for the team in possession, where advantage can be played, the offending teams should be sanctioned once play has stopped, or the advantage has not accrued.

A penalty kick is awarded to the opposition on the fourth accumulated not walking offence committed by a team. This team count is then reset to zero and the not walking offences will accumulate again.

## MODIFICATIONS

For the FAWFC there will be no restriction on the number of touches per player.

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