Walking Football Scotland: Laws of the Game
Registered Charity No: SC047709
The following Laws of the Game are the recommendations from Walking Football Scotland (WFS).

Walking Football Scotland fully appreciate that rules tend to differ throughout sessions across the country depending on group and venue, however the Laws contained within this document are those that will be implemented within National WFS competitions and events.

This document contains both a full set of Laws, suitable for use by competition organisers and match officials, as well as a simplified version that can be used to advise participants of the Laws that will be of greatest interest to them.

Walking Football Scotland recommends that these Laws are used within all Walking Football sessions across the country.
**LAW 1**

**FIELD OF PLAY**

**General Principle**

*Where not stated, the normal IFAB Laws of Association Football apply with exceptions notably that there is no running and no offside in Walking Football.*

**The Pitch**

Walking Football may be played with or without barriers/partitions.

**Dimensions:**

The playing area must be rectangular.
The length of the touchline must be greater than the length of the goal line.

For 5 and 6-a-side football the following dimensions are recommended:
- **Length:** minimum 25m, maximum 50m
- **Width:** minimum 16m, maximum 35m

For 7-a-side football the following dimensions are recommended:
- **Length:** minimum 50m, maximum 60m
- **Width:** minimum 30m, maximum 40m

**Area Markings**

The playing area is marked with lines. The two longer boundary lines are called touchlines. The two shorter lines are called goal lines. All lines are 8cm wide.

The Playing Area is divided into two halves by the halfway line.

The Centre Mark is indicated at the midpoint of the halfway line. A circle with a radius of 3m is marked around it.
A Goalkeeping Area, where only the Goalkeeper (GK) can enter, is defined at each end of the pitch as follows:

- A semi-circle of 6m radius shall be drawn from the centre of each goal line. The extremities of these semi-circles should reach the goal line, barrier or wall regardless of whether or not the goal posts encroach onto the playing area. Alternatively, a rectangular box measuring out of 4.5m (5 steps) and then 2.5m (3 steps) out from each post.

- No outfield player may enter the Goalkeeping Area. If an outfield attacking team player enters this area deliberately to gain an advantage, an indirect free-kick will be awarded to the opposing team which will be taken by the goalkeeper in this area. If an outfield defensive player deliberately enters this area, a penalty kick will be awarded to the opposing team.

- The GK can pick the ball up when receiving a pass from a teammate, however has 6 seconds to then play the ball out or an indirect free kick will be awarded to opposing team 3m out with the GK Area with position dictated by match official.

- The GK cannot receive the ball back directly from a team mate to whom they have just passed the ball (with hands or feet) without the ball having made contact with any other player. An in-direct free kick will be awarded to the opposing team from where player passed the ball from to their own goalkeeper.

- If using a standard 5-a-side pitch, The Penalty Mark should be drawn out 6m from the midpoint between the goal posts and equidistant from them. If using a pitch with 7-a-side goals, The Penalty Mark should be an additional 2m away from the goals (6.5m rectangular box), 6.5m.

  The Corner Arc - where barriers do not surround the playing area, A quarter circle with a radius of 1m (1 yard) from each corner is drawn inside the field of play.
LAW 1

FIELD OF PLAY

The Penalty Area

This area will be marked out double the length of the Goalkeeping Area (e.g. 9m or 10 steps) with clear markings at either side of the playing surface. Any offence committed within this area can result in match official awarding a penalty kick being awarded to the offensive team.

Goals

A goal must be placed on the centre of each goal line.

A goal consists of two upright posts equidistant from the corners of the playing area and joined at the top by a horizontal crossbar. The goalposts and crossbar must be made of wood, metal or other approved material. They must be square, rectangular, round or elliptical in shape and must not be dangerous to players.

The distance (inside measurement) between the posts is maximum 5m, minimum 3m and the distance from the lower edge of the crossbar to the ground is maximum 2m minimum 1.20m.

Both goal posts and the crossbar have the same width and depths of 8cm. Nets, made of hemp, jute or nylon, are attached to the posts and crossbars behind the goals. The lower part is supported by curved bars or some other adequate support. Nets must be properly supported and do not interfere with the goalkeeper.

Safety

Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.

Playing Surface

Where natural turf is not used, the surface must be smooth, flat and non-abrasive.
LAW 2

THE BALL

Qualities and Measurements

The ball is:

• Spherical
• Made of leather or other suitable material
• Size appropriate to the group playing e.g. Size 4 or 5 in accordance to competition rules
• Of a circumference of not more than 70cm (28”) and not less than 68cm (27”)
• Of a pressure equal to 0.6 - 1.1 atmosphere (600 - 1,100 g/cm2) at sea level (8.5 lbs/sq in - 15.6 lbs/sq in)

Replacement of a Defective Ball

If the ball bursts or becomes defective during the course of a game:

• The game is stopped and is restarted by dropping the replacement ball at the place where the original ball became defective, unless play was stopped inside the goalkeeping area, in which case the referee drops the replacement ball inside the goalkeeping area to restart the game accordingly.

If the ball bursts or becomes defective during a penalty kick or during kicks from the penalty mark as it moves forward and before it touches any player or the crossbar or goalposts:

• the penalty kick is retaken

If the ball bursts or becomes defective whilst not in play at a kick-off, goal kick, corner kick, free kick, penalty kick or kick-in:

• the game is restarted accordingly

The ball may not be changed during the match without the authority of the referee.
LAW 3
THE PLAYERS

A match is played by two teams, each consisting of not more than the following number of players and substitutes for each format:

5-a-side = 5 players per team and 4 substitutes (total of 9 players)
6-a-side =6 players per team and 4 substitutes (total of 10 players)
7-a-side =7 players per team and 3 substitutes (total of 10 players)

Substitution Procedure

The number of substitutions made during a game is unlimited however the referee must be notified and give permission before any substitution takes place and player enters the field of play.

A player who has been replaced may return to the pitch as a substitute for another player.

Substitutions should only take place when there is a stoppage in play which will be determined by the Competition Rules.

A substitution is made when the ball is in or out of play, for which the following conditions must be observed:

• the player entering the field of play may not do so until the player leaving the playing area has passed completely over the boundary line

• where barricades/gates are used, the players must use the opening onto the field of play

• a substitution is complete when the substitute enters the playing area from which moment the substitute becomes a player and the player who is replaced ceases to be a player
LAW 3

THE PLAYERS
Changing the Goalkeeper

Any of the players or substitutes, may change places with the goalkeeper. The following conditions must be observed:

- the referee must be informed before the change is made
- the change may only be made during a stoppage in play
- the replacement goalkeeper must wear a jersey which distinguishes them from all other players and the referee

Infringements/Sanctions

If, while a substitution is being made, a substitute enters the field of play before the player being replaced has completely left:

- play is stopped
- the player being replaced is instructed to leave the playing area
- play is restarted by an indirect free kick to be taken by the opposing team from the place where the ball was situated when the game was stopped. However, if the ball was inside the penalty area, the indirect free kick is taken 3m from the penalty area line, at the place nearest to the position of the ball when play was stopped.

Where barricades are used; if, while a substitution is being made, a substitute enters the field of play or a player being replaced leaves it from a place other than the recognised opening in the barricades:

- play is stopped
- play is restarted by an indirect free kick to be taken by the opposing team from the place where the ball was situated when the game was stopped. However, if the ball was inside the penalty area, the indirect free kick is taken 3m from the penalty area line, at the place nearest to the position of the ball when play was stopped.
Validity of a Match – Playing Numbers

A match should not be considered valid if the playing strength of either team is permanently reduced by:

• more than two players for 5–a-side
• more than two players for 6-a-side
• more than three players for 7–a-side

However, this should only apply when players are permanently excluded or lost through injury.
LAW 4

THE PLAYER’S EQUIPMENT

Safety

A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewellery).

Basic Equipment

The basic compulsory equipment of a player consists of the following:

- a jersey or shirt
- shorts or track suit trousers
- Socks
- footwear – which is subject and appropriate to local conditions and surface type however metal/aluminium studs are strictly forbidden
- Shin guards (WFS Recommendation, to be worn during competition) are covered entirely by the socks providing a reasonable degree of protection and made of suitable material (rubber, plastic or similar material)

Goalkeepers

- the goalkeeper is permitted to wear long trousers
- each goalkeeper must wear colours which easily distinguish and differentiate them from their own players, opposition and the referee
LAW 4

THE PLAYER’S EQUIPMENT

Infringements/Sanctions

For any Infringements of this Law:

• The player at fault is instructed by the referee to leave the field of play to correct their equipment or to obtain any missing item of equipment. The player may not return to the playing area without first reporting to the referee, who then checks that the player’s equipment is correct. The player is only allowed to re-enter the playing area when the ball is out of play.

• Players can return to play whilst the ball is in play if a second official has checked the equipment. If no second official is present the player must wait for play to stop in order for the referee to check the faulty equipment.
LAW 5

THE REFEREE

The Authority of the Referee

Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match to which they have been appointed. The decisions of the referee regarding facts connected with play are final and if challenged, may result in a cautionable offence.

Powers and Duties

• enforces the Laws of the Game
• ensures that any ball used meets the requirements of Law 2
• ensures that the players' equipment meets the requirements of Law 4
• acts as timekeeper and keeps a record of the match
• stops, suspends or abandons the match, at their discretion, for any infringements of the Laws
• stops, suspends or abandons the match because of outside interference of any kind
• stops the match if, in their opinion, a player is seriously injured and ensures that he/she is removed from the field of play or gives permission to a first aider to enter the field of play. An injured player may only return to the field of play after the match has restarted
• allows play to continue until the ball is out of play if a player is, in their opinion, only slightly injured
• stops play and ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee, who must be satisfied that the bleeding has stopped
• allows play to continue when the team against which an offence has been committed will benefit from such an advantage and penalises the original offence if the anticipated advantage does not ensue at that time
• takes disciplinary action against players guilty of cautionable or sending-off offences
• takes action against team officials who fail to conduct themselves in a responsible manner and may, at their discretion, expel them from the playing area and its immediate surrounds
• ensures that no unauthorised persons enter the playing area
• indicates the restart of the match after it has been stopped
LAW 6

THE ASSISTANT REFEREE

In the event that referees are assisted by Assistant Referees.

Duties

The duties of the Assistant Referee are to assist the referee in controlling the match in accordance with the Laws of the Game in the following areas:

- control of the substitution procedure, ensuring that the player to be replaced has left the field of play before the substitute is allowed to enter the playing area
- check the equipment of all the substitutes entering the field of play ensure that a player sent from the playing area by the referee, to replace any missing or defective equipment, is checked before being allowed back on to the playing area
- if a player has been removed from the field of play by the referee to have a ‘blood injury’ treated, the assistant referee must ensure that the bleeding has stopped before the player is allowed to re-enter the playing area
- keep a full record of the game details
- report to the referee any misconduct by any of the team players or officials in the technical / bench / substitute area
- monitor and inform the referee of any running off the ball
- carry out any other duties as requested by the referee
LAW 7

THE DURATION OF THE MATCH

Periods of play

A Match lasts for two equal halves of 30 minutes, which may only be reduced if in accordance with competition rules, subject to the following:

- allowance shall be made in either period for time lost through stoppages as decided by the referee
- the duration of any period shall be extended to enable a penalty kick to be taken
- between periods the interval shall not exceed five minutes, except by consent of the Referee or if in accordance with competition rules
- competition rules may allow for a game to be played in its entirety without any interval or requirement to change ends

Any agreement to alter the duration of the periods of play must be made before the start of play and must comply with competition rules.

For games ending in a draw, competition rules may state provisions involving extra time or other procedures approved by the International FA Board to determine the winner of the game.
Preliminaries

The choice of ends is decided by the toss of a coin. The team winning the toss decides which goal it wishes to attack in the first period of the game. The other team takes the kick-off to start the game.

Kick-off

A kick-off is a way of starting or restarting play:

- at the start of the game
- after a goal has been scored
- at the start of any period of the game
- at the start of each period of extra time, where applicable

A goal cannot be scored directly from the kick-off.

Procedure

- all players are in their own half of the field of play
- the opponents of the team taking the kick-off are at least 3m from the ball until it is in play
- the ball is stationary on the centre mark
- the referee gives a signal
- the ball is in play when it is kicked and moves in any direction
- the kicker may not touch the ball a second time until it has touched another player
- After a team scores a goal, the other team takes the kick-off.
**LAW 8**

THE START & RE-START OF PLAY

Infringements/Sanctions

If the kicker touches the ball for a second time before it has been touched by another player:

- an indirect free kick is awarded to the opposing team to be taken from the place where the infringement occurred. For any other infringement of the kick-off procedure, the kick-off is retaken.

**Drop Ball**

A drop ball is a way of restarting the game after a temporary stoppage. A goal cannot be scored directly from a drop ball situation.

If a dropped ball enters the goal without touching at least two players, play is restarted with;

- a goal kick if it enters the opponents’ goal
- a corner kick if it enters the team’s goal

**Procedure**

The referee drops the ball to the team who last held possession at the place where it was located when play was stopped, unless it was in the goalkeeper’s possession, when the goalkeeper shall, at the referee’s signal; return the ball into play by dropping the ball from any point within the Penalty Area.

Play restarts when the ball touches the ground. Where barricades are in use and a drop ball is required, the referee shall drop the ball 2m from the barricade at the appropriate point.

In no circumstances will two players from opposing teams challenge for a drop ball for safety purposes.
LAW 8
THE START & RE-START OF PLAY

Infringements/Sanctions

The ball is dropped again:

• if it is touched by a player before it makes contact with the ground
• if the ball leaves the playing area after it makes contact with the ground, without a player touching it
LAW 9

THE BALL IN & OUT OF PLAY

Ball Out of Play

The ball is out of play when:

• it has wholly crossed the goal line or touch line, whether on the ground or in the air
• play has been stopped by the referee
• when playing indoors, it hits the ceiling

Ball in Play

The ball is in play at all other times including when:

• it rebounds from a goal post, the crossbar, or the barricades onto the field of play
• it rebounds from the referee when on the field of play however if it hits the referee and then goes to the opposing team, the game will be restarted by a drop ball

Decisions

When a game is being played on an indoor playing area and the ball hits the ceiling, the game is restarted by an indirect free kick awarded to the opposing team to the one which last touched the ball.

The indirect free kick should be taken from the point at which the ball began to rise. Should this occur in the penalty area, the free kick will be taken 3m from the penalty area line nearest to where the offence was committed.

The exception to this rule is when the ball hits the ceiling following a deliberate save/deflection (as opposed to a clearance) by the goalkeeper. In this case teams should play on.

If playing within a caged area, players must back off a player in possession of the ball and let them play unimpeded out of a corner of the caged area. Failure to do so will result in an in-direct free-kick awarded to the opposing team.
LAW 9

THE BALL IN & OUT OF PLAY

Height of Ball Restrictions

A height restriction must apply, which cannot be less than the height of the crossbar and not greater than 2m. *Walking Football Scotland recommendation is to play at crossbar height at all times.*

If a deliberate height infringement occurs within the Goalkeeping area and committed by the goalkeeper (e.g. high throw or kick), an indirect free kick will be awarded 2m from the edge of goalkeeper’s area.

The exception to this rule shall be when the ball rises above the designated height restriction resulting from a save/deflection performed by a goalkeeper or an outfield player. Play should continue in this circumstance.

Should another player then play the ball whilst it is at a height above the designated height restriction, this will result in an indirect free kick to the opposing team.

At no point can players deliberately play the ball with their head (unless Goalkeeper saves ball with their head unintentionally).
LAW 10

METHOD OF SCORING

Goal Scored
A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

Under no circumstance is the goalkeeper from the attacking side allowed to score. If the goalkeeper does play the ball in to the opponents’ goal, play is restarted with a goal kick.

A team cannot score direct from kick off.

Goalkeeping Area
Only the goalkeeper is permitted to enter the goalkeeping area. No outfield players are allowed to enter this area.

Winning Team
The team scoring the greater number of goals during a match is the winner. If both teams score an equal number of goals, or if no goals are scored, the match is drawn.

Competition Rules
For games ending in a draw, competition rules may state provisions involving extra time or other procedures to determine the winner of a game (see page 22).
Kicks from the Penalty Mark Procedure
Taking kicks from the penalty mark is a method of determining the winning team if competition rules require there to be a winning team after a match has been drawn.

Procedure
- the referee tosses a coin to choose the goal at which the kicks will be taken
- the referee tosses a coin and the team whose captain wins the toss decides whether to take the first or second kick
- the referee keeps a record of the kicks being taken

Competition Rules will determine the number of kicks with the kicks taken as described hereafter:

- the kicks are taken alternately
LAW 10

METHOD OF SCORING

Kicks from the Penalty Mark Procedure continued...

Only those players on the pitch at the completion of the game are eligible to take part in kicks from the Penalty Mark.

• where a player(s) has been sent off by the referee, the opposing team must reduce the number of players to equalise the participants in each team prior to the kicks from the Penalty Mark commencing
• if, before both teams have taken their designated number of kicks, one has scored more goals than the other could score, even if it were to complete its designated number of kicks, no more kicks are taken
• if, after both teams have taken the designated number of kicks, both have scored the same number of goals, kicks continue to be taken in the same order, until one team has scored one goal more than the other from the same number of kicks
• any player who has been sent off may not take part in the kicks from the penalty mark
• if a goalkeeper is injured during the kicks from the penalty mark procedure, they may be replaced by a substitute
• any eligible player may change places with the goalkeeper
• only the eligible players and match officials are permitted to remain on the pitch when kicks from the penalty mark are taken
• all players, except the player taking the kick and the two goalkeepers, must remain in the opposite half to that where the kicks are being taken

Procedures to Determine the Winner of a Match

To determine the winner of a match, tied after fulltime, the following procedures or a combination of these procedures may be used:

• extra time
• kicks from the penalty mark

Use of these procedures should be detailed in the competition rules.
LAW 11

FOULS & MISCONDUCT

For player safety, except for a Penalty kick, all Free Kicks in Walking Football are Indirect.

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

- kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- jumps at an opponent
- charges an opponent
- strikes or attempts to strike an opponent
- pushes an opponent
- tackles an opponent from behind or slide tackles

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

- running with or without the ball
- holds an opponent
- spits at an opponent
- handles the ball deliberately (except for the goalkeeper within his own goalkeeping area)
- heads the ball deliberately (except for the goalkeeper unintentionally)
- slides in an attempt to play the ball when it is being played or attempted to be played by an opponent (sliding tackle). Additionally no playing from the floor is permitted
- where barriers are in place, players are not permitted to hold onto barriers to shield the ball and should be penalised by the referee for holding

An indirect free kick is taken from the place where the offence occurred (see Law 12 - Position of free kick).

If a player is within the penalty area and any of the above offences are committed, the referee may award a penalty to the attacking team.
LAW 11

FOULS & MISCONDUCT

Penalty Kick involving Goalkeepers

A penalty kick is awarded to the opposing team if a goalkeeper, inside their own penalty area, commits the following offence:

- touches the ball with any part of their body outside of penalty area.
  (If a save has been made inside the area and momentum then carries the goalkeeper outside of their area, this will not be penalised)

An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:

- touches the ball within opposition’s goalkeeping area
- takes more than 3 consecutive touches of the ball. This player cannot impede an opposing player from trying to touch the ball and must retreat 2m.
- impedes the progress of an opponent
- prevents the goalkeeper from releasing the ball from their hands
- a Goalkeeper 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.
- if a height infringement occurs and is committed by an outfield player, an indirect free kick should be awarded nearest to where the offence took place
- uses their head to touch the ball. Walking Football Scotland follows a strict policy of no heading the ball unless Goalkeeper saves ball with their head unintentionally.
- commits any other offence, not previously mentioned in Law 11, for which play is stopped to caution or send off a player

The indirect free kick is taken from the place where the offence occurred (see Law 12 - Position of free kick).
LAW 11
FOULS & MISCONDUCT

Penalty Kick

A penalty kick is awarded if the opposing team commit 3 consecutive running offences.

Once the penalty is taken, the teams’ penalised running offences tally goes back to zero.

The GK cannot take a penalty during a match, unless it is within a penalty shootout.

Disciplinary Sanctions

The use of the standard yellow card and the exclusion of a player arising from the issuing of a red card are the recommended disciplinary sanctions for use in Walking Football.

Cautionable Offences

A player, substitute or substituted player is cautioned and shown the yellow card if they commit any of the following seven offences:

• tackles from behind or slide tackles
• unsporting behaviour
• dissent by word or action
• persistent infringement of the Laws of the Game
• delaying the restart of play
• failure to respect the required distance when play is restarted with a corner kick, free kick or kick-in
• entering or re-entering the field of play without referee's permission
• deliberately leaving the field of play without referee's permission
LAW 11

FOULS & MISCONDUCT

Sending Off Offences

A player, substitute or substituted player is sent off if they commit any of the following seven offences:

- serious foul play
- violent conduct
- spitting at an opponent or any other person
- denying the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
- denying an obvious goal scoring opportunity to an opponent moving towards the player’s goal by an offence punishable by a free kick or a penalty kick
- using offensive, insulting or abusive language and/or gestures
- receiving a second caution in the same match

A player, substitute or substituted player who has been sent off must leave the vicinity of the field of play and the technical area.
LAW 11

FOULS & MISCONDUCT

Non-Contact Walking Football

For safety purposes Walking Football should always be played with minimal or no contact at all to any opposing player.

For any Walking Football Scotland event with players aged 65+, these events will be played as non-contact walking football.

Non-contact includes:

- No Tackling of opponents with/without the ball
- No barging or shoulder to shoulder challenges
- No tackling of an opponent from behind
- No backing into an opponent

50:50 challenges should be avoided, however if in an event one does occur, the referee will give a drop ball to the team who were last in possession of the ball.
LAW 12

THE FREE KICK
For player safety, there are NO Direct Free Kicks in Walking Football.

All Free kicks are indirect.

For indirect free kicks, the ball must be stationary when the kick is taken and the kicker may not touch the ball a second time until it has touched another player.

The Indirect Free Kick
• a goal can be scored only if the ball subsequently touches another player before it enters the goal

Position of Free Kick
• all opponents must be at least 3m from the ball until it is in play
• the ball is in play after it has been touched or played

Infringements/Sanctions

If, when a free kick is taken, an opponent is closer to the ball than the required distance:

• the kick is retaken

If, after the ball is in play, the kicker touches the ball a second time before it has touched another player:

• an indirect free kick is awarded to the opposing team, taken from the place where the infringement occurred

Signals

The referee indicates an indirect free kick by raising their arm above their head. They maintain their arm in that position until the kick has been taken and the ball has touched another player or goes out of play.
LAW 13

THE PENALTY KICK

A penalty kick is awarded against a team which commits any of the following offences:

• a defending player deliberately enters their own penalty area to gain an advantage
• if a player is within the penalty area and any of Law 11 offences are committed, the referee may award a penalty to the attacking team.
• a goalkeeper commits any of the seven sending off offences within their penalty area
• a team commits 3 running offences
• a penalty kick is awarded to the opposing team if a goalkeeper, inside their own penalty area, commits the following offence:
  ❑ Touches the ball with any part of their body outside of penalty area
    (If a save has been made inside the area and momentum then carries the goalkeeper outside of their area, this will not be penalised)

Additional time is allowed for a penalty kick to be taken at the end of each period or at the end of each period of extra time.

A goal may be scored directly from a penalty kick.
LAW 13

THE PENALTY KICK

Position of the Ball and the Players

The ball:
• is placed on the penalty mark

The player taking the penalty kick:
• is properly identified

The defending goalkeeper:
• remains on their goal line, facing the kicker, between the goalposts, until the ball has been kicked

The players other than the kicker are located:
• inside the pitch
• behind the penalty area

Procedure

• the player taking the penalty kicks the ball forward
• they may not play the ball a second time until it has touched another player
• the ball is in play when it is kicked and clearly moves
• the player must take a maximum of two steps and a kick when making their walk up

When a penalty kick is taken during the normal course of play or time has been extended at half-time or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing the goalposts and under the crossbar:

• the ball touches either or both of the goalposts, and/or the crossbar and/or the goalkeeper
LAW 13

THE PENALTY KICK

Infringements/Sanctions

If any of the following situations occur:

A player of the defending team infringes this Law:

- the kick is retaken, only if a goal is not scored
- the kick is not retaken if a goal is scored

A team-mate of the player taking the kick infringes this Law of the Game:

- the kick is retaken if a goal is scored
- the kick is not retaken if a goal is not scored

The player taking the kick infringes this Law of the Game after the ball is in play:

- an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred, unless this was in the penalty area, in which case the indirect free kick is taken 2m from the penalty area line at the place nearest to where the infringement occurred

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LAW 14

THE KICK-IN

A kick-in is a method of restarting play. A goal cannot be scored directly from a kick-in.

A kick-in is awarded:

• to the opponents of the player who last touched the ball when the whole of the ball crosses the touch line, either on the ground or in the air.

On some occasions with specific alterations, kick-ins may be omitted from the game, for example if the game is played within a caged area or sports hall.

Position of the Ball and the Players

The ball:

• Must be stationary on the touch line; or 2m into the field of play from the barrier where barricades are in use when taking a kick-in and can be played in any direction

The player taking the kick-in:

• has part of each foot either on the touch line or on the ground outside the touch line at the moment of kicking the ball; or must stand between the ball and the barricade where in use

The players of the defending team:

• are at least 2m from the place where the kick-in is taken

Procedure

• All opponents must stand no less than 2m from the point at which the kick-in is taken
• The ball is in play when it enters the field of play
• After delivering the ball, the kicker must not touch the ball again until it has touched another player.
LAW 14

THE KICK-IN

Infringements/Sanctions

The kick-in is retaken by a player of the opposing team if:

- the kick-in is taken from a position other than the place where the ball passed over the touch line or where indicated by the referee where barricades/barriers are in use
- an indirect free kick is awarded to the opposition if the player taking the kick-in plays the ball a second time before it has been played by another player
LAW 15

THE GOAL KICK

A goal kick is a method of restarting play.

A goal kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored in accordance with Law 10.

A goal may not be scored directly from a goal kick

Procedure

• opponents remain outside the goalkeepers area
• the goalkeeper does not play the ball a second time until it has touched another player
• the ball is in play when the ball is kicked from any stationary point within the penalty area by the goalkeeper of the defending team. The Goalkeeper may also throw/roll the ball out of their area to re-start play.

Infringements/Sanctions

If the ball is not thrown or kicked directly beyond the goalkeeping area:

• the goal kick is retaken

If, after the ball is in play, the goalkeeper touches the ball, before it has touched another player:

• an indirect free kick is awarded to the opposing team 2m from the penalty area line from the place nearest to where the infringement occurred
A corner kick is a method of restarting play and awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the defending team, and a goal is not scored in accordance with Law 10.

A goal may be scored directly from a corner kick.

**Procedure**
- The ball is placed inside the corner arc at the nearest corner
- Opponents remain at least 3m from the ball until it is in play
- The ball is kicked by a player of the attacking team
- The ball is in play when it is kicked or touched
- The kicker does not play the ball a second time until it has been played by or touched another player

**Infringements/Sanctions**

An indirect free kick is taken by the opposing team if:
- The player taking the corner kick plays the ball a second time before it has been played by or touched another player. The indirect free kick is taken from the place where the infringement occurred

For any other infringement:
- The kick is retaken

Where the playing area is surrounded by barricades, the corner kick is replaced by a kick-in at a point 2m inside the field of play at the corner nearest the point where the ball left the playing area.

On some occasions with specific alterations, corner kicks may be omitted from the game, for example if the game is played within a caged area or sports hall.
LAW 17

WALKING

Walking is defined as ‘always having at least part of one foot in contact with the ground’.

Infringements/Sanctions
The referee will award an indirect free kick against any player who is seen to be not walking.

If a team is penalised on three occasions for infringing the walking rule, they concede a penalty to the opposition.

Once the penalty has been taken, the team’s penalised running offences tally goes back to zero.