

Rules for Walking Football

15 Minutes each half

No Running or Jogging

No Kicking Each other

No Slide Tackles (Sin Bin 5 Mins)

No Tripping

No Barging

No Pushing

No Physical Blocking

3 Touches and Pass on

No Swearing Spitting or Fighting (Sin Bin 5 Mins)

No Shirt Pulling

Ball not above shoulder Height (That's My shoulder)

No other player except Goal keeper in penalty area

ALL THE ABOVE RESULT IN A FREE KICK

All Free Kicks Are Indirect

No Throw in's Kick in instead

Ball not to go above shoulder height

Goalkeepers Role the Ball out

No Corners Keeper roles out

6 a side as many subs as required