

Rules for Inaugural WFFA Cup of Walking Football 2026

Introduction

Walking Football continues to evolve and develop as a sport, and WFFA recognises that its rules will change over time to reflect this development. As at the date of the declaration of rules for the inaugural WFFA Cup, 31 July 2026, Walking Football rules are under review internationally. WFFA is monitoring these developments with interest. In the United Kingdom, the WFA and The FA are assessing their respective rules with the aim of developing a unified set that incorporates the strongest elements of both. This process remains ongoing, and it is unlikely that an agreed set of rules will be available before the inaugural WFFA Cup in October 2026—but possibly before the third FIWFA World Nations Cup in August 2027.

Accordingly, the rules for the 2026 WFFA Cup are based on the latest revision of the WFA's *Laws of the Game*, dated 4 April 2025 (Version 1) with a few anticipated changes. Thanks to the WFFA Board, Referees Sub-committee, and referees who volunteered their time to assist in producing these rules.

All players and team officials are expected to comply with these rules of the tournament. Registration of any players and officials to participate for their state or territory at the tournament implies full and unconditional acceptance of the Code of Conduct (Appendix A). Any failure to meet these standards may result in disciplinary action, including the disqualification of individuals, teams, states or territories from the tournament.

Section A: Players, Results, Physical Aspects and Safety

Players and Results

1. All matches will be played as 6 players on the field for each team (a goalkeeper and 5 outfield players), with a minimum of 4 players (a goalkeeper and 3 outfield players). A match will be abandoned if a team is permanently reduced to below this minimum number of players. 'Permanently' does not apply, however, to players who have been sin-binned, but does apply to players who are unable to complete the match through injury or receiving a red card.
2. All matches will be played on a round-robin basis in each age category. At the end of each match 3 points will be awarded for a win, 1 point for a draw, no points for a loss. No semi-finals or finals will be played. The winner, runners-up, etc will be determined by the position each team occupies on the ladder in each category on the basis of total points. In the event of a tie, positions will be determined by competition points, then if still tied by (in the following order) goal difference, then goals scored, then head-to-head result, then by a best-of-five kicks penalty shoot-out (if required), with kicks taken by any player in the relevant teams that were eligible to play at the end of their final game in the tournament.
3. The team which causes an abandonment of any match will forfeit that match. The score recorded for the match will be the score at the moment the match is forfeited, or 3-0, whichever score is most favourable to the team that is not forfeiting the match.
4. If a team is forced to withdraw from the tournament after having already participated, the results of all matches involving the defaulting team will be recorded as a 3-0 victory to their opponents to ensure equity and fairness for all teams.
5. In the case of a withdrawal, a defaulting team can continue to play its remaining scheduled games, supplemented with other players as required, so that the remaining players in the defaulting team are not disadvantaged in their opportunity to showcase their skills and suitability for selection into an Australian representative team.

Substitutions

6. Substitutes must be clearly distinguishable from each team's players on the field, until called into play by the referee during a stoppage in the game.
7. Substitutes will always be rolling i.e. they can be made at any time, during a suitable stoppage in play and upon after notifying the referee.

8. The referee will give permission for the substitution(s) to take place and will restart play when the substitution process is complete.

Pitches

9. The standard pitch will be rectangular. The two longer boundary lines are touchlines. The two shorter lines are sidelines. The pitch is divided into two halves by a halfway line, which joins the midpoints of the two touchlines.

10. Dimensions for international and national tournaments are a width between 25 metres (min) and 37 metres (max) and a length between 35 metres (min) and 45 metres (max). All fields used for WFFA Cup tournament will have the dimensions of 28 x 40 metres, but it is acknowledged that there may be slight variations between the size of the pitches in use. All pitches will fall well within the guidelines above.

11. The standard size for goals is a width between 3 metres (min) and 5 metres (max) and a height between 1.2 metres and 2 metres (max). The goals for the tournament will be 4 metres by 2 metres but it is acknowledged that there may be slight variations between the size of the goals. All goals will fall within the guidelines above.

12. A goal area must be clearly marked at each end of the pitch. This must be a semi-circle and will extend with a radius of 6 metres (max) from the midpoint of the goal on the goal line.

13. A clearly marked penalty spot will be positioned in line with the centre of the goal at distance of 7m from centre of the goal line.

14. The position of the ball on the pitch determines that it is in play until it crosses a sideline or goal line entirely (i.e. the whole of the ball crosses the whole of the line). If any of the ball is located above any of the goal area line, it is then considered to be within that area and can only be played by the goalkeeper.

Equipment and Safety

15. The standard match ball recommended for international and national tournaments have the following dimensions: the ball will be spherical, low/medium bounce with circumference between 68cm and 70cm, weighing between 400g and 450g, inflated to the recommended pressure of 8psi. The ball to be used in the WFFA Cup is the Gioca Corsa Size 5.

16. Players must wear football strip: shirts with sleeves and individually numbered, shorts and long socks; with colours clearly distinguishable from opponents and match officials.

17. Goalkeepers must be clearly distinguishable from outfield players on both teams.

18. All players must wear shin pads, covered by their socks unless they have medical dispensation which is lodged with the tournament director prior to the player's first match. Shin pads must be made of a suitable material and be of an appropriate size to provide reasonable protection. Players are responsible for the size and suitability of their shin pads.

19. Recommended footwear will be turf shoes but moulded soles without sharp edges are permitted. No blades or metal studs will be permitted under any circumstances.

20. Recommended headgear for sun protection will be soft bucket hats. Caps are permitted with soft, very flexible peaks. Safety headwear with soft padding is permitted when required.

21. Wrist-worn devices may be worn for health monitoring purposes only and must be secure and totally hidden under a soft covering.

22. Flat rings without sharp edges are permitted but only under safety tape. Ideally rings should be removed if possible.

23. Players wearing spectacles during play must only wear approved wear sport-safe eyewear. Frames must be free of exposed metals and should be made of non-metallic acetate or acrylic plastics. All eyewear is to be fitted with impact-resistance polycarbonate or trivex material lenses. Players are responsible for the type of spectacles they wear. To ensure the wearing of eyewear is permitted during play and to absolve referees from having to make a judgement about eyewear before a game, any player who intends to wear eyewear during matches must supply relevant documents to the organising committee prior to the commencement of the tournament (Appendix B)

24. Players must refrain from wearing any jewellery and all visible piercings must be removed for the entirety of matches. Taping of any visible piercing is not sufficient to prevent injury to the wearer or other players. Piercings covered by clothing are worn at the wearer's risk.

25. If a player falls to the ground during play, the referee will stop the game to check on the player's condition and start the game with an uncontested drop-ball to the team in possession when the player fell. An exception to this rule is if the referee believes that the player has fallen as a time-wasting tactic; play will not be stopped and the player will be given a recordable foul when play has stopped.

Section B: Foul Play.

Running, Jogging, Skipping & Crabbing – Not Walking

1. Running, jogging, skipping or crabbing on or off the ball is not permitted by any player and will usually result in an indirect free kick being awarded. The exception is when this conduct results in a clear goal-scoring opportunity being denied. A penalty kick awarded, subject to DOGSO (described below).
2. The referee will have sole interpretation on deciding what is and what is not walking. A walking action will generally be determined as a progression of steps throughout which there is constantly at least one foot in contact with the ground; both feet are momentarily grounded, usually with the advancing leg straightened.

High Ball

3. Ball above maximum height ("High ball").
 - 3.1 The ball should be deemed to be dead once the whole of the ball has risen above the height of the top of the crossbar (abbreviated to "crossbar height") while within the field of play as defined below:
 - 3.2 The whole of the ball must exceed crossbar height to be deemed an infringement.
 - 3.3 The referee will have sole interpretation on the ball exceeding crossbar height.
 - 3.4 A player commits a foul if they cause the ball to travel above crossbar height.
 - 3.5 A player commits a foul if the ball deflects off them and goes above crossbar height.
 - 3.6 If a ball exceeds crossbar height within the goal area, play must be stopped immediately, no matter what happens next. The ball is retained by the goalkeeper if:
 - A ball deflecting off the goal frame rises above crossbar height.
 - A ball deflecting off the goalkeeper in making a save rises above crossbar height.
 - A ball travels into the goal after rising above crossbar height, whether or not as the result of a save.
 - 3.7 If the goalkeeper deliberately propels the ball into the air when not making a save, an indirect free kick is awarded to the opposing team adjacent to where the infringement occurred 3.5 metres from the goal area.
4. Physical contact is not permitted and is therefore regarded as foul play.

The term 'physical contact' includes:

 - 4.1 Kicking or kneeing
 - 4.2 Shoulder charging
 - 4.3 Pushing
 - 4.4 Barging.
 - 4.5 Lunging or stepping across, obstructing or impeding an opponent to gain an advantage or deny that player access to the ball or to a position.

Foul Play

- Foul play is defined as, but not limited to careless play, dangerous play, serious and reckless foul play.
5. An indirect free kick is awarded if, in the opinion of the referee, a player commits a:
 - 5.1 Minor (non-recordable) offence: this is any action that, despite no actual contact being made, causes a risk of injury to someone (including the player themselves). This includes the act of preventing a nearby opponent from playing the ball (not to be recorded by referee).
 - 5.2 Careless challenge: this is any action that initiates contact, for which the referee considers to be serious enough for a foul to be recorded.
 - 5.3 Dangerous challenge: this is any challenge that the referee considers to be serious enough for a yellow card to be given (as defined below in yellow card infringements).
 - 5.4 Act of serious and reckless foul play: this is any challenge that the referee considers to warrant a red card (as defined below in red card infringements).
 6. An indirect free kick is also awarded if a player:

6.1 Is guilty of dissent, using offensive, insulting or abusive language and/or action(s), or other verbal offences.

6.2 Prevents the goalkeeper from releasing the ball from the hands or kicks or attempts to kick the ball when the goalkeeper is in the process of releasing it.

6.3 Commits any other offence, not mentioned in the Laws, for which play is stopped to caution or send off a player.

Goal Area Infringements

7. The whole of the line marking the goal area is considered to be within that area for the purpose of identifying goal area infringements, as is the space within an imaginary curved surface extending vertically upward to the height of the crossbar from the outer edge of the goal area line.

7.1 An outfield player intentionally entering the goal area, including on or above the goal area line (which excludes unavoidably doing so as a result of momentum) commits a foul, regardless of whether or not they play the ball (not to be recorded by referee).

7.2 During a stoppage in play, if a player attempts to gain an unfair advantage by moving across the goal area, that player will receive a warning which is recorded by the referee.

7.3 A goalkeeper leaving the goal area during play commits a foul, except when this is a result of momentum only and providing that the goalkeeper is not in possession of the ball (and does not play or attempt to play the ball) outside the goal area.

7.4 If the goalkeeper makes any contact with the ball outside the goal area, then a penalty kick will be awarded.

7.5 A goalkeeper may leave their goal area when the ball has gone out of play to retrieve the ball.

7.6 A goalkeeper may not leave their goal area to take a kick-in. This offence committed by the goalkeeper is a foul which is recorded by the referee. The kick-in decision is reversed and the kick-in is to be taken by the opposing team.

7.7 A goalkeeper has six seconds to play the ball out of the goal area after controlling the ball, or after the ball has been allowed by the goalkeeper to become stationary in the goal area. Failure to play the ball out within this time will result in an indirect free kick 3.5m from the goal area adjacent to the goalkeeper's position or where the ball has come to rest.

7.8 If the ball has entered the goal after a player has struck the ball from outside the goal area, but momentum has caused the player to enter the goal area after taking the shot, the goal will only be awarded if it has wholly crossed the goal line before the player has entered the goal area. If the player enters the goal area before the ball has crossed the line, no goal will be awarded and play will restart with a goal kick or a corner kick if deflected by the goalkeeper.

Other Infringements

8. An outfield player commits a foul if they deliberately head the ball.

9. Any player, other than a goalkeeper, commits a foul if they deliberately play the ball with their hand or arm.

10. A player, other than the goalkeeper, commits a recordable offence by slide tackling or attempting to play the ball while they are on the ground (i.e. having any part of their body other than their feet on the pitch).

11. No blocking or challenge from the side of a player in possession of the ball is permitted.

12. The ball must not be kicked towards another player with undue force or in a manner likely to cause injury to any player. Any kick that strikes a player after being kicked with excessive force, excluding a goalkeeper attempting to prevent a goal, will result in a free kick given to the opposing team at a point where it was kicked, or moved out to an adjacent point if kicked by a defender within 3 metres of their own goal area.

13. If the ball strikes the head of a player, and the player made no attempt to deliberately head the ball, an indirect free-kick is awarded against the player who last touched the ball. If a player deliberately heads the ball when it is not deemed a high ball, an indirect free-kick is awarded to the opposing team.

14. A player commits a foul by tackling, blocking, or making any challenge for the ball (including poaching) from behind or beside an opposing player, regardless of whether there is any physical contact. To challenge for the ball, a player must be in front of, and visible to, their opponent who is in possession of the ball and wholly within the acceptable challenge zone as shown in the diagram below:

Acceptable challenge zone



Foul challenge zone

15. Challenges for the ball from beside a player can only be made when the ball is not under the player's full control and the ball is therefore free to be played.

16. If a player in possession of the ball, moves backwards into a defender behind them and makes contact with the defender, this is deemed a recordable "backing-in" offence and an indirect free kick is awarded to the defender.

17. If an outfield player commits a recordable offence during a stoppage in the game (e.g. moving through the goal area, the referee will delay restart of play to record the offence and play will recommence as it would have if the offence had not been committed.

18. A player commits a foul if they fail to take a free kick, penalty kick, kick-in, kick-off or corner as instructed by the referee, or in accordance with the rules, including:

18.1 For any free kick, if the ball is not stationary.

18.2 For a kick-in, if the ball is not behind the side line

18.3 For a penalty kick, if the ball is not over the penalty spot

19. A goalkeeper commits a foul if they deliberately play the ball other than by delivering the ball into play using a below the waist, under-arm action, or, kicking it from the ground. Drop kicks or punt-volleys are not allowed.

Section C: Sanctions.

Free Kicks – General Play

1. Indirect free kicks and penalty kicks can only be awarded for offences committed when the ball is in play. All incidents of foul play will result in a free kick being awarded to the opposing team of the offending player.
2. All free kicks are indirect and should be taken at the location of the infringement, with opposing players being at least 3 metres from the ball, with the exception of a quick free kick. On the referee's instruction free kicks should be taken at least 3.5m from the goal area.
3. The player may start their kicking movement at maximum of 1.5m from behind the ball, and will be allowed unlimited walking steps in a continuous movement towards the ball. The referee will indicate the 1.5m starting position if required.
4. A player must be stationary before he starts his approach to the ball, so that all players will be aware of when the kick is actually being taken.
5. At the taking of a free kick, any defender encroaching or attempting to delay the free kick being taken may receive a yellow card and the kick retaken if a goal is not scored.
6. If a defensive wall is formed, an attacking player cannot interfere with the defensive wall and must stand at least one metre away from the defensive wall. Any player attempting to interfere with the wall will be penalised and may receive a yellow card if the offence is repeated.
7. A goal will only be allowed following a free kick if, in the opinion of the referee, the ball has been actively played by another player from either team, including if a player mis-kicks or mis-controls the ball.
8. If a direct shot at goal deflects into the goal off another player or the goalkeeper, or any form of rebound, the goal will be disallowed.
9. If, when the ball is in play, an outfield player intentionally enters the goal area they are defending, regardless of whether or not they play the ball, a penalty kick should be awarded to the opposing team, (unless they do so purely as a result of momentum).

Free Kicks – Goalkeeping Offences

10. Goalkeeping offences include:
 - 10.1 If a goalkeeper is deemed to have deliberately caused the ball to exceed crossbar height, an indirect free kick should be awarded to the opposing team 3.5 metres outside the goal area, adjacent to where the infringement occurred.
 - 10.2 If a goalkeeper is deemed to have deliberately played the ball into play, other than by delivering the ball using a below the waist, under-arm action or kicking it from the ground, an indirect free kick be awarded to the opposing team 3.5m outside the goal area, adjacent to where the infringement occurred.
 - 10.3 If the goalkeeper deliberately heads the ball within the goal area, to prevent the ball from entering his goal, the goalkeeper will be deemed guilty of a DOGSO offence. The goalkeeper will be shown a red card and dismissed from the pitch by the referee and a penalty kick awarded to the opposing team.
 - 10.4 If the goalkeeper deliberately heads the ball within the goal area but the ball is not travelling towards the goalkeeper's goal the referee will award an indirect free kick to the opposing team 3.5 metres outside the goal area, adjacent to where the infringement occurred.
 - 10.5 If a goalkeeper deliberately leaves the goal area during play, a penalty kick should be awarded to the opposing team. This does not apply when the goalkeeper leaves the area as a result of momentum only, providing the goalkeeper is not in possession of the ball, and does not play or attempt to play the ball, outside the goal area.

Penalty Kicks

11. A penalty kick is a direct free kick. A goal may be scored directly from a penalty kick.
 - 11.1 The player taking the penalty kick must be clearly identified.
 - 11.2 The player may start their kicking movement a maximum of 2 metres from behind the ball, and will be allowed unlimited walking steps in a continuous movement towards the ball. The referee will indicate the 2m starting position. A minor backward step will be acceptable as long as it remains within the 2m zone.
 - 11.3 The player taking the penalty kick must kick the ball forward.

11.4 A player in the process of taking a penalty kick commits a foul if they initially simulate striking the ball, in order to cause the goalkeeper to move in a specific direction.

11.5 If, after the penalty kick has been taken the kicker touches the ball again before it has touched another player an indirect free is awarded to the kicker's opponents.

11.6 When facing a penalty kick, a goalkeeper is permitted to move any part of their body and to travel along the goal line, however the goalkeeper must have both feet in contact with or behind the goal line, between the goals, until the ball is in play. It is not permitted for the goalkeeper to advance off the goal line prior to the kick being taken; this should result in the retaking of a saved or missed penalty kick.

11.7 All players, with the exception of the defending goalkeeper and the penalty kick taker, must be behind the ball and a minimum of 3m from the ball immediately prior to the kick being taken.

11.8 The penalty kick is completed when the ball either enters the goal, stops moving, goes out of play, or the referee stops play for any offence.

Yellow Card and Red Card Infringements (Including "Totting-Up")

12. Individual players, and not the team, are penalised for repeated offences that each result in a recordable foul ("Totting-Up").

12.1 In the course of the game, each foul that is considered a recordable offence, should be noted and recorded on the referee's card. When an individual player has committed ("totted up") two infringements for not walking, foul play or a combination of both, a "TWO FOULS!" warning should be given by the referee to the offending player and team officials. If an individual player commits ("tots up") a third infringement in the course of the match, before play recommences after the third infringement, the referee should show a yellow card to the offending player and send them to the "sin-bin" for a period of four (4) minutes, which is 10% of the total match duration.

12.2 The temporary dismissal period begins when play restarts after the player has left the pitch.

12.3 The referee will have sole discretion to determine which infringements are worthy of being recorded and totting up.

12.4 If a player who has been shown a yellow card shows dissent to the referee, a further yellow card will be shown to the offender followed by a red card and the offender will take no further part in that game.

12.5 If a player returning from the sin-bin commits a further 3 infringements, or commits another yellow card offence, they should be shown a red card and sent from the field to play no further part in the game.

12.6 If a player is guilty of dissent, or of making a dangerous challenge, the referee should show a yellow card and send them to the sin-bin for 4 minutes.

12.7 If a player is guilty of serious and reckless foul play, the referee may show the player a red card and send them from the field, to play no further part in the game. The player may not be replaced and their team will continue with a player short for the remainder of the match. The player will then receive a one-match suspension.

12.8 If a player is guilty of violent conduct, this amounts to 'aggravated' foul play and the referee may show the player a red card and send them from the field, to play no further part in the game ("sent off"). The player may not be replaced and their team will continue with a player short for the remainder of the match. The player will then receive a two-match suspension.

12.9 The referee will have sole discretion to determine whether conduct is dangerous and reckless (one-match suspension) or violent (two-match suspension) and will note this on the referee's game summary.

12.10 If a non-player in a squad (including an off-field substitute or Team Official) uses threatening, abusive or insulting words or behaviour towards the referee, any other player, official other participant, the referee should show a red card and cause them to play no further part in the game (sent off).

12.11 A player, substitute, substituted player or club official who has been sent off must leave the vicinity of the pitch and the technical area. The referee has the authority to determine how far from the pitch that the offending person must retreat before play is restarted.

12.12 If the referee plays advantage for a red card or a yellow card offence (including totting up procedure) and the offending player again becomes involved in the game, the referee will immediately stop play, take appropriate disciplinary action against the offending player and restart the game with an indirect free kick to his opponents taken from where the offending player became involved with play.

Protocol for temporary (sin-bin) dismissals

13. The referee has the power to show a yellow card to temporarily dismiss a player (including the goalkeeper) from the playing field, including to prevent a player from entering the field at the start or a restart of the match during a sin-bin period.

13.1 A temporary dismissal is issued when a player commits a cautionable (yellow card) offence, and is punished by an immediate temporary 'suspension' from participating in the next four (4) minutes of actual playing time in the match.

13.2 Sin-bin dismissals given in the last few minutes of a match apply only to the match in which they are issued and do not carry over to a following match.

13.3 The referee will indicate a temporary dismissal by showing a yellow card and then clearly pointing to the temporary dismissal area (usually the player's technical area, or, where team officials and substitutes may be standing).

13.4 The length of the temporary dismissal is 10% of the total playing time i.e. 4 minutes in the WFFA Cup tournament.

13.5 Once the temporary dismissal period has been completed, the player (or a substitute from the player's team) can return to the field of play with the referee's permission, when the ball is next out of play. The referee has the final decision as to when the player can return.

13.6 A temporarily dismissed player can only be substituted after the temporary dismissal period has ended.

13.7 If a temporary dismissal period has not been completed at the end of the first half, the remaining period is served from the start of the second half.

Section D: Starting, Stopping and Continuing Play.

Starting a Match

1. A coin toss will be used at the start of a game to determine choice of ends or electing to kick-off.
2. The match will commence only when the referee blows the whistle.
3. The match will consist of two halves of 20 minutes with a half-time break of 5 minutes. Matches will end on time unless a penalty kick has been awarded shortly before the end of the game.

Goals

A goal is scored when the whole of the ball crosses the whole of the goal line below the crossbar and between the uprights of the goal, whether on the ground or in the air, and there has been no infringement by the attacking team before the ball has crossed the line.

Starting, Stopping and Continuing Play

- 4.1 With the exceptions of penalty kicks, ALL kicks to start and restart play (kick-offs, kick-ins, goal kicks, corner kicks and free kicks) are indirect free kicks.
- 4.2 A goal cannot be scored directly from any of these kicks, even in the event of a deflection into the goal from an opposing player or the goalkeeper.
- 4.3 Any kick taken by a player into the opposing team's goal will result in a goal kick to the opposing team.
- 4.4 Any kick taken by a player into the player's own goal will result in a corner kick to the opposing team.
- 4.5 Any player taking any of these kicks may start their kicking movement a maximum of 1.5 metres from behind the ball, and allowed unrestricted walking steps in a continuous movement towards the ball.
5. The kick-off is an indirect free kick from the centre of the field to start each half of the game or taken by the conceding team after a goal has been scored. A goal cannot be scored directly from a kick-off, even in the event of a deflection into the goal from an opposing player or the goalkeeper. The goal should be disallowed and a free kick awarded to the opposing team on half-way.
6. If the referee stops play by blowing the whistle, play should only be resumed upon a clear signal by the referee. This signal may be a whistle, voice or arm signal. (Exception being 'Quick Free Kicks' below).
7. A kick-in will resume play at the point where the whole of the ball has crossed the whole of the sideline and left the field of play. Play will be restarted by a player from the team which was not the last to touch the ball when it went out of play. The kick-in will be taken with the whole of the ball behind the touch line, at the point where the ball crossed the line, as indicated by the referee. All opposing players must be at least 3 metres from the ball until it is kicked.
8. A corner kick will resume play on the same side of the pitch that the ball crossed the whole of the goal line and was last touched by a player in the team defending the goal at that end of the field. The corner-kick will be taken by a player in the attacking team with part of the ball over or within the corner arc of the field. All defending players must be at least 3 metres from the ball until it is kicked.
9. A goal kick will resume play when the whole of the ball has crossed over the goal line and was last touched by a player in the team attacking the goal at that end of the field.
 - 8.1 The goal kick is taken by the goalkeeper from any point within the goal area.
 - 9.2 The ball must be stationary prior to being kicked.
 - 9.3 The goalkeeper may start their kicking movement a maximum of 1.5 metres from behind the ball. If the goalkeeper contravenes this rule, the referee will stop play and the goal kick will be retaken correctly.
 - 9.4 If an opposing player attempts to prevent the goalkeeper from kicking the ball into play the player will be given a recordable foul, and the goalkeeper will restart the game with a free kick taken anywhere from within the goal area.
10. Quick free kicks may be taken without a referee's signal to resume play, as long as the referee deems the action to be safe.
 - 10.1 If play is restarted in an unsafe manner the referee will stop play and have the free kick retaken.
 - 10.2 Quick free kicks may not be taken by an attacking team within 3.5 metres from the defending team's goal area. This allows the defending team to position themselves just in front of their goal area and not on the line of the goal area.

- 10.3 A player who deliberately tries to prevent the taking of a quick free kick may receive a yellow card.
11. If, during open play the ball hits the referee and team not in possession just prior gain an advantage, the referee will stop play and restart the game with an uncontested dropped ball to the team that last had possession.
12. An uncontested drop ball may be used to resume play when it is not possible to determine which team should have possession when the referee has stopped the game, e.g. following a sudden halt in play caused through injury. The referee will decide which team was last in possession of the ball and drop the ball to a player from that team, or if in doubt safely give an uncontested drop ball to a remote unmarked defending player in that half of the field.
13. A goal cannot be scored directly from a drop ball until it has been passed to another player.

Continuing Play

14. When receiving the ball, a player may have both feet off the ground, (for example to control the ball with their chest) as long as they jump vertically and do not step or lunge forwards or backwards, and there is no chance of contact with any other player or the referee.
15. Goalkeepers may distribute the ball when grounded.
16. Goalkeepers can handle the ball directly from a backpass and pass it back to the player from whom they received it.
17. After a player has received a pass from their goalkeeper, it is an infringement if the ball is passed back to the goalkeeper, without the ball having made contact with any other player. An indirect free kick is taken 3.5m from the goal area adjacent to where the goalkeeper has received the ball.
18. If, in the referee's opinion, back-passing to the goalkeeper is being used as a time-wasting tactic, the referee may give a warning to the team captain or officials of the offending team. If the referee feels that there is another backpass that is considered to be time-wasting, a free kick may be awarded to the opposing team. The free kick will be taken 3.5 metres from the goal-area boundary line adjacent to where the goalkeeper received the backpass.
19. Goals may be scored by any player (except a goalkeeper) from any outfield position. In the event of a goalkeeper scoring, the goal should be disallowed, and a goal kick awarded to the opposing goalkeeper.
20. A goalkeeper may leave their goal area to retrieve the ball for a kick-in but a goalkeeper is not allowed to take a kick-in and the kick-in may not be taken until the goalkeeper has returned to their goal area.

Playing an advantage

21. Although the decision to play an advantage can depend on many circumstances, referees are advised only to take such action if:
- 21.1 There is a benefit the team which did not commit the infringement.
- 21.2 It is safe to do so and unlikely to result in a confrontation, especially following physical contact.
- 21.3 The referee should clearly indicate that an advantage is being allowed.
- 21.4 The referee ensures that they take the appropriate remedial action (e.g. warning or advice to the player, recording the foul, yellow or red card, etc) when it is safe and appropriate to do so.

Section E: DOGSO

The intention of the Denying an Obvious Goal-Scoring Opportunity (DOGSO) rule is to strongly prevent so called 'Professional Fouls'. This rule serves to prevent the defence from illegally stopping their opponents' most dangerous scoring opportunities and takes into account handling of the ball or fouling an attacker who is moving toward the goal by an offence punishable by a free kick or penalty kick. In this instance, the referee clearly has a very critical decision to make as a DOGSO offence penalises the team and leaves the team one player short for the remainder of the match.

1. If an attacker in possession of the ball and deemed to have had an obvious goal scoring opportunity, is deliberately fouled or prevented from such an opportunity by a defender or goalkeeper, then that defender or goal keeper will be shown a red card and a penalty kick awarded.
2. If the referee believes that a defender has made a legitimate attempt to play the ball, a penalty kick is still given but the caution can be downgraded to a yellow card. In all other circumstances (e.g. running, holding, pulling, pushing, no possibility to play the ball etc) the offending player must be shown a red card.
3. Deliberate handball; this obviously does not apply to a goalkeeper within their own goal area but does apply to a goalkeeper who comes out of their goal area to deliberately handle the ball; or an outfield player who deliberately handles the ball to prevent a shot that was going into the goal, or a pass that was destined to reach a player in an obvious goal-scoring position. NB It is not a DOGSO offence when a goalkeeper makes a save inside the goal area and their momentum takes them outside the area while holding the ball, but play will still be restarted with a penalty kick to the attacking team.
4. Should a defender (not the goalkeeper) deliberately handle the ball that does go into the goal, the goal will be awarded and a recordable foul given to the defender. If this is the player's third or sixth offence the referee will take the appropriate disciplinary action.
5. When an attacker moving toward the opponent's goal is fouled by a defender, or a shot bound for goal is blocked by a defender who deliberately runs to do so, the referee must make a decision, based on the four elements which determine an obvious goal scoring opportunity before the foul is deemed to be considered a DOGSO offense.

The four elements are described as the four Ds:

- 5.1 Defenders: Not counting the player committing the foul, there is no other defender apart from the goalkeeper between the foul and the goal. NB a goalkeeper committing a foul can also be found guilty of a DOGSO offense.
 - 5.2 Distance to the ball: The attacker must be close enough to the ball to be able to continue playing it at the time of the foul.
 - 5.3 Distance to the goal: The attacker should be, or have the opportunity to be, close enough to the goal to have a legitimate chance to score. Being near the opponent's goal area is far more likely to be the location of an obvious goal-scoring opportunity than the attacker being in their own team's half of the field.
 - 5.4 Direction: The attacker must be moving toward the opponent's goal at the time of the foul, not toward a corner flag or away from the goal.
6. For a DOGSO offence, play must restart with a penalty kick to the attacking team.
 7. For a DOGSO offence the offending player must be shown the appropriate card.

Code of Conduct

WFFA Cup Code of Conduct

State and territory representation at the inaugural WFFA Cup is the highest level achievable by Australian walking football players beneath international representation.

Membership of a state or territory team brings with it a need for acceptance to uphold the values of Walking Football Federation Australia.

Please be aware of the following expectations and agree to respect and maintain them throughout your involvement in the program and while representing your state or territory at the tournament:

1. Respect:

Show respect to all players, referees, team officials and spectators involved in the sport.

2. Safety:

Place the safety and well-being of all players, officials and spectators above all else.

3. Compliance:

Follow all rules, codes of conduct, and instructions from match officials.

4. Behaviour:

Never engage in, nor accept, harassment, intimidation or physical violence.

5. Language:

Never engage in, nor retaliate to, any insulting, offensive or abusive language.

6. Community:

Engage in the walking football community and represent your state or territory with pride.

7. Professionalism:

Exhibit sportsmanship, team spirit and fair play, accepting referees' decisions at all times.

8. Sensitivity:

Accept without discrimination all ages, cultures and genders with compassion and dignity.



Appendix B – Safety Eyewear Guidelines

Glasses (spectacles) to be worn in the tournament are subject to the following guidelines:

1. No player should wear any glasses unless a certificate declaring that they are safe to wear is presented to be filed by the organising committee prior to the tournament.
2. The certificate should be on letterhead and be signed by a registered optometrist or registered optical dispenser who has supplied or inspected the eyewear including the practitioner's provider ID number.
3. The certificate should include the brand and model of the spectacle frame (to prevent and substitution of unsafe eyewear for the certified pair).
4. The certificate should state: "I, (insert name of practitioner), certify that I have supplied (insert name of player) with date of birth (insert DOB of player) with a pair of glasses / sports goggles / sports sunglasses. This eyewear has the following brand and model (insert brand and model), which includes a soft and flexible frame which is suitable for safe wear during football, that have been fitted with impact resistant protective lenses made of (insert lens material). This will absolve the referee of any responsibility other than to check that eyewear matches certification.

For simplicity, templates for certification of supply or inspection of eyewear are included below:

Certificate of Supply

I, (insert name of registered eyecare practitioner), certify that I have supplied

_____. DOB ____ / ____ / ____

with a pair of: spectacles / sports goggles / sports sunglasses.

This eyewear has the following brand and model:

which includes a soft and flexible frame which is suitable for safe wear during walking football, that have been fitted with impact resistant protective lenses made of _____.

Signed: _____ Date: _____

(insert name of registered eyecare practitioner)

Prov. No. (insert provider number of registered eyecare practitioner).

Certificate of Inspection

"I, (insert name of registered eyecare practitioner), certify that I have inspected spectacles to be worn during Walking Football tournament play belonging to:

_____ DOB ____ / ____ / ____ .

This eyewear has the following brand and model:

My opinion is that this eyewear includes a soft and flexible frame which is suitable for safe wear during walking football and appears to have been fitted with impact resistant lenses.

Signed: _____ Date: _____

(insert name of registered eyecare practitioner),

Prov. No. (insert provider number of registered eyecare practitioner)