

Chelmsford City Walking Football – Player Training Guide

All players are registered for training, but we ask that everyone attending sessions or playing in competitions wears the correct footwear, full-size shinpads and the coloured bib. They should have clothing and drinks suitable for the weather conditions.



Players should not attend training sessions if they or a household member is suffering from any colds or contagious illness.



Players should be aware of our medical plan, and the location of our first-aid kit and defibrillator.



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We ask that everyone attending training or playing in competitions wears the correct footwear and full-size shinpads.



Walking is characterised by the player's leading leg being straight and the heel of the foot touching the ground first.



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Players who have one or both feet on the ground are not considered to be jogging/running.



Players must not jog/run during open play, even when the ball is out of play.



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Walking football is a non-contact sport. For players' safety, tackling opponents or making 50/50 tackles are not allowed.



Players must not barge or push another player at any time. No intentional direct contact is allowed.



If any player falls during training or matches, all play should stop to check on the player's condition. The referee restarts the game where and when appropriate.



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Players must not hold onto their opponents clothing or any part of their body.



Players must not back into their opponents. Defenders cannot hold off a player with their hand.



If a player is on the ground, he should not attempt to play the ball.



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For the purpose of a goal being scored, or the ball going out of play, the whole of the ball must be over the goal line or touch line.



In the example the whole of the ball is NOT over the goal line.



The ball must not rise above 2 metres.



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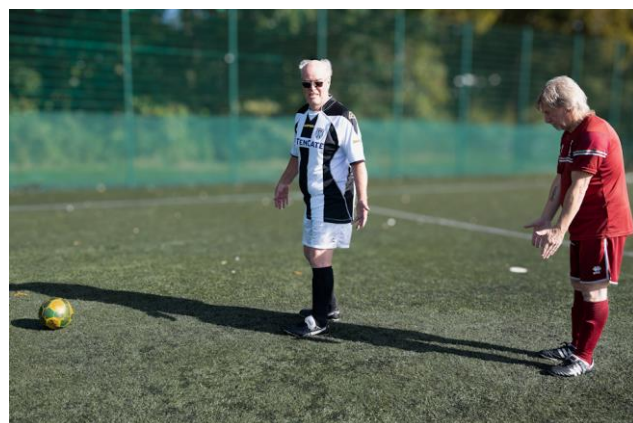
The penalty area boundary line belongs to the goalkeeper. If any part of the ball is on the line, an attacking/defending player (aside from the goalkeeper) may not touch it.



Attacking or defending players must not stand on the penalty area line or enter the area.



All free kicks are indirect. Opposition players must be 3 metres from the ball when a free kick has been awarded. Attacking players must be at least 1 metre away from defending players. The free kick taker may take a maximum of one step forward before striking the ball.



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The player may start his/her kicking movement a maximum of one metre from behind the ball, and he/she will be allowed unlimited walking steps in a continuous movement towards the ball.



Players are not allowed to waste time by holding onto the ball for longer than six seconds. This rule also applies to goalkeepers.



Players must not show dissent towards officials, opposition players or spectators.

