

## WALKING FOOTBALL ENGLISH RULES 2026

1. The tournament is organised by Mallorca Football Events.
2. The games are organised at the Santa Ponça sports complex premises in Santa Ponça on the island of Mallorca. Address; Carrer Riu Sí, s/n, 07180 Santa Ponça.
3. All matches are played in accordance with the english FA walking football rules and regulations, **but executed in a customised tournament format. The customised Mallorca tournament walking football rules are leading!**
4. Walking Football has the same rules as regular football, with a number of exceptions, which are no running, no sliding's or tackles no offside rule and no goalkeepers.
5. The game is played as a 6-a-side with goalkeepers, on a pitch measuring approximately 42 by 21 meters. Goals: 3x2 (minimum size maximum Height)
6. Substitutions can constantly be made, providing the ball is not in play.
7. Substitutions are made level with the centre line.
8. The game should preferably be played with a size 5 football. Weight +/- 3320 grams.
9. Only walking is permitted, also when the ball isn't nearby (walking means one foot is in constant contact with the ground).
- 10.3 touch rule
11. The referee drops the ball for one player of the team that last touched the ball at the position where it last touched a player or a match official. All other players of both teams must remain at least 3 metres from the ball until it is in play. If the ball was in the goalkeeper's possession when play was stopped, then the ball will be dropped for the goalkeeper in their penalty area.
12. The ball is in play when it touches the ground. The ball is in play at all other times when it touches a match official and when it rebounds off a goal post or crossbar.
13. A height restriction must apply, which cannot be less than the height of the crossbar and not greater than 2 metres. If the ball rises above the designated height restriction, an indirect free kick is awarded from where the offence took place.
14. 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.
15. No offside rule.
16. Physical contact and slide tackles are not permitted.

17. A free kick will always be taken indirectly. This can only be done via a pass.
  - if an indirect free kick is kicked directly into the opponent's goal, a goal kick is awarded
  - if an indirect free kick is kicked directly into the team's goal, a corner kick is awarded
18. If the ball goes out of play, the ball will be placed back where it left the pitch and brought back into play with a kick or roll in. This applies to when the ball goes out of play.
19. There cannot be scored from a kick or roll-in.
20. The ball can only be brought back into play with a pass in case of a corner kick.
21. The players of the defending team must be at least 3m from the place where the kick-in is taken
22. The kick off will be done from the centre of the pitch following a goal. And taken by the first team mentioned on the schedule sheet.
23. Running is penalised with an indirect free kick at the position where the player started running. The same also applies to physical contact and slide tackles.
24. You can't score from your own half of the pitch.
25. Penalty's: 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.
26. The options for a match official imposing disciplinary sanctions are therefore:
  - player issued with a blue card and temporarily suspended from play. (1min.)
  - player issued with a red card and permanently excluded from play. ( after 3 min. Or scored goal a other member of the team can enter the pitch.)
27. The matches are run by the English FA referees. A referee's decision is final, protests are not permitted.
28. The tournament is for both men and women. The tournament is divided into 4 categories, namely:
  - A division with players who are 50 years or older
  - (The team may have 2 players younger than 50 years old but these players must be at least 45 years of age or older.)
  - A division with players who are 60 years or older
  - (The team may have 2 players younger than 60 years old but these players must be at least 55 years of age or older.)
  - A division with players who are 65 years or older
  - (The team may have 2 players younger than 65 years old but these players must be at least 60 years of age or older.)
  - A division with players who are 70 years or older
  - (The team may have 2 players younger than 70 years old but these players must be at least 65 years of age or older.)

- A division for WOMEN with players who have the minimum age of 40 years.
29. It is only allowed to use 2 dispensation players per match. The other dispensation players must stand outside the field or take a seat in the stands.
  30. The responsible referee, referee coordinator, or members of the organization may ask the players participating in the 40+ (women) 50+ & 60+ & 65+ & 70+ tournament for their ID in order to check the age of the player. Every player playing in one of the competitions has the obligation to bring his/her ID or a copy of his/her ID with him/her during his/her matches. If a player is not able to proof his age to the referee, the referee has the right to exclude the player from the matches until the player involved can proof his age.
  31. If a team withdraws or disqualified from the tournament, it loses all matches 0-3. Also the games already played.
  32. If a team in the mentioned competitions plays with younger players as allowed, the team will be disqualified from the tournament/competition.
  33. If the situation mentioned as above occurs in the knock out phase or semifinals the following will happen;
    - The results in the group phase will remain unchanged.
    - The team involved will be disqualified.
    - The opponent will have a win of 3-0 and go through/on to the next round. (Walk over)
  34. The number of players per team is unlimited, with a minimum of 8 players per team.
  35. It's not prohibited to switch players from one team to another team not playing in the same age category. These teams will be monitored at every game. According to rule Nr. 29.
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  37. The programme is completed in accordance with the timings noted in the programme booklet also available at the tournament office on the boards or Qr-code. So check carefully during the tournament where you have to play due to last minute changes.
  38. Every team has to be present 5 minutes before kick-off. The team which does not show up at the sports field on time will lose the match by 0 - 3 and will not receive any points.
  39. A team which wins as a result of a 'no-show' will be given 3 goals as their total score.
  40. Unless the referee decides otherwise, there will be no stopping for injuries, these will be dealt with off the pitch.
  41. The first team listed on the match form will start on the left side of the pitch, seen from the beach side and will also kick off the game. The kick off moment will be directed by the referee.

42. The first team mentioned (the home team) has to change shirts if both kits are the same (colour). There are also tournament vests in several colours available for any team, should this situation occur.
43. Every team must be equipped with a second set of shirts, which are different from the original club kit colours.
44. The pitches are made from artificial grass. Players are advised to wear regular Futsal (indoor Soccer) shoes, or special Astro turf football boots.
45. There are changing rooms at the pitches; teams are welcome to use these. Players are also allowed to prepare themselves in the hotel rooms in between games.
46. The team's representative needs to report to the Organisers' headquarters 30 minutes before the first scheduled match and submit their list of players.
47. The tournament will be kicked off with a PRELIMINARY ROUND on the Friday or Saturday. The FINAL ROUND will take place on the Sunday.
48. The playing time in the PRELIMINARY ROUND, the Knockout Phase and the FINAL ROUND are according to the time mentioned in the tournament schedule. These times can be deviated from. The teams will be informed in plenty of time.
49. The PRELIMINARY ROUND will be played in groups.
50. When there is a tie and equal scores in any of the groups these rules will be applied:
  - Higher number of points achieved in the mutual matches between the relevant teams
  - Superior goal difference in the mutual matches between the respective teams
  - Higher number of goals scored in the mutual matches between the respective teams
  - Higher number of goals scored in all group matches
  - Difference goals for- against
51. When there is a tie with equal scores in the following Knockout rounds the players take penalties. Each team takes three penalties. If the score remains unchanged, penalty kicks will be taken alternately until one team wins with a one-goal lead.
52. The referee in charge of a particular game, as well as both coaches or team captains, have to report to the jury table near the pitch after every match to sign the score sheet for that particular match. This is compulsory. The signing of the score sheet has to be done immediately after the match, in order to approve the result of that game.
53. If you didn't control the score sheet, and you signed it, it not will be changed afterwards.
54. Each team is required to report to the tournament's sports headquarters before leaving every day of the tournament.
55. **Smoking and drinking alcohol is prohibited** on the pitches. The use of glass is also forbidden. Alcoholic consumption has to be limited, as

extensive alcohol consumption has a clear influence on the match, a team or an individual player can.

56. Every participant is responsible for his own behaviour in this respect; and will be held responsible if damage is reported.
57. Other than players and coaches, no other person has the right to enter the field.
58. Everyone is kindly asked to remain on the stands or in the sports arena's restaurant when not playing. This will ensure the space around the pitch is reserved for those teams and players in the current matches.
59. For any other rules or regulations not mentioned, the tournament's sports management team's decisions are final, as presented by the chief of the tournament's sports management team, in accordance with the representative of the board, or by any person appointed by him.
60. The tournament organisers would like to remind participants to insure themselves for all medical costs which may be incurred as a result of any injuries suffered during the tournament.
61. The organisers are not responsible for damage, physical injuries or the theft of any personal belongings of any players, spectators or companions.

The Organization and Management

