



WALKING FOOTBALL BRISBANE INC.

WELCOME PACK



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COMPLETE AND SIGN FORM - HAND TO VENUE CO-ORDINATOR

In line with the *Privacy Act 1988* and *Australian Privacy Principles Guidelines*, Walking Football Brisbane Inc. undertakes to take all reasonable steps to protect the personal information provided on this form from misuse, interference, loss and from unauthorised access, modification, or disclosure.

By completing this form, you confirm being well and healthy to participate in physical exercise and understand it is your responsibility to seek the advice and approval of your doctor before being accepted as a member of WFB Inc.

Please use a BLACK or BLUE pen and PRINT in CAPITAL LETTERS.

Surname: _____ First Name: _____

Home Address: _____

Email Address: _____

Date of Birth: ____/____/____ Mobile No.: _____ FFA No.: _____

Occupation and/or skills: _____

Relevant Medical Conditions: _____
(e.g. asthma, knee/hip replacements, etc.)

Emergency Contact Name: _____ Phone No.: _____

How did you hear of us? _____ Venue at which you joined: _____

Membership Type (circle one): ADULT JUNIOR (Guardian's signature required)

Checklist (Please tick boxes):

- I acknowledge the need to behave responsibly and to abide by the rules and the code of conduct as set by Walking Football Brisbane Inc.
- I hereby give Walking Football Brisbane Inc. permission to take still and/or moving images of me at all walking football related events and authorise the use of those images for advertising, marketing, leaflets, social media and/or any other use such as training, educational or publicity purposes.

FFA Registration: To finalise this application and obtain FFA player insurance cover you must complete the Squadi online registration form, the details of which will be emailed to you with your membership fee payment confirmation.

Membership Fee: \$25.00 (includes FFA player insurance cover).

Payment Options: Cash at venue or EFT to WFB Inc. BSB No: 064 185 Acct No: 104103 58 Ref: Your Name

Player Signature: _____ Date: _____
(or Guardian of Junior player)

OFFICE USE ONLY

PROPOSED and SECONDED as a player of WFB Inc.: VENUE: _____

Proposer Name: _____ Signature: _____ Date: _____

Seconded Name: _____ Signature: _____ Date: _____

Membership Paid: YES NO Receipt No.: _____



GUIDELINES FOR WALKING FOOTBALL IN BRISBANE

(Version 3 – 1 July 2020)

GENERAL

The welfare of participants overrides all other considerations.

Unless covered by the following guidelines, all normal football rules will apply.

WALKING

Running or jogging, on or off the ball, is not permitted by any player (including goalkeepers) and will result in an indirect free kick being awarded against the offending player.

The referee has sole discretion in deciding what is, and what is not, walking.

A walking action should generally be determined as a progression of steps where at least one foot maintains constant contact with the ground. Walking is normally characterised by a straight leading leg with the heel impacting the ground before any other part of the foot. For all practical purposes, however, if the referee does not recognise an action as typically those of a person walking, then it will be considered as “not walking”.

Speed of walking is not a consideration. That is, players can walk as fast as their legs can carry them. The only consideration is that they are, in fact, walking.

BALL HEIGHT LIMITATIONS

Generally speaking, during normal outfield play, an infringement occurs when the ball rises to about 2m (head height).

Given that player safety is the main reason for this rule, the referee may apply a lesser height limit if they consider the flight of the ball endangers a shorter person.

A player commits a foul if they cause the ball to rise to head height. This applies even if they have no control over it, for instance if the ball deflects off them. An indirect free kick will be awarded to the opposing team.

If a goalkeeper causes the ball to rise to head height by blocking a shot and the ball rebounds into general play, the decision should be that the goalkeeper retains possession. However, if the goalkeeper ‘deliberately’ causes the ball to rise to head height in general play, either by throwing or kicking, a free kick will be awarded to the opposing team 3m outside the penalty area.

Note: the referee has the discretion to allow the ball to rise to head height within the goal area. For instance, if the goalkeeper saves a shot, the ball loops over their head and into the net, or it goes out for a corner.

FIELD OF PLAY

Goalkeepers must not leave the goal area unless momentum takes them there.

Outfield players must not enter the goal area unless momentum takes them there.

The goal area is a zone marked by lines or flat discs in front of each goal.

A goal can be scored by any outfield player from anywhere on the field of play outside the goal area. Outfield players must allow the goalkeeper to throw or kick the ball into general play. That is, they should retreat 3m from the goalkeeper when the goalkeeper has the ball in their possession. There is no offside in Walking Football.

OFFENCES.

Walking Football is a non-contact sport in which occasional incidental contact may occur. Incidental contact is not an offence; however, given the primacy of player welfare, any situation that has the potential to cause harm to a player should be deemed an offence and an indirect free kick awarded against the offending player.

The most common offences include:

- A) Not walking;
- B) Causing the ball to rise to head height;
- C) Heading the ball (see Note 1 below);
- D) A player playing the ball while not on their feet;
- E) Tackling from behind, even if the tackle is clean and no contact is made. (See Note 2 below);
- F) Slide tackles, sliding blocks, stepping across a player or stepping into a player for whatever reason;
- G) Backing into a player;
- H) Trapping a player who is in control of the ball in an enclosed court. (See Note 3 below);
- I) Preventing the goalkeeper from throwing or kicking the ball back into general play;
- J) Shoulder charges; and
- K) Any other reckless, excessive or intimidating behaviour.

Note 1: Heading the ball: this is a safety issue. A player should not make any attempt to head a ball. If a player deliberately heads a ball that has already risen to head height, they are committing an offence and creating the potential for injury. This overrides the more passive head high rule and the free kick should be awarded against the player heading the ball rather than the player causing the ball to rise to head height.

Note 2: Tackling from behind: this includes a tackle, or an attempt to win the ball, executed from behind the player but with movement that approaches from the side.

Note 3: Trapping a player: a player with the ball who is trapped against a barrier by an opponent must attempt to turn and face the opponent and cannot hold onto the barrier to shield the ball. However, they are allowed to hold on to the barrier to momentarily keep their balance. Without stopping the game, the referee should issue a directive to players to allow the player with the ball to turn and face the field of play.

PENALTY KICKS

Each of these offences will result in a penalty kick:

- A) An outfield player of a defending team enters their own goal area (unless as a result of momentum) to seek an advantage;
- B) An outfield player of a defending team plays the ball inside their own goal area, even if they themselves are not inside the goal area;
- C) The goalkeeper leaves the goal area (unless as a result of momentum);
- D) The goalkeeper plays the ball outside the goal area; and
- E) An outfield player or the goalkeeper commits an offence in order to stop a clear and obvious goalscoring opportunity.

The ball is deemed to be inside the goal area, or outside the goal area, when the whole of the ball has crossed the whole of the line demarking the goal area.

A penalty kick is taken 6m from the goal line. The player taking the penalty can take a maximum of one step before striking the ball. The ball must be played forward and be played within 6 seconds of the referee's whistle. The goalkeeper must remain on the goal line but can move from side to side. All other players should be behind the ball and at least 3m from the penalty spot.

If the one-step rule is not properly adhered to and a goal is scored, the kick should be retaken. If a goal is not scored, a free kick to the opposing team should be awarded. If the kick is not taken within 6 seconds, a free kick to the opposing team should be awarded.

INDIRECT FREE KICKS

Apart from a penalty kick, all free kicks are indirect. This includes corner kicks and kick-ins from the sideline.

The player taking a free kick is permitted a maximum of one step before striking the ball and must play the ball within 6 seconds of the referee's whistle to restart the game. If the onestep rule is not properly adhered to, or if the ball is not played within 6 seconds, a free kick should be awarded to the opposing team. In the case of a corner kick not being taken properly, the ball will be given to the goalkeeper to restart the game.

A free kick should only be taken when the referee blows the whistle to restart the game; however, the referee can waive this option to keep the game flowing. If the referee intends to restart with a whistle, they should tell the kicker to wait for the whistle. Generally, free kicks close to the goal should only be taken on the referee's whistle.

All opposing players must be at least 3m from where the free kick is taken.

A goal cannot be scored directly from a free kick; a second player, from either side, must play the ball first. A direct shot will be considered an offence and the goalkeeper given the ball to restart the game.

GOALKEEPERS

A goalkeeper must throw the ball underarm or kick it from the ground when they release the ball into general play. When taking a kick in to restart the game, the ball should be stationary before the kick is taken. The one-step rule also applies to goalkeepers in this situation. An overarm throw, a dropkick, a punt from the hands, or anything of a similar nature will result in an indirect free kick to the opposing team 3m from the edge of the goal area closest to where the offence occurred. A goalkeeper must release a ball under their control within 6 seconds. Failure to do so will result in an indirect free kick to the opposing team 3m outside the goal area, closest to where the offence occurred.

Once a goalkeeper has played the ball to a team member, they must not play it again until a 3rd player has touched the ball (either a team member or an opposition player). If a goalkeeper plays the ball before a 3rd party has touched it, an indirect free kick should be awarded to the opposing team 3m outside the goal area closest to where the offence occurred. The offence occurs when the goalkeeper touches the ball.

Goalkeepers can play the ball while they are on the ground.

Goalkeepers can handle the ball on a back pass.

Goalkeepers can use any part of their body (including their head) to stop a goal being scored.

Goalkeepers cannot score a goal. If a goalkeeper 'scores', the ball will be deemed to be dead and retained by the opposing goalkeeper.

MISCONDUCT

Referees will use a Yellow/Red card system for instances of misconduct.

Yellow Card

The referee will issue a verbal warning to any player who has committed at least two offences and should produce a yellow card if the player continues to offend.

It is the referee's prerogative to determine when the yellow card will be produced.

As a rule of thumb, a yellow card can be shown to a player for:

1. persistently showing dissent, abusing other players or officials, exhibiting argumentative behaviour, swearing or expressing sarcasm;
2. denying a clear goalscoring opportunity by way of an offence that is punishable by a free kick or penalty;
3. acting contrary to a referee's ruling about entering or re-entering the field of play;
4. persistently failing to retreat the required 3m from a free kick, corner kick, kick-in, or not allowing the goalkeeper to play the ball;
5. committing 3 infringements (not necessarily the same infringement); or
6. behaving in a manner that the referee considers not to be in the spirit of the game.

A player who is shown a yellow card must leave the game for 2 minutes. A team cannot replace the player who has been shown a yellow card.

Red Card

A red card should be shown when a player:

1. exhibits extreme behaviour with regard point 1 above.
2. exhibits aggressive, reckless or dangerous conduct in relation to other players; or
3. commits further yellow card offences after having already served a timed suspension in the same game.

A player shown a red card should take no further part in the game. If a goalkeeper is red carded, a substitute goalkeeper can be brought on but one outfield player must leave the field.

The referee will report the behaviour of the red-carded player to the tournament director. Depending on the severity of the offence, the tournament director may decide that the player takes no further part in the tournament.

MISCELLANEOUS Drop-ball restarts

A contested drop-ball should never be used to restart a game as it has the potential to cause harm to those players contesting it.

Referees should use this option when non-usual situations occur, for example when the ball hits the referee, or if a dog, say, runs onto the field.

It may also be appropriate to use a drop-ball to restart the game if the referee is unsure which player caused an offence. In this instance, the player in control of the ball when the whistle blew may be given the advantage. Another option is to give the ball to the closest goalkeeper.

In all cases, the opposing players must retreat 3m from the drop-ball position.

Fallen player

If a player falls and the referee suspects the player is injured, the game should be stopped immediately. Play should be restarted by giving the ball to the nearest goalkeeper.

Play may continue if, in the referee's opinion, no injury has occurred, the fall is a result of incidental contact or the player has simply lost balance. In such cases, the referee should wave play on and verbally communicating this to the players.

Advantage rule

Referees should consider playing advantage to the team in possession at all times, unless there are extenuating circumstances for the game to be stopped.

Referee's hand signals

There are three major hand signals that referees use.

1. Rolling hands, one over the other, to indicate 'not-walking';
2. Waving one hand above the head to indicate the ball has exceeded height limitations; and
3. Swinging arms behind the back to indicate a tackle from behind or an illegal tackle from the side.