
WALKING FOOTBALL INFO



Walking football is a modified version of traditional football (soccer) that is played at a slower pace and with some unique rules to accommodate older players or those with mobility issues.

- **The Snail's Pace:** Walking football is known for its slow pace compared to regular football. It's quite funny to watch players move at a snail's pace as they carefully manoeuvre the ball.
- **The "Running" Joke:** In walking football, running is strictly prohibited. Players often have to suppress the urge to break into a run, leading to comical situations where someone might accidentally start running and then sheepishly slow down
- **Ball Retrieval:** Since walking football is played at a slower pace, it's common to see players take their time retrieving the ball after it goes out of play. It's always a leisurely stroll to fetch the ball, particularly where there is not fence to stop the ball, giving everyone a breather.

Walking football is a funny old game.

Eat, sleep, walking football, repeat.

Walking football wonderland.

You will never walk alone.

I have learned all about life with the ball at my feet.

- **Goalkeepers' Dilemma:** Goalkeepers in walking football have a unique challenge. They can't dive or make quick, athletic saves, so they have to rely on positioning and good hands. It can be funny to see goalkeepers gingerly reach for the ball as if in slow motion.
- **Friendly Banter:** As the game is played at a more relaxed pace, players often engage in friendly banter on the field. You might hear humorous exchanges as players tease each other or share a laugh.
- **Overenthusiastic Celebrations:** Scoring a goal in walking football can lead to some hilarious celebrations. Since players can't run, you might see them slowly shuffle towards their teammates for high-fives or group hugs.
- **Bizarre Fouls:** Fouls in walking football can be unintentionally comical. Players might accidentally bump into each other or commit fouls because they can't stop their momentum in time.
- **The Fashion Show:** Some walking football teams and players take their attire very seriously. It's not uncommon to see players sporting retro football kits or unique jerseys, adding a touch of humour to the game.
- **Relaxed Refereeing:** Referees in walking football often have a more laid-back approach. They understand the slower pace and tend to be lenient with minor infractions, making the game even more enjoyable. Blue cards for running or unduly rough play are seldom seen. Red cards are rare and cause great consternation.
- **Pint After the Match:** Many walking football players enjoy a post-match pint at the local pub. It's a fun tradition that highlights the social aspect of the game, and you'll often find players sharing funny stories and laughter while others keep reliving their playing days gone by.



I'm not going to lie -
I'm only here for the
drinks.

My blood, your sweat,
our tears.

I gotta prepare for
those victory drinks.

I've never found a
football ground that I
did not like.

Overall, walking football is all about having fun, staying active, and enjoying the camaraderie of the game. It's a game played by men and women in good spirit and sometimes with an eye on healthy competition. It may not be as fast-paced as traditional football, but it certainly has its own unique charm and humorous moments. Come along and join in life on the field.

“Walking football is a simple game. 10 players chase the ball but in the end everyone pays for drinks.”

- IAN STEWART