



# Rules



## Kalives Titan Walking Football (KTWF)

*KTWF is a local Walking Football club in Kalives Crete and is the only known 'official' WF club in Greece.  
We are an unaffiliated amateur club.*

**Titan WF has its own set of playing rules that visiting teams are expected to play.**

*We play a variation of the rules now established in other countries scoring goals only from within the penalty area. The ball must be inside the box to score. Playing WF in this way allows everyone regardless of skill to have a fair chance of being involved.*

*We have Women/Men players aged from 40/50 to over 77 and everyone enjoys this inclusive way of playing. Visiting teams have found these rules to be fun.*

### Arena/pitches

1. All measurements are for our Titan Academy Arena pitch with grass, 40 L x 22 W m
2. Goals are 5 meter wide and 2 meters high.
3. Penalty box is 9 x 15 meters. 9 meters out from the goal line, and 5 meters out from each post.
4. Penalty spot is at 7 meters.
5. Ball is a standard- or light weight, size 5.
6. The lines are part of the pitch:
  - The goalkeeper can step ON, not over the penalty box lines
  - If the ball is on the penalty box line it is ok to try to score
  - Throw ins are taken with both foot behind the touch line with the ball thrown no higher than waist height

## Rules

1. Players age must be 40 or over for Women. Men must be 50 or over. Age limit applies from the year they qualify not the actual birthday.
2. Games are normally played 6 vs 6 where one on each team is goalkeeper. Substitutions are rolling and may be made at any time.
3. All players are allowed to play on any area of the pitch (goalkeeper- see 6).

4. **Goals** can only be scored from **inside the penalty area**. Shots from outside the area that go directly into goal result in a no goal. If the ball enters the penalty area from outside the area and is deflected by any player inside the area, a goal is awarded.

5. **Goalkeeper**

- The goalkeeper is not allowed to leave the penalty box during a match. A penalty is awarded if done deliberately to prevent a goal being scored.
- The goalkeeper can start play with a kick or a throw as long as it is not over head height, in which case a penalty is awarded.
- If the ball goes over head height after a save from the goalkeeper then play continues.
- The goalkeeper must wear a different colour to both teams.

6. **Running or Jogging** is not allowed at any time.

- One foot must always be on the ground during play. An indirect free-kick will be given if this rule is broken. A penalty will be awarded if this happens inside the penalty box.
- Running outside the penalty box with the intention of preventing a possible goal will result in a penalty.
- A players first running infringement will result in a free-kick and verbal warning.
- A players second running infringement will result in a free-kick and a penalty awarded.
- A players third running infringement will result in a penalty being awarded and the player sent off for 2 Minutes.

7. **A Free kick/Penalty** (if inside the box) will be given when:

- Heading the ball
- Slide tackling or playing the ball while lying on the ground
- Handball (deliberately, or arm in a very unnatural position out from the body)
- Kicking the ball over 2-meter high (as defined by the goal cross bar height)
- Putting someone in danger in any way, see 8 to 11 below
- All free-kicks are indirect
- Physical contact, see 8 below

8. **Contact and Tackles**

- The player who controls the ball has advantage, opponents must be careful when tackling

- Minimal contact is allowed in the opinion of the referee
- If contact is minimal and appears accidental, then play can continue
- No upper body contact is allowed by leaning into opponents shoulder or by pushing
- If contact appears careless or forceful, a free kick will be awarded
- If contact is reckless, irrespective of whether it's minimal or forceful, then a penalty is awarded and potentially a red card shown to the offender. See more under 10 below
- No slide tackling, tackling from behind or through a player's legs
- Tackling from the side is not allowed unless the ball is free and playable without player contact
- Tackling women is not allowed unless they are an experienced player and give consent
- Tackles from the front is allowed if no contact is made, but no "speed" allowed into the tackle

#### 9. **Deflection/Blocking**

- If the ball goes over 2 meter high after a deflection or block with the foot close to the body, play will continue
- A kick or pass or throw in over 2m in height will result in a free kick/(penalty inside the box)+ being awarded
- A kick or pass or throw in over 2m in height from inside the box will result in a penalty being awarded

#### 10. **Careless or Reckless Play including 'Blasting' the Ball into Players**

- For the first offence a penalty will be awarded no matter where on the field the offence occurred
- For the second offence a penalty will be awarded if committed by the same player and that player sent off for 2 minutes
- For the third offence a penalty will be awarded if committed by the same player and a red card shown. The offending player will then be shown a red card and can take no further part in the game

**It is the duty of ALL PLAYERS`s to ensure there are no injuries, accidental or otherwise.**

#### 11. **When shown a Red Card**, it is the same as in normal football, and includes for dangerous play, violent behaviour, the use of excessive force, beatings, kicking, spitting, foul language, racist words, etc.

- **When shown a Red Card** a penalty will be awarded and the player sent off for rest of the game
- **When shown a Red Card** suspension from the club may follow if the offence is considered serious enough for such action, in which case the Titan WF Board will convene a meeting to decide any further action

## 12. **Blasting**

- Be careful and show **respect** for the player in front of you

## 13. **The 2 Meters Rule**

- Opponents must remain at least 2m from the ball during free kicks, when the goalkeeper starts play, corners, roll ins from the touch line, and when the game is started game from centre spot
- An indirect free kick will be awarded or a penalty for repeat offenders

## 14. **During a Penalty Kick**

- All players must be behind the penalty box line at 9 Meter.
- The player taking the penalty must stand no more than 1 meter from the ball and take only one step before kicking it
- The goalkeeper must be on his goal line and cannot move forward until the kick is taken

## 15. **Corners** are taken as a normal kick in

## 16. **Throw ins must be** taken from behind the touch line and completed as an underarm throw no higher than the players waist.

## 17. **Referees**

- You must respect the referee
- The referee decision is final and not up for discussion until after the game. Any breaking of this rule may result in a warning to the player and an infringement noted against that player
- Two referees will be present, one on each side of the pitch
- The referee will stop the game if someone falls to the ground or has any kind of injury. In this situation, if no free-kick is awarded, the team with the ball when play was stopped will restart the game with the ball
- The referee can allow indicate 'Play On' at any time if the team that should have had a free kick can gain the advantage in playing on. If continuing play does not result in an advantage to that team, play will be stopped and a free kick awarded

## 18. **Equipment**

- **Footwear:** Our grass pitch is normally so dry and good that it is enough to use trainers and/or astro turf shoes/small rubber studs. Avoid wearing shoes with longer studs as this can accidentally injure others. Exceptions can be made in the case of wet/damp grass.

- **Shin guards:** We encourage people to wear shin guards, but it is not mandatory.
- **Watches/jewellery etc** must be removed as they can harm others and yourself.

### **NB! Health Insurance**

- All players take part in KTWF games at their own risk. Kalyves Titans and the organisers have no responsibility for any injury that may occur when attending KTWF facilities
- All players must ensure they have the appropriate health insurance cover for their needs.

**Respect the Referees, your opponent and everyone present- Have Fun**

[www.kalivestitan.com](http://www.kalivestitan.com)

