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**Kalives Titan Walking Football (KTWF) Rules**

*KTWF is a local Walking Football club on Crete and is the only known ‘official’ WF club in Greece. Greece does not have a WF federations yet. We are not connected to any federation at time being. Our home arena is Titan Academy Arena in Kalives.*

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

*We encourage a little more equality to real football by allowing* ***soft*** *contact, a lot of play between the penalty boxes and scoring goals only from within the penalty area. You must be inside the box to score! Playing WF in this way allows everyone regardless of skill and experience to have a fair chance of taking part and trying to score goals.*

*We have Women/Men players aged from 40/50 to over 75 and everyone enjoys this inclusive way of playing. Visiting teams have found these rules good/better.*

**Arena/pitches**

1. All measurements are for our Titan Academy Arena pitch with grass, 40 x 22 meters.
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.

**Rules**

1. Age: Women the year they turn 40 and up, Men the year they turn 50 and up.
2. We will play 6 vs 6 where one of each team is goalkeeper. Goalkeeper must have a different colour shirt to both teams. Maximum 11 players per team per game. 12 if 2 players are GK. Substitutions are rolling and may be made at any time. (New player on after player leaving the pitch in the sub area).
3. All players are allowed all over the pitch! (Goalkeeper- see 6**)**
4. Goals can only be made from **inside the penalty area!** Shots from outside the area that go directly into goal, will be a started again with play from the goalkeeper.
5. If the ball goes through (deflected) a player on any of the teams (inside the area) and end up in the goal: it`s a goal!
6. Goalkeeper is not allowed to leave the penalty box. Indirect free-kick will be given. GK can start the play with a kick or a throw. Not overhead high! If so: Penalty kick will be given.
7. Running/jogging: Not allowed! Not even to get into position! (One foot on the ground always). Indirect free-kick will be given. Penalty if inside the box.
8. No heading, slide tackle, hands, kicking the ball over 2-meter high (Goal cross bar), tackle that hits opponent. **Soft** contact **(SOFT!)** physical contact with shoulder/arm/upper body is allowed. Putting someone in danger in any way- is an indirect free-kick and a card. Inside the penalty box it`s a penalty.
9. Deflection/Blocking: If the ball goes over 2 meter high after a deflection/blocking, it is: **Play on.** If you purposely kick/pass/throw the ball and it end up over 2m, it`s a foul.
10. **2 meters rule**. Opponents must remain at least 2m from the ball during: Free kicks, corners, roll in, and start of the game from centre spot. If not 2m away: Indirect free-kick will be given.
11. When a penalty kick: All players must be behind the ball/penalty box line at 9 Meter. Max 1m step-up. Goalkeeper on the goal line and cannot move forward before the kick.
12. In the case of gross violations of the rules or repeated violations of the rules:
13. **Yellow card 1** = 2 mins sin bin.
14. **Yellow card 2** = 2 mins in sin bin.
15. **Same player yellow number 2**= cannot come on anymore! Other player can come on after 2 min.
16. **Direct Red card** is the same as in normal football. Violent behaviour, careless, reckless, or using excessive force, beatings, kicking, spitting, foul language, racist words, etc. **Red card**: Player Sent off for rest of the game. Team down one man for 5 mins before new player can come on.
17. Corners = normal kick in.
18. Throw in = under arm roll in from behind the line (under hip high).
19. Referees stop the game if someone fall to the ground or got any kind of a injury. If no freekick- The team that has the ball when we stop play, starts with the ball.

**Respect the Referees,** (they need no help,) the opponent, everyone present- and have fun.

* **NB! You must get your own insurance! KTWF has no responsibility for your health or injuries!**