WCASA OUTDOOR RECREATIONAL COED ULTIMATE WALKING SOCCER RULES AND PROCEDURES

(Revised 2023)

Players must have a valid WSASA player card (either Unlimited or Walk Soccer) and must be 25 by years end.

Players must check in before playing

2 - 30-minute halves with a 5-minute halftime

Size 4 Futsal Ball

NO Offsides NO deliberate headers NO slide tackling

All free kicks are indirect

Subbing and Goalie change on the fly

Players:

- Must wear shin guards covered with socks
- They cannot enter the penalty area
- Goalkeepers may not leave the penalty area. They may return the ball to play by throwing it out underhand.
- The Goalkeepers may pick up the ball from a pass back

Height Restriction: The ball must not exceed 6 feet high. Anything above 6 feet the opposing team will be awarded the ball

Penalties: If a goalkeeper leaves or a player enters the goal area the ball will be awarded to the opposing team

Walking Rule: Walking is defined as always having one foot in contact with the ground (heel to toe)

Notes: Our goal is to have everyone enjoy playing in a non-aggressive, no contact fun, slower paced game of soccer. Also, to make it fair to all we ask that everyone take at least a turn as goalie (unless someone wants to stay in goal) each half and sub a couple times each half if subs are available.

Wear a white shirt. Teams will be divided each week and pinnies will be distributed.