



EUROPEAN
**WALKING
FOOTBALL**
LEAGUE



EFDN

MEMBERS

2021

1000

EFDN WALKING FOOTBALL LEAGUE – METHODOLOGY

- The main aim of the EFDN Walking Football League methodology is that project partners will establish partnerships with local grassroots clubs & sport organisations to develop a sustainable a Walking Football League on a local and/or a regional level
- The methodology will make it possible for the participants in their Walking Football teams to play matches on a regular or even weekly basis
- Develop a Walking Football methodology which is applicable in each country and having equal rules in each country

EFDN WALKING FOOTBALL LEAGUE – CURRENT PARTNERS



RANGERS
CHARITY
FOUNDATION



NEWCASTLE
UNITED
FOUNDATION



EFDN WALKING FOOTBALL LEAGUE – LOCAL COMPETITION

- Every partner is getting the room/flexibility to create their own local Walking Football League based on their possibilities & circumstances
- Partners can run their competition under their umbrella
- If partnerships with grassroots clubs is not possible try to create partnerships with other organisations, companies, institutions,... who want to join the Walking Football League

- 1st Walking Football League season – (July 22 until Dec 22)
- 2nd Walking Football League season – (Feb 23 – Jul 23)
- 3rd Walking Football League season – (Aug 23 – Dec 23)



EFDN WALKING FOOTBALL LEAGUE – 1ST WALKING FOOTBALL LEAGUE SEASON



Partners can determine themselves the concept of the local competition

- Matchdays
- Tournament(s)
- Only requirement is to organise/deliver the minimum amount of games & training sessions



EFDN WALKING FOOTBALL LEAGUE – 1ST WALKING FOOTBALL LEAGUE SEASON



There will be NO age categories at the beginning, this is perhaps something for the future

- *Con's* (age category):
 - Friends of different ages want to play together in one team
 - Sometimes the age is not important but the physical condition
- Alternative solution for the future:
 - Not divided into age categories, but more into leisure and competitive competition



EFDN WALKING FOOTBALL LEAGUE – RULES



- WF rules of the previous Walking Football League will be used
- Proven rules and tested within the previous Walking Football League competition organised by Schalke 04 and Bayer 04
- Rules have been tested on several tournaments and are applicable
- Rules will be evaluated after each Walking Football League season and adjusted if necessary
- The Walking Football rules are based on the rules of the original football. To slow down the speed of the game, there are some reasonable changes.

EFDN WALKING FOOTBALL LEAGUE – RULES

1. Field

2. Ball

3. Players

4. Conduct

5.
Equipment

6. Length

7. Start and
Restarts

A. The field

1. The size of the pitch is 42 x 21 meters.
2. The goal size is 1-meter (height) x 3-meters (width).
3. The size of the box around the goal is 5 meters wide and 1 meter long and has a semi-circular shape.
 - 3.1. None of the players is allowed to enter the box.

EFDN WALKING FOOTBALL LEAGUE – RULES



B. The ball

4. The official ball size is 5.

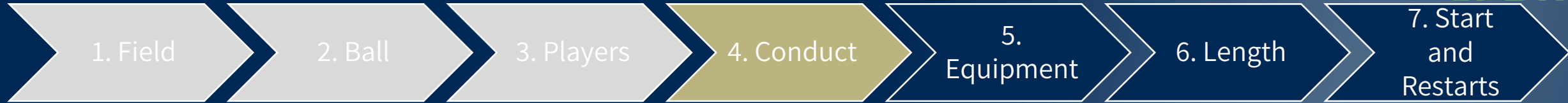
EFDN WALKING FOOTBALL LEAGUE – RULES



C. The players

5. Each team consists of 6 players and a maximum of 4 substitutes.

EFDN WALKING FOOTBALL LEAGUE – RULES



D. Conduct

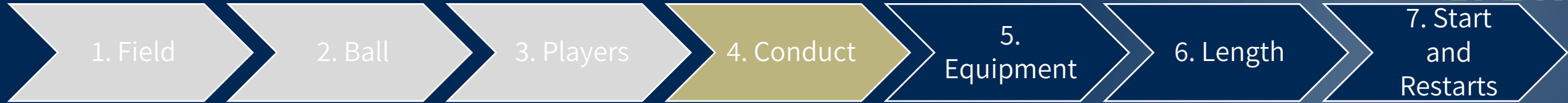
6. Players cannot run while moving around the pitch, whether they have possession of the ball or not. One foot must be touching the ground at all times.

6.1. When a player infringes this rule, an indirect free kick is awarded to the opposing team.

6.2. The indirect free kick will be taken from the position where the player started running.

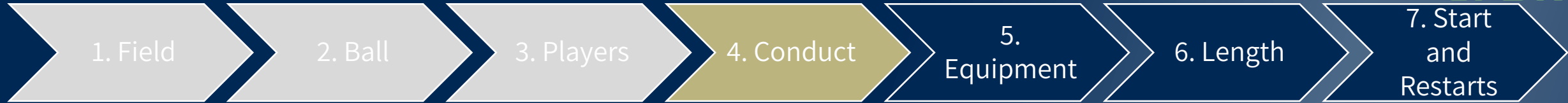
7. There are no goalkeepers and playing the ball with the hand is forbidden for every player, including the last player on the field.

EFDN WALKING FOOTBALL LEAGUE – RULES



8. It is not allowed to play the ball above 1-meter (the height of the crossbar).
9. Physical contact, sliding, tackling, and pushing are forbidden and it will be penalized with an indirect free kick for the opponent.
10. A goal cannot be scored from a team's own (defensive) half.
11. Substitutions are unlimited and can take place at any time from any spot on the field.

EFDN WALKING FOOTBALL LEAGUE – RULES



12. The referee will hand a yellow or a red card if the players do not follow the rules.
- 12.1. A yellow card equals a 2-minutes suspension, in which the player getting the yellow card cannot be replaced by another teammate. A yellow card will be awarded for multiple minor fouls.
- 12.2. A red card equals a suspension for the remaining of the game, in which the player getting sent off cannot be replaced by another teammate. A red card will be awarded for dangerous actions and bad language.
- 12.3. The criteria for the referees to award a yellow, red, or no card depends on the following:
- Careless action: no card.
 - Reckless action: yellow card.
 - Dangerous action: red card.

EFDN WALKING FOOTBALL LEAGUE – RULES



13.If a clear goal opportunity is prevented by illegal means (such as a handball, a foul, or by entering the box), a penalty kick will be awarded for the attacking team.

13.1. A penalty shot will be taken from the middle line with no opponents standing in the way between the penalty shooter and the goal.

EFDN WALKING FOOTBALL LEAGUE – RULES

1. Field

2. Ball

3. Players

4. Conduct

5.
Equipment

6. Length

7. Start
and
Restarts

14. Equipment:

- Shoes
- Shin pads
- No jewellery
- Football kit

EFDN WALKING FOOTBALL LEAGUE – RULES

1. Field

2. Ball

3. Players

4. Conduct

5.
Equipment

6. Length

7. Start
and
Restarts

F. Length of the match

15. The playing time is to be decided by each local league organizer and it will be reasonable, considering the number of matches played on match day.

EFDN WALKING FOOTBALL LEAGUE – RULES

1. Field

2. Ball

3. Players

4. Conduct

5.
Equipment

6. Length

7. Start
and
Restarts

G. Start and restarts

16. Kick-off: the team arranged as the home team in the schedule will kick-off from the middle line.
17. Kick-off: after every goal, the team receiving the goal will kick-off from the middle line.

EFDN WALKING FOOTBALL LEAGUE – RULES

1. Field

2. Ball

3. Players

4. Conduct

5.
Equipment

6. Length

7. Start
and
Restarts

18. Kick-in: a kick-in will take place every time the ball goes outside of the playing field on either side of the field, on the spot where the ball crossed the line.
- 18.1. The opposite players must keep a distance of 3 meters.
 - 18.2. At the moment of the kick-in, the ball must be dead.
 - 18.3. If the ball crosses the line in either end line, a corner kick or goal kick will be awarded depending on who touched the ball last
 - 18.4. A player cannot score directly from a kick-in. If the ball deflects on another player and enters the goal, the goal will be allowed.

EFDN WALKING FOOTBALL LEAGUE – RULES

1. Field

2. Ball

3. Players

4. Conduct

5.
Equipment

6. Length

7. Start
and
Restarts

19. Free-kick: an indirect free kick is awarded for any rule violation.
- 19.1. A player cannot score directly from a free-kick. If the ball deflects on another player and enters the goal, the goal will be allowed.
- 19.2. The defenders must keep at least 3 meters from the ball.
- 19.3. if the distance to the box is less than 3 meters, the free-kick will be spotted in the original place where the free-kick was called. In this case, the wall could stand on the line of the box in a shorter distance than 3 meters.

EFDN WALKING FOOTBALL LEAGUE – RULES

1. Field

2. Ball

3. Players

4. Conduct

5.
Equipment

6. Length

7. Start
and
Restarts

20. Penalty-kick: a penalty-kick will be awarded when a clear goal is denied by the defenders by breaking the rules, such as using their hand, fouling the attacker, or entering the box.

20.1. A penalty-kick will be taken from the middle line and nobody will be allowed to stay between the ball and the goal.

EFDN WALKING FOOTBALL LEAGUE – RULES

1. Field

2. Ball

3. Players

4. Conduct

5.
Equipment

6. Length

7. Start
and
Restarts

21. Corner kick: a corner kick will be awarded when the defending team is the last to touch the ball before it goes through the end line.

21.1. A goal may be scored directly from a corner kick.

21.2. An own goal may be scored directly from a corner kick.

21.3. Defenders must keep at least 3 meters distance to the ball.

EFDN WALKING FOOTBALL LEAGUE – RULES

1. Field

2. Ball

3. Players

4. Conduct

5.
Equipment

6. Length

7. Start
and
Restarts

22. Goal kick: a goal kick will be awarded when the attacking team is the last to touch the ball before it goes through the end line.

22.1. A goal cannot be scored directly from a goal kick.

22.2. The goal kick will take place one meter from the end line, on the side of the goal box where the ball crossed the end line.

22.3. Defenders must keep at least 3 meters distance to the ball.

23. In the case of an event that is not registered in these rules, the referee will have the last word to decide on the fairest call for both teams.

EFDN WALKING FOOTBALL LEAGUE – TOURNAMENTS

EVENT	PLACE	DATE	NUMBER OF TEAMS
1ST INTERNATIONAL TOURNAMENT	BREDA	31st of May 2022 (JEKA training facility)	10 PROJECT PARTNERS + 6 TO 10 ADDITIONAL TEAMS
2ND INTERNATIONAL TOURNAMENT	LEVERKUSEN	27-28th September 2022	10 PROJECT PARTNERS + 6 TO 14 ADDITIONAL TEAMS*
3RD INTERNATIONAL TOURNAMENT	NEWCASTLE	MAY 2023	10 PROJECT PARTNERS + 6 TO 14 ADDITIONAL TEAMS*
4TH INTERNATIONAL TOURNAMENT	GELSENKIRCHEN	OCTOBER 2023	10 PROJECT PARTNERS + 6 TO 14 ADDITIONAL TEAMS*

*Depending on the amount of requests



EFDN WALKING FOOTBALL LEAGUE – TOURNAMENTS



The setup of the tournament will be determined after EFDN knows how many additional EFDN members subscribe for the Walking Football League and/or the International Tournament(s)

EFDN WALKING FOOTBALL LEAGUE – DELIVERABLES

- Walking Football training manual in multiple languages (will be updated after each delivery phase)
- Walking Football sports chart
- Walking Football practitioners guide
- Walking Football referee training programme (handbook + videos)
- Online Walking Football training exercises
- Walking Football League website







EFDN WALKING FOOTBALL LEAGUE – WEBSITE



The official kick-off of the project is the 1st of January 2022, therefore the Walking Football League Website isn't accessible yet. The Website will go live March 16th

Please have a look at the following website: <https://www.communitychampionsleague.eu/> it will be a very similar concept for the WFL website, but different layout, colours and branding



EFDN WALKING FOOTBALL LEAGUE – PARTNER BENEFITS



- Collaboration with a range of different stakeholders, organisations, federations, sports associations, schools, local authorities, etc..
- Extend your Walking Football network with participating partners and communities
- Participation in a local, regional, national and international competition
- Access to all the deliverables
- Part of the EFDN Walking Football League community
- Free logo and editable homepage on the EFDN Walking Football website in club brand colours



EFDN WALKING FOOTBALL LEAGUE – PARTNER BENEFITS



If you would like to **ask questions** about anything related to the Walking Football League, join our **webinar on the 17th of March**, from 14:00-16:00. **Send an email** to m.rijkhoff@efdn.org to receive an invite to the webinar.

If you would like to **join** the Walking Football League and the **International Tournament(s)** please **submit the attached Registration Form** until **March 21st 2022** to:

m.rijkhoff@efdn.org

TOGETHER
We are
#Morethanfootball