South Coast Football Festival 6 A-SIDE
COMPETITON RULES FOR WALKING FOOTBALL
Sun 21st June 2026

1) The competition shall be known as the “South Coast Football Festival”
2) The competition will consist of Womens Walking Football.
3) Managers must register their teams attendance on arrival to the Control Tent by 9.30am on the day of the tournament by way of the dedicated Whatsapp message group.
4) **Its a 6-a-side** format and you may register a max of **10** players per team.
5) In accordance with FA law, **All players** must wear shin pads and remove all jewellery.
6) The competition will be decided on a league basis with the top 2 teams from each group going through to play in the finals. Points scoring for competitive leagues will be **3 points for a win, 1 point for a draw and 0 points for a loss**.
7) Results must be sent by the winning team manager using the dedicated Whatsapp group.
8) All games will have no half time, game duration will be stated on the fixtures list.
9) The offside rule and back pass rule will not apply.
10) **Walking**: Running or jogging is not allowed, players must have at least one foot on the ground at all times.
11) **Contact:** Slide tackling, pushing or holding is not allowed
12) **Goalkeepers** must not Dropkick the ball into open play; they can throw the ball or place the ball on the floor to kick it. Goal Kicks must be taken from the goal line.
13) **Goalkeepers** are not allowed to leave their goal area.
14) **Kick-ins:** Instead of throw-ins, kick-ins are used to restart play if the ball goes out of bounds
15) The ball must not go above head height or above the height of the goal crossbar.
16) All kicks are indirect.
17) All other FA Walking laws apply.
18) Any player, who receives a blue card (sin bin) caution, will leave the pitch for 2mins. The offending player may not be subbed or replaced during this time.
19) A red card will be issued for the following: Receiving a second blue card in the same game (1 match suspension). Denying a goal scoring opportunity (1 match suspension). Use of offensive, abusive or insulting gestures (2 match suspension). Attempting to kick or strike another player, violent conduct or serious foul play (3 match suspension).
20) All teams must ensure that they are ready to play their game **at least 3 minutes** before their scheduled kick off time. Late arrival may result in their game and points being forfeited and a 0-0 win being awarded to their opponents.
21) The ‘Home’ team for each match is deemed to be that which appears first in the tournament fixtures will take the kick off and must provide a suitable match ball.
22) The ‘Away’ team will choose which end to play and must provide a change of shirt or bibs in the event of a clash of colours.
23) If teams are level on points after their league is completed then goal difference will determine the final placing. If the goal difference is equal then goals scored will decide, if equal then the game result between the two teams shall be the deciding factor. If this game result was a draw then a penalty shoot out will be held. Each team will take 5 penalties each and if this ends in a draw then a “sudden death” penalty shoot out will be played.
24) Semi and the final will have 6 mins extra time if needed and penalties to determine a winner.
25) The Referee will be the sole arbiter of all decisions, time keeping and all points of dispute.
26) The Tournament Committee will not intervene on any dispute on any Referee’s decision.
27) The Tournament Committee will decide upon any other disputes or points of issue.

South Coast Football Festival and Worthing Rugby Club do not accept responsibility and are not liable for any loss or damage to property during any part of the tournament. Children must be supervised at all times.

South Coast Football Festival have a ZERO TOLERANCE policy on violence and drugs