



Rules

Kalives Titan Walking Football (KTWF)

KTWF is a local Walking Football club in Kalives Crete and is the only known 'official/open' 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. 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. The goal area box is 2 meters out from each post and 3.5 meters from the goal line. It is also known as the 3.5-meter box.
4. Goal area or 3.5-meter box is used for all goal kicks.
5. Penalty box is 9 x 15 meters. 9 meters out from the goal line, and 5 meters out from each post.
6. Penalty spot is at 7 meters.
7. Ball is a standard- or light weight, size 5.
8. 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

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 5).
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.
 - The goalkeeper starts play with a goal kick from within the 3.5m box. Attackers must be outside the penalty box, and may not enter until the ball has been kicked.
 - After a save the goalkeeper may start as he likes. Throw or kick.
 - If the ball goes over 2 meters after a save from the goalkeeper then play continues.
 - The goalkeeper is allowed to release the ball whilst on the ground.
 - The goalkeeper may not throw the ball over 2 meters high. If he does, a penalty will be awarded.
 - The goalkeeper may not pick up the ball from a pass back and must play the ball with his feet. If he does pick up the ball, the first offence is an indirect free kick from the nearest part of the penalty box line. A penalty will be awarded for subsequent offences.
 - 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 penalty being 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 **deliberately**. (**Deflections or movement to avoid the ball are play on.**)
 - Slide tackling or playing the ball while lying on the ground
 - Handball (deliberately, or arm in a very unnatural position out from the body)
 - It is not handball if:

- the ball is kicked from less than 1-2 m and into the hand of another player unless the player has time to react and uses the hand/arm intentionally.
- If the ball goes via another part of the body of a player and then involuntarily into the hand.
- 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
- A kick or pass over 2m in height will result in a free kick/(penalty inside the box) being awarded. If the referee is in doubt whether it is over 2m: Play on!!!
- Physical contact, see 8 below
- **If any player/coach try to influence/"help" the referee with decisions: (See rule 16)**

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 or backing into opponents.
- No Putting Arm behind back, arm at side and holding in all ways.
- No use of shoulders or 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 tackling with contact from behind or play 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 are allowed if no contact is made, but no "force/speed" into situation is allowed.

9. Deflection/Blocking

- If the ball goes over 2 meter high after a deflection or block play will continue. If you deliberately try to kick the ball and it goes over 2m, it is a punishable incident.

10. Dangerous/Careless/ Reckless Play

- Putting others in danger is not allowed!
- Very hard shot/pass above knee height with other players in immediate proximity etc. (The list is raised higher if there is a clear view towards goalkeepers who should be able to handle a bit more.)
- Actively use body/arms etc. to unbalance others, etc.

- 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 can take no further part in the game.

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

11. When shown a Red Card

- As in normal football, includes for dangerous play, violent behaviour, the use of excessive force, violent contact, 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 session.
- **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. The 3-Meter Rule

- Opponents must remain at least 3m 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.

13. During a Penalty Kick

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

14. Corners are taken as a normal kick in.

15. Side line kick-ins must be taken with the ball touching the line.

16. Referees

- You must respect the referee!
- Referees are supposed to judge according to the rules, but we all know that many discretionary decisions have to be made in a matter of seconds. Most will be correct, some may be debatable. But: You are not allowed to discuss this ON the pitch!
- Referees assessment of violations or non-violations is final! If any player/coach try to influence/"help" the referee with decisions:

- In case of first offense: Free kick will be given. The referee will address EVERYONE on and off the field, to remind that this is unacceptable.
- Repeated fouls after that: Penalty kicks to opposing team. (regardless of player/coach/sub or where the incident occurs on the course)
- The referee's decision is final and not up for discussion until after the game- but in a civilized and correct way. Any breaking of this rule may result in a warning to the player/coach etc and an infringement noted against that player/coach etc.
- 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 for first offences. If continuing play for 5 seconds does not result in an advantage to that team, play will be stopped, and a free kick awarded. Referee will then go back to the offence and give 1st 2nd or 3rd warning.

17. 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.
- **Blades and screw-in studs** are not allowed.
- **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.
- **Sunglasses** are worn at your own risk. We recommend shatter-proof sunglasses.

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, show common



senses and have FUN

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