



**WALKING
FOOTBALL**



Walking Football
**PROGRAM
GUIDE**

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**WALKING
FOOTBALL**



LIFELONG FOOTBALL: LEADING THE NATION WITH WALKING FOOTBALL

As the governing body for football in Queensland, Football Queensland is committed to leading the nation in growing Walking Football, a format that provides lifelong access to the beautiful game.

Our Vision

To establish Walking Football as a core pillar of Queensland's football ecosystem by:

- Increasing participation across all ages, backgrounds and abilities
- Embedding Walking Football as part of the club and community football offering
- Challenging stereotypes - Walking Football is not just for seniors; it is for anyone wanting to stay active, connected, and competitive at any age
- Creating Queensland's first Walking Football League with scalable formats across hubs, clubs, and regions
- Positioning Queensland as the leading state for innovation, participation, and awareness in Walking Football across Australia

We are building an inclusive, structured, and scalable network of hubs, leagues, and social programs from local fields to aged care facilities all under the Football Queensland umbrella.

Walking Football is more than a modified sport. It is our pathway to lifelong football.

AIM OF THIS GUIDE

The Walking Football Program Guide is designed to support anyone delivering social Walking Football programs across Queensland. Whether you are a club coordinator, community organiser, or new to the game, this guide provides practical tools, key information, and clear direction to help you create safe, inclusive and engaging sessions for all participants.

WHAT IS WALKING FOOTBALL?




Walking Football is a small-sided, modified version of the game, suitable for all levels of ability and fitness, from people who are returning to sport after a break to those who have never played before.

Walking Football is a low-impact, team-based exercise, using the defined 'Walking Football Rules and Formats,' specifically non-contact with the players 'always having one foot on the ground.'





Walking Football aims to provide participants with physical and mental health benefits, social connectedness, and promotion of the advantages of ongoing physical activity. By hosting a Walking Football program, clubs and organisations can provide significant social and mental health benefits to their existing members while also attracting new members to their football family.



TYPES OF WALKING FOOTBALL

-  Social Walking Football (weekly programs/sessions)
-  Competitive Walking Football (Football Queensland tournaments and leagues)
-  Community-specific Walking Football (Programs delivered in targeted environments such as aged care, retirement communities, and all-abilities programs, tailored to participant needs).

PLAN FOR CONTINUED GROWTH OF WALKING FOOTBALL

-  More playing opportunities
-  More referees, building a consistent rule base across the state and country
-  More connections across the state and across the country
-  More people to help shape the future of the game in Queensland, and across the country



PROGRAM FACILITATOR/ LEADER ROLE

Support will be provided to the Walking Football Program Facilitator pre and post sessions. This person will be the main contact for Football Queensland.

Each weekly session is to be controlled by one program facilitator/leader. The key role of the facilitator is to keep the game moving fluently, limit stoppages and assist players with all match restarts. This person must make every effort to create an environment that ensures that all players have fun, are learning the format of the game and have maximum involvement.

The Program Facilitator can be a club official, parent, player or passionate Walking Football community member and should always be enthusiastic and approachable. Most importantly, remember the participants are learning the game, be flexible and patient.

The Program Facilitator should:

- Encourage all participants to have fun;
- Based on each session numbers, ensure the correct number of players are on the field, format of the session is decided e.g. 6v6, 7v7 etc;
- Explain the rules to players and why a decision has been made;
- Let the game flow and give instruction to all players where you can;
- Be enthusiastic and approachable;
- Program Facilitators are encouraged to undertake a free Walking Football Referee course prior to start of the sessions;
- Support participants through the registration process.



PLAYING FORMATS & RULES

The game prioritises safety, fun, and participation over competition. The rules and formats ensure that all players, regardless of experience or fitness level, can enjoy the game in a supportive and enjoyable environment. This section outlines the approved game formats and the key rules that govern play.

Game Format

Field Size	Fields typically range from 30m x 16m to 60m x 25m. For tournaments, a 40m x 25m field is used.
Team Size	5v5 or 6v6 (flexible depending on numbers and field size)
Match Duration	Typically, 2 x 15–20-minute halves
Ball Size	Size 5/Size 4 (outdoor/indoor ball depending on surface)
Playing Surface	Indoor court, synthetic pitch, or grass
Goal Size	3m wide x 2m high

Key Rules

No Running

- Players must always have one foot in contact with the ground.
- If a team accumulates four running offences during a match, the opposing team is awarded a penalty kick. The count then resets to zero and accumulates again.

No Contact

- Walking Football is a non-contact format.
- No tackles from behind or slide tackles.
- Physical play is penalised.

No Heading

- Heading is not allowed.

Ball Height

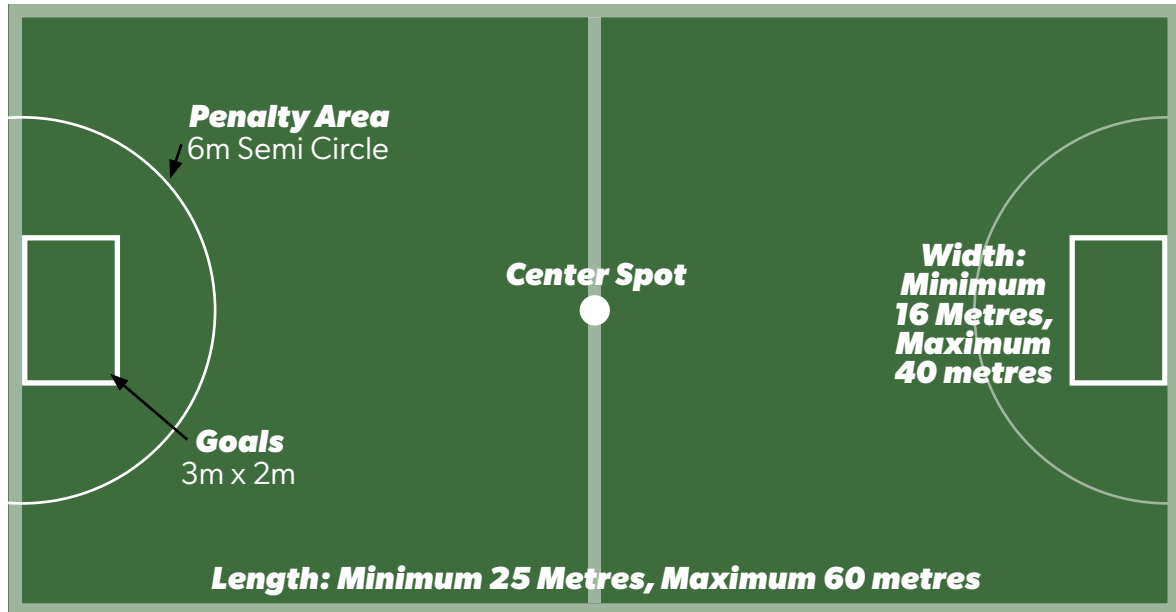
- A ball height restriction applies, which cannot be less than the height of the crossbar and not greater than 2 metres.
- Any breach = indirect free kick to the opposition.

Goalkeeper Rules

- Goalkeepers must stay within their area.
- Goalkeepers are not permitted to kick the ball and must distribute it using underarm throws or rolls.

Other

- No offsides.
- No players allowed in the goalkeeper's area.
- No arguing with the referees.
- Apart from a penalty kick, all free kicks are indirect.
- In some Walking Football formats, a maximum touches rule is applied. For example, under a four-touch rule, players may take up to four touches, with the fourth touch required to be a pass or a shot. Any additional touch by the same player before another player touches the ball will result in an indirect free kick.



NEXT STEPS INCLUDING REGISTRATION PROCESS FOR CLUBS

1. Submit an Expression of Interest

Complete the [EOI form here](#).

2. Initial Consultation

An introductory meeting is held with Football Queensland to discuss the Walking Football model and the program.

3. Resource Distribution

Following the meeting, Football Queensland will provide the Walking Football Program Guide and graphics to support promotion.

4. First 'Come and Try' Session

The first session is delivered with the support of Football Queensland and a local Walking Football contact to assist with setup and engagement.

5. Program Launch

Following the completion of the initial session, your club or organisation begins regular program delivery.

6. Participant Registration

All participants must register via Squadi. Every player is required to pay the annual Football Queensland governing body fee (currently \$15), which includes insurance. This fee is reviewed annually.

7. Ongoing Support

Football Queensland remains available to offer continued guidance, promotional support, and troubleshooting as required.

8. Program Sustainability

Clubs are encouraged to charge a small weekly fee (e.g. \$5 per session) to help cover costs and keep the program sustainable. Payment can be collected at the start of each session (e.g. cash, EFTPOS, etc.).

9. Registration Setup

For FQ-affiliated clubs, Football Queensland will set up the registration system in Squadi. For non-affiliated organisations, the program must first be sanctioned by FQ. Once sanctioned, FQ will directly manage the collection of the governing body fee via Squadi.

NEXT STEPS INCLUDING REGISTRATION PROCESS INDIVIDUALS

Getting started with Walking Football is easy. Simply follow the steps below:

1. Submit an Expression of Interest

Complete the individual [EOI form here](#).

2. Club Connection

Football Queensland will connect you with one of our affiliated clubs based on your location and preferences.

3. Come and Try Session

Attend an introductory Come and Try session through your matched club or use the Session Locator Tool on our website to find a nearby program.

4. Get Playing

Once you have found a session that suits, complete your registration via Squadi. A \$15 annual Football Queensland governing body fee applies and this covers insurance.

5. Referee Opportunities

Interested in becoming a Walking Football referee? Submit a [referee-specific EOI](#)



RESOURCES



Walking Football Laws of the Game



Walking Football League Nominations



Walking Football Referee Courses EOI



Learn more about Walking Football



Contact the Walking Football team



WALKING FOOTBALL