



**WALKING  
FOOTBALL**

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# **2026 Queensland Walking Football League**

# League Rules and Guidelines

## Rules and Guidelines

- All matches will adhere to the [Football Australia Walking Football Laws of the Game Feb 2026](#).

## Player registration and Eligibility

- All players must be registered to the competition and nominated team in Squadi.
- Each player must have an identifying photograph uploaded to their Squadi profile.
- Teams may add or replace registered players until the start of week 3.
- No new player registrations will be accepted after the commencement of Week 3 unless approval is granted by the Competition Manager due to exceptional circumstances.
- A player who participates while unregistered, not listed on the applicable Squadi Team Sheet, or otherwise in breach of the player eligibility requirements will be deemed an ineligible player.
- A team that fields an ineligible player may lose the match on forfeit and may be subject to further sanctions as determined by Football Queensland.

## Team Composition

- Each team consists of 6 players: 5 outfield players and 1 goalkeeper.
- A minimum of two (2) female players must be on the field at all times.
- Teams may commence a match with a minimum of four (4) players. Teams with fewer than four (4) players will forfeit the match. Where a team commences a match with four (4) players, a dispensation will apply allowing a minimum of one (1) female player.

## Match Format

- Each match will consist of two 15-minute halves with a two-minute half-time break.
- Matches will be scheduled at 45-minute intervals, allowing approximately five minutes between matches.
- All matches shall commence and conclude on the signal of the referee.
- Time shall not be extended to allow the completion of an attacking passage of play.
- A goal shall only be awarded where the whole of the ball has wholly crossed the goal line before the referee signals the end of the match.
- Where a penalty kick has been awarded before the referee signals the end of the match, time shall be extended only to permit the penalty kick to be taken in accordance with the Laws of the Game.

- A maximum four (4) touch rule shall apply. Where a player takes more than four (4) consecutive touches of the ball, an indirect free kick shall be awarded to the opposing team.
- No additional time will be played for substitutions, injuries or other stoppages.
- A team that forfeits a match shall be deemed to have lost the match by forfeit. The match shall be recorded as a 3–0 win in favour of the opposing team, with three (3) competition points awarded to the opposing team.
- Matches shall be played on a field measuring approximately 40x25 metres.
- The goals will measure 5x2 metres.
- If the two teams have same or similar colours as deemed by the referee then the Away team that must either change their shirts or wear bibs.

### **Walking and Contact**

- Running or jogging is strictly prohibited at all times, whether a player is in possession of the ball or not.
- Walking Football is a non-contact sport. Any physical contact considered careless, reckless or excessive by the referee will result in a free kick and may result in further disciplinary action.
- A team penalty count will apply to “not walking” offences. On the fourth “not walking” offence committed by a team during a match, a penalty kick will be awarded to the opposing team. Following the penalty kick, the team’s offence count will reset to zero and recommence.

### **Field and Goal Dimensions**

- Matches will be played on a field measuring approximately 40 metres by 20 metres.
- Goals will measure 5 metres by 2 metres.

### **Ball above the height restriction**

- In accordance with the Laws of the Game, if a goalkeeper’s save or block causes the ball to rise above the designated height restriction before leaving the field of play, possession will be awarded to the opposing team. Play will restart with a sideline kick-in or roll-in from the point nearest to where the offence occurred.

### **Competition Points**

- A team shall be awarded three (3) competition points for a win.
- A team shall be awarded one (1) competition point for a draw.
- A team shall be awarded zero (0) competition points for a loss.

### **Ladder Positions**

The position of each team at the conclusion of the regular season will be determined by the highest number of competition points accumulated.

If two (2) or more teams are equal on competition points, the following criteria shall be applied, in order, until one (1) team is determined as the higher ranked:

1. Highest goal difference.
2. Highest number of goals scored.
3. Highest number of competition points accumulated in matches between the teams concerned.

If the teams remain equal after the above criteria have been applied, the remaining tie-break procedures contained within the Football Queensland Rules of Competition shall apply.

### **Wet weather and abandoned matches**

- Football Queensland may postpone a match where weather, field conditions or other circumstances render the playing surface unsafe for play. Where a match has not been postponed before the scheduled commencement time, the Match Official shall determine whether the match may commence or continue safely.
- The Match Official may abandon a match where, in their opinion, the playing conditions compromise the safety of players, team officials, spectators or Match Officials.
- Where a match is abandoned at half-time or later, the score at the time of abandonment shall stand as the final result.
- Where a match is abandoned before half-time, the match shall be replayed in full where reasonably practicable. Where a replay is not reasonably practicable, the result shall be determined by the Competition Manager.

### **Footwear**

- Football boots with long studs greater than 10 millimetres are prohibited.
  - Artificial Ground football boots with short rubber studs are recommended.
- Futsal shoes, athletic trainers and turf football shoes with flat or short rubber studs are permitted.
- Where there is doubt about the suitability of a player's footwear, the referee will inspect the footwear and make the final decision before the match begins.

### **Competition Format**

The competition will be played over three regular-season weekends, featuring a double round-robin format, followed by a fourth weekend for the Finals Series.

- **Week 1 – 9 August:** Minimum of two matches per team.
- **Week 2 – 23 August:** Minimum of two matches per team.
- **Week 3 – 13 September:** Minimum of two matches per team.
- **Week 4 – 27 September:** Finals Series.

## Finals series Format

The top four (4) teams at the conclusion of the Regular Season shall participate in the Finals Series. The Finals Series shall be conducted as follows:

- **Semi-Final 1:** First vs Fourth (1 v 4).
- **Semi-Final 2:** Second vs Third (2 v 3).
- **Third-Place Play-Off:** Loser of Semi-Final 1 vs Loser of Semi-Final 2.
- **Grand Final:** Winner of Semi-Final 1 vs Winner of Semi-Final 2.

## Penalty Shootouts

- If a Finals Series match is tied at the end of normal time, the match will proceed directly to a penalty shootout. Only players on the field of play at the end of normal time will be eligible to participate in the penalty shootout.
- Each team will take five penalty kicks. Penalties must be taken in the following order: male, female, male, female, male. A player may not take a second penalty until all eligible players from that team have taken a penalty, subject to the required male and female order.
- If the scores remain level after five kicks per team, the shootout will continue on a sudden-death basis.

## League Premiers & Champions

- The team finishing first on the ladder at the conclusion of the Regular Season shall be declared the League Premiers.
- The winner of the Grand Final shall be declared the League Champions.
- Trophies and medals shall be presented to the League Premiers, the League Champions and the Grand Final Runner-Up.

## Disciplinary

- A player who is sent off, either by receiving a direct red card or a second caution in the same match, must immediately leave the field of play and its surrounds.
- Any player who is sent off shall not participate in any remaining match for their team on that matchday.
- The Match Official shall report this to the Referee Coordinator and Competition Manager following the match.
- Any suspension or further disciplinary action will be determined by Football Queensland and communicated to the Team Manager as soon as practicable.

## Competition Administration

- Football Queensland reserves the right to amend these Competition Rules where necessary for the safe, fair and effective administration of the competition.
- Any matter not specifically provided for in these Competition Rules or the applicable Laws of the Game shall be determined by the Competition Manager.
- Decisions of the Match Official on matters of fact connected with play are final.

- Unless otherwise provided for in Football Queensland policies or regulations, decisions of the Competition Manager relating to the administration of the competition shall be final.