FOOTBALL QUEENSLAND

WALKING FOOTBALL

2026 Pan Pacific Masters Games

Gold Coast Sports and Leisure Precinct

Tournament Rules and Guidelines

Rules and Guidelines

- All matches will adhere to the Football Australia Walking Football Laws of the Game Feb 2026.
- Where applicable, the Football Queensland 2026 Statewide Rules of Competition – General Rules of Competition will apply to the administration of the competition.

Team Composition

- Each team consists of 6 players: 5 outfield players and 1 goalkeeper.
- In the mixed divisions (Mixed W40+/M50+ Mixed W50+/M60+) teams must have a minimum of two (2) female players on the field at all times (minimum 4/2 rule).
- Teams may commence a match with a minimum of four (4) players. Teams with fewer than four (4) players will forfeit the match. In the mixed divisions, if a team commences a match with four (4) players, a dispensation will apply allowing a minimum of one (1) female player.

Game Format and Competition Rules

- Each match shall consist of two halves of 12 minutes each, with a 1 minute half-time (turnaround), for a total playing time of 25 minutes including the interval.
- Matches shall be scheduled at 30 minute intervals, with a 5 minute break between matches.
- All matches shall commence and conclude strictly on the official hooter signal. The referees whistle will be used to signal the start and restart of play. Teams must ensure they are ready to play at their allocated kick-off time. Teams unable to take the field within 3 mins of the official hooter will be deemed to have forfeited the match.
- Running or jogging is strictly prohibited at all times, whether in possession of the ball or not. Any infringement shall be penalised in accordance with competition rules.
- 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.
- 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.
- All matches shall be played on pitches measuring 40x25 metres and with goals measuring 3x2 metres.

- If the two teams have the same or similar shirt colours, as determined by the referee, the Away team must wear an alternative playing shirt where available, or wear bibs provided by the Competition Management Team.
- All substitute players must wear bibs at all times while off the field of play.
- No additional time shall be added for stoppages during either half, in order to maintain the overall match schedule.
- 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.
- Decisions of the referee on matters of fact connected with play are final.

Additional Specified Rules

- **Six-second restart rule:** All restarts must be taken within six (6) seconds of the ball being ready and in position for play to restart. Failure will result in an indirect free kick to the opposing side at the point where the restart was to take place.
- A player may take a maximum of four (4) touches. If a player takes more than four (4) touches, an indirect free kick will be awarded to the opposing team.
- Penalties shall be taken from 7 metres from goal. The player taking the penalty must be positioned no more than 1.5 metres behind the ball prior to taking the kick.
- In line with the Laws of the Game (LOTG), if a goalkeeper's save or block causes the ball to rise above the designated height limit before leaving the field of play, possession will be awarded to the opposing team via a sideline restart (kick-in or roll-in) at the point where the offence occurred.
- Height restriction is the crossbar but if the ball travels at a height that endangers players, then it will be called as a height restriction (high ball) even if it is below the crossbar.

Tournament Structure

Competition formats have been developed based on team numbers within each division, with consideration given to providing a fair, balanced and enjoyable competition for all teams. The tournament will include the following age groups and formats, with each category playing within the stated format:

- **Men 50+:** Single round robin. Top four progress to finals.
- **Men 60+:** 1x pool of four (double round robin) and 2x pools of three (triple round robin).
- **Men 65+:** Single round robin. Top four progress to finals.
- **Men 70+:** Double round robin. Top four progress to finals.
- **Mixed W40+/M50+:** Single round robin. Top four progress to finals.
- **Mixed W50+/M60+:** 3x pools of three teams (all triple round robin).
- **Women 40+:** Double round robin. Top four progress to finals.
- **Women 50+:** Double round robin. Top four progress to finals.

- **Women 60+:** 1x pool of four (double round robin) and 2x pools of three (triple round robin).
- **Women 70+:** Five exhibition matches played as a best-of-five series.

Note: Competition formats may be amended where required due to team withdrawals or other unforeseen circumstances, with any changes communicated to affected teams.

Finals qualification – Men 60+, Mixed W50+/M60+ and Women 60+: Each of these divisions consists of three pools. The winner of each pool will qualify for the semi-finals, along with the best second-placed team across the three pools. The three pool winners will also be ranked from 1st to 3rd for the purpose of determining the semi-final matchups.

Teams will initially be ranked based on:

1. Competition points
2. Goal difference
3. Goals scored

If teams remain unable to be separated, the remaining ranking criteria will be applied in accordance with the Football Queensland Statewide Rules of Competition.

Finals Series Format

- **Semi-Final 1:** 1st v 4th
- **Semi-Final 2:** 2nd v 3rd
- **3rd Place Play-Off:** Loser of Semi-Final 1 v Loser of Semi-Final 2
- **Grand Final:** Winner of Semi-Final 1 v Winner of Semi-Final 2

Final Winner Determination & Penalty Shootouts

- In the event of a tie after normal time, no extra time will be played. The match will proceed directly to a penalty shootout, in accordance with FIFA regulations (five kicks per team followed, if necessary, by sudden death).
- Only players on the field of play at the end of normal time shall be eligible to participate in the penalty shootout.
- In the mixed divisions, 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.

Wet weather and abandoned matches

- Hot weather will be managed in accordance with Football Queensland's current Heat Policy. Where required, Competition Management may implement

appropriate measures including additional drinks breaks, modifications to match conditions, delays, suspension or cancellation of matches in accordance with the policy.

- Where wet weather or other conditions affect the suitability of the playing fields, the venue will advise the Competition Management Team of any field closures or restrictions on play.
- Following advice from the venue, the Competition Management Team will determine any required changes to the competition schedule, including the postponement, rescheduling or cancellation of matches, and will communicate these changes to affected teams.
- Where the venue remains open for play, the referee shall determine whether an individual match may commence or continue safely. The referee may, in consultation with the Competition Management Team where practicable, abandon a match where, in their opinion, the playing conditions compromise the safety of players, team officials, spectators or referees.
- Where a match is unable to commence due to weather, field conditions or other circumstances beyond the control of the teams, the match shall be rescheduled where reasonably practicable. Where rescheduling is not reasonably practicable, the outcome shall be determined by the Competition Management Team.
- 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 outcome of the match shall be a draw with a score of (0 - 0) recorded as the final result.
- Where a match is abandoned at half-time or later, the score at the time of abandonment shall stand as the final result.

Footwear

In accordance with venue guidelines, and to ensure player safety and preserve the quality of the playing surfaces, the following footwear requirements apply:

- Football boots are strictly prohibited. Players must wear non-marking futsal shoes, athletic trainers, or turf football shoes with flat or short rubber studs designed for indoor or artificial surfaces.
- Artificial Ground (AG) football shoes 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.

Equipment

- Shinpads must be worn.

- Soft brim hats are allowed.
- Baseball caps are permitted but they must be turned around, even for players with long hair that have them though the rear adjustable gap area.

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.
- All red cards, including those resulting from two (2) yellow cards in the same match, will incur an automatic one-match suspension, to be served at that team's next scheduled match.
- Where a player is registered for two (2) or more teams, any suspension shall apply to the player's next scheduled match, regardless of the team or division in which the suspension was incurred.
- The referee shall report all red cards to the Referee Coordinator and Competition Management Team 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.
- All yellow cards will result in an immediate three (3) minute timed suspension for the offending player. The player may not be substituted during the suspension period, and the team shall play with one fewer player for the duration of the suspension.

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 Management Team.
- Decisions of the referee on matters of fact connected with play are final.
- Unless otherwise provided for in Football Queensland policies or regulations, decisions of the Competition Management Team relating to the administration of the competition shall be final.