



**CAPITAL
FOOTBALL**

**WALKING FOOTBALL
COMPETITION
REGULATIONS:
2026**

SECTION 1 VERSION CONTROL

VERSION	DATE	AUTHOR	RATIONALE
FINAL	11/03/2026	Capital Football	Publish Walking Football regulations 2026

CONTENTS

SECTION 1	VERSION CONTROL.....	2
SECTION 2	GENERAL.....	5
1	INTRODUCTION.....	5
2	DEFINITIONS.....	5
3	SCOPE AND APPLICATION.....	5
4	CONSEQUENCES FOR BREACH.....	5
5	DISCIPLINARY SANCTIONS AND PROCEEDINGS.....	6
6	CONFIRMATION OF LEAGUES / AGE GRADES.....	7
7	MONIES OWING TO CF.....	7
8	STRICT LIABILITY OF CLUBS / TEAMS.....	8
9	INSURANCE.....	8
10	PROTECTION OF IMPORTANT FIXTURES.....	8
11	SPECIAL CONSIDERATION.....	8
12	UNFORESEEABLE CIRCUMSTANCES.....	8
SECTION 3	COMPETITION.....	9
1	MATCHES PLAYED IN ACCORDANCE WITH THE LAWS OF THE GAME.....	9
2	COMPETITION SYSTEM.....	9
3	PITCHES.....	9
4	MATCH SCHEDULE AND KICK OFF TIMES.....	9
5	DURATION OF MATCH.....	9
6	COMPETITION POINTS.....	10
7	CLUBS / TEAMS REMOVED OR WITHDRAWN FROM COMPETITIONS.....	10
8	FORFEITS.....	11
9	POSTPONED MATCHES.....	12
10	ABANDONED MATCHES.....	12
11	EXTREME WEATHER CONDITIONS.....	13
SECTION 4	ELIGIBILITY & MOVEMENT.....	13
1	AGE ELIGIBILITY.....	13
2	ELIGIBILITY AND INELIGIBILITY OF PLAYERS.....	13
3	MIXED.....	14
4	PLAYER MOVEMENT IN MATCHES.....	14
SECTION 5	NOMINATIONS & REGISTRATION.....	15
1	NOMINATIONS.....	15
2	PLAYER STATUS.....	15
3	REGISTRATION PERIODS.....	15
4	REGISTRATION PROCESSES.....	16
5	TEAM LISTS.....	16
6	DE-REGISTRATION.....	16
SECTION 6	MATCH DAY.....	16
1	MATCH BALLS.....	16

2	PLAYING STRIPS / EQUIPMENT	16
3	MINIMUM NUMBER OF PLAYERS	17
4	INTERCHANGE	17
5	IDENTIFICATION	18
6	ELECTRONIC TEAM SHEETS	18
7	RESULT OF THE MATCH	18
	SECTION 7 MATCH OFFICIALS.....	19
1	MATCH OFFICIAL APPOINTMENTS	19
2	MATCH OFFICIAL POWERS, DUTIES AND OBLIGATIONS	19
3	WELFARE OF THE MATCH OFFICIALS	19
4	MATCH OFFICIAL FEES	19
5	ATTENDANCE OF MATCH OFFICIALS.....	20
6	NON-ATTENDANCE OF MATCH OFFICIALS	20
	SECTION 8 DEFINITIONS	21
	SCHEDULE 1: PENALTIES AND FEES.....	22
1	OFFENCES AND PENALTIES	22

SECTION 2 GENERAL

1 INTRODUCTION

- 1.1 Walking Football is governed and regulated nationally by Football Australia (FA). Football operates in accordance with [Laws of the Game](#) published by Football Australia.
- 1.2 The game of Walking Football is defined by its Laws and the sport of Football is governed and administered by policies, codes, rules, and regulations (Statutes). The Laws and Statutes address issues of fairness, competitiveness, proper conduct, integrity, administrative effectiveness, and compliance.
- 1.3 These Competition Regulations outline the Laws, rules and regulations applicable to the Walking Football competitions under the jurisdiction of Capital Football.

2 DEFINITIONS

- 2.1 Definitions of important words and phrases are set out in Schedule 1.
- 2.2 Any capitalised terms used in these Regulations will have the meaning given to them in Schedule 1.

3 SCOPE AND APPLICATION

- 3.1 CF will interpret and apply all articles of these Regulations, and any such interpretation or application will be final and binding on all parties, and not subject to challenge or appeal.
- 3.2 If any provision of these Regulations is held invalid or unenforceable, then the remainder of these Regulations shall continue to be valid and enforceable.
- 3.3 These Regulations apply to participants in the following competitions unless stated otherwise:
 - a Walking Football
- 3.4 Teams, Players and Team Officials must comply with and agree to abide by the regulations of FA and CF, including but not limited to:
 - a FA National Registration, Status and Transfer Regulations;
 - b FA National Disciplinary Regulations;
 - c FA Code of Conduct and Ethics;
 - d FA Grievance Procedure By-Law;
 - e FA Member Protection Framework;
 - f CF Disputes and Disciplinary Regulations.
- 3.5 CF may from time to time, make variations to these Regulations.

4 CONSEQUENCES FOR BREACH

- 4.1 Any breach of these Regulations or failure to comply with any direction given by CF may result in the imposition of a penalty issued by CF under these Regulations or other sanctions pursuant to the CF Disputes and Disciplinary Regulations (DDR).

5 DISCIPLINARY SANCTIONS AND PROCEEDINGS

- 5.1 All Teams, Players, Team Officials, Match Officials, spectators or any person participating in any manner at a CF Match or event will submit exclusively to the jurisdiction of the DDR.

6 CONFIRMATION OF LEAGUES / AGE GRADES

6.1 CF will conduct the following competitions:

Competition	Grade
Walking Football	Mixed Over 40s
	Mixed Over 60s

7 MONIES OWING TO CF

7.1 Monies owing by a Club / Team:

- a All amounts owed by a Club / Team to CF must be paid within 30 days of the invoice being issued by CF.
- b For monies still owing 30 days after the date of invoicing, a reminder notice will be sent to the Club / Team.
- c For monies still owing after a period of 90 days from the date of invoicing, a notice will be sent to the Club / Team stating they are un-financial and will be unable to accumulate any regular season points from that time, in any age grade or League.

7.2 Clubs / Teams may request a payment plan with CF to pay back debts that remain unpaid beyond 90 days from invoicing. Where a payment plan is agreed to by CF:

- a The Club / Team will be determined to be financial and may continue to play for points provided they abide by the terms of the agreement.

7.3 Where an agreement is not complied with, any points accumulated by the Club / Team (in any age grade) from 90 days of the date of the invoice/s to which the agreement relates will be deducted and removed.

7.4 A Club / Team subjected to this penalty will be notified in writing as to when the deduction of points will take effect.

7.5 Notwithstanding Section 2 Article 7.1, CF may, in its absolute discretion, either offset any transfer or compensation fees owed to CF by an un-financial Club / Team to the extent of the amounts owing or expel a Club / Team if they do not comply with these Regulations.

7.6 Clubs / Teams who are in debt to CF, where any of the debt amount is outstanding at any time after 31 October each year:

- a May at the absolute discretion of CF, be suspended from all competitions in which that Club / Team competes.
- b Have any rights or privileges in the activities of CF relating to that Club's / Team's participation suspended until all debts and obligations have been discharged, except where a dispute over fees remains unresolved.

7.7 Where a Club / Team has been suspended, the opposing Team will be awarded a forfeit, and the score will be recorded as 3-0.

7.8 Monies owing by an Individual:

- a All amounts owed by an individual to CF must be paid within 30 days of the date of the invoice issued by CF in relation to that amount.
- b For monies still owing after the expiry of 30 days from the date of invoicing, individuals will be deemed ineligible for participation in any CF competitions.

8 STRICT LIABILITY OF CLUBS / TEAMS

8.1 A Team / Team Delegate is responsible for the behaviour of its participants/spectators under the DDR.

9 INSURANCE

9.1 Insurance of Players:

- a All registered Players taking the field of play (or training) will automatically be insured through CF's insurer if the following conditions have been met:
- b The Player will be covered by insurance once their registration on the National Registration System has been accepted by Capital Football.
- c The insurance fee is collected through the Player Registration Fee.
- d The CF insurance policy will be null and void unless all Players are legitimately registered or otherwise eligible to play competition Matches.

9.2 Teams are not required to list injuries on the Team sheet should an injury occur during a Match.

9.3 Insurance of Club / Team Officials:

- a All registered Club / Team Officials will automatically be insured through CF's insurer once their registration on the National Registration System has been accepted by Capital Football.

9.4 Insurance of Match Officials:

- a All registered Match Officials will automatically be insured through CF's insurer once their registration on the National Registration System has been accepted by CF.

10 PROTECTION OF IMPORTANT FIXTURES

10.1 Where an international, interstate or A-Leagues Match is scheduled for the ACT or surrounding region, CF may determine that no competition fixture or sanctioned Match shall take place at the same time.

11 SPECIAL CONSIDERATION

11.1 CF will have the power to consider special circumstances outside the prescribed limits of the Regulations should it be clear that those special considerations are in the interests of the game.

11.2 The decision by CF to review and consider special circumstances under this section is not subject to appeal or review.

12 UNFORESEEABLE CIRCUMSTANCES

12.1 Nothing in these Regulations will prevent CF from approving a course of action to meet unforeseeable circumstances not covered by the Regulations, including but not limited to number of divisions and composition of teams.

SECTION 3 COMPETITION

1 MATCHES PLAYED IN ACCORDANCE WITH THE LAWS OF THE GAME

- 1.1 All Matches under the jurisdiction of these Regulations will be played in accordance with FA and CF regulations, codes and directives, and under the FA Walking Football [Laws of the Game](#), unless otherwise stipulated in these Regulations.

2 COMPETITION SYSTEM

- 2.1 Walking Football will consist of one stage:
a Round robin

3 PITCHES

- 3.1 Standard size pitches, per the official FA Walking Football [Laws of the Game](#), will all Walking Football competitions where facility capability permits.
- 3.2 Fields will be 45 metres long x 35 metres wide
- 3.3 Walking Football will be played on outdoor synthetic grass during summer and indoor synthetic courts during winter.

4 MATCH SCHEDULE AND KICK OFF TIMES

- 4.1 CF has authority to determine the start and end dates of a Season.
- 4.2 CF has authority to identify and approve venues for competition matches in consultation with private venue owners.
- 4.3 CF will communicate the official Match schedule for all competitions.
- 4.4 CF will determine the venue, dates and kick off times of all Walking Football Matches.
- 4.5 CF may start Matches from as early as 5:00pm and as late as 8:30pm for any Match.
- 4.6 Notwithstanding any other Regulation on the same subject matter, CF reserves the right to alter or amend any Match after it has been nominated in the official Match schedule. The alterations may include changes to the date, venue, kick-off times, or a combination of all.
- 4.7 Teams must be ready to begin play by the scheduled kick off time.

5 DURATION OF MATCH

- 5.1 Duration of all Matches will be as follows:

Duration of Match	Half Time
Two periods of 20 minutes	A maximum of 5 minutes

- 5.2 The Referee may cut short any competition Match (including reducing the length of each half before the commencement of the competition Match) if in the Referee's opinion playing conditions compromise Player safety, or to prevent the delay to the commencement of any subsequent

competition Match from its scheduled kick off time, only if:

- a It is in line with the FA Walking Football [Laws of the Game](#),
- b The Referee has consulted with the coaches of each participating Team before the start of the Match.
- c The Referee is the sole arbiter of time, and no protest may be lodged against the time as recorded by the Referee

6 COMPETITION POINTS

6.1 Points will be allocated as follows for all Walking Football Matches:

Result	Competition Points Awarded
Win	Three (3) points
Draw	One (1) point for each Team
Loss	Zero (0) points
Bye	Zero (0) points
Forfeit For (Team forfeiting)	Zero (0) points
Forfeit Against (Team being forfeited against)	Three (3) points
Multiple Forfeits	As prescribed in Schedule 1
No Result	Zero (0) points and zero (0) goals for each Team

6.2 CF reserves the right to record a competition Match as a 'no result' if the circumstances require or as a result of a breach of these Regulations.

7 CLUBS / TEAMS REMOVED OR WITHDRAWN FROM COMPETITIONS

7.1 In the instance of a Team withdrawing from a competition after the competition has commenced, all fees paid are non-refundable. Extenuating circumstances may be considered at the sole discretion of CF.

7.2 In the event of any Club / Team being removed or withdrawn from the competitions, the following procedure will take effect to allow the altered competitions to proceed:

7.3 Removed or withdrawn before the competition has started:

- a All Matches involving a Club / Team that has been removed or withdrawn before the competition has started, the fixtures will be redrawn to reflect the team removal unless CF decides to adjust the competition in some other way that will allow the competition to continue in a fair manner.
- b Removed or withdrawn teams will be subject to Section 3, Article 8.1.

7.4 Removed or withdrawn during the first round of a competition:

- a A round of a competition refers to a full complement of competition Matches, where each Club / Team plays each other an equal number of times.
- b For all opposing Clubs / Teams that have played the removed or withdrawn Club / Team, points and goals that were obtained in the matches against the withdrawn Club / Team will be deleted from their records and will be credited with a 'no result' unless CF decides to adjust the competition in some other way that will allow the competition to continue in a fair manner.
- c Clubs / Teams that have not played the removed or withdrawn Club / Team will obtain a bye result.

7.5 Removed or withdrawn during the second or subsequent round of a competition:

- a All points and goals acquired will be retained by opposing Teams for the completed first round (or second round if fully completed, and a third round forms a part of the competition).
 - b For all opposing Clubs / Teams that have played the removed or withdrawn Club / Team after the completion of 1 full round, or second round if fully completed and a third round forms a part of the competition, points and goals that were obtained in the matches against the withdrawn Club / Team will be allocated as per Section 3, Article 8.3 for subsequent incomplete rounds.
 - c CF may adjust the competition in another way that will allow the competition to continue in a fair manner.
- 7.6 Any Player or Team Official infringements (i.e. red / yellow cards) in all Matches involving a removed or withdrawn Club / Team will be upheld.

8 FORFEITS

- 8.1 A Team will be deemed to have forfeited a Match when:
- a They fail to fulfil an engagement to play a Match on the appointed date, time or venue; or
 - b They refuse or fail to begin a Match five (5) minutes after the stipulated kick off time; or
 - c They field less than three (3) of their registered Players at the start of any Match; or
 - d At any point during the Match, they cannot field at least three (3) of their registered Players; or
 - e An ineligible Player as defined in these Regulations participates in the Match; or
 - f Any other scenario within the Regulations or the DDR that stipulates a forfeit of the Match.
 - g Any forfeits requested within 24 hours of kick off will be fined in accordance with Schedule 1.
- 8.2 In the event of any Team forfeiting its Match, the following procedure will take effect:
- a Three (3) points and five (5) goals will be allocated for the Match to the opposition Team, with the offending Team receiving zero (0) points and zero (0) goals, unless the goal difference for the Team receiving the forfeit is greater than five (5), in which case the score will remain the same, with goal scorers for the offending Team to be removed.
- 8.3 Where a forfeit has been applied:
- a The statistics (goal scorers and Matches played) of the non-offending Team will be retained; and
 - b The statistics (goal scorers and Matches played) of the offending Team will be removed.
 - c Red cards issued during the Match will be retained, and yellow cards issued during the Match will be removed.
- 8.4 In the event a Team should forfeit a second Match during the season, regardless of the submitted time, the offending Team will be fined according to Schedule 1, in addition to the procedure outlined in Section 3 Article 8.2.
- 8.5 In the event a Team should forfeit a third Match during the season, regardless of the submitted time, the Team involved will be required to show cause as to why they should not be expelled from the competition, and will be fined in accordance of Schedule 1, in addition to the procedure outlined in Section 3 Articles 8.2.
- 8.6 In the event Section 8.5 is applied and the team can show cause; any additional forfeits will result in expulsion from the competition.
- 8.7 Should a Team forfeit its last scheduled Premiership Match without prior written advice from CF

permitting the Match to be rescheduled, the Team that causes the Match to be forfeited will not be eligible to participate in the Championship series.

8.8 On the competition ladder, a forfeit will count as a Match played.

9 POSTPONED MATCHES

9.1 Matches may only be postponed by the Referee or CF.

9.2 A Match may be postponed if:

- a The lighting at the venue fails such that in the opinion of the Referee it is impossible or unsafe to continue to play;
- b The Referee determines that playing conditions have become unsafe or untenable for any reason; or
- c A significant injury occurs where a Player cannot be moved, and an ambulance is required to attend, with the delay being longer than ten (10) minutes.

9.3 In the event of any Match not being played over which neither Team has any control:

- a The Match must be played within fourteen (14) days of the first postponement.
- b CF will determine the new date, time, and venue to play the postponed Match. Such a decision is not open to appeal or review.

9.4 After the commencement of the Match, should play be postponed due to any reason as outlined in Section 2 Article 13.2, and the Match cannot be completed in full, the following principles will apply:

- a If fifty-one percent (51%) or more of normal time of a Match has been played, then the score at the time of postponement may stand.
- b If the Match is postponed prior to half time and CF has approved the Match to be rescheduled, then the Match is to be replayed in full.

9.5 Where a fixture is incorrectly reported as abandoned by the Referee, where circumstances show clearly that the Match was postponed, CF will treat the Match as postponed.

10 ABANDONED MATCHES

10.1 Matches may only be abandoned by a decision of the Referee. In the absence of a Referee, CF shall have the designated authority to recommend the abandoning of any Matches as deemed necessary by CF.

10.2 A Match may be abandoned if:

- a It's determined that the conditions for Players, coaches, Match Officials or supporters have become unsafe or untenable for any reason; or
- b Both Teams refuse or fail to begin a Match five (5) minutes after the stipulated kick off time.

10.3 In cases where a Match has been abandoned by the Referee, the Disciplinary Tribunal may investigate the circumstances of the abandonment and impose such sanctions as it deems fit on Teams, Team Officials, Players and/or spectators adjudged to be associated with the abandonment.

10.4 After the commencement of the Match, should play be abandoned due to any reason as outlined in Section 2 Article 14.2, and the Match cannot be completed in full, the following principles will apply:

- a If fifty-one percent (51%) or more of normal time of a Match has been played, then the score at the time of abandonment may stand.
 - b If the Match is abandoned prior to half time and CF has approved the Match to be rescheduled, then the Match is to be replayed in full.
- 10.5 Should a Team, Team Official, its Players or spectators be found to have caused the abandonment of the Match, the Match will be forfeited by that Team to the opposition.
- 10.6 Should both Teams be found to have caused the abandonment of the Match, the Match will not be replayed, and the outcome of the Match will be recorded as a no result.

11 EXTREME WEATHER CONDITIONS

- 11.1 All Teams should refer to the [Capital Football Extreme Weather Policy](#) for information about extreme weather conditions.
- 11.2 When high temperatures occur on Match Day, the Referee and/or CF may determine:
- a To play the Match under standard conditions;
 - b To play the Match with provision for 'drinks' breaks; or
 - c Should a 'drinks' break be implemented, it will be halfway through each half and each for a duration of 1 minute.
 - d To delay or postpone the Match.
- 11.3 If in accordance with the [Capital Football Extreme Weather Policy](#), it is deemed that the temperature is too high for the Match to either be played or continue to be played, the Referee & Venue Manager will consult with CF prior to Matches being postponed.
- 11.4 Matches will be cancelled/postponed if the temperature is 31 degrees or greater at the time of kick-off
- a The decision to cancel/postponed will be determined by CF after considering all competition factors.

SECTION 4 ELIGIBILITY & MOVEMENT

1 AGE ELIGIBILITY

- 1.1 A Player's age is determined on 31 December of the end of the season year.
- a Example: For the 2024/25 Summer season, age must be calculated by 31 December 2025.
- 1.2 For Over 40s competition:
- a Players must be between 40 to 59 years old.
 - b Up to one (1) player per team is eligible to be between 25-40 years old.
 - c Up to two (2) players per team are eligible to be over 59 years old.
- 1.3 For Over 60s competition:
- a Players must be at least 60 years old.
 - b Up to one (1) player per team is eligible to be between 40 to 59 years old.

2 ELIGIBILITY AND INELIGIBILITY OF PLAYERS

- 2.1 Eligible Players:

- a An eligible Player is one that meets all registration requirements within these Regulations and is not ineligible according to any article of these Regulations.

2.2 Ineligible Players include:

- a A Player not registered in the National Registration System to Capital Football.
- b Suspended Players
- c A Player who is required to stand down for receiving a suspension as a result of caution accumulation.
- d A Player that has been expelled from a Match or suspended as a result of caution accumulation on the day/s prior to a Match but prior to receiving their Notice of Suspension in accordance with the DDR.
- e A Player that has been expelled from a Match on the same day as the Match but played earlier in the day.
- f A Player that is deemed ineligible due to any Article of these Regulations or pursuant to the DDR.
- g A Player that participates in a second team within the same competition is deemed ineligible.

2.3 Any Team will automatically forfeit a match in accordance with Section 3 Article 8 if an ineligible Player participates in the Match. Additionally, the Team, Team Official/s and / or Player may be further sanctioned in accordance with the DDR.

2.4 Any Player who knowingly plays as an ineligible Player may be suspended for up to four (4) Matches, and further sanctions may be applicable under the DDR.

2.5 For clarity, it is the Team's absolute responsibility to ensure that it fields eligible Players in any Match.

2.6 Where a Team plays an ineligible Player:

- a Any participating Team can make a claim on Player ineligibility to CF.
- b Any claims of ineligibility must be received within two (2) business days of the final whistle of the Match in question and be written in 200 words or less.
- c If CF finds that a Team has played an ineligible Player outside of the timeline in Section 5 Article 3.1, then the Team and Player can still be sanctioned in accordance with the DDR and Section 3 Articles 8.1, 8.2, 8.3 of these Regulations.

3 MIXED

3.1 Mixed Teams are required to always have a minimum of two female Players on the pitch.

- a In the event where only one (1) female Player is present at the start of the Match, the Match may proceed and the Team must play one (1) Player down, i.e. the female Player cannot be replaced by an additional male Player.

4 PLAYER MOVEMENT IN MATCHES

4.1 A player may be borrowed from the same age division, or up to one above or below adhering to Section 3 Article 1.

SECTION 5 NOMINATIONS & REGISTRATION

1 NOMINATIONS

- 1.1 Team nominations shall be:
 - a Completed in accordance with the process defined in the information packs released before each season.
 - b Accompanied by the appropriate fees.
 - c Accompanied by the appropriate documentation.
- 1.2 CF reserves the right to refuse any Team's nomination. Nominations may be refused because of:
 - a Incomplete lodgment of nomination forms and/or payments.
 - b Lodging of fraudulent registration details.
 - c A Team's un-financial status with the association.
 - d A Team's playing status, i.e. outstanding suspensions etc.
 - e Having the same players nominated as in another team.
- 1.3 Team nominations will only be accepted during the official nomination period.
- 1.4 Nomination periods will be defined in the information packs released before each season.
- 1.5 Any Team nominations submitted outside the official nomination period may incur an additional late entry fee as set out in Schedule 1 and cannot be guaranteed of entry into the competition.
- 1.6 CF may accept late nominations for respective competitions provided that:
 - a The production of the draws will not be delayed.
 - b The resultant competition is not disadvantaged by the entry of one additional Team.
 - c The Team being entered late can be placed in a competition equivalent to the ability of the Team.
 - d A late Team nomination that could be placed instead of a bye may be accepted provided there is sufficient venue capacity available.

2 PLAYER STATUS

- 2.1 All Players in Walking Football competitions must be registered as Amateur Players
- 2.2 Team managers are required to ensure each Player has self-registered on PlayFootball

3 REGISTRATION PERIODS

- 3.1 Players can register during the season with the registration period closing on the Sunday after Round 11.

4 REGISTRATION PROCESSES

4.1 Players:

- a A Player may only be registered for a maximum of one (1) team participating in Walking Football competitions each season.
- b Players must register via PlayFootball.

4.2 Club and Team Officials:

- a All Club and Team Officials (including but not limited to coaches, managers, physiotherapists and Club committee members), are required to register via the National Registration System.

4.3 If it is deemed that a Player's registration has been accepted as a result of a false statement by the Player or by the Team through which they are registered, without which the registration would not have been approved, the Player will be considered an unregistered Player and the Team liable to such penalties as set out in Schedule 1.

5 TEAM LISTS

5.1 All Teams are required to submit a team list for the season when submitting the nomination form.

5.2 The Team list can be added to at any time via email to the CF Inclusions Officer.

5.3 Teams cannot exceed 10 registered players.

6 DE-REGISTRATION

6.1 A Player may be deregistered by applying to deregister via the National Registration System, which will notify the Club/Team of the Player's intention to deregister.

SECTION 6 MATCH DAY

1 MATCH BALLS

1.1 Capital Football will supply all match balls for CF administered Walking Football matches.

- a Size 5 match balls are used.

2 PLAYING STRIPS / EQUIPMENT

2.1 As per the FA Walking Football [Laws of the Game](#):

- a The two Teams must wear colours that distinguish them from each other as well as from the Match Officials.
- b Each goalkeeper must wear colours that are distinguishable from those of the other Players and the Match Officials. If the jerseys of the two goalkeepers are the same colour and neither has another jersey to change into, the Referee may allow play to begin.
- c Undershirts must be a single colour which is the same as the main colour of the shirt sleeve or comprise a pattern/colour which exactly replicate(s) the shirt sleeve.

2.2 In the opinion of the Match Official, where the colours of both Teams are sufficiently similar, it is the responsibility of the away Team to change into an alternate-coloured strip.

a Bibs will be used as an alternate strip (supplied by CF).

2.3 As per the FA Walking Football [Laws of the Game](#), the wearing of jewelry is not permitted.

a Medic Alert bracelets are the only jewelry approved to be worn. All Medic Alert bracelets must be securely taped to the body, and the Match Official must be informed of them being worn prior to the Match.

3 MINIMUM NUMBER OF PLAYERS

3.1 A minimum of three (3) Players, including a goalkeeper, are required on the pitch to commence the Match.

3.2 Should any Team have less than three (3) Players on the court during the Match, the Match will be abandoned.

4 INTERCHANGE

4.1 For all Walking Football competitions unlimited interchange applies.

4.2 The following is the procedure and rules for unlimited interchange of Players:

a The "interchange zone" will be an area one (1) metre either side of the teams Technical Area.

b An interchange is one which is made when the ball is out of play, and for which the following conditions are followed:

i The Referee gives permission

ii The Player leaves the field by the nearest boundary line

iii Any outfield player may change places with the Goalkeeper provided the Referee is informed before the change is made, and the change is made when there is a stoppage in the game.

5 IDENTIFICATION

- 5.1 All Players listed on the Team sheet must have in their possession some legitimate form of photographic identification which must be produced at the request of the Venue Manager, Competition Coordinator or Referee. Legitimate forms of photographic identification may include a Driver's License, Proof of Age Card, School/University Issued ID Card, or Passport.
- 5.2 Failure to produce a legitimate form of photographic identification may result in forfeits being applied against the offending Team, or the Team in which the offending Player is listed with.
- 5.3 The detection of a breach against a status or registration regulation after viewing the opposing Team's identification record may be the subject of a protest by that Team but will not be cause for the Match not to be played or to be abandoned. Venue Managers should be made aware of the situation at the time of occurrence. Such protests will then only be considered if they are forwarded in writing (200 words or less) to the CF Competitions team within 48 hours of the event.

6 ELECTRONIC TEAM SHEETS

- 6.1 For all Walking Football matches, Capital Football will use Electronic Team Sheets (ETS) via Dribl.
- 6.2 It is the responsibility of the respective Teams to ensure that Team sheets are correct and include all Players' names and shirt numbers at least five (5) minutes prior to the start of the Match.
 - a Venue Managers will be available to assist with the submission of Team sheets.
- 6.3 Only Players correctly listed on the Team sheets will be permitted to participate. Changes can be made to the Team sheet up until the commencement of the second half of play.
- 6.4 Should a Player take the field that is not listed on the Team sheet, it will result in a forfeit match result.
- 6.5 The Referee may refuse to let a Team take the field until that Team's part of the Team sheet has been presented to the Referee.
- 6.6 Team sheets must be shown to the captain or manager of the opposing Team at their request.
- 6.7 At the conclusion of the Match, a team official from each team is required to review the ETS to confirm the information listed is correct, including;
 - a Full-time scores.
 - b Disciplinary sanctions listed are marked against the correct Player.
- 6.8 Any Player under suspension from CF will have their name noted on the Team sheet under the section titled 'Suspended' and will not be permitted to play. Any suspended Player who takes to the court will result in penalties as set out in Schedule 1.
- 6.9 Any Player or Team Official supplying false information may be subject to sanctions under the DDR.
- 6.10 Regardless of the competition, no Player is permitted to be listed on more than two (2). Team sheets on any Match Day.
 - a Goalkeepers are exempt from this rule.

7 RESULT OF THE MATCH

- 7.1 The CF appointed Referee and Venue Manager is responsible for entering the Match results on Dribl within 24 hours after the final Match of the session.

SECTION 7 MATCH OFFICIALS

1 MATCH OFFICIAL APPOINTMENTS

1.1 All Match Officials officiating in Walking Football fixtures are appointed by Capital Football.

2 MATCH OFFICIAL POWERS, DUTIES AND OBLIGATIONS

2.1 The Match Officials are required to carry out all duties, responsibilities and obligations as contained within the Walking Football [Laws of the Game](#).

2.2 Unless otherwise stated, the Referee, Venue Manager and CF shall be the arbiter as to whether a Match will proceed, having regard to the condition of the venue.

2.3 If the Referee finds it necessary to stop or suspend play for whatever reason, they should wait a reasonable time before deciding to resume or abandon the Match.

2.4 The Referee may postpone or abandon a Match in accordance with the relevant articles of these Regulations.

2.5 At the conclusion of each Match, the Referee shall consult with their other Match Officials, where appointed, and confirm the accuracy of all Match information before completing the match sheet via Dribl.

2.6 Match Officials are required to submit the necessary send-off reports and incident reports as per the DDR via a jotform.

2.7 Referee Assessors will submit to CF a report on the performance of the Referees within three (3) days of the conclusion of the Match, should one be appointed to the Match.

3 WELFARE OF THE MATCH OFFICIALS

3.1 The Venue Manager will be solely responsible for the welfare of the Match Officials from the time they arrive at the venue, until the time they depart the venue. Failure to carry out this requirement may be deemed misconduct, and the Venue Manager may be sanctioned pursuant to the DDR.

4 MATCH OFFICIAL FEES

4.1 Prior to the commencement of a competition, CF will communicate to all Clubs, Teams and Referees the approved Match Officials fees for that season. These fees will come into effect immediately and are subject to change at any time.

4.2 Match Officials fees for all Walking Football Matches will be paid directly by CF to the Match Officials.

4.3 Match Officials are entitled to receive one hundred percent (100%) of their Match fee if they submit an Incident Report if:

- a Match Officials attend the venue, and a Match is abandoned prior to kick off in accordance with the relevant articles of these Regulations.
- b Match Officials attend the venue to find the Match cancelled without being notified by CF.
- c After the commencement of the Match, the Match is abandoned.
- d Match Officials attend a Match on the wrong day, incorrect venue and/or kick-off time due to a CF clerical error.
- e Match Officials attend the venue to find a Team has forfeited the Match.
- f Match Officials attend the venue to find a Team has called off the Match without notifying the Match Officials or CF.

5 ATTENDANCE OF MATCH OFFICIALS

- 5.1 Match Officials must arrive at the ground no later than fifteen (15) minutes prior to the scheduled kick-off of their first appointment.

6 NON-ATTENDANCE OF MATCH OFFICIALS

- 6.1 If the Referee fails to honour their appointment, the next most senior Match Official (Replacement) will take charge of the Match.
- 6.2 If the Referee is late arriving at a Match, the Replacement will take charge until the Referee is ready to take over.
- 6.3 Should appointed Match Officials not be in attendance by the scheduled kick off time, it is the responsibility of the home Team to appoint Match Officials.
- 6.4 A Team appointed Match Official will have the power to sanction Players in accordance with the FA Walking Football [Laws of the Game](#). They will need to submit any relevant send-off and incident reports if required.
- 6.5 All Teams must fulfill all Matches, regardless of whether the CF appointed Referee is present to take charge.

SECTION 8 DEFINITIONS

A-Leagues means the national men's and women's football competitions conducted in Australia under the auspices or control of the Australian Professional Leagues (APL), known as the A-League Men and A-League Women.

ACT Football Federation (ACTFF) means the ACT Football Federation.

Amateur means any Player that is not a Professional.

Australian Capital Territory (ACT) means the federal territory of Australia containing the Australian capital city of Canberra and some surrounding townships.

Capital Football (CF) means Capital Football trading as ACT Football Federation which is the governing body for football (including Futsal) in the ACT and surrounding regions.

Capital Football Disputes and Disciplinary Regulations (DDR) means the Capital Football Disputes and Disciplinary Regulations.

Club or Clubs means an entity formed for the purpose of playing football or futsal that is registered with FA and affiliated with Capital Football.

Club Official or Club Officials means any person involved with the administration, management or organisation of a Club (whether paid or unpaid), including employees, contractors, directors, representatives and volunteers.

Disciplinary and Disputes Regulations (DDR)

Disciplinary Tribunal means a Disciplinary Tribunal appointed by Capital Football.

Football Australia (FA) means Football Australia Limited, the governing body for football (soccer) in Australia.

Leagues means a competition conducted by Capital Football comprised of specific gender and age grades, as declared by the Board.

Match or Matches means any match played in a Capital Football Competition, Cup, Premiership, other event or tournament under Capital Football's control.

Match Official or Match Officials means a Referee, assistant referee, fourth official, Club referee coordinator or referee assessor.

National Registration System means the national database administered by FA for the purposes of registering all participants in Football in Australia.

Player or Players means any person who participates in a Match (irrespective of whether they are registered with FA as a junior or senior or an Amateur or Professional).

Referee means the Match Official with the primary responsibility of officiating a Match in accordance with the Walking Football Laws of the Game.

Regulations means these Capital Football Competition Regulations.

Team or Teams means an individual group of Players and Officials submitted by a Club to represent the Club in a Competition.

Team Official or Team Officials means any person involved with the management, preparation or participation of a Team (whether paid or unpaid), including the coaches, managers, medical staff, other support staff or any other person acting for or on behalf of a Club.

SCHEDULE 1: PENALTIES AND FEES

1 OFFENCES AND PENALTIES

- 1.1 Set out below are the range of penalties which may be imposed by Capital Football in relation to breaches of these Regulations.
- 1.2 Capital Football may exercise its discretion as it deems fit in relation to the imposition of penalties. The decision of Capital Football shall be final and there shall be no right of appeal.
- 1.3 All fees must be paid within 2 weeks of receiving the penalty.

Fines/Point Deductions			
Regulation Breach	Amount		
	Offence 1	Offence 2	Subsequent Offences
Section 3 Article 8 - Forfeit of Match without 24 hours' notice, and subsequent offences thereafter	Official Written Warning	\$50	\$50 and Show Cause
Section 4 Article 2 – Unlisted Player takes the court	Forfeit Result	Forfeit Result and \$25	Forfeit Result and \$40
Section 4 Article 2 – Playing an unregistered Player	Forfeit Result	Forfeit Result and \$25	Forfeit Result and \$40
Section 4 Article 2 – Playing a suspended Player	Forfeit Result	Forfeit Result and \$25	Forfeit Result and \$40
Section 5 Article 1.5 – Late nomination fee	\$100	-	-
Section 5 Article 4.3 - Invalid registrations due to false statements	\$50	-	-

