



FOR OVER 50s

SANFL & ECH WALKING FOOTY

WALKING FOOTY RULES

- 6 v 6 mixed teams
- Walking ONLY
- No Tackling or bumping
- First to a ground ball is the one in possession
- Field size 60m x 30m
- Field split into zones – forward, midfield and back
Midfield plays in all zones, forwards and backs restricted to respective zone and midfield
- Only forwards can score
Goal can only be scored by kicking goals. Goals can only be scored inside the forward third
- Ball must be touched in each zone
- Can kick, handball or underarm throw to pass the ball
- No kicking/soccering the ball off the ground
- Tag for holding the ball
Tag by touching the players back and yelling "tag". Player has three seconds to dispose of the ball after tag
- Turnover last touch out of bounds
- Centre ball up
Midfield ruck contest to being each quarter and after each goal
- Ten-minute quarters
Two-minute quarter breaks and four-minute half-time breaks
- UMPIRE IS ALWAYS RIGHT!

For more information or to register your interest to attend a Come & Try session, visit sanfl.com.au/walkingfooty

