

Chelmsford City Walking Football Player Guide

No tackling opponents from behind



No tackling opponents from the side



No tackling or playing the ball whilst the player is on the ground



Chelmsford City Walking Football Player Guide

No holding on to the ball using any barrier or corner for protection



No holding on to any barrier to hold off an opponent



No repeated backing into a player



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No running by players with the ball during play or if the ball is out of play



Running is where a player has both feet off the ground



A player who has one foot on the ground at all times is not considered to be running



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No shoulder barging from the side



No pushing a player from the back



All players must wear shin pads during training and tournaments



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No holding a player or their clothing



For safety all players should try and avoid 50/50 challenges for the ball



Players must not show dissent towards any referee or match official during training or playing in tournaments

