



FOR OVER 50s

SANFL & ECH WALKING FOOTY

WALKING FOOTY RULES

- 6 v 6 mixed teams
- No tackling or bumping
- Field size 15m 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 can only be scored inside the forward zone
- Ball must be touched in each zone
- Kick, handball or throw
- Tag for holding the ball
Tag by touching the players back and yelling "tag". Player has three seconds to dispose of ball after tag
- Turnover last touch out of bounds
- Centre ball up
Midfield ruck contest to begin each quarter and after each score
- Eight-minute quarters
Two-minute quarter and four-minute half-time breaks

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

