



CHANGES SUMMARY

ABSTRACT

This document lists a summary of the changes to the FA LotG that will be implemented by the EWFL in the season 2026.

Essex Walking Football League committee

Summary of Changes for 2026

Law 1 - Field of Play

Amendment to the distance of the penalty area mark.

“A penalty mark is made 6.5 m from the midpoint between the goal posts.”

Law 4 – The Players’ Equipment

Clarification that players are responsible for the size and suitability of their shinpads and inclusion of the [“Guidance for the use of shinpads in grassroots football”](#).

“shinguards – these must be of suitable material to provide reasonable protection and covered by the socks.”

Law 9 – The Ball In and Out of Play

Change to the outcome of a save or a block made by a goalkeeper that rises above the designated height restriction.

“Any save or block from a goalkeeper that rises above the designated height restriction, before leaving the field of play, will result in a side-line restart (kick-in or roll-in) for the opposing team, in line with where the offence took place.”

Law 14 – The Penalty Kick

Procedure

The kicker must start their approach with both feet on the ground no more than **one metre** from the ball.

Law 12 – Fouls and Misconduct

Clarification on a foul committed when the goalkeeper is prevented from releasing the ball.

An indirect free kick is also awarded if, in the opinion of the referee, a player:

- prevents the goalkeeper from releasing the ball

Law 15 – The Kick-In/Roll-In

Clarification on where a kick-in or roll-in should take place.

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“Position of the Ball and the Players

The ball:

- must be stationary on the touch line
- may be kicked in any direction

The player taking the kick-in/roll-in:

- must have part of each foot on the touch line or on the ground outside the touch line at the moment of kicking/rolling the ball
- must use an underarm action when rolling the ball in

The players of the defending team must be at least 3m from the place where the kick-in is taken.

Law 18 - Walking

Clarification for the movement of goalkeepers when making a save.

“Walking is defined as ‘always having at least one foot in contact with the ground and relates to the motion of all players moving around the field of play. A goalkeeper is exempt from this rule whilst in the action of making a save, for example diving or jumping with both feet off the ground.’”