

# Next set of Walking Football League fixtures announced.



The Scottish Walking Football League continues next Wednesday at Ravenscraig Sports Centre in Motherwell.

With six games remaining, Hearts 56 sit top of the table, one point ahead of Gala Fairydean Rovers.

The games last 18 minutes and are played indoors and outdoors.

Walking Football has seen a surge in popularity in recent years with teams and projects developing in settings from football clubs, local authorities, community groups, sports clubs and in healthcare settings.

The sport is aimed at keeping people aged over 50 involved with football if, due to a lack of mobility or for other reason, they are not able to play the traditional game.

Though based on association football, the key difference in the rules, from standard football, is that if a player runs then they concede a free kick to the other side. This restriction, together with a ban on slide tackles, is aimed both at avoiding injuries and facilitating the playing of the sport by those who are physically disadvantaged.

Walking Football also has the potential to improve people's lives. Benefits include increased physical activity, improved mental health and wellbeing, access to additional sources of support and the opportunity to form new friendships for those living in isolation.

## **GAME 13**

Tulibody Community FC v NL

Stenhousemuir v Hearts 98

Stirling v Hearts 56

Ayr United v Greater Glasgow United

Fife Wanderers v Galafairydean Rovers

#### **GAME 14**

Galafairydean Rovers v Tulibody Community FC

Greater Glasgow United v Fife Wanderers

Hearts 56 v Ayr United

Hearts 98 v Stirling

NL v Stenhousemuir

#### **Game 15**

Tulibody Community FC v Stenhousemuir

Stirling v NL

Ayr United v Hearts 98

Fife Wanderers v Hearts 56

Galafairydean Rovers v Greater Glasgow United