

Heading Guidelines and Concussion Prevention

- **The Federation is recommending new rules as it relates to heading, as follows:**
- Players in U-11 programs and younger shall not engage in heading, either in practices or in games.
- Limited heading in practice for players in U-12 and U-13 programs. More specifically, these players shall be limited to a maximum of 30 minutes of heading training per week, with no more than 15-20 headers per player, per week.
- Clubs should be aware of circumstances in which individual consideration is needed. For example:
 - A 10 year old playing at U-12 or older should not head the ball at all.
 - An 11 or 12 year old playing at U-14 or older should abide by the heading restrictions in practice.
- Referees should enforce these restrictions by age group according to the specified rules. Referees will not be assessing the age of individual players on the field; they will enforce the rules for the age group.