

Effective July 1st, 2016:

New Rules and Regulations: Heading the Ball

I. HEADING THE BALL

1. Consistent with the U.S. Soccer mandates on heading the ball, heading is banned for all division players U-11 (**U-12** and below for programs without single age divisions) and below in both practices and games.

Heading for players in U-14 is limited to a maximum of thirty (30) minutes per week with no more than 15-20 headers, per player. There is no restriction on heading in matches.

2. **An indirect free kick will be awarded to the opposing team if a player age 10 or younger, deliberately touches the ball with his/her head during a game.**

a. The indirect free kick is to be taken from the place where the player touched the ball with his/her head.

b. An indirect free kick awarded to the attacking team inside the opposing team's penalty area, must be taken on the penalty area line parallel to the goal line at the point nearest to where the player touched the ball with his/her head.

3. **Neither cautions nor send offs shall be issued for persistent infringement or denying an obvious goal scoring opportunity related to the heading infraction.**

Note: The policy may be put into effect with the beginning of the next game circuit start. If your program is in the middle of league or tournament play, the switch to the new rule right may be delayed until the next gaming circuit start.