**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 goal area, **must be taken on the goal 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.