

Heading

(Excerpt from the AYSO National Rules and Regulations)

I. Game Conduct

A-H. ...

I. HEADING THE BALL

1. Consistent with the US Soccer mandates on heading the ball, heading is banned for all division players U11 (U12 and below for programs without single age divisions) and below in both practices and games. Heading for players in U14 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 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 infractions.

Area Comments:

1. In item 2, it is clear to me they mean anyone playing in a division where heading is prohibited. Players do not have age identification to where the referee could differentiate in a mixed age division.
2. If the ball is headed by a defender and proceeds into the goal, directly or otherwise, the goal is NOT allowed (no advantage, remember?) and the IFK is given per 2.b. Referees who suspect a team is using this as a defensive strategy should address this with the coach and report it to the Area.