



NEW POLICY: LIMITATION on HEADERS for YOUNGER PLAYERS (4/2016)

Revised 4/01/16

US Soccer has adopted new safety guidelines that will limit the ages at which “heading” is allowed, and limit the frequency of “heading in practice” for older age groups. MSI will comply with these new rules effective immediately. All coaches are required to adhere to the following restrictions:

- ***Players aged 10 or younger MAY NOT HEAD THE BALL during either practices or games.*** MSI and referees will enforce this restriction for Recreational KG through Grade 5, Classic age groups U10 through U11, and Premier age groups U09 through U11. In any instance where a player is deemed to have deliberately headed the ball during a game in these age groups, the referee shall award an Indirect Free Kick (IFK) to the opposing team from the spot of the header. If that spot is inside the Goal Area (6-yard box), the IFK shall be taken from the nearest point on the horizontal line defining the top of the Goal Area.
- ***Players between ages 11 and 13 MAY HEAD THE BALL during games, but are limited to heading the ball in practice for a total of 30 minutes practice time each week, with no more than 15-20 headers allowed per player in total.*** MSI will enforce this restriction for Recreational Grade 6 through Grade 7, Classic age groups U12 through U13, and Premier age groups U12 and U13.
- Coaches should be aware of any circumstance where they may have a player who is “playing up” one or more age groups, and therefore may have greater restrictions for themselves as compared to the age group in which they compete. It is the age of the individual player that governs the restrictions they may have under these new guidelines. Coaches are responsible for ensuring compliance in these exceptions; referees will officiate on the basis of the age group designation for the game.

Coaches are encouraged to watch the video link given below, which includes specific instruction from the US Youth Soccer Association on how to teach proper heading technique.

https://www.youtube.com/watch?v=O7u5m_48dUY