



California Youth Soccer Association Heading Policy

(Approved by Board of Directors, August 4, 2019)

PLAYING POLICY:

- Heading is prohibited in 12U and younger small-sided games.
- All players age eleven (11) years old and younger, who are playing up in 13U and older games, are prohibited from heading, and must clearly be identifiable to match official. (i.e. armband)
- When a player, who is eleven (11) years old and younger, deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If a deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.
- All players age eleven (11) years old and younger, who participate in a non-CYSA sanctioned event with their CYSA player pass, must adhere to the CYSA heading policy and are prohibited from heading.

PRACTICE POLICY:

- All players age eleven (11) years old and younger are prohibited from heading.
- It is strongly recommended for players between the ages of twelve (12) and seventeen (17) years old, heading in practice must be limited to a maximum of thirty (30) minutes per week, with no more than fifteen (15) to twenty (20) headers, per player, per week.
- In addition, CYSA recommends that standard coaching methods to instruct on how to properly head the ball be instituted by all Affiliates. CYSA will assist Affiliates, as needed, in teaching coaches the proper heading techniques as such to reduce the risk of possible concussion.