



Heading the Ball – Banned at U12 and Younger

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. **Chippewa Valley Soccer League does not have a U11 Division – therefore heading is banned at the U12 and below divisions in the Chippewa Valley Soccer League.**

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.

The Guidelines state that the prohibition is on deliberate heading, not unintentional heading.

So, a player whose head is hit by the ball, but did not clearly intend for it to do so, is not guilty of an offense. In addition, should a player get hit in the head with the ball with significant force to cause concern, stop play and restart as you would for an injury.

“If it’s deliberate, do you always enforce the requirement?” The short answer is yes, if the heading is deliberate, it must be called; even advantage cannot be applied (as in the case where a defender deliberately heads the ball and inadvertently scores an own goal).

The restart for deliberate heading is an indirect free kick, at the point of the infraction; unless it happens in the attacking goal area, in which case, as with any other indirect free kick offense, the restart is on the goal line, nearest to where the offense happened, parallel to the goal line.