

## Club Player Safety Heading Restrictions

U10 & younger	Heading Restricted	No Heading
U12 - U14	Heading Permitted But limited to max of 3 times per week	Teach using training balls, volleyballs, cushion ball
U15+	Heading Permitted	Continue to keep safety in mind

### **U10 Soccer Division & Under "NO HEADING RULE"**

Players U10 & younger will not engage in heading the ball in practice and or games. Deliberate heading is not allowed in U10 and U8 league games, if a player deliberately heads the ball in a game, the Referee will make note of it and inform the player(s) there is no heading & reminder to coaches per club policy; if it continues indirect free kick will be awarded to the opposing team from the spot of the offense.

*\*Referees (Under the Clubs Executive &/or Head Referee) will be instructed to blow the whistle to stop the match when or if a player's neck/head makes contact with the ball, another player and or goal post. (The Referee shall restart the game with dropped ball or possession free kick to the team that had control of the ball at the time of the whistle)*

### **U12 - U14 Soccer Players**

Players playing in U12 - U14 under the Club will be limited in heading the ball throughout the season. Specifically they will be taught the proper technique (via Player Safety - Heading Teaching Sheet with training aids/balls) at the start of the season. While limited to a maximum of 3 headers per week. The plan is to have the players understand the correct technique before the season starts but also limiting how many heading drills they perform throughout the season. The Club recommends that U12 players not head the ball and/or limit heading in games when available for U12-U14 age groups.

### **U15+ Soccer Players**

Players in the U15+ divisions will be permitted to head under the Club if they choose so. Players will be given instructions to properly head the ball "training ball" following the (Player Safety - Heading Teaching Sheet) With continue focus on safety, The Club recommends 5 headers per player/per week and keep it safe.

\*\* Players playing up still need to follow the restrictions set for their age group.