



HEADING POLICY

As part of US Soccer Player Safety Initiative, Kentucky Youth Soccer will implement the following policy. The policy goes into effect on August 13, 2016.

- Teams that participate in the U11 age groups and below are prohibited from deliberately heading the ball during competition & training.
- An indirect free-kick will be awarded to the opposing team at the spot of the infraction if a player deliberately heads the ball during a game.
- If the 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 nearest point to where the infringement occurred.
- Goalkeepers are prohibited from punting the ball in 7v7 games (U10 and below)
- If the Goalkeeper punts the ball an indirect free kick shall be awarded and should be taken on the penalty area line parallel to the goal line at the nearest point to where the infringement occurred.
- Heading is permitted in U12 age group competition and above
- It is recommended that players in the U12 thru U14 age groups do not head the ball more than 15-20 times per week, in both training and competition.