



August 10, 2016

POLICY ON HEADING

Greetings Everyone,

You've been asking for it. You've been waiting, you've been calling and FINALLY, we have an answer. August 9, 2016 the NC Youth Soccer Executive Board **approved the USSF recommended policy for heading.**

Here it is - North Carolina Youth Soccer Policy on Heading.

- **11U and younger**
 - No heading. Games and/or Practice
- **12U and 13U**
 - 30 minutes per week w/ no more than 15-20 headers per player, per week.
 - No restrictions on heading in matches.

The Referee Association has been informed of the Policy and they have received their instruction on how to address heading in matches.

“If a player 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 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.”

This policy will be effective beginning with the Fall 2016/17 season.

This will also be the policy for all NCYSA Sanctioned Events. This includes but is not limited to NCYSA League Play and NCYSA Sanctioned Tournaments.

If you have any questions, let us know.

Keith Price

NCYSA

“Providing youth skills to be successful in life.”

