

NEW HAMPSHIRE SOCCER ASSOCIATION
NEW HAMPSHIRE SOCCER LEAGUE
Heading Policy

Summary

In accord with the recommendations in US Soccer's Player Safety Campaign the **New Hampshire Soccer Association** and the **New Hampshire Soccer League** has banned heading for players age 10 and younger for all New Hampshire Soccer Association activities including but not limited to New Hampshire Soccer Association Member League play, practices and tournaments. When a player deliberately heads the ball in a game, an indirect free kick (IFK) shall 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 point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.

Guidelines

Competition level, U11 and younger (10 years old and under) No heading in practices or games

Competition level, U12 and U13 Heading training limited to maximum of 30 minutes per week with no more than 15-20 headers per player, per week

Extended Rule

For those players designated as not being permitted to head the ball in games as identified in the above section the following modified law 12 will apply.

An indirect free kick is awarded to the opposing team if a player, in the opinion of the referee, deliberately heads or attempts to head the ball.

If, in the opinion of the referee, a deliberate header or attempt to head occurs within the goal area, the indirect free kick will be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

If, in the opinion of the referee, a player does not deliberately head or attempt to head the ball, then play shall continue.