



## Indiana Soccer Heading Restrictions

- All players, 11 & under shall not engage in deliberate heading in training or in games.
- All players, 12 & under are limited to:
  - A maximum of 30 minutes of heading training per week.
  - Limit each player to a maximum of 20 headers per week.
- All players who play in small sided games, 4v4, 7v7 or 9v9, shall not intentionally head the ball in a game.
- All players, 11 & under who play on a 13 & under team or older will comply with the aforementioned 11 & under restrictions.
- The referees will enforce heading restrictions as per the age-level of the contest. There will be no intentional heading in all small sided games (4v4, 7v7, 9v9).
- When a player deliberately heads the ball in a game, the referee will award an indirect free kick (IFJ) to the opposing team from the spot of the offense.
  - If the deliberate header occurs within the penalty area by the defending team, the indirect free kick should be taken on the penalty area line parallel to the goal line at the point nearest to where the infringement occurred.