

March 5, 2016

To: All Massachusetts Youth Soccer Association Member Organizations (Towns, Clubs, Leagues)

From: Massachusetts Youth Soccer Association Board of Directors

Re: Mass Youth Soccer's Adoption of Recognize To Recover Program Heading Policies

Effective immediately, the Massachusetts Youth Soccer Association Board of Directors has voted in and will implement the following policy and modified laws of the game for heading. *This requirement is for all Mass Youth Soccer affiliated activities, including but not limited to, Mass Youth Soccer affiliated member organization league play, practices and tournaments.*

Mass Youth Soccer's current Concussion Protocol remains in effect pending further adoption by the Board of US Soccer's Recognize to Recover (R2R) program initiatives. Mass Youth Soccer will post and appropriately distribute any additional changes, stemming from the R2R program, to rules, policies, guidelines, etc. when determined and as timely as possible.

HEADING

For all Mass Youth Soccer and all Member Organizations the following will be adhered to

Heading Not Permissible

- a) Players by Age
 - (1) All players age 10 years old and younger, regardless of what age group program they are playing in, shall not engage in heading either in practice or in games.
- b) Programs by Age Group
 - (1) All players in single year age groups of U11 programs and younger shall not engage in heading either in practice or in games.
 - (2) All players in dual year age groups which incorporate a U11 program (e.g. U11/12) shall not engage in heading in games. Training is permissible for player age 11 and 12 per limitations noted below.

Limited Heading in Practice, No Limit in Games

- a) Players by Age
 - (1) For all players between the ages of 11 and 13, heading training will be limited to a maximum of 30 minutes per week with no more than 15-20 headers per player, per week. No limit of heading in games.

Heading Training

Mass Youth Soccer and all Member Organizations are to inform all coaches to teach and emphasize the importance of proper techniques for heading the ball.

Heading Infraction

For those players designated as not being permitted to head a ball in games as identified in the above section *Heading Not Permissible* 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 should continue.