



## 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 11 & under who play on a 12 & under team or older should not deliberately head the ball in training or games.
  - Compliance with this initiative is the coaches' and parents' responsibility.
- The referees will enforce heading restrictions as per the age-level of the contest.
  - Individual player compliance with the aforementioned heading restrictions are the coaches' and parents' responsibility.
- If a player, who is competing in an 11 & under game or younger, 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.