

KETCHIKAN YOUTH SOCCER LEAGUE (KYSL) POLICY & GUIDELINES

POLICY TOPIC: Heading

POLICY: Heading by players 10 years of age (11-U), or younger, is forbidden in any KYSL practice or competition.

PURPOSE: Player Safety

GUIDELINES:

If there is one 11-U player on a roster in any competition, then heading is not permitted by any player in that competition.

Head Referees have ultimate authority in any competition as to whether heading will be allowed in the competition.

All Players age 10 and younger shall not head the ball directly from the air in any match/ competition, nor shall these players practice heading the ball in any organized team setting. If a player age 10 or younger deliberately heads the ball in a match, the referee shall award an indirect free kick to the opposing team at the infraction spot. If the heading occurs within the penalty area, the referee shall move the ball outside the penalty area and award an indirect free kick to the opposing team.

Players age 11 and age 12 shall be permitted to head the ball in any match or competition. These players may practice heading the ball in an organized team practice or skills session, but coaches shall monitor this practice so that no single player heads the ball more than 25 times per week, regardless of setting.

Players age 13 and older shall be permitted to head the ball in any match/ competition, and the players may practice heading the ball in an organized team practice or skills session.

FORMS & DOCUMENTS:

Concussion Notification Form