

CYSA HEADING POLICY

Player Age Group Games	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U
<i>Heading is prohibited in 12U & under small-sided games</i>											

PLAYER AGE												
8	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed
9	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed
10	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed
11	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed	No Heading Allowed
12					Heading Permitted	Heading Permitted	Heading Permitted	Heading Permitted	Heading Permitted	Heading Permitted	Heading Permitted	Heading Permitted
13					Heading Permitted	Heading Permitted	Heading Permitted	Heading Permitted	Heading Permitted	Heading Permitted	Heading Permitted	Heading Permitted
14						Heading Permitted	Heading Permitted	Heading Permitted	Heading Permitted	Heading Permitted	Heading Permitted	Heading Permitted
15							Heading Permitted	Heading Permitted	Heading Permitted	Heading Permitted	Heading Permitted	Heading Permitted
16								Heading Permitted	Heading Permitted	Heading Permitted	Heading Permitted	Heading Permitted
17									Heading Permitted	Heading Permitted	Heading Permitted	Heading Permitted
18										Heading Permitted	Heading Permitted	Heading Permitted

PLAYING:

- Heading is prohibited in 12U and under small-sided games.
- Players 11 years old and younger, who are playing up in 13U and older games, are prohibited from heading and must clearly be identifiable to the match official (i.e. armband). **The head coach must identify the 11-year-old-and-under player during pregame to the match official, show the identifying marker (i.e. armband), and note that player on the game card roster.**
- When a player, who is 11 years old and younger, deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If a deliberate header is made by a defender 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 deliberate header is made by an attacking player within the goal area, the indirect free kick may be taken anywhere within the goal area. If a player does not deliberately head the ball, then play should continue.
- All players age 11 years old and younger, who participate in a non-CYSA sanctioned event with their CYSA player pass, must adhere to the CYSA heading policy and are prohibited from heading.

PRACTICES:

- Players 11 years old and younger are prohibited from heading.
- It is strongly recommended for players between the ages of 12 and 17 years old, heading in practice must be limited to a maximum of thirty (30) minutes per week, with no more than fifteen (15) to twenty (20) headers per player per week.
- In addition, CYSA recommends that standard coaching methods to instruct on how to properly head the ball be instituted by the Affiliates. CYSA will assist Affiliates, as needed, in teaching coaches the proper heading techniques as such to reduce the risk of possible concussion.

PLAYER AGE GROUP:

Player Age Group is derived by subtracting the birth year from the ending year of the seasonal playing year. For example, for the 2019-2020 season, a player born in 2008 is 12U (2020 minus 2008 = 12)