



Indiana Soccer Heading Restrictions

11U Restrictions

Applies to **ALL** players that are 11U & younger:

- ⚽ Players shall not engage in deliberate heading in competitive training or in games.
- ⚽ 11U players who play on 13U or older teams (11v11 format) will comply with 11U restrictions.
*Enforcement of this restriction shall be the responsibility of the player, parent(s), manager(s), **AND** coach(es).*

Small-Sided Games

Applies to **ALL** players that are 12U & younger **AND** playing small-sided games (4v4, 7v7, and 9v9 formats):

- ⚽ Players shall not **intentionally** head the ball in a game.

Referee Enforcement

- ⚽ Referee 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, or 9v9)
- ⚽ If a player deliberately heads the ball in a game, the referee will award an Indirect Free Kick (IFK) to the opposing team from the spot of the offense **UNLESS**
 - A player deliberately heads the ball within their own penalty area, then the IFK should be taken on the penalty area line parallel to the goal line at the point nearest to where the infringement occurred.