

U.S. Soccer Heading Mandates

Why did US Soccer release a heading mandate?

- **Due to a settlement of a lawsuit US Soccer has issued a mandate on heading the ball in training and competition.**
- **This mandate applies to players 12 years old and younger.**
- **The effective date is January 1st 2016.**

Heading mandate

- **Players 10 years old or younger cannot be taught the skill of heading.**
- **Players 10 years old or younger cannot intentionally head the ball in a competitive game.**
- **Players who are 11 and 12 years old can receive heading instruction in training, but training is limited to 30 minutes per week. They can head the ball in competition.**

Indirect free kick for 10 year olds or younger

- **An indirect free kick is awarded to the opposing team if a player deliberately heads the ball on the field.**
- **The indirect free kick will occur at the point of the infraction.**