

Rule 305: Heading

- **Players Age 10 and Under (U11 and younger):**
 - Players are **not allowed** to head the ball in any match or competition.
 - Players are also **not allowed** to practice heading the ball in any organized team setting.
 - **Penalty:** If a player deliberately heads the ball, an indirect free kick will be awarded to the opposing team at the spot of the infraction. If the infraction occurs in the penalty area, the ball will be moved outside the box for the indirect free kick.
- **Players Age 11 and 12 (U12):**
 - Players **are permitted** to head the ball in matches and competitions.
 - Coaches must monitor heading practice sessions to ensure no single player heads the ball more than **25 times per week**.
- **Players Age 13 and Older:**
 - Players are **permitted** to head the ball in any match, competition, or practice without restriction.

Specific MYSA Guidelines

- **U11 Teams:** Teams in the U11 age group are **not allowed** to head the ball in training or competition.
- **Age Waivers:** If a **10-year-old player** is playing on a U12 team, they are **not permitted** to head the ball. It is the coach's responsibility to enforce this.
- **Mixed Age Group Competition:** In any game where a U11 team plays a U12 team, the **no-heading rule for players 10 and under will be enforced for the entire game for both teams**. This will be the responsibility of both the referees and coaches. These games will be designated as U11 in GotSport.