

USSF Heading Policy

The USSF has published the policy on heading for ages 13U and under.

11U and younger:	NO HEADING ALLOWED
12U and 13U:	HEADING ALLOWED IN MATCHES (does have restrictions for training)
14U and older:	No Change

An infraction will be addressed as follows.

From the **USSF Player Development Initiative**.

- Deliberate heading is not allowed in 11U games
- If a player 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 the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred
- Heading is allowed in 12U games without limitations