



Indiana Soccer League

Indiana's Statewide Competitive Developmental League

Who are not allowed to head the ball deliberately and who are?

The confusion may be due to the terminology vs the actual rule. Please note, players who are 10 years old (2007 birth year for this 2016-2017 season) and younger should not **deliberately** head the ball in games and training.

7v7 games (10 & under [2007 birth year for this 2016-2017 season])

- Deliberate Heading is not allowed.
- The restart of the game after the referee stops play for a player who deliberately heads the ball is an **Indirect Free Kick** from where the player headed the ball.
- If this offence occurs in the penalty area by the defending team, the indirect free kick is to be taken on the penalty area line parallel to the goal line at the nearest point to where the infringement occurred.

9v9 games (11 & under [2006 birth year for this 2016-2017 season] or 12 & under [2005 birth year for this 2016-2017 season])

- There are times where in a 9v9 game, for 11 & under or 12 & under teams, where there are 10 year old players (2007 birth year) or younger, who either have the skillsets, or because there are not enough players in the geographical location; may play up on older teams.
- If that player deliberately heads the ball, the referee SHOULD NOT stop the game or award an Indirect Free Kick.
- It is the parent and the coaches' responsibility to ensure that the player does not deliberately head the ball when competing in an 11 and older contest.

We understand that there will be times where the coaches and/or referees may also be confused with the rule and may attempt to convince you differently; so our suggestion would be to print this document and put it in your bag and share this document should the aforementioned be challenged. This information has been shared with the referees in an email from Samir Yasa, State Referee Administrator.

Summary:

- **"In all 7v7 games (10 & under), Deliberate Heading is not Allowed.**
- **In all 9v9 games (11 & under/12 & under), Deliberate Heading is Allowed and it is up to the parent and coach to prohibit 2007 and younger players who are "playing up" to refrain from deliberately heading the ball."**