

U11 Age Groups and Younger – Deliberately Heading the Ball

Players in U11 and younger age groups may not deliberately head the ball in soccer matches.

- If a player deliberately heads the ball and the ball remains in play, the referee will immediately stop play and restart with an indirect free kick as per Law 13.
- If a player deliberately heads the ball and the ball immediately goes out of play, the referee will restart in accordance as to how the ball went out of play (throw-in, goal kick, corner kick)
- If a player is inadvertently struck in the head with the ball, there is no rule infraction. However, if the referee deems the player to be injured the referee will immediately stop play, have the player removed and restart with a drop ball.

In all cases the referee will assess the player to determine if the player is injured.

Notes:

- A goal may not be scored against an opponent by deliberately heading the ball.
- Denying an Obvious Goal Scoring Opportunity does NOT apply to heading the ball as this action is NOT a foul.
- Referees will enforce these rules for the U11 age groups and younger. It is the responsibility of the team's coach/manager to ensure any player aged 10 or younger who may be "playing up" will not head the ball during the game.