



HEADING GUIDELINES

U11 - NO HEADING ALLOWED

**U12 REC/GRASSROOTS
NO HEADING ALLOWED**

**U12 COMPETITIVE LEAGUES
HEADING IS ALLOWED**

BEST PRACTICES WHEN HEADING THE BALL BECOMES PART OF THE GAME

LIMITED HEADING IN PRACTICE FOR PLAYERS IN U12 AND U13 PROGRAMS

- 30 MINUTES OF HEADING TRAINING PER WEEK
- NO MORE THAN 15-20 HEADERS PER PLAYER, PER WEEK
- NO HEADING RESTRICTIONS IN GAMES

**CLUBS MUST BE AWARE OF CIRCUMSTANCES IN WHICH INDIVIDUAL
CONSIDERATION IS NEEDED. FOR EXAMPLE:**

- A 10 YEAR OLD PLAYING AT 12-U OR OLDER SHOULD NOT HEAD THE BALL AT ALL
- AN 11 OR 12 YEAR OLD PLAYING AT U14 OR OLDER SHOULD ABIDE BY THE
HEADING RESTRICTIONS IN PRACTICE

