

# Norcal Heading Policy

## HEADING OF THE BALL:

- Players of U11, U10, U9 and U8 are prohibited to DELIBERATELY head the ball.
- When a player deliberately heads the ball in a game, an indirect free kick (IDFK) 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 point nearest to where the infringement occurred.
- If a player does not deliberately head the ball, then play should continue.
- NorCal HIGHLY recommends that during the team check-in, the referee crew inform team officials and players of enforcing this new rule. Not everyone is aware of this new rule.
- If a goal is scored by a player deliberately heading the ball, the goal should be disallowed and IDFK should be awarded.
- The IDFK is awarded NOT FOR A DANGEROUS PLAY but for the safety of the player.
- THERE SHALL BE NO CARD GIVEN FOR THIS ACTION.
- THERE SHALL BE NO CONSIDERATION FOR PERSISTENT INFRINGEMENT FOR THIS ACTION.
- THE IDFK IS CONSIDERED TO BE A TEAM VIOLATION. THERE IS NO PUNISHMENT FOR THE INDIVIDUAL PLAYER.