

CYSA HEADING POLICY

PLAYING:

- Heading is prohibited in 12U and under small-sided games.
- Players eleven (11) years and younger, who are playing up in 13U and older games, are prohibited from heading and must clearly be identifiable to the match official(s) (i.e. armband)
- When a player, who is eleven (11) years old and younger, 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 point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.
- All players age eleven (11) years old and younger, who participate in a non-CYSA sanctioned event with their CYSA pass, must adhere to the CYSA heading policy and are prohibited from heading.

PRACTICES:

- Players eleven (11) years old and younger are prohibited from heading.
- It is strongly recommended for players between the ages of twelve (12) and seventeen (17) years old, heading in practice must be limited to a maximum of thirty (30) minutes per week, with no more than fifteen (15) to twenty (20) headers, per player, per week.
- In addition, CYSA recommends that standard coaching methods to instruct on how to properly head the ball be instituted by the Affiliates. CYSA will assist Affiliates, as needed, in teaching coaches the proper heading techniques as such to reduce the risk of possible concussion.

Key Points if approved by the Board:

- 1) Major role out and announcements
- 2) Information and training opportunities for coaches to learn how to teach proper heading techniques. This is on the DLC.
- 3) Update CNRA.