

St. Mary's Soccer Heading Policy

Last updated: 02/06/25

Recreation

U10 and U12 — Heading is not allowed. Per the SMS Modified Laws of the Game:

No heading is allowed. If the ball hits a player's head, play is stopped so that the player can be checked. The restart depends on if the heading was deliberate or not. If the heading was deliberate, then an indirect free kick is given to the opposing team at the location of the heading (subject to the restrictions on the location of indirect free kicks inside the Goal Area described in Law 8). If the heading was not deliberate, the restart is a drop ball.

U14 and U18 — Heading is allowed.

RecPlus and Travel

No heading is allowed for U11 and younger, but heading is allowed for U12 and above. Per the SMS RecPlus Bylaws (taken from NCSL Travel Rules and Procedures):

Whenever the ball strikes a player in the head, play is stopped. The proper restart depends upon whether the player deliberately played the ball with his or her head. If deliberate, the proper restart is an indirect free kick to the opposing team. If this 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 the play by the head is deemed inadvertent, then the proper restart is a dropped ball.