

No Header Policy

The US Soccer Association announced a player safety campaign that eliminates heading for children 10 and under, and limits the amount of heading in practice for children ages 11 to 13. This initiative has the intent to improve concussion awareness and education among youth coaches, referees, parents and players. As a recreational youth soccer program, the Parks and Recreation staff along with the CYSA Board feels a hefty responsibility to provide the safest environment possible for development of our youth soccer players and have been watching the development of this initiative closely. The CYSA program has a limited amount of practice time and we believe this is inadequate for learning a safe and proper technique for performing a header; therefore, we feel it is in the best interest of our youth players to ban heading in both practices and games alike. To enforce this rule, the following regulation has been put in place: Intentional headers are banned in all Parks and Recreation Soccer activities (practice and games) in all divisions. During games, intentional headers will result in a change of possession rewarded through an indirect kick. To be penalized, headers require INTENTIONAL contact with the head. This no header policy will be taught in referee training and during the coaches meeting prior to each season.