

# Press Release: Cal North Announces Heading Protocol

Pleasanton Ca. (February 24, 2016) – Chairman Pete Zopfi and Executive Director Matthew Madeira announce that Cal North, in accordance with U.S. Soccer guidelines and intent, is implementing the following rules for heading:

- No heading for players 12 years old and younger in games.
- Abide by U.S. Soccer recommendations for heading in practice (heading training for players age 11 to 13 years of age should be limited to a maximum of 30 minutes per week with no more than 15 to 20 headers per player per week).
- When a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. However, if a player deliberately heads a ball within their goal area, the indirect free kick by the attacking team should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

"A large part of our passion for the game is doing all we can to promote the safety and health of our valued players", said Madeira. Zopfi comments "Cal North has been, and will continue to be, a leader in concussion awareness within youth soccer."

Cal North will continue to monitor decisions made by U.S. Soccer with regards to concussion protocol and heading.