

## Concussion Initiative

- Deliberate heading is not allowed in 7v7 games
- If 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
- 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 nearest point to where the infringement occurred
- In a controlled and individual environment (where heading is an isolated skill being taught away from any form of opposition or other aspects of the game), the use of lightweight balls (foam, balloon, etc.) would be acceptable for teaching heading technique



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