

KY Updates – Heading the Ball

Deliberate heading of the ball is not allowed in U11 games and younger.

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.

