

Cal North Competitive Soccer League

Rules – 2024/2025

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Cal North Competitive Soccer League Rules

1. Authority

A. The rules of play for all competitions sanctioned by the Cal North Competitive Soccer League (CCSL) shall be the “Laws of the Game” as published by US Soccer with modifications made by Cal North and CCSL contained herein.

B. The rules contained herein shall govern members of CCSL in all cases to which they are applicable, and in which they are consistent with the By-Laws and Constitution of Cal North.

C. Each affiliated member club shall be responsible for the conduct of its players, team officials, parents and spectators.

2. Roster Size

A. Maximum Roster is defined as the maximum number of players on the team’s official roster.

B. Match Day Roster is defined as the maximum number of players, including guest players, eligible to participate in a match.

	Age group	Max roster size	Match day roster size
For 4v4 teams	U8	18	12
For 7v7 teams	U9-U10	18	14
For 9v9 teams	U11-U12	18	18
For 11v11 teams	U13	18	18
For 11v11 teams	U14-U19	22	18

3. Definitions and Guest Play Policy

A. Definitions:

a. Division means: Gold, Silver, Bronze, Copper

b. Bracket means: A group of teams in a division selected to play one another on the basis of age, gender, ability and geography (e.g., GU14 Copper North)

c. Guest Player means: A player who is registered with a Cal North member club and on a team other than the team on which the player is playing.

d. Guest Team Official means: An adult who is registered with a Cal North team other than the one for which the adult is acting in the capacity of a team official.

B. Cal North Guest Player Policy: Guest players may be used per the Cal North Guest Player Policy (PIM 12-2) with exceptions stated below. PIM 12-2 includes these provisions:

- a. The Guest player must be rostered on a team within the same club as the team on which the player will be guesting.
- b. The soccer age of the guest player must be the same soccer age or younger than the age group of the team on which the player will be guesting.
- c. The credentials for the guest player must be from the same season as those being used by the team on which the player will be guesting.
- d. The coach of the borrowing team must have in his/her possession the player's approved member pass and the current medical release.
- e. A player who is serving a suspension for any reason cannot participate as a guest player

C. CCSL Specific Guest Rules Best Practices:

- a. The purpose of the CCSL Guest Player rules is to allow player development and to assist teams to field a full roster when needed.
 - i. *Teams should not use guest players to significantly impact a game's result.*
 - ii. *Teams found misusing guest players solely to to gain a competitive advantage in lower divisions may be penalized*

D. The Fall season's maximum number of guest players allowed is four (4) for any given game.

E. The Spring season's maximum number of guest players for 7v7 games is five (5) and seven (7) for 9v9 and 11v11 games, again for any given game.

F. A player may be on a Match Report (including guest play) for a maximum of two matches per day.

4. Guest Coach

A. Guest coaches must present their official Cal North member pass to the Referee to be allowed in the technical area.

B. No more than five (5) total team officials, including DOC and guest coaches, may be allowed in the technical area for any given match.

5. Match Standards and specifications

Age group	Number of players	Max roster size	Match day roster size	Game length	USSF approved field size - yards	Goal size range	Ball size
U8	4v4	18	12	3 x 15min	W15-25 x L25-35	4 x 6	3

U9	7v7	18	14	2 x 25min	W35-45 x L55-65	6 x 18 to 7 x 21	4
U10	7v7	18	14	2 x 25min	W35-45 x L55-65	6 x 18 to 7 x 21	4
U11	9v9	18	18	2 x 30min	W45-55 x L70-80	6 x 18 to 7 x 21	4
U12	9v9	18	18	2 x 30min	W45-55 x L70-80	6 x 18 to 7 x 21	4
U13	11v11	18	18	2 x 35min	W50-100 x L100-130	8 x 24	5
U14	11v11	22	18	2 x 35min	W50-100 x L100-130	8 x 24	5
U15	11v11	22	18	2 x 40min	W50-100 x L100-130	8 x 24	5
U16	11v11	22	18	2 x 40min	W50-100 x L100-130	8 x 24	5
U17	11v11	22	18	2 x 45min	W50-100 x L100-130	8 x 24	5
U18	11v11	22	18	2 x 45min	W50-100 x L100-130	8 x 24	5
U19	11v11	22	18	2 x 45min	W50-100 x L100-130	8 x 24	5

NOTE: The rest period between halves shall be a minimum of ten (10) minutes.

NOTE: Fields for 11v11 games are a minimum of 50 x 100 yards.

NOTE: Districts may elect to play U8 matches using the U9 format.

NOTE: Low flexible cones may be used to reduce the size of fields for small sided games and to denote the build out line.

NOTE: Portable goals including “Bownet” types are permitted for Small-side Matches.

Divisions of teams in multiple age groups will play match lengths and ball size consistent with the oldest age group (e.g., a bracket with both U16 and U17 teams will play 45-minute halves).

6. Fields and Field Equipment

A. The Home Team’s Club is responsible for supplying an adequate field for play. The field shall be in safe condition and appropriate size as determined by CCSL standards and the referee. The field shall have proper markings, properly anchored goal nets, and corner flags. Failure to provide adequate field and equipment may result in sanctions, including forfeiture of games

B. Both teams shall have a ball available for play. The referee shall select the ball from the home team as the match ball unless it is not up to acceptable standards.

C. Restrooms must be provided at all home facilities. Port-a-pottys are allowed.

7. Player Uniform and Equipment

A. Team Uniform colors must contrast with their opponents.

B. Each field player shall have a unique number on the back of the jersey.

- C. The wearing of long sleeve base-layer garment, in a color that coordinates with the team's colors, beneath the uniform, is permissible.
- D. Home teams will change colors in the event of a conflict in uniform color.
- E. The referee will have final determination as to when a team must change uniform color due to color conflict.
- F. The referee shall not allow participation of any player with a bleeding or oozing wound or wearing blood-soaked clothing. A wound shall be adequately covered. Use of blood by a player as a means to assault another person shall be punished as serious foul play/violent conduct.
- G. Player equipment: refer to Cal North PIM 12-1 for Player Equipment, including orthopedic supports.
 - a. Some Braces and splints may be allowed if they do not present a danger to other players.
 - b. Hard Casts are not allowed, even if padded.

8. Substitutions

- A. Players may be substituted at any game stoppage with the permission of the Referee.
- B. The number of substitutes shall be unlimited.
- C. A substitute shall not enter the field of play until he/she has been given a signal to do so by the referee.

9. Game-Day Procedures

- A. Final specific game-day procedures shall be communicated prior to the start of each season.
- B. All teams shall bring to each CCSL match
 - a. Current player and team official passes
 - b. Cal North Medical Releases, *if not already included on the back of the player pass*
 - c. The Cal North official team roster
 - d. CCSL Game Card with Game Day Roster.
- C. The coach or manager of the home team shall provide the Game Card to the referee prior to the start of the game.
- D. Coaches or Managers may take a picture of the completed Game Card after the game for their records.
- E. The coach or manager for both teams shall clearly indicate the full name and registration number for all players prior to the start of the game.
- F. Team officials shall clearly indicate any guest players and include full name and

registration number.

G. At least one team Coach or guest Coach with a valid Cal North member pass shall be present and responsible for the team during the entire match.

H. If no coach with a current, valid Cal North pass is present, the game will not be sanctioned by CCSL and a forfeit loss may be assessed to the team without a valid coach.

I. Both Coaches shall have the right to inspect the official Game Card and all Player and Coach passes upon request (if a player or coach is hand-written, they must be accompanied by an official Cal North player/coach pass from the same club they are participating with and this writing should be on all three game cards - home, away, and the referee's. The handwriting should include the player's number.)

J. CCSL games that are tied at the end of regulation time shall stand as ties and no extra time periods are to be played.

10. Small Sided Game Rules Modifications

A. 9 V 9 Games

- a. Nine players including Goalkeeper
- b. Minimum Number of players for a game to start or continue is 6.
- c. Substitutions are unlimited and can occur at any stoppage.
- d. Recommended Goal Size: 6 x 18 to 7 x 21
- e. Recommended Field Size: 45 x 70 to 55 x 80yards
- f. Suggested Field marking:
 - i. Goal area is 5 yards by 16 yards
 - ii. Penalty area is 14 yards by 36 yards
 - iii. Penalty spot is 10 yards from the Goal Line
- g. Minimum distance for opposing players from a free kick is 8 yards.

B. 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.

C. 7 v 7 Games

- a. Seven Players including the Goalkeeper
- b. Minimum Number of players for a game to start or continue is 5.

c. Substitutions are unlimited and can occur at any stoppage.

d. Recommended Goal Size: 6 x 12 to 6.5 x 18.5

e. Recommended Field Size: 35 x 55 to 45 x 65

f. Suggested Field Marking:

i. Goal Area is 4 yards by 8 yards

ii. Penalty area is 12 yards by 24 yards.

iii. Penalty spot is 10 yards from the end line

iv. Build out line equidistant from the Halfway line and the penalty area line

g. Minimum distance for opposing players from a free kick is 8 yards.

h. Build out line

i. On a Goal Kick, the opposing team must move behind the build out line until the ball is put into play. The ball is in play when it has been kicked and moved, it does not have to leave the penalty area.

ii. When a free kick is awarded to the defending team inside their own penalty area, the opposing team must move behind the build out line until the ball is put into play. The ball is in play when it has been kicked and moved, it does not have to leave the penalty area.

iii. When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play.

iv. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed).

v. After the ball is put into play by the goalkeeper, the opposing team can cross the buildout line and play resumes as normal.

vi. The opposing team must also move behind the buildout line during a goal kick until the ball is put into play

vii. Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line. However, the goalkeeper can put the ball into play sooner but he or she does so accepting the positioning of the opponents and the consequences of how play resumes.

viii. If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt or drop kick 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.

ix. The build out line will also be used to denote where offside offenses can be called. Players cannot be penalized for an offside offense between the halfway line and the build out line. Players can be penalized for an offside offense between the build out line and goal line.

x. Opponents must not waste time moving out past the build out line. Referees should be flexible when enforcing the 6 second rule and counting the time of possession should only begin when all opponents have moved behind the build out line.

xi. Deliberate heading is not allowed in 7v7 games

xii. If a player deliberately heads a ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense.

xiii. If the deliberate header occurs in 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.

11. Notification of Match Results

A. At the completion of the match, the referee shall check the Game Card for accuracy before signing. This Game Card shall be the official report of the match and shall include the official score and any incidents that may have occurred. A completed, signed copy or photo of the Game Card shall be retained by:

- a. Home Team
- b. Visiting Team
- c. Referee

B. The home team shall report the score using the GotSport reporting procedure within 24 hours. The visitors may report the score if not reported in a timely manner. Use pin "1969"

C. In the event of a Red Card, the referee shall:

- a. retain the Game Card
- b. return the member pass to a Team Official.
- c. Complete the CCSL 24-hour Send-off report online in GotSport and the report on the Game Card.

D. Both teams and the referee shall retain a copy of the Game Card and shall provide it upon request from a CCSL Administrator.

E. CCSL Administrators are the only persons authorized to determine and enter a forfeit or "no match" result.

12. Standings

A. Standings in a bracket shall be determined by standing points based on three (3) points given for a win, one (1) point given for a draw and zero (0) points given for a loss. Forfeits and other disciplinary action may result in loss of points.

B. Team officials are responsible for the accuracy of reported match results.

C. In case of a tie, the following procedure will be used in sequence to break the tie:

i. Results of head-to-head match results

ii. Most wins

iii. Goal difference (goals scored minus goals allowed to a maximum difference of four (4) per match)

iv. Most goals scored to a maximum of 4 per match

v. Least goals allowed to a maximum of 4 per match

vi. Team with best head-to-head goal difference

D. Goal-differential penalty: If a team wins by more than 7 goals, for U10 and under Bronze/Copper level divisions only, 1 point will be deducted from the winning team.

E. Final CCSL standings will be based on the total number of points earned for matches played by the end of the season, with adjustments for discipline. Should an unplayable field situation interrupt the schedule and teams have not played an equal number of matches as a result, the final standings may be determined by dividing the total number of points earned by the number of matches played. The team with the higher average number of points earned per match shall have the higher standing.

F. No team assessed a forfeit loss shall be eligible for awards unless otherwise approved by Cal North.

13. Referees

A. Referees will use the diagonal system of control for all CCSL matches per US Soccer Guidelines. The officials shall be currently licensed, adequately experienced and physically fit for the match level they are to officiate.

B. All CCSL 9v9 and 11v11 matches must be officiated by one registered referee and two registered assistant referees assigned by a licensed referee assignor. For 7v7 games a minimum of one (1) currently licensed referee and two (2) club linespersons is acceptable.

C. CCSL Gold and lower brackets: If three licensed referees are not available, the match may be played per the US Soccer guidelines for the Diagonal System of control.

D. US Soccer Diagonal System of Control

a. The diagonal system of control consists of one referee and two assistant referees. All

competitions sanctioned by the U.S. Soccer Federation require the use of this officiating system and certain competitions may require the use of a fourth official.

b. In order to comply with the Laws of the Game, all games sanctioned directly or indirectly by member organizations of the U.S. Soccer Federation must employ the diagonal system of control and be assigned according to the following order or preference:

i. One registered referee and two registered assistant referees

ii. One registered referee, one registered assistant referee and one unregistered club linesperson*

iii. One registered referee and two unregistered club linespersons*

iv. One registered referee only if no unregistered club linespersons are available or if one registered referee is appropriate for the level of competition

c. *Club linespersons are only allowed to signal for the ball in and out of play. The preference should always be given to unregistered club linespersons who have no affiliation to the participating teams.

d. Referees officiating CCSL matches shall be familiar with the rules that govern CCSL play. Team officials may bring a copy of these playing rules to each match for reference.

e. Referees shall inspect each player's equipment prior to the start of play.

f. The referee shall collect the passes of all players and team officials participating in the match. The referees shall verify the identity of each player and team official with his/her member pass.

g. Referees assigned to the match shall not be affiliated with either team through personal relationship or functional role (e.g., relative or team official).

h. Any affiliation of Referees with a team must be disclosed to the opposing team before the start of the match.

i. A club affiliation shall not be construed as an affiliation with the team (e.g., the parent of a player on another club team or a player on another club team is not deemed to be affiliated with the team playing the match).

j. If the assigned referees fail to appear fifteen (15) minutes after the posted match start time, and a suitable replacement can be found and agreed to by both coaches, the game can be played and will be considered official. No protest will be allowed based on the use of an emergency official.

k. Failure of the hosting club to provide the required number of qualified officials not affiliated with the hosting team shall be noted on the match report prior to the start of the match, and both teams shall report this, including a copy of the match report to the Region Director for resolution.

l. If a referee notices a player exhibiting any signs or symptoms of a concussion, the referee shall stop play and not allow play to continue until that player has been removed from the game. The player shall not return to the game. Any loss of consciousness, no matter how brief, is to be considered a sign of a concussion

14. Team officials and Spectators

- A. Coaches and other registered team officials are responsible for maintaining order on the team bench (technical area) and among the team's spectators during matches.
- B. No substitute player, member of the coaching staff, or spectator shall enter the field of play without permission from the referee.
- C. Artificial noisemakers are not allowed at any CCSL match.
- D. Should an incident escalate beyond the coaches' control (e.g., mass confrontation) and result in match abandonment, all players and credentialed team officials present at the match (including guest players or guest team officials) shall be subject to a PAD hearing.

15. Discipline

- A. Red Cards
- B. CCSL PAD Committee may issue Red Card suspensions.
- C. Decisions that adhere to the CCSL minimum suspensions may not be appealed..
- D. Suspension decisions shall be posted on the Gotsport Discipline Reporting system and can be viewed by the club and team administrators of the offending team
- E. Suspension of a player or team official above the Cal North minimum number of matches shall require a decision by the CCSL PAD Committee
- F. Suspensions shall apply to CCSL games.
- G. CCSL may impose disciplinary actions on participating teams, including:
 - a. Declaring a "no game" (neither team receives or is deducted points).
 - b. Special assignment of referees to home matches or allowing visiting teams to bring their own currently licensed referees.
 - c. Allowing scheduled "visiting teams" to provide the field without any effect on the remainder of the scheduled home and visiting designations.
 - d. Forfeit of any CCSL games already played.
 - e. Suspension of the team from participation in CCSL games for any portion of the CCSL's currently scheduled season with all games scheduled during the period of suspension being declared a forfeit
 - f. Suspensions shall apply to CCSL play.
- H. Penalties and suspensions above the CCSL minimums may be appealed following CCSL Appeals Procedures.
- I. Ineligible player: If a player participates in a match without a valid member pass, while suspended by CCSL, or is otherwise deemed ineligible to play (e.g., guest rule limitations), the

team shall forfeit the match. Other disciplinary action may be imposed on the player and/or the team official. Any suspicion relating to the use of ineligible players shall be addressed by CCSL PAD Committee.

J. Any team that accumulates five (5) red cards or send-offs during any CCSL season may forfeit six (6) points in CCSL standings.

K. Any team that accumulates six (6) red cards or send-offs during any CCSL season may be suspended for the remainder of the season.

L. Any player sent-off for fighting/striking prior, during, or after an CCSL game will be suspended for a minimum of 5 games.

M. Any coach or other credentialed adult (e.g., manager, trainer) sent off for fighting before, during, or after a CCSL game shall be suspended from participating in CCSL for a minimum of one (1) year from the date of the incident.

16. Minimum Suspensions for Game Misconduct

A. The following are considered minimum suspension for game misconduct. Additional suspensions or disciplinary actions may be added for repeat offenders or extenuating circumstances.

B. When a player is sent off the field of play and shown a red card is dismissed from the match for infringement of the "Laws of the Game", they shall be disciplined by further games suspension as follows:

- a. (DGH) Denying the opposing team a goal or a clear goal scoring opportunity by deliberately handling the ball (except the goal keeper within their own penalty area) - Suspend for (1) one game
- b. (DGF) Denying the opposing team a goal or a clear goal scoring opportunity by offense punishable by free kick - Suspend for (1) one game
- c. (SFP) Serious Foul Play - Suspend for (2) two games
- d. (S) Spitting at an opponent or any other person - Suspend for (2) two games
- e. (VC) Violent Conduct - Suspend for a minimum of (2) two games up to (5) five games
- f. (AL) Using offensive, insulting or abusive language and/or gesture - Suspend for (1) one game
- g. (2CT) Receiving a second caution in the same match - Suspend for (1) one game
- h. (IB) Dismissed for irresponsible behavior in the technical area – Suspend for (2) games
- i. Any player, substitute or team official who refuse the referee's request for their name, or gives a false name, while the referee is gathering data to report an infringement of the "Laws of the Game" involving them, shall have one game added to the suspension that would normally be levied by the Disciplinary Committee.

C. When a coach or registered team official is dismissed or shown a red card shall be suspended for a minimum of three (3) games.

D. Referee Abuse

- a. Definition: A verbal statement or physical act not resulting in bodily contact which implies or threatens physical harm to a referee or the referee's property or equipment.
- b. Penalties: Immediate suspension pending hearing.

Minimum 3 match suspension

E. Referee Assault

a. Definition: An intentional act of physical violence at or upon a referee or a referee's property or equipment committed by any player or team official. May include, but not limited to:

- i. Hitting, Punching, Spitting on, Grabbing, Kicking, Running into or Throwing of an object at a referee
- ii. Damaging a referee's uniform or property.

b. Penalties:

- i. Immediate, Automatic Suspension and referral to the Cal North State Disciplinary Committee.
- ii. Minimum 3-month suspension for minor or slight touching
- iii. Minimum 6-month suspension for other assault, except as follows:
 - a. Minimum 5-year suspension with serious injury
 - b. Minimum 3-year suspension for adult defendant with a minor referee (17 years of age or younger)
 - c. A State Association adjudicating the matter may not provide a shorter period of suspension but, if circumstances warrant, may provide a longer period of suspension.

17. Appeals

A. Appeals of any Disciplinary Action may be appealed to Cal North. Please refer to Cal North Specific Rules 3:06 for additional information.

18. Incidents and Referee Evaluations

A. CCSL Incident Reports:

- a. There are times when a protest is not in order but when a formal complaint should be filed. An Incident Report should be filed for any issues regarding playing fields, spectators, team official behavior or referees or serious injury.
- b. Incident reports can be filed by any Coach, Team Official or Referee.
- c. A copy of the match report, signed by the referee, may be required to process an incident report.

d. Links to online Incident Reports or referee evaluations are posted on the Cal North website.

B. Referee Evaluations

a. Referee Evaluations are used to identify referees that should be recognized for their expertise and considered for higher level assignments.

b. Evaluations are also used to identify areas and individual referees who require additional training or mentoring.

c. Coaches are encouraged to help improve the referee program by submitting regular evaluations.

d. Links to online referee evaluations are posted online on the Cal North website

19. Player Safety

A. At Cal North, our number one goal is to promote and champion the safety of our players. To better meet that goal we are establishing policies and guidelines to better protect players from the long term effects of concussion and heat related injury.

B. Concussion Protocols:

a. To better protect and treat players that may have sustained a concussion, Cal North has developed a protocol consistent with the US Soccer Recognize to Recover concussion guidelines for assessing, managing, reporting and protecting these players. Our goal is to help educate coaches, referees, parents and players to ensure that players who suffer potential concussions are properly evaluated and treated before returning to play.

b. CCSL Coaches and Managers must review and be familiar with the Cal North concussion signs, symptoms and management information available online at <http://calnorth.org/concussions/>

c. In the event that a player sustains a head injury at a game or practice and exhibits any signs or symptoms of concussion a team official must:

i. Remove the player from all game or practice activities.

ii. Seek appropriate medical attention.

iii. Fill out the Concussion notification form,

iv. Submit a CCSL Incident report for any potentially serious injury.

v. Surrender the player's pass to a Club Administrator.

vi. Follow the Cal North Return to play procedures.

- vii. The player may not return to games or team practice until cleared by Cal North under the current Cal North Concussion Protocols and Procedures.
- d. If a referee notices a player exhibiting any signs or symptoms of a concussion:
 - i. The referee shall stop play and not allow play to continue until that player has been removed from the game.
 - ii. The player shall not return to the game.
 - iii. The Referee shall file a CCSL Incident Report, noting the suspected signs or symptoms of concussion.

C. Heat and Hydration

- a. Coaches and Parents and players should review the [Hydration and Heat Related Illness Guidelines](#) published by US Youth Soccer.
- b. At times of high temperature and humidity at a CCSL sanctioned game, CCSL will authorize Player Hydration or Cooling breaks.
- c. Hydration or cooling break procedures
 - i. Prior to the start of play, either coach may submit a request to the referee for a hydration or cooling break.
 - ii. The referee will inform both teams of the request
 - iii. At a point near the middle of each half, when play has been stopped, the referee will announce the hydration or cooling break and players will be allowed the opportunity to go to the bench area for hydration or cooling.
 - iv. Hydration Breaks should not exceed 1 minute.
 - v. Cooling Breaks should not exceed 3 minutes.
 - vi. Either team may substitute during hydration breaks

D. Heading and younger players

- a. Cal North has adopted heading protocols consistent US Soccer and US Youth Soccer mandates.
 - i. Players 11 years old and younger may not deliberately head the ball.
- b. Heading is prohibited in 12U and younger small-sided games.
 - i. When a player, who is eleven (11) years old and younger, deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from

the spot of the offense.

ii. If a 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 point nearest to where the infringement occurred.

iii. If a player does not deliberately head the ball, then play should continue.

c. All players age eleven (11) years old and younger, who are playing up in 13U and older games, are prohibited from heading, and must clearly be identifiable to the match official. (i.e. armband)

d. Cal North Practice Policy

i. All players age eleven (11) years old and younger are prohibited from heading.

e. It is strongly recommended for players between the ages of twelve (12) and seventeen (17) years old, heading in practice must be limited to a maximum of thirty (30) minutes per week, with no more than fifteen (15) to twenty (20) headers, per player, per week