

CCSL Playing Rules

ARTICLE ONE

Authority

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.

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.

Each Registration League shall be responsible for the conduct of its players, team officials, parents and spectators.

ARTICLE TWO

Roster Size

A. Maximum Roster is defined as the maximum number of players on the team's official roster ("goldenrod")

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

	Age Group	Max Roster	Match Day Roster
For 4v4 Teams	U8	18 Players	12 Players
For 7v7 Teams	U9 – U10	18 Players	14 players
For 9 v 9 Teams	U11 – U12	18 Players	18 players
For 11 v 11 Teams	U13	18 Players	18 players
For 11 v 11 Teams	U14 – U20	22 Players	18 players

ARTICLE THREE

Guest Play

A. Definitions:

1. Division: Premier, Gold, Silver, Bronze, Copper
2. Bracket: A group of teams in a division selected to play one another on the basis of age, gender, ability and geography.(e.g., Coast Section GU14 Copper North)
3. Guest Player: A player who is registered with Cal North on a team other than the team on which the player is playing.
4. Guest Team Official: An adult who is registered with Cal North with a team other than the one for which the adult is acting in the capacity of a team official

B. Cal North Guest Rules:

1. 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 registration District 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

2. CCSL Specific Guest Rules:

- 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.
 - *Teams should not use guest players to significantly impact a game's result.*
 - *Teams found misusing guest players solely to gain a competitive advantage in lower divisions may be penalized*
- b. The maximum number of guest players allowed is four (4).
- c. A player may be on a Match Report (including guest play) for a maximum of two matches per day.

3. Guest Team Official

- a. Guest team officials 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 officials, may be allowed in the technical area for any given match.

4. 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 ("goldenrod")
- d. CCSL Match Report with Game Day Roster.

C. Player, Coach and team official passes, the official team roster and official match report shall be surrendered for inspection upon the request of any member of the CCSL Committee.

ARTICLE FOUR Match Scheduling

A. See CCSL Procedures for Match Scheduling and rescheduling rules.

ARTICLE FIVE Match Standards and specifications

Age Group	Number of Players	Max Roster Size	Match Day Roster	Game Length	US Soccer Recommended Field Size - Yards		Goal Size Range	Ball Size
					Width	Length		
U8	4v4	18	12	3 x 15 min	15 -25	25 -35	4 x 6	3

U9	7v7	18	14	2 x 25 min	35 - 45	55 - 65	6 x 18 to 7 x 21	4
U10	7v7	18	14	2 x 25 min	35 - 45	55 - 65	6 x 18 to 7 x 21	4
U11	9v9	18	18	2 x 30 min	45 - 55	70 - 80	6 x 18 to 7 x 21	4
U12	9v9	18	18	2 x 30 min	45 - 55	70 - 80	6 x 18 to 7 x 21	4
U13	11v11	18	18	2 x 35 min	50-100	100 - 130	8 x 24	5
U14	11v11	22	18	2 x 35 min	50-100	100 - 130	8 x 24	5
U15	11v11	22	18	2 x 40 min	50-100	100 - 130	8 x 24	5
U16	11v11	22	18	2 x 40 min	50-100	100 - 130	8 x 24	5
U17	11v11	22	18	2 x 45 min	50-100	100 - 130	8 x 24	5
U18	11v11	22	18	2 x 45 min	50-100	100 - 130	8 x 24	5
U20	11v11	22	18	2 x 45 min	50-100	100 - 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: Regions 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).

ARTICLE SIX

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 match(es).
- 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.

ARTICLE SEVEN

Player Uniform and Equipment

- A. Team Uniform colors must contrast with their opponents. A team's Socks must be of the same color, correctly worn in the pulled-up position covering shin guards.
- 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 jerseys in the event of a conflict in jersey color.
- E. The referee will have final determination as to when a team must change jersey or base-layer garments due to conflicting colors.
- 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.

ARTICLE EIGHT

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.

ARTICLE NINE

Game-Day Procedures

- A. Final specific game-day procedures shall be distributed prior to the start of each season.
- B. The coach or manager of the home team shall provide three (3) completed copies of the match report to the referee prior to the start of the match.
- C. The coach or manager for both teams shall clearly indicate the full name and Cal North number for all players prior to the start of the match.
- D. Team officials shall clearly indicate any guest players and include full name and Cal North number.
- E. At least one team Coach or guest Coach with a valid member pass shall be present and responsible for the team during the entire match.
- F. If no coach with a current, valid Cal North pass is present, the game will not be sanctioned by CCSL and a forfeit loss will be assessed to the team without a valid coach.
- G. An opposing Coach shall have the right to inspect the official Match Report and all Player and Coach passes upon request.
- H. CCSL matches that are tied at the end of regulation time shall stand as ties and no extra-time periods are to be played.

ARTICLE TEN

Small Side 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.
 - h. 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.
- B. 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.
- i. Deliberate heading is not allowed in 7v7 games
 - i. 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.

- ii. 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.

ARTICLE ELEVEN

Notification of Match Results

- A. At the completion of the match, the referee shall check the match report for accuracy before signing all three (3) copies. This document 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 of the report shall be retained by:
 - a. Home Team
 - b. Visiting Team
 - c. Referee

**a photo copy of the competed official Match report is acceptable.*
- B. The home team shall report the score using the Gotsoccer reporting procedure within 24 hours.
- C. In the event of a sendoff, the referee shall return the member pass to a Team Official and complete the CCSL 24 hour Send-off report. (see Match Report and Cal North website for full instructions <http://calnorth.org/ccsl-referee-procedures/>).
- D. The home team official shall retain the official match report until three (3) weeks after the conclusion of the last game of the season and shall surrender the report upon request from any member of the CCSL Committee.
- E. The home team shall electronically report the score within 24 hours of the conclusion of the match. Any conflicts in the score should be reported to CCSL Director (for Premier and Region) or CCSL Section Director. Teams that fail to report scores may be subject to league discipline.
- F. The CCSL Director or Assistant Directors are the only persons authorized to determine and enter a forfeit or "no game" result. See CCSL Procedures for specific information regarding forfeits, abandoned and terminated matches.

ARTICLE TWELVE

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:
 - 1. Results of head-to-head match results
 - 2. Most wins
 - 3. Goal difference (goals scored minus goals allowed to a maximum difference of four (4) per match)
 - 4. Most goals scored to a maximum of 4 per match
 - 5. Least goals allowed to a maximum of 4 per match
 - 6. Team with best head-to-head goal difference

First place awards will be provided in each bracket. Additional awards may be given at the discretion of the CCSL Executive Committee. If teams remain tied after items 1 through 6 above, they will both be awarded 1st place.

Sections may impose rules, including point deductions for excessive goal differential in a match, that may impact standings.

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.

No team assessed a forfeit loss shall be eligible for awards.

ARTICLE THIRTEEN 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.

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 7 v7 games a minimum of one (1) currently licensed referee and two (2) club linespersons is acceptable

B.

1. CCSL Gold and lower brackets: If three federation referees are not available, the match may be played per the US Soccer guidelines for the Diagonal System of control.
2. CCSL Premier: If three federation referees are not available, the match may be played per the US Soccer guidelines for the Diagonal System of control if both teams agree.

US Soccer Diagonal System of Control

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.

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:

- One registered referee and two registered assistant referees
- One registered referee, one registered assistant referee and one unregistered club linesperson*
- One registered referee and two unregistered club linespersons*
- One registered referee only if no unregistered club linespersons are available or if one registered referee is appropriate for the level of competition

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

- C. 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.
- D. Referees shall inspect each player's equipment prior to the start of play.
- E. 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.
- F. Referees assigned to the match shall not be affiliated with either team through personal relationship or functional role (e.g., relative or team official).
 - 1. Any affiliation of Referees with a team must be disclosed to the opposing team before the start of the match.
 - 2. 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).
- G. 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.
- H. 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 Section Director for resolution.
- I. 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

ARTICLE FORTEEN

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.
 - 1. No substitute player, member of the coaching staff, or spectator shall enter the field of play without permission from the referee.
 - 2. Artificial noisemakers are not allowed at any CCSL match.
- B. 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.

ARTICLE FIFTEEN

Discipline

- A. The CCSL By-Laws define the duties and procedures of the CCSL PAD Committee.

Player and team official names shall not be disclosed outside of the PAD Committee; individuals shall be identified by team and Cal North number.

If a player is sent off or team official is dismissed, the referee shall, retain a copy of the match report and within twenty-four (24) hours of the match, file a send-off report using the current CCSL Send-off report procedure.

Decisions that adhere to the Cal North minimum suspensions may be rendered by the PAD Chair or Referee Administrators and may not be appealed. *Cal North minimum suspensions are posted on the Cal North website: Specific Rule 4:05 Disciplinary Rulings.*

Suspension decisions shall be posted electronically within forty-eight (48) hours of the decision.

The PAD Chair or Referee Administrator will report any disciplinary action via the Gotsoccer Discipline Reporting system to the appropriate Club Administrators.

Suspension of a player or team official above the Cal North minimum number of matches shall require a decision by the CCSL PAD Committee

CCSL may impose disciplinary on participating teams, including:

- 1. Declaring a "no match" (neither team receives or is deducted points).
- 2. Special assignment of referees to home matches or allowing visiting teams to bring their own currently licensed referees.
- 3. Allowing scheduled "visiting teams" to provide the field without any effect on the remainder of the scheduled home and visiting designations.
- 4. Forfeit of any CCSL matches already played.
- 5. Suspension of the team from participation in CCSL activities and CCSL matches for any portion of the CCSL's currently scheduled season with all matches scheduled during the period of suspension being declared a forfeit
- 6. Suspension of a team from participation in CCSL activities and/or CCSL matches for all or any portion of a playing season.
- 7. Declaring a team to be in bad standing for CCSL play and request from the District or Registration League that the team be ineligible to play in any Cal North sanctioned tournaments, Cup play, or other play.

Suspensions shall apply to CCSL play.

Penalties and suspensions above the Cal North minimums imposed by CCSL may be appealed following CCSL Appeals Procedures.

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 to the CCSL League Director or Assistant Director.

Any coach or credentialed adult (e.g., manager, trainer) accumulating two (2) red cards/sendoffs during a CCSL season shall be suspended for a minimum of six (6) games.

Any player accumulating three (3) red cards during any CCSL season shall be suspended from CCSL play indefinitely and the PAD Chair shall make a recommendation regarding the player's status to the CCSL Executive Committee.

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

Any team that accumulates six (6) red cards or send-offs during any CCSL season shall be dismissed from CCSL. The CCSL PAD Chair may recommend appropriate action for the following season for any team, player or team official to the CCSL Executive Committee.

Any player sent-off for fighting (striking with closed fist) prior, during, or after an CCSL game will be suspended for a minimum of 5 games and their CCSL playing status reviewed by the CCSL Board.

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, with his/her participation status reviewed by the PAD Chair and the CCSL Executive Committee after the one-year period.

ARTICLE SIXTEEN Appeals

- A. Appeals of any PAD Disciplinary Action may be appealed to CCSL following procedures set forth in the CCSL By-Laws.

ARTICLE SEVENTEEN 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 online at <http://calnorth.org/ccsl-coach-procedures-and-reports/>
- 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 at <http://calnorth.org/ccsl-coach-procedures-and-reports/>

ARTICLE EIGHTEEN Player Safety

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.

A. Concussion Protocols:

- a. To better protect and treat players that may have sustained a concussion, Cal North has developed a protocol for 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 insure that players who suffer potential concussions are properly evaluated and treated before returning to play.
- b.
- c. 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/>
- d. In the event that a player sustains a head injury at an 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, <http://calnorth.org/app/uploads/2015/09/Concussion-Notification-Form.pdf>
 - iv. Submit a CCSL Incident report for any potentially serious injury at <https://www.gotsport.com/forms/open/form.asp?FormID=1026>
 - v. Surrender the player's pass to a Club or Registration League 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.
- e. 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.

B. 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

C. 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.
 - ii. 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.