



# US SOCCER CONCUSSION INITIATIVE

## Effective FALL 2016



In concordance with US Soccer's Concussion Initiative, the regulations in this document are effective immediately for all Green Country Soccer Association sanctioned events, including:

- All traveling, open, closed and interclub league games
- All GCSA sanctioned tournament games
- All practices, training and other team activities
- All scrimmages, friendlies and exhibition games
- Any other GCSA sanctioned event

## GAME PLAY

### U11 and Younger

Deliberate heading of the ball is not allowed in any conference, division or bracket classified as U11, U10, U9, U8, U7, U6, U5 or younger as defined by US Soccer's "Birth Year and Season Matrix" chart for the current seasonal year.

### U12 Recreational

Since U12 Recreational teams, brackets and leagues are often formed with a mix of U11 and U12 players, deliberate heading of the ball is not allowed in U12 Recreational competition.

### U13 and Older

Deliberate heading of the ball is not restricted in U13 or older competitions.

**In competitions where deliberate heading is not allowed, 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. Offenses that occur in the goal area should be treated like any other indirect free kick offense occurring in the goal area.**

If a player is suspected to have a head injury the referee\* is instructed to stop play to allow for treatment/evaluation as needed. If the player leaves the field of play for additional evaluation, a substitution can be made in that moment. The player with the suspected head injury may not return to the game unless a Health Care Professional (HCP) or Certified Athletic Trainer (ATC) has cleared the player. Any coach or parent insisting on returning the player to the game without approved clearance will result in the referee\* terminating the game.

\*If there is no referee, this responsibility falls to the involved coaches and parents.



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## PRACTICE/TRAINING

Regardless of a player's team age division:

- Players 10 years old and younger are prohibited from heading the ball in any practice or training.
- Players 11, 12 and 13 years old are limited in practice and training to no more than 30 minutes heading per week with no more than 15-20 headers per player, per week.