



## CW3 Concussion and Heading Policy | Fall 2018

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As a result of U.S. Soccer's Player Safety Campaign: *Concussion Initiatives & Heading For Youth Players*, CW3 has implemented the following supporting policy, effective immediately.

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 at that time. 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 the return of a player with a suspected head injury to the game without approved clearance will result in the referee ending the game.

### **Allowance of Headers per age group:**

- Players U11 and younger are not allowed to head the ball at all during training or games.
- Players U12 and older are allowed unlimited headers in games. However, heading should be limited to no more than 30 minutes per week in training and to no more than 15-20 headers per player per week at these age groups.

### **Coaches, visiting teams and soccer clubs to our CW3 fields should be aware of circumstances in which individual consideration is needed:**

- A 10 year old playing at U12 or older should not head the ball at all.
- An 11 or 12 year old playing at the U14 or older age groups should abide by the heading restrictions in practice.
- Referees should enforce these restrictions by age group according to the specified rules.
- Referees will not be assessing the age of individual players on the field; they will enforce the rules for the age group of the game being played.