

Risk Management Workshop 2016

**RECOGNIZE TO
RECOVER**



DATELINE CHICAGO

DECEMBER 2, 2015

The United States Soccer Federation today introduced a comprehensive player health and safety program called Recognize to Recover. The first-of-its-kind program aims to reduce injuries in soccer players of all ages and promote safe play by those on and around the field.

Recognize to Recover was developed with the help of medical experts and will provide coaches, players, parents and referees with information, guidance and educational materials to improve the prevention and management of injuries.

USSF Q & A Regarding Initiative on Concussions and Heading.

Are the new rules regarding substitutions, elimination of heading for U-10 and below, and limiting heading in practice for ages 11 to 13 going to be required changes?

These changes are **recommended** for U.S. Soccer's youth members. Although these are only **recommendations**, they are based on the advice of the U.S. Soccer medical committee, and therefore U.S. Soccer **strongly urges** that they be followed.

Why are the new rules not required for U.S. Soccer's youth members?

For the youth members, these are framed as recommendations because some of the youth members do not have direct authority at the local level to require the adaption of the rules. But, these recommendations are based on the advice of the U.S. Soccer medical committee, and therefore U.S. Soccer strongly urges that they be followed.

How was it determined that the ban on heading would apply to 10 and under? Why are the practice limitations on heading only limited to U-12 and U-13?

These limitations were based on the recommendations of the U.S. Soccer medical committee, which includes recognized experts in the field of concussions and concussion management. The science on head injuries is still developing, and the youth concussion initiative provides U.S. Soccer and the youth members with a great deal of flexibility to adapt as more is learned about these issues.

U.S. SOCCER RECOGNIZE 2 RECOVER CONCUSSION INITIATIVE GUIDELINES

CONCUSSION EDUCATION FOR COACHES, REFEREES, ATHLETES & PARENTS AND/OR LEGAL GUARDIANS

V. HEADING

A. U.S. Soccer Recommendations

1. U11 and younger.

- a. U.S. Soccer recommends that players in U11 programs and younger shall not engage in heading, either in practices or in games.

2. U12 and U13.

- a. U.S. Soccer further recommends for players in U12 and U13 programs, that heading training be limited to a maximum of 30 minutes per week with no more than 15-20 headers per player, per week.

3. All coaches should be instructed to teach and emphasize the importance of proper techniques for heading the ball.

SUBSTITUTION GUIDELINE AS IT RELATES TO CONCUSSIONS

Applies to those events that institutes Limited Substitution.

For those events,

- 1.** If a player suffers a significant blow to the head, is suspected of having suffered a concussion or has an apparent head injury during the course of a game, the club must remove the player from the game for a medical evaluation by a HCP knowledgeable in the diagnosis and management of concussions.
- 2.** A substitution for the evaluation of the concussion/head injury will not count against the team's total number of allowed substitutions and substitution moments in the Development Academy game.
- 3.** If the player with the suspected head injury has received clearance from the HCP to return to the game, the player may re-enter at any stoppage of play.
- 4.** The evaluated player must replace the original substitute; this medical concussion substitution will NOT count as a substitution or a substitution moment.
- 5.** The player that was temporarily substituted into the game for the player with the suspected head injury will be considered an available substitute and permitted to re-enter the game as a standard substitute per Development Academy rules.
- 6.** Note that any cautions assessed to the substituted player will carry with that player throughout the remainder of the game, any red card to the substitute would apply to the team and the team would be required to utilize a substitution (if available) for

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