



Iberia Soccer Association in conjunction with Louisiana Soccer Association and USYS have implemented new rules regarding HEADING. Concussions have become a big part of sports across the nation and the potential for concussions is greatest in athletic environments where collisions are common.

Coaches are now required to complete the CDC Heads-Up Concussion Course. This is a free course and only takes a few minutes to complete. The course can be accessed through your coaches tab on Got Soccer or at the link below.

<http://www.cdc.gov/headsup/youthsports/training/index.html>

Coaches with athletes playing in the U12 Division and under regardless of players age shall not engage in heading, either in practices or in games. If a player, in the opinion of the referee, intentionally heads the ball a free kick will be awarded to the opposing team.

Coaches with athletes playing in the U13 Division and up shall instruct and emphasize to players the importance of proper techniques for heading the ball both in practices and games.

It is the goal of Iberia Soccer Association to keep our players safe and our coaches informed.

I _____ acknowledge that I have been informed of the new USYS Heading rule and will abide by the rules in practices and games. I further acknowledge that I received the US Heads Up Concussion Fact Sheet and will distribute this sheet to my players and parents to better inform them of the signs of concussion and the best prevention methods.

Coach Signature _____

Date _____

Team Name _____

Division _____