



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 and parents are encouraged to take the course to learn the facts about concussion and the signs to look for. The course can be accessed by parents and players at the link below:

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

Athletes playing in the U12 Division and under regardless of player's 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.

Athletes playing in the U13 Division and up shall be taught 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, parents and players informed.

I _____ acknowledge that I have been informed of the new USYS Heading rule and will abide by the rules. I further acknowledge that I received the US Heads Up Concussion Fact Sheet and will use this as a guide to look for signs of concussion and best prevention methods.

Parent/Guardian Signature _____

Date _____

Team Name _____

Division _____