

EXHIBIT L – Concussion Initiative



As part of U.S. Soccer's Player Safety Campaign, U.S. Soccer unveiled [the U.S. Soccer Concussion Initiative](#) that provides information guidelines that have been implemented since January of 2016.

The elements contained in the initiative are intended to give U.S. Soccer Organization Members, as well as players, parents, team/club staff and coaches and referees, guidance and direction when dealing with head injuries and potential head injuries during soccer participation.

Included in the U.S. Soccer Concussion Initiative are specific changes to rules on substitutions and heading for certain age groups. Those changes included:

- Modify substitution rules to allow players who may have suffered a concussion during games to be evaluated without penalty
- Eliminating heading for children 10 and under
 - Please note that U-11 is listed in the U.S. Soccer Concussion Initiative document because U11 players can be 10 years old at the beginning of the season
- Limiting the amount of heading in practice for children between the ages of 11 and 13

In addition to the safety initiatives, the following modified rule should be implemented:

- When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

For more information, please refer to the [frequently asked questions](#), which should help clarify questions regarding the new initiatives.

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