

March 7, 2016

**To:** OHIO NORTH League Presidents & Members

**Re:** U.S. Soccer Recognize to Recover (R2R) Program

Dear OHIO NORTH League Presidents & Members:

As you may know, a resolution was reached in concussion litigation (filed in August of 2014) against U.S. Soccer Federation, US Youth Soccer, AYSO, US Club Soccer and California Youth Soccer Association. In brief, and as part of the settlement, U.S. Soccer and the member defendants agreed to work towards specific initiatives with respect to concussions including recommendations on:

- Modifying substitution rules to allow players who may have suffered a concussion during games to be evaluated without penalty.
- Eliminating heading for all players age 10 years old and younger, regardless of what age group program they are playing in.
- Limiting the amount of heading in practice for all players in U12 and U13 age groups, with no limit on heading in games.
- U.S. Soccer also recommends Health Care Professionals (HCP) be on site for major tournaments.

[Read U.S. Soccer's FAQs.](#)

**Effective the Fall of 2016, in accordance with the recent U.S. Soccer recommendations on concussion risk management the OHIO NORTH Youth Soccer Association has eliminated heading in matches for players aged 10 year-olds and younger (U11, per the new calendar year registration guidelines). Intentionally heading the ball in these matches shall result in an indirect free kick awarded to the opponent at the spot of the infraction - or from the top of the goal area for infractions inside the goal area.**

**This US Soccer recommendation has been adopted by Ohio North for all affiliate activities, including but not limited to, league play, practices and tournaments.**

**OHIO NORTH's current Concussion Protocol remains in effect.**

[Read here.](#)

**Note: The OHIO NORTH Youth Soccer Association will post and disseminate any additional changes to rules, policies, guidelines, etc., when determined, and in as timely a manner**