SOKS Concussion Protocol

Suspected injury during a game:

Per U.S. Soccer’s Concussion Initiative, if a player is suspected to have a head injury the referee is instructed to stop play to allow for treatment/evaluation as needed.

If the player leaves the field of play for additional evaluation, a substitution can be made in that moment

The player should not return until they have been cleared by a trained coach or medical professional. If the coach is unsure, the player will not return to the game, even if a parent insists.

Heading by age group:

* U6 – U10:
  + Players should not head the ball at practices
  + Heading is not allowed in games
  + If a player heads the ball in a game, the referee stops play and it is an indirect kick from the spot of the infraction for the other team.
* U13:
  + Players should not head the ball at practices
  + Heading is allowed in games
* U16:
  + There are no limitations on headers