

Cal North District 6 Spring Playing League Rules & Policies

1. Authority

The rules of play for all competitions sanctioned under the Cal North District 6 Spring playing league shall be the “Laws of the Game” as published by US Soccer with modifications made by Cal North District 6 contained herein.

The rules contained herein shall govern members of the D6 Spring playing league in all cases to which they are applicable, and in which they are consistent with the Bylaws and Constitution of Cal North.

Each Registration League/Club shall be responsible for the conduct of its players, team officials, match officials, parents and spectators.

Each Registration League/Club shall be responsible for proper registration of all participants. All USSF and California state requirements for risk assessment must be met for all team administrators.

Teams of all affiliations – Cal North (USYS), AYSO, SAY Soccer and Norcal (US Club) are able to participate with current valid player/coach passes with photo for every player/coach, proof of insurance and medical release for the players and team representatives. Claims for any and all participants will be submitted to the USSF affiliate listed on the member pass. A laminated official photo roster may be utilized in lieu of individual player passes provided all other requirements are met.

Players may not be registered or listed on another team roster for any other team, playing league or club while concurrently playing in this Spring recreation league, other than a school team or for cup or tournament play. The exception is for guest players.

2. Roster Size

- A. Maximum Roster is defined as the maximum number of players on the team’s official roster.
- B. Match Day Roster is defined as the maximum number of players, including guest players, eligible to participate in a match.

District 6 Spring League	Age Group	Max Roster	Min Match Day Roster	Max Match Day Roster	Guest Players (Spring)
5v5	U7-U8	14	4	10	3
7v7	U9-U10	18	5	14	5
9v9	U11-U19	18	6	18	7

3. Definitions

- A. Division: Recreational select and recreational.
- B. Bracket: A group of teams in a division selected to play one another on the basis of age, gender, ability and geography.
- C. Recreational: A team formed without a selection process to compete in recreational play.
- D. Recreational Select: A team formed by a selection process and/or teams that placed high in the rankings during fall season play. Examples include All Star

teams and top division ranking teams in their fall playing leagues. Leagues/clubs may also appoint their top ranking fall teams to be designated as Recreational Select for Spring.

- E. Guest Player: A player who is registered on a team other than the team on which the player is playing.
- F. Guest Team Official: An adult who is registered with a team other than the one for which the adult is acting in the capacity of a team official.

4. Guest Player/Coach Policy

- A. Guest players may be used per the rules stated below and playing season limits defined in Section 2.
- B. The Guest player must be rostered on a team within the same Cal North League or same non-Cal North Club as the team on which the player will be guesting.
- C. The soccer age of the guest player must be the same soccer age or younger than the age group of the team on which the player will be guesting.
- D. The credentials for the guest player must be from the same seasonal year as those used by the team on which the player will be guesting.
- E. The coach of the borrowing team must have in his/her possession the player's approved member pass and the current medical release.
- F. Guest players in Spring League may not be a registered competitive level player in any club.
- G. Guest players in Spring League may guest play on a team for a maximum of three games during the season.
- H. A player who is serving a suspension for any reason cannot participate as a guest player.
- I. Guest coaches must present their official member pass to the Referee to be allowed in the technical area.
- J. The purpose of the Guest Player policy is to allow player development and to assist teams to field a full roster when needed.
- K. Teams should not use guest players to significantly impact a game's result.
- L. Teams found misusing guest players solely to gain a competitive advantage in lower divisions may be penalized.
- M. A player may be on a Match Report (including guest play) for a maximum of two matches per day.

5. Match Standards & Specification Guidelines

Age Group	Number of Players	Game Length	Recommended Field Size - Yards (Width) (Length)		Goal Size Range	Ball Size
U8	5v5	3 x 15 min	15 - 25	25 - 35	4 x 6	3
U10	7v7	2 x 25 min	25 - 35	55 - 65	6 x 18 to 7 x 21	4
U12	9v9	2 x 30 min	45 - 55	70 - 80	6 x 18 to 7 x 21	4
U14	9v9	2 x 35 min	50 - 60	75 - 85	7x 21 to 8 x 24	5
U16	9v9	2 x 35 min	50 - 60	75 - 85	7x 21 to 8 x 24	5
U19	9v9	2 x 35 min	50 - 60	75 - 85	7x 21 to 8 x 24	5

- A. The rest period between halves shall be a minimum of ten (10) minutes.
- B. Divisions of teams in multiple age groups will play match lengths and ball size consistent with the oldest age group (e.g., a bracket with both U8 and U10 teams will play 25-minute halves).

6. Fields and Field Equipment

- A. The home team's club is responsible for supplying an adequate field for play. The field shall be in safe condition and appropriate size as determined by D6 standards in Section 5 and the referee. The field shall have proper markings, properly anchored goal nets and corner flags. Failure to provide adequate field and equipment may result in sanctions, including forfeiture of games and fines as determined by D6.
- B. Both teams shall have a ball available for play. The referee shall select the ball from the home team as the match ball unless it is not up to acceptable standards.
- C. Low flexible (collapsible) cones may be used to reduce the size of fields for small-sided games and to denote the build-out line.
- D. Portable goals including "Bownet" types are permitted for small-sided matches.

7. Player Uniform and Equipment

- A. Team uniform colors must contrast with their opponents.
- B. Each field player shall have a number on the back of the jersey.
- C. The wearing of a long sleeve base-layer garment in a color that coordinates with the team's colors, beneath the uniform, is permissible.
- D. Home teams are encouraged to utilize "dark" uniforms for home games and will change colors in the event of a conflict in uniform color. Away teams are encouraged to utilize "light" uniforms. Scrimmage vests (pinnies) may be utilized by the home team in the event of a color conflict if the club does not utilize two jersey colors.
- E. Goal keepers must wear a contrasting color jersey from field players and referees.
- F. The referee will have final determination as to when a team must change uniform color due to color conflict.
- G. The referee shall not allow participation of any player with a bleeding or oozing wound or wearing blood-soaked clothing. A wound shall be adequately covered.
- H. Player equipment: Refer to [Cal North PIM 12-1 for Player Equipment](#), including orthopedic supports.
 - i. Some Braces and splints may be allowed if they do not present a danger to other players.
 - ii. Hard Casts are not allowed, even if padded.

8. Substitutions

- A. Players may be substituted at any game stoppage with the permission of the Referee.
- B. The number of substitutes shall be unlimited.
- C. A substitute shall not enter the field of play until he/she has been given a signal to do so by the referee.
- D. All match day rostered and present eligible players must play in a minimum of 50% of the game unless unable to due to injury or disciplinary action.

9. Game-Day Procedures

- A. Home team staff shall confirm game information including uniform color with away team staff by the Wednesday before the game. Use of team “chat” in GotSport is encouraged.
- B. Both teams shall bring to each match:
 - a. Current player and team official passes and/or official picture roster
 - b. Medical Releases, *if not already included on the back of the player pass.*
 - c. Match Card with Game Day Roster
- C. The coach or manager of the home team shall provide the Match Card to the referee prior to the start of the game.
- D. The coach or manager for each team shall clearly indicate the full name and registration number for all players on their team on the game day roster prior to the start of the game.
- E. Team officials shall clearly indicate any guest players and include their full name and registration number on the game day roster..
- F. A team official from each team is required to sign/initial the completed Match Card after the game.
- G. Coaches or managers may take a picture of the completed Match Card for their records.
- H. At least one team coach or guest coach with a valid member pass shall be present and responsible for the team during the entire match. No more than four (4) total team officials, including DOC and guest coaches, may be allowed in the technical area for any given match.
- I. If no properly credentialed coach is present for a team, the game will not be sanctioned by D6 and a forfeit loss may be assessed to the team without a valid coach.
- J. Both Coaches shall have the right to inspect the official Match Card and all member passes upon request.
- K. Games that are tied at the end of regulation time shall stand as ties and no extra time periods are to be played.
- L. The home team staff shall report the match score and any red cards within 72 hours of the end of the match via GotSport. The visiting team may report it if not done in a timely manner. Any scores not reported within 72 hours of the match must be reported to D6 for input.
- M. In the event of a red card, the referee shall: retain the match card; return the member pass to a team official; and complete the [D6 24-hour send-off report online](#).
- N. Spring league administrators are the only persons authorized to determine and enter a “no match” result.

10. 7v7 Small-Sided Game Rules Modifications

- A. Suggested Field Markings: goal area is 4 yards by 8 yards; penalty area is 12 yards by 24 yards; penalty spot is 10 yards from the end line; and build-out line equidistant from the halfway line and the penalty area line.
- B. A minimum of five (5) players per team must be on the field to start or continue a game.
- C. Minimum distance for opposing players from a free kick is 8 yards.
- D. On a Goal Kick, the opposing team must move behind the build-out line until the ball is put into play. The ball is in play when it has been kicked and moves. The ball does not have to leave the penalty area.
- E. When a free kick is awarded to the defending team inside their own penalty area, the opposing team must move behind the build-out line until the ball is put into play. The ball is in play when it has been kicked and moved, it does not have to leave the penalty area.

- F. When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build-out line until the ball is put into play.
- G. Once the opposing team is behind the build-out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed).
- H. After the ball is put into play by the goalkeeper, the opposing team can cross the build-out line and play resumes as normal.
- I. Typically, the goalkeeper will wait to put the ball into play once all opponents are past the build-out line. However, the goalkeeper can put the ball into play sooner, but he or she does so accepting the positioning of the opponents and the consequences of how play resumes.
- J. If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
- K. The build-out line will also be used to denote where offside offenses can be called. Players cannot be penalized for an offside offense between the halfway line and the build-out line. Players can be penalized for an offside offense between the build out line and goal line.
- L. Opponents must not waste time moving out past the build-out line. Referees should be flexible when enforcing the 6-second rule and counting the time of possession should only begin when all opponents have moved behind the build out line.
- M. Deliberate heading is not allowed in 7v7 games. If a player deliberately heads a ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs in 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.

11. 9v9 Small-Sided Game Rules Modifications

- A. Suggested Field marking: goal area is 5 yards by 16 yards; penalty area is 14 yards by 36 yards; penalty spot is 10 yards from the goal line.
- B. A minimum of six (6) players per team must be on the field to start or continue a game.
- C. Minimum distance for opposing players from a free kick is 8 yards.
- D. Heading is prohibited in U12 matches, but allowed in U14 and older matches.
- E. U12 Only: When a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. However, if a player deliberately heads a ball within their goal area, the indirect free kick by the attacking team should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

12. Standings

- A. Standings in a bracket shall be determined by standing points based on three (3) points given for a win, one (1) point for a tie, and zero (0) points for a loss. Referees will record a 0-2 forfeit on the match card for any team determined to be a no-show provided the team present is available to take the field.
- B. Team officials are responsible for the accuracy of reported match results.
- C. In case of an end of season tie, the following procedure will be used in sequence to break the tie:
 - a. Result of head-to-head competition
 - b. Most wins
 - c. Goal differential (maximum of four [4] per match)

- d. Most goals scored to a maximum of four (4) per match
 - e. Least goals allowed to a maximum of four (4) per match
 - f. Team with best head-to-head goal differential
- D. D6 may impose point deductions for excessive goal differential (more than 6) in a match.
 - E. Final Division standings will be based on the total number of points earned for matches played by the end of the season, with any adjustments for discipline
 - F. Should an unplayable field situation interrupt the schedule and teams have not played an equal number of matches as a result, the final standings may be determined by dividing the total number of points earned by the number of matches played. The team with the higher average number of points earned per match shall have the higher standing.

13. Team Officials and Spectators

- A. All attendees at D6 matches shall adhere to the D6 Zero Tolerance Policy (See Appendix).
- B. Coaches and other registered team officials are responsible for maintaining order on the team bench (technical area) and among the team's spectators during matches.
- C. No substitute player, member of the coaching staff, or spectator shall enter the field of play without permission from the referee.
- D. Artificial noisemakers are not allowed at any match.
- E. Should an incident escalate beyond the coaches' control (e.g., mass confrontation) and result in match abandonment, all players and credentialed team officials present at the match (including guest players or guest team officials) shall be subject to a PAD hearing.

14. Referees

- A. Referees will use a Diagonal System of Control for all matches per US Soccer Guidelines. The officials shall be currently licensed; adequately experienced and physically fit for the match level they are to officiate.
- B. All 9v9 matches should be officiated by one registered referee and two registered assistant referees assigned by a licensed referee assignor. 7v7 matches may routinely be officiated by one currently licensed referee and two club linespersons.
- C. If three federation referees are not available, the match may be played per the Diagonal System of Control utilizing a currently licensed referee and either one currently licensed assistant referee and one club linesperson or a currently licensed referee and two club linespersons.
- D. Club linespersons are only allowed to signal for the ball in and out of play. The preference should always be given to unregistered club linespersons who have no affiliation to the participating teams.
- E. Referees officiating matches shall be familiar with the rules that govern D6 Spring League play. Team officials may bring a copy of these playing rules to each match for reference.
- F. Referees shall inspect each player's equipment prior to the start of play.
- G. The referee shall collect the passes of all players and team officials participating in the match. The referees shall verify the identity of each player and team official with his/her member pass.
- H. Referees assigned to the match shall not be affiliated with either team through personal relationship or functional role (e.g., relative or team official).
- I. Any affiliation of Referees with a team must be disclosed to the opposing team before the start of the match.
- J. A club affiliation shall not be construed as an affiliation with the team (e.g., the parent of a player on another club team or a player on another club team is not

- deemed to be affiliated with the team playing the match).
- K. If the assigned referees fail to appear fifteen (15) minutes after the posted match start time, and a suitable replacement can be found and agreed to by both coaches, the game can be played and will be considered official. No protest will be allowed based on the use of an emergency official.
 - L. Failure of the hosting club to provide the required number of qualified officials not affiliated with the hosting team shall be noted on the match card prior to the start of the match, and both teams shall report this via a Match Report, including a copy of the match card to District 6 Administrators for resolution.
 - M. If a referee notices a player exhibiting any signs or symptoms of a concussion, the referee shall stop play and not allow play to continue until that player has been removed from the game. The player shall not return to the game until properly cleared by a medical doctor. Any loss of consciousness, no matter how brief, is to be considered a sign of concussion.
 - N. Referees must report any serious infractions, incidents or send-offs to the District PAD (Protests, Appeals, Discipline) Committee within 24 hours of conclusion of the match utilizing the 24-Hour Send-off Report or Match Report online reporting on the D6 website (<http://www.d6soccer.org>).

15. Disciplinary Actions

- A. All teams playing in the District 6 Spring League will come under the District 6 PAD. In all cases, any decision made by the PAD shall be reported in writing to that team's League and/or Club Manager and the District Commissioner within one (1) week of the PAD meeting.
- B. Any player, coach, or team representative receiving any complaint, warning, or sendoff may be asked to attend a PAD meeting.
- C. Failure to show for a requested PAD Meeting may result in additional sanctions on the player, coach or team representative.
- D. PAD will meet as necessary at a location, time, and date as set by the League PAD Chairperson.
- E. All first-time offenses will be dealt with as set forth in the State Association rules. Any deviations from this will be as the PAD committee sees fit.
- F. Any appeal of the PAD decision will go directly to the District 6 Commissioner and shall be accompanied by a \$100 check. If the ruling is overturned, the check will be returned. If the ruling is upheld, the check will be forfeited. Suspensions that adhere to the State Association minimums for the offense may not be appealed. Failure to comply with PAD sanctions and/or actions may result in additional sanctions as determined by District 6.

16. Player Safety

- A. Our number one goal is to promote and champion the safety of our players. To better meet that goal we are establishing policies and guidelines to better protect players from the long-term effects of concussion, heat related injury and air quality.
- B. Concussion Protocols:
 - a. To better protect and treat players that may have sustained a concussion, Cal North has developed a protocol consistent with the US Soccer Recognize to Recover concussion guidelines for assessing, managing, reporting and protecting these players. Our goal is to help educate coaches, referees, parents and players to ensure that players who suffer potential concussions are properly evaluated and treated before returning to play.
 - b. Coaches and Managers must review and be familiar with the CDC concussion signs, symptoms and management information available in the Appendix and online at:

<https://f.hubspotusercontent10.net/hubfs/5262164/Concussion%20Info%20Fact%20Sheet.pdf>

- c. In the event that a player sustains a head injury at a game or practice and exhibits any signs or symptoms of concussion a team official must:
 - i. Remove the player from all game or practice activities.
 - ii. Seek appropriate medical attention.
 - iii. Download and fill out the Concussion notification form available online and provide that to the player's parent/guardian:
<https://system.gotsport.com/forms/89530L147>
 - iv. Submit an Incident report for any potentially serious injury online at:
<http://www.d6soccer.org>
 - v. Surrender the player's pass to a Club Administrator.
 - vi. Follow the Cal North Return to play procedures.
 - vii. The player may not return to D6 games or team practice until cleared by Cal North under the current Cal North Concussion Protocols and Procedures.
- d. If a referee notices a player exhibiting any signs or symptoms of a concussion:
 - i. The referee shall stop play and not allow play to resume until the player has been removed from the game.
 - ii. The player shall not return to the game.
 - iii. The referee shall file an Incident Report noting the observed signs and symptoms of a concussion.

C. Heat and Hydration

- a. Coaches and Parents and players should review the [Hydration and Heat Related Illness Guidelines](#) published by US Youth Soccer.
- b. At times of high temperature and humidity at a sanctioned game, the League may require or the referee may authorize player hydration or cooling breaks. Cooling break procedures:
 - i. Prior to the start of play, either coach may submit a request to the referee for a hydration or cooling break.
 - ii. The referee will inform both teams of the request.
 - iii. At a point near the middle of each half, when play has been stopped, the referee will announce the hydration or cooling break and players will be allowed the opportunity to go to the bench area for hydration or cooling.
 - iv. Hydration Breaks should not exceed 1 minute.
 - v. Cooling Breaks should not exceed 3 minutes.
 - vi. Either team may substitute during hydration breaks

D. Air Quality Guidance

- a. The local Air Quality Index (AQI) should be used to determine cancellation of a game.
 - i. 0-100: Games should be played
 - ii. 100-150: Games can be rescheduled – this decision should be made by the **leagues/clubs/teams** involved. In some situations the field provider may have already determined a decision by closing the fields.
 - iii. 150+: Game should be canceled and rescheduled.

Nothing in this Policy shall be construed to limit the Referee's discretion as granted by Cal North (CYSA) or FIFA Laws of the Game.

17. Appendix

D6 Zero Tolerance Policy (adopted 2016)

Purpose - It is the desire of all the participating Leagues and Clubs within District VI (D6) for players, parents, coaches, referees and other spectators to be able to enjoy the sport of soccer in a safe and positive environment. Referees are a valuable part of our soccer program. Each coach, player, and spectator shall at all times support the Referee and assistant Referees. Negative or critical comments directed to any member of the Referee crew will not be tolerated.

The following guidelines are adopted to allow for sanctioning of coaches, players, and spectators for their violation of this Policy.

1. Definitions - A "Coach" is defined as any administrator on the team roster. A "Player" is defined as anyone listed on the team's roster not identified as an administrator, A "Spectator" is defined as any other individual present not already identified as a coach or player. An "affiliated player" is defined as a player who has a direct relationship with the spectator such as but not limited to, a parent, additional family member, or friend.

2. Support of Referees - No one is to address a Referee in a negative manner immediately before, during, or after the game. It is the responsibility of ALL coaches to maintain the highest standards of conduct for themselves, their players, and supporters in all matches. Abusive and obscene language, violent play, violent conduct, fighting, and other behavior detrimental to the game will not be tolerated. A coach's responsibility for Referee support and spectator control includes the times prior to, during, and after the game at the field and surrounding areas.

3. Coaches' Communications with the Referee and Assistant Referees – Coaches, players, and sideline spectators may NOT address any member of the Referee crew during play except for:

- Responding to a Referee-initiated communication.
- Making a request for substitutions.
- Pointing out emergencies or safety issues, such as an injured player on the field.
- To request clarification of any call, provided the request is courteous and non-argumentative.

A Referee may caution any coach for his/her failure to abide by this Zero Tolerance Policy. Any coach who continues to violate this Policy may thereafter be dismissed from the game by the Referee.

A Referee may dismiss a coach for any egregious action, including, but not limited to, abusive language or any implied or actual threat of physical abuse. A prior warning is not required. The Referee shall simultaneously instruct the coach to leave the field.

4. Spectator Communications with the Referee and Assistant Referees - Negative or critical comments by spectators directed to any member of the Referee crew will not be tolerated.

A Referee may stop the game and request the assistance of all coaches to remind the spectators of this Zero Tolerance Policy.

If the comments by the spectators continue the Referee may thereafter stop the game, caution the Coach and direct the Coach to inform the spectators that if these comments continue that the spectators will be directed to leave the field. If this Policy continues to be violated the Referee may instruct a coach to direct the spectators to leave the field, and/or the Referee may dismiss the Coach and direct the coach to leave the field along with the offending spectators. If the ejected/dismissed person and/or spectators fail to leave the field, the Referee

may abandon the game.

A Referee may dismiss from the game any spectator for any egregious action, including, but not limited to, abusive language or any implied or actual threat of physical abuse. A prior warning is not required. The referee shall simultaneously instruct the spectator to leave the field.

Thereafter, the ejected person must depart to a distance where he or she can no longer see or hear anything to do with the match. If the ejected person fails to leave the field, the Referee may abandon the game.

Any infractions by a spectator will result in an automatic notification to the credentialing Club or League PAD with the following recommendations for minimum sanctions.

- A. Aggressively challenging a referees decision, either by raising his/her voice, gesturing or otherwise clearly demonstrating dissent:
 - a. First offense: Counseling by a Board Member of their home Club or League (Coach to provide name of adult to referee; refusal will result in coach serving a 1 game suspension.)
 - b. Second offense: Spectator suspended from attending affiliated player's games for remainder of season, on probation for 1 year.
 - c. Third offense: Parent permanently suspended from attending affiliated player's games.
- B. Aggressively challenging a referee's decision by initiating physical contact with a referee, to include bumping, pushing, shoving or striking anyway, or by directing foul language toward a referee:
 - a. First offense: Spectator suspended from attending affiliated player's games for 1 year, on probation for 2 more years.
- C. Confronting adults in a physical matter (as in item above, including the use of foul language) be they from the opposing team or his/her own team:
 - a. First offense: Spectator suspended from attending affiliated player's games for 1 year, on probation for 2 more years.
 - b. Second offense: Permanent suspension of affiliated player and spectator.
- D. Striking or attempting to strike a player, either on his/her own team or an opponent
 - a. First offense: Permanent suspension of affiliated player and spectator.

NOTE: IF SPECTATORS FAIL TO HONOR THEIR SUSPENSION FROM THEIR AFFILIATED PLAYER'S GAMES, THE PLAYER MAY LOSE THEIR PLAYING PRIVILEGES.

5. Team Captain – This policy is not intended to restrict respectful communication between a team captain and a Referee. A Referee may direct his/her comments to a coach through a team captain.

6. Referee Notification and Send-Off Report - Should a referee eject any player, coach, or sideline spectator, and/or abandon a game, he/she shall notify/file a written report to the Referee Coordinator of the credentialing Club or League.

A referee is not required to warn a spectator or coach prior to dismissal from the game.

If a game is abandoned prior to completion, the referee shall make no determination as to the outcome of the match.

A written Referee Send-Off Report, outlining the pertinent facts of the sendoff and/or the abandonment of game shall be sent by the Referee to their assigning Referee Coordinator within 24 hours. Within 24 hours thereafter, the assigning Referee Coordinator shall provide the Send-Off Report* to the Manager or President of the credentialing League for further action.

*Send off reports submitted to D6 regarding game abandonment will be forwarded to the club managers or presidents for further action.

PARENT & ATHLETE CONCUSSION INFORMATION



WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Athletes who experience one more of the signs and symptoms listed below after a bump, blow or jolt to the head or body may have a concussion.

SYMPTOMS REPORTED BY ATHLETE

- Headache or “pressure” in head
- Nausea or vomiting
- Double or blurry vision
- Balance problems or dizziness
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall

CONCUSSION DANGER SIGNS

- One pupil larger than the other
- Is drowsy and cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT YOU SHOULD DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION

1. Remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself.
2. Keep the athlete out of play the day of the injury and until a health care professional experienced in evaluating for concussion says s/he is symptom-free and that it is OK to return to play.
3. Rest is key to helping an athlete recover from a concussion. Exercising or activities involving a lot of concentration, such as studying, working on the computer, and playing video games may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
4. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete’s brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brains. They can even be fatal.



ATHLETE NAME PRINTED

ATHLETE SIGNATURE

DATE

PARENT / GUARDIAN NAME PRINTED

PARENT/GUARDIAN SIGNATURE

DATE

JOIN THE CONVERSATION www.facebook.com/CDCHeadsUp

TO LEARN MORE, GO TO >> WWW.CDC.GOV/CONCUSSION

18. Document History

Version	Date	Author	Rationale
1.0	1/29/22	Sally Miller	Initial Version
1.1	2/22/22	Sally Miller	Footnotes to provide for all USSF affiliated teams to participate.
1.2	5/17/22	Sally Miller	All USSF affiliated team options were incorporated and adjusted to include CPL.
1.3	2/14/24	Sally Miller	U14+ changed to 9v9 and associated updates made, feedback incorporated from prior year and reviewed by D6 R&R.